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SUNDAY EXPRESS

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CORONAVIRUS CRISIS

● **Government sets up war room to battle killer virus**

● **'This country will get through it and beat it,' promises PM**

PANDEMIC FEARS: SEE PAGES 4,5,6&7



GROWING UNEASE: A London commuter resorts to a face mask on the bus

BABY JOY FOR BORIS AND CARRIE

By **David Williamson**
DEPUTY POLITICAL EDITOR

PRIME MINISTER Boris Johnson and Carrie Symonds have announced that they are engaged and expecting a baby in early summer.

The pair ended weeks of speculation late yesterday afternoon with the double announcement.

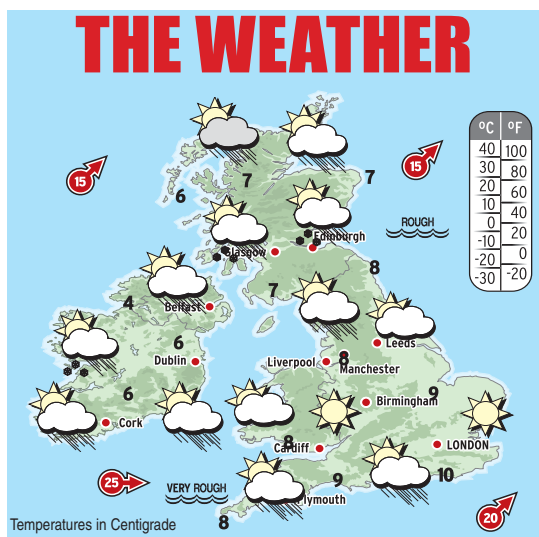
Mr Johnson, 55, and 31-year-old Miss



SHEER DELIGHT: Carrie and Boris

TURN TO PAGE 2

...and the happy couple are engaged too



TODAY'S SUMMARY

North West: Sunshine and heavy blustery showers, wintry for a time. Gale force south-westerly winds. High 8C (46F).

Northern Ireland: Cloudy with light snow for a while and wintry showers later. Fresh southerly winds. High 6C (43F).

Wales: Bright with sunny spells and wintry showers, mostly light. Strong south-westerly winds. High 9C (48F).

Midlands: Bright with sunny spells and wintry showers, mostly light. Strong south-westerly winds. High 10C (50F).

North East/Yorks: Bright with some sunshine, but also light, wintry showers. Strong southerly winds. High 11C (52F).

Scotland: Cloudy with outbreaks of rain, wintry over the hills and heavy at times. Strong winds. High 8C (46F).

UK OUTLOOK TOMORROW: Early cloud and showery rain will clear the south-east. Largely dry elsewhere with lengthy sunny spells but a few showers in the west.

East Anglia: Heavy, squally showers, becoming isolated, but wintry. Strong south-westerly winds. High 11C (52F).

London/South East: Sunshine and showers, wintry with hail, sleet or snow. Strong south-westerly winds. High 10C.

South: Bright with a mixture of sunshine and wintry showers. Strong south-westerly winds. High 10C (50F).

South West: Sunny spells and scattered wintry showers, heavy at times. Near gale force westerly winds. High 8C (46F).

Channel Isles: Bright but with showers, heavy and blustery with hail possible. Gale force westerly winds. High 10C (50F).

Sea: North Sea: Very rough. Irish Sea: Very rough. Channel: Very rough.

THE WEEK AHEAD

	MON	TUE	WED	THU	FRI	SAT
	min max	min max	min max	min max	min max	min max
London	1 9	3 10	3 9	3 9	4 10	5 10
Belfast	2 7	1 7	2 7	2 7	3 7	4 9
Birmingham	0 8	2 8	2 8	2 8	3 8	3 9
Cardiff	4 9	2 9	2 9	3 9	4 9	4 10
Glasgow	4 7	2 7	2 7	4 8	2 7	3 8
Manchester	2 7	2 8	3 8	2 7	3 8	3 9
Newcastle	0 7	0 8	1 7	1 7	2 7	2 8
Norwich	0 8	2 9	2 9	2 9	3 8	4 9
Plymouth	4 8	6 9	4 9	5 8	6 9	5 10

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The National Lottery

JACKPOT £7.6 MILLION
25 32 34 52 55 58 BONUS BALL 9

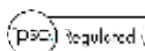
THUNDERBALL
1 3 6 10 37 THUNDERBALL 10

The Health Lottery

DRAW ON SATURDAY MARCH 29, 2020
2 4 12 38 49 BONUS BALL 33

The CIC benefitting from all draws in the month ending March 31 is Health Lottery North East & Cumbria

INSIDE: Comment 14 Nick Ferrari 15 Jennifer Selway 31 Review 33-40 Letters 42 Travel 49-51 Stuart Winter 60 Puzzles 62,63 PLUS YOUR 12-PAGE SPORT PULLOUT



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'We got engaged we've got a baby

FROM FRONT PAGE

Symonds made history as the first unmarried couple to officially live together in Downing Street when they moved in last year.

In a surprise post on Instagram, under her nickname Apples, Ms Symonds said: "I wouldn't normally post this kind of thing on here but I wanted my friends to find out from me."

"Many of you already know but for my friends that still don't, we got engaged at the end of last year... and we've got a baby hatching early summer."

She added that she felt "incredibly blessed".

Ms Symonds, a conservationist and former Conservative Party communications chief, worked on Mr Johnson's successful re-election bid as mayor of London in 2012. They were romantically linked last year.

This will be the third marriage for Mr Johnson, who already has five children.

Boris's father, reality TV star Stanley, 79, recently said he "admired enormously" Carrie for her charity work with animals and the environment – and gave his



POWER COUPLE: Boris and Carrie with her future father-in-law Stanley last year, in the run-up to the big election win in December



bleeding to their union, adding at the prospect of a wedding: "What a nice thought." Former Scottish Conservatives leader Ruth Davidson was one of the first to congratulate the duo.

Former sports minister Tracey Crouch said she was "over the moon" and described Ms Symonds as her "friend and fellow animal welfare warrior".

Ex-Scottish secretary David Mundell suggested that "Gretna Green is a great place for a wedding", while international trade minister Conor Burns described the announcement as a "double dose of good news".

Senior Tory MP Andrea Jenkyns greeted the news with excitement. She said: "I'm delighted for the happy couple, especially for Carrie, it being her first child."

"As a mum myself to a toddler, it's the most amazing experience and the best job in the world being a parent, and good luck to them both."

Ms Symonds, who gained first class honours in Theatre Studies and History of Art at the University of Warwick, after attending Godolphin and Latymer School, in west London, has acted as a special adviser for senior Conservative figures including ex-chancellor Sajid Javid. Mr Javid, who quit last month



because he would not agree to Downing Street demands to sack key aides, said the couple's announcement is "wonderful news!".

Ms Symonds has also advised Zac Goldsmith, who is now the "Minister for Pacific and the Environment". He also posted his "massive congratulations".

The couple are keeping tight-lipped about their wedding plans.

No date has been disclosed and they have not yet shared details of the proposal.

Last week it emerged that Sarah Vaughan-Brown, a former ITN communications chief, had been hired as Ms Symonds' personal adviser.

Ms Symonds's spokeswoman dec-

lined to reveal where the proposal took place and whether Mr Johnson got down on one knee to deliver it.

Labour figures were less celebratory about the news, which came on the same day Sir Philip Rutnam, the most senior civil servant at the Home Office, resigned and launched a scathing attack on Home Secretary Priti Patel.

Sceptical Lord Foulkes of Cumnock, a former MP of 26 years, said on Twitter: "Wonder why they announced it today?"

And Labour MP Charlotte Nichols said it was "truly remarkable that the announcement just happened to be on the day of the unprecedented resignation". ITV political

at the end of last year... and hatching early summer'



SURPRISE: Happy couple's Instagram post yesterday and with their dog Dilyn

editor Robert Peston also struck a wry note, saying he was sure the timing was "just a total coincidence" but said that it was "certainly convenient".

Former Labour spin doctor Alastair Campbell did not hide his scorn for what he saw as an attempt to manipulate the news agenda, saying that people would be happy to have a Prime Minister "who took the floods seriously" and "had a real Brexit strategy".

Sarah Vine, the wife of Michael Gove, the Chancellor of the Duchy of Lancaster, appealed for a gentle tone.

She said she would "just like to remind everyone that this is [Ms Symonds'] first baby, regardless of

anything else," adding: "Let's be kind to the pregnant lady, shall we?"

The new arrival will be the third baby born to a sitting PM in recent times. More than a century-and-a-half had passed without a baby being born to a PM before Tony Blair's wife Cherie gave birth to son Leo in 2000.

David Cameron and his wife Samantha welcomed daughter Florence Rose Endellion Cameron into the world in 2010, just three months after he had formed the coalition with Nick Clegg's Liberal Democrats.

OPINION: PAGE 14

The life and loves of Boris Johnson...

CARRIE Symonds is far from the first lady to fall for Boris Johnson.

He tied the knot with his first wife Allegra Mostyn-Owen, the daughter of an Italian writer and Scottish art historian, whom he met at university, in 1987 when they were both 23.

The marriage lasted just six years, after which her mother claimed they had never been compatible, adding: "Boris is a man who needed someone very obedient and silent, who would be willing to stay in the background and create a soothing home life while giving him space to build a glittering career. "My daughter wasn't that kind of person."

Boris's second wife was high-flying barrister Marina Wheeler, who was reportedly pregnant with their first child Lara when they wed in May 1993, less than two weeks after his divorce from Allegra.

Marina, with whom he has four children, is the eldest daughter of BBC correspondent Sir Charles Wheeler and his Indian wife Dip Singh. She attended Fitzwilliam College, Cambridge, after the European School in Brussels.

Their marriage was rocked by his infidelities – and they separated in 2018 after he was caught having an affair with Tory PR guru Carrie, prompting daughter Lara to call her father "selfish".

During his second marriage he also strayed with society writer Petronella Wyatt, whom he secretly romanced while he was editor at *The Spectator* magazine, where she was a columnist.

When their affair became public in 2004, Boris was forced to quit as shadow arts minister and party vice chairman.

At the same time, he was linked to journalist Anna Fazackerley but neither has ever publicly commented on a relationship.

Boris's second marriage was blown apart in 2009 by a third affair with arts consultant Helen Macintyre. Marina took him back – but in 2013 it was revealed during a court battle that Boris had fathered a child during his fling with Helen.

He is not believed to have had any contact with his alleged daughter Stephanie, who is now seven. His children with Marina are Lara, 26, Milo, 25, Cassie, 23, and Theodore, 21.

It emerged last year that he was pals with Jennifer Arcuri, an American tech entrepreneur who joined him on overseas trade missions in 2014 and 2015.

Jennifer has refused to say whether she was in an intimate relationship with Boris, and has said he was just "a really good friend".



SECOND WIFE: Marina



ROMANCE: Petronella

WAR ROOM SET UP TO DESTROY VIRUS

By **Tony Whitfield**
and **Lucy Johnston**

BORIS JOHNSON unveils his coronavirus battle plan today, vowing: "This country will get through it – and beat it."

The Government is issuing details of the UK's plans to deal with the crisis, as experts warned the virus may have already taken hold in this country.

The Prime Minister has also ordered that a cross-government "war room" of communications experts and scientists be set up ahead of a public information blitz, telling people to frequently wash their hands and use disposable tissues.

The news comes as experts warn that dozens of Britons could already have the virus, but still not have been tested.

A designated "ministerial virus lead" will help oversee the cross-government response to the outbreak.

The PM will continue to lead the Government approach and the virus will be on the agenda at



SELF-ISOLATION: Callum and Jessica Luana Kerslake on their wedding day with their children CJay and Sophia

Keeping 'business as usual' key to success

COMMENTARY

By **Robert Dingwall**

PROF OF SOCIOLOGY AT NOTTINGHAM TRENT

PANDEMIC infectious diseases challenge a whole society, not just its health services.

How do you keep a country running if 25-30 per cent of the population are unable to work on any given day for a period of 2-3 months? Caring for the sick is important – but so is trying to maintain "business as usual".

This demands a high level of political leadership to explain plans and reassure people that all sorts of unthinkable things have been thought about.

It also demands a cross-government approach so the actions of one department are not undermined by another. Pandemic response cannot be left to the health department alone.

School closures are a good example of not thinking about the wider context.

The idea sounds very attractive. In practice, it would undermine other institutions' efforts to work as normally as possible.

There is no current evidence that small children are superspreaders

of the Covid-19 virus, unlike influenza viruses. If we close nurseries and primary schools, we immediately reduce an already depleted workforce.

Parents will have to stay at home. Most of these will be mothers – and the NHS is one of the biggest employers of women.

Schools should only close if they cannot safely care for their pupils.

Retired staff or community volunteers might have to be brought in, but they would be visible and under professional supervision and leadership.

While schools like to think they are purely concerned with education, they are also the nation's childminding service.

In a pandemic emergency, this is a critically important role.

Staying open is the biggest contribution they can make to helping us all get through the crisis.

WORLDWIDE LATEST

CASES 86,021

DEATHS 2,942

weekly cabinet meetings. The number of high-level briefings between leading scientific experts and senior civil servants will also increase to support ministers in their preparations.

Mr Johnson said: "We must prepare for coronavirus and listen to the advice of the chief medical officer, especially about the importance of washing our hands with soap."

"We should be doing that for 20 seconds, and more often than we would normally think was necessary. This will make a real difference in stopping this virus spread."

"Coronavirus may very well be a challenge in the weeks and months ahead."

"But I have no doubt that, with the help of the NHS and its incomparable staff, this country will get through it – and beat it."

Health Secretary Matt Hancock added: "Public safety is our top priority."

"Our battle plan will ensure that as this escalates, every part of Government is working together to share the responsibility of tack-

ling the health, economic and social impacts of Covid-19.

"The Government and the NHS are working 24/7 to fight this virus, but cannot do this alone."

"Every single person has a role to play in helping to manage the spread of the virus."

"Whether that's washing your hands more often, catching your sneezes, or following clinical advice by calling NHS 111 and not going to A&E if you develop symptoms."

The UK is currently in the "containment" phase, where isolated cases are transferred to hospitals and detailed contact tracing is carried out.

But the next stage could see broader measures introduced to keep the public safe and relieve the pressure on the NHS.

As the PM prepares to chair an emergency Cobra meeting tomorrow, public health experts warned that more than a quarter of the UK workforce could be off sick with coronavirus at any one time because the illness is likely to

What do you think – ARE YOU SCARED OF CORONAVIRUS?

YES – 0901 133 4421 • text SXYES to 84988

NO – 0901 133 4422 • text SXNO to 84988

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become widespread within the next couple of months.

Yesterday, three new cases from Gloucestershire, Hertfordshire and Berkshire were confirmed – bringing the total to 23.

The number tested has now reached 10,483, including a family of four who fell ill after a holiday in Venice. Father Callum Kerslake last night said: "I'm terrified for my babies."

A 999 crew in decontamination suits yesterday took Callum, 24, wife Jessica Luana, 21, and children Sophia, three, and 11-month old CJay, away. Last night they were back at their Hull home, self-

isolating until the results come back in two to three days.

Health officials are also investigating a man from Surrey, believed to be the first to catch coronavirus in this country. It remains unclear whether the man had contracted the virus "directly or indirectly" from somebody who had recently travelled abroad.

Professor Hugh Pennington, one of the country's top disease experts from the University of Aberdeen, fears the Surrey case could indicate the virus had already taken a small hold.

He added: "The virus could be buzzing around in Surrey and

under the radar. We still do not know how many have been infected nor do we know how many have been infected and already recovered."

Professor Robert Dingwall, from Nottingham Trent University, said: "It looks like pretty good odds most of us will get this coronavirus if it becomes established in this country over the next few months."

"Based on pandemic flu planning, we can assume this will be around 85 per cent of the population over six months."

The news comes as military chiefs are said to be drawing up contingency plans to support public services should the virus become widespread and staff forced to take sick leave.

Troops could be drafted in to maintain NHS services, ensure food and supplies get through to hospitals and care homes and work at airports and ports to scan passengers' temperatures.

On Friday, a man in his 70s from the Diamond Princess cruise ship in Japan was confirmed as the first Briton to die from the virus.

More than 700 tourists became infected on the liner.

OF EMERGENCY

Picture: HENRY NICHOLLS/Reuters



Collapse similar to the previous great crashes

GLOBAL stock markets are set for a very volatile Monday after huge falls in a brutal week.

The FTSE 100 dropped more than 11 per cent in just five days and the American index fell a similar amount. The speed and the scale of the collapse is comparable to the great crashes of the past, including October 1987 and the more recent financial crisis.

Investors are becoming seriously concerned about the impact on the economy from the rapid spread of coronavirus. Every day more firms warn about the hit.

It's becoming apparent that the Chinese economy (the second largest in the world) has collapsed – many factories are closed and employees can't work. Western companies rely on China buying

COMMENTARY

By **Louise Cooper** FINANCIAL ANALYST

our goods and services. But they are not. China is also the world's factory and makes a lot of what we buy, particularly tech. Apple and Microsoft say profits will suffer.

And as the virus spreads to Europe, will factories close? Will workers also not work? It is way too early to tell how significant the impact will be. But the market collapse indicates it could be large.

Investors did buy US shares late Friday which meant the market only closed down one per cent when it had fallen three per cent.

This offers some comfort for global stock markets tomorrow, but not much.

TAKING NO CHANCES: Tourists at Piccadilly Circus, top, and football fans at Bournemouth

Picture: ATHIT PERAWONGMETHA /Reuters



EMPTY STANDS: A baseball game is played behind closed doors in Tokyo, Japan, yesterday

VIRUS THREATENS WORLD AS USA



Tax it or lose it



Driver & Vehicle
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AMERICA last night confirmed its first coronavirus death yesterday as President Donald Trump banned all travel from Iran.

Speaking from the White House, Mr Trump said more cases were likely.

He said: "At the moment we have 22 patients in the US currently that have coronavirus. Unfortunately one person passed away overnight, a medically high-risk patient. Four others are very ill."

The man was in his late 50s and had been living in Washington State.

Two of the three confirmed cases in Washington State are linked to the long-term Life Care Center Kirkland.

A further 27 residents and 25 staff are suspected of having the virus after showing symptoms.

Mr Trump encouraged Americans not to alter their daily routines, saying: "there's no reason to panic at all". He said: "I think we'll be in very good shape."

He will meet pharmaceutical firms tomorrow to discuss a vaccine.

Last night the death toll in Iran and Italy continued to rise and the number of new cases of Covid-19 showed no signs of slowing.

US Vice-President Mike Pence said Americans should not travel to areas of Italy and South Korea most affected. Iran yesterday said nine more people had died, taking its virus death toll to 43 – the highest outside China.

Meanwhile it is feared Iranian-Briton Nazanin Zaghari-Ratcliffe may have contracted Covid-19 as she languishes inside the notorious Evin prison.

The Free Nazanin Campaign said at least one inmate has reportedly died but staff are refusing to test the mother of one, 42, who has complained her week-long symptoms of a sore throat, night chills, difficulty breathing, tiredness and muscle pain have "not felt like a normal cold".

An Iranian official said new confirmed infections rose by 205 since Friday, taking the total to 593.

But with a death rate of seven per cent – far higher than other countries – experts at the World Health Organisation and elsewhere fear the regime may be under-reporting the number of cases.

Iran is at the epicentre of the outbreak in the Middle East, with countries in the region including Qatar, Azerbaijan and Georgia

By **Tony Whitfield**

reporting cases stemming from it.

Australia banned foreign nationals who had been in Iran from entering the country for two weeks after a 63-year-old woman returning from there became ill. It now has 25 cases of the virus.

The death toll in Italy increased by eight yesterday to 29, and the number of new cases jumped by some 240 in 24 hours, taking the total confirmed cases to 1,128 – Europe's worst outbreak.

In Lombardy and Veneto, 11 areas remain in lockdown while five Serie A football matches due to be played behind closed doors this weekend, including the key clash between Juventus and Inter Milan, were postponed.

Pope Francis cancelled official engagements for the third day in a row as he battled an apparent cold.



SYMPTOMS: Jailed Briton Nazanin

The Pontiff, 89, continued to work and receive private visits at his Vatican residence and is expected to start the week-long annual retreat to mark the start of Lent.

Luca Zaia, governor of Veneto, apologised after blaming poor standards of hygiene on the Chinese who he said eat live mice for spreading the virus to Italy.

Italy has been linked to infections in other countries, with Switzerland confirming a 21-year-old woman who recently returned from Milan tested positive while three cases in Mexico had been in Italy.

A case in the northern state of Coahuila last night took the number taken ill with the virus to four. France reported 27 new cases, taking its total to 100.

Today's Paris half-marathon with 44,000 registered runners was called off after the French government ordered all "gatherings of more than 5,000 people" in enclosed areas as well as some external events to be cancelled.

Officials also recommended people should no longer greet each other with kisses on the cheek.

Germany, which has 79 confirmed cases, warned of an impending epidemic, with one Iranian woman testing positive in Hamburg and another in Bremen.

South Korea, the second hardest-hit country, reported four more deaths and its highest daily jump, with 813 new cases in 24 hours.

Since confirming its first patient in

GLOBAL CRISIS

ON EDGE OF PANIC JOINS DEATH TOLL

Picture: YONHAP/Reuters

WAR ON GERMS:
South Korean
troops disinfect
Daegu rail station



late January there have been 17 deaths and 3,150 confirmed cases.

Vice-health minister Kim Kang-lip warned of a "critical moment" in reining in the spread of Covid-19, urging people to "stay at home, refrain from going outside and minimise contact with other people".

North Korean leader Kim Jong-un also called for stronger containment efforts as he warned of "serious consequences" if the illness spreads to his country.

The regime has shut down nearly all cross-border traffic, banned tourists, intensified screening at entry points, and mobilised tens of thousands of health workers to monitor residents and isolate those with symptoms.

Japan also saw its cases rise to

234 with five deaths – not including the 705 cases and six deaths from the quarantined cruise liner Diamond Princess, docked in Yokohama. Baseball's Yomiuri Giants and Tokyo Yakult Swallows played behind closed doors in Tokyo.

The virus has infected more than 82,000 people and killed about 2,800, mostly in China.

In the US, California health officials confirmed a second person in the state had tested positive despite not having travelled to a country where the virus was circulating or had close contact with a carrier.

Last night the British Foreign

and Commonwealth Office called on the Iranian authorities to "immediately allow" health officials to visit Mrs Zaghari-Ratcliffe.

The Irish Republic also confirmed its first case after a man from the eastern part of the country returned from northern Italy.



COUTURE: Chanel
mask seen at Paris
Fashion Week

Let's hope for a summer solution

COMMENTARY

By **Nigel Thompson** EXPRESS TRAVEL EDITOR

IF THERE'S one thing the travel industry needs... well, obviously, it's people travelling.

With some Foreign & Commonwealth Office coronavirus restrictions in place, route cancellations by airlines and cruise lines switching itineraries, the holiday business both here and further afield is being affected.

So what could the impact of the Covid-19 flu be? The International Air Transport Association says carriers in the Asia-Pacific region could lose \$27.8 billion (£21.7 billion) of revenue in 2020 as passenger numbers slump by 13 per cent. Global lost revenue may be \$29.3 billion with a five per cent drop.

The UK travel industry is still picking up the pieces after the multibillion pound collapse of Thomas Cook last September.

Shares in blue-chip travel companies such as IAG (owner of British Airways), TUI and easyJet have taken a pasting this week, with the latter down nearly 30 per cent.

But so far, despite the challenges it faces in northern Italy, Tenerife and with the Diamond Princess cruise ship quarantined at Yokohama, Japan, I believe our travel industry is holding its nerve.

However, if this strain of flu spreads into mainstream

sunshine holiday destinations such as Spain, Turkey, Greece and Portugal, then it could dent consumer confidence, reduce bookings and cause an industry downturn – especially if it rumbles on into the peak summer season which is so crucial for tour operators' balance sheets.

Brits are robust travellers and it takes a lot to put us off our hard-earned sunshine getaways.

But you can't avoid Covid-19. In this age of wall-to-wall information this is the most widely communicated of communicable diseases and, understandably, some people are worried.

I fervently hope it all fizzles out very quickly – especially as the warmer weather makes it harder for coronavirus to survive – and we can all carry on with our holidays plans.

In the meantime, let's apply common sense, stay calm, keep up hand hygiene and pay attention to advice from the FCO (gov.uk/foreign-travel-advice) and the guidelines from the UK's public health organisations.

Think positive: this bug can be beaten and we can look forward to that first summer cocktail by the pool.



More police to be given Tasers

THOUSANDS more police officers will be equipped with Tasers, the Government has announced.

Forces in England and Wales will receive £6.5million to buy 7,923 more devices that can immobilise dangerous suspects with an electrical blast.

Home Secretary Priti Patel said: "Our police officers put themselves in harm's way to protect us all and the Taser is a vital option."

She has also launched a consultation on the police covenant to enshrine their rights in law.



NEW ISSUE: An officer takes aim during Taser training

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THE POLITICAL

DOUBLE US senator gives harsh warning over China

AMERICA could downgrade the UK's security status and deliver a huge blow to a future trade pact unless Boris Johnson agrees to ditch the 5G deal with Huawei, a US senator has warned.

Ted Cruz called the Prime Minister's decision to allow the Chinese telecoms giant to build part of Britain's new mobile network a "serious mistake".

The warning comes amid anger in the Republican Party and President Trump's team that Mr Johnson has been snubbing Washington since Britain left the EU. Instead, during a big week for American conservatives, Brexit Party leader Nigel Farage has been feted at this weekend's huge CPAC conference as Britain's "unofficial ambassador" and "godfather of Brexit".

This is set to be a big week for Mr Johnson, with talks starting with the EU over the future relationship and the publication of Britain's mandate for US trade talks.

Those US talks are meant to give Britain an alternative market and so put pressure on Brussels to make a better deal. But Mr Johnson's actions appear to have soured relationships with key American allies who are strong backers of Brexit.

From **David Maddox**

POLITICAL EDITOR IN WASHINGTON DC, USA

The Sunday Express was given exclusive access to Mr Farage's trip to Washington, where he met senior Republicans to discuss a trade deal and the Huawei crisis.

Sources in the Trump camp made it clear that the President has not tweeted about Huawei because "he does not want to embarrass Boris" but the US leader is "furious and upset".

They also noted that there is "confusion" over why Mr Johnson has not wanted to come to Washington since Brexit happened on January 31.

Mr Farage said: "It's worse than that."

The two are not set to meet until the G7 in June and then it will be a brief handshake. Boris needs to be here and it has been noted that he has not come yet."

He added: "The words which keep being used are 'bad faith' over Huawei, which suggests the British Government promised a different outcome privately."

Last month's decision to allow Huawei to build a chunk of the 5G network came despite warnings that it will hit relations with the US and other allies, who worry about the firm's links to China's state machine.

The Sunday Express has learned that the Australian government cancelled a security delegation to London in protest in the wake of the decision.

And in Washington senior figures have said Britain's information sharing with the US as part of the Five Eyes security set-up, which also includes Australia,

New Zealand and Canada, could be under threat. Trump ally and



GUEST SPOT: Nigel Farage with Senator Ted Cruz on his podcast

POWERBROKERS

BLOW FOR TORIES



ATTACK: Priti Patel, left, was criticised by civil servant Sir Philip Rutnam yesterday



Top civil servant quits over 'vicious campaign' by Patel

THE Home Office's most senior civil servant launched an extraordinary attack on Home Secretary Priti Patel yesterday after quitting his post.

Sir Philip Rutnam claimed she was behind a "vicious" campaign against him and had lied about her involvement.

The career civil servant, 54, has turned down a financial settlement offer and is to sue for constructive dismissal.

In a further shot at Ms Patel, Sir Philip said he had received "allegations that her conduct has included shouting and swearing, belittling people, making unreasonable and repeated demands... behaviour that created fear and that needed some bravery to call out".

He went on: "One of my duties was to protect the health, safety and wellbeing of

By **David Williamson**
DEPUTY POLITICAL EDITOR

our 35,000 people. This created tension with the Home Secretary and I have encouraged her to change her behaviour."

Sir Philip's resignation follows a string of reports of tension between the former permanent secretary and Ms Patel, 47, a rising star on the Tory Right.

It comes two weeks after Sajid Javid quit as Chancellor rather than agree to Downing Street demands to sack aides.

His resignation led to calls for the Prime Minister to put a stop to what is claimed to be a campaign by his chief adviser

Dominic Cummings to undermine the Civil Service.

Labour leadership contender Lisa Nandy said: "The Home Office is in chaos. This Government is following the Trump playbook... It's time for the Government to come clean on the scale of bullying by ministers and advisers."

But others said civil servants are failing to adapt to the more dynamic, radical culture now at the heart of government.

Chris Wilkins, who served as Theresa May's director of strategy, said: "Some in the Civil Service are struggling to adapt to a government with a decisive majority and clear agenda. The vast majority of

civil servants I've worked with have been committed and excellent but there are always a few who are more focused on what can't be done than what can.

"That's never going to go down well with Priti and I think that may be what we're seeing here."

Former Welsh secretary David Jones, a senior member of the Public Administration Select Committee, was not impressed by the civil servant's "unfortunate mode of departing".

He said: "Sir Philip may well have a legal action he wishes to pursue but sniping personally at a minister does not seem to me to accord with the established traditions of our civil service."

"A dignified silence would have been more appropriate."

Farage, godfather of Brexit: PAGE 10 • Opinion: PAGE 14

Texas Senator Cruz, who met Mr Farage and hosted him on America's most popular political podcast, said: "I think the British decision on Huawei was a serious mistake. Huawei is an arm of the Chinese government."

"The Chinese government is not our friend. It is a communist dictatorship that is investing billions in expanding its global surveillance abilities and Huawei is a direct vehicle for enhanced surveillance by the Chinese government."

"I hope Britain reconsiders. And if they do not that will force the

USA to make some very hard decisions about the extent we are able to share intelligence with Britain.

"If the British allow Huawei to establish a significant foothold, that could reduce our ability to share sensitive intelligence because we are not interested in giving that to the Chinese government."

Mr Cruz suggested that a trade deal could still go through but many of his colleagues on Capitol Hill disagree. He said: "I view trade and the national security issues as separate. Regardless



of how Huawei is resolved I am confident we will have robust free trade between our nations."

But Mr Farage said he had been told by members of Congress that the row could make it difficult for a trade deal to pass. He said: "The Huawei decision has caused real problems here. A US trade deal is not essential to help Brexit succeed but it is very important and helpful."

Flamboyant Mr Cruz, a lawyer famed for wearing cowboy boots (left), said "America is cheering the

British on" over Brexit. He said: "Brexit is an extraordinary development and I think a great deal of Americans are cheering on the Brits and cheering on what is an assertion of sovereignty and independence."

He added: "There is strong enthusiasm for deepening relationships between the US and the UK."

"There are enormous benefits to both and my hope is that strengthening those relationships will have a liberalising influence on both in terms of enhancing economic liberty and economic opportunity."

FARAGE'S HERO RECEPTION

First Brexit...now Nigel takes the US by storm

Pictures: STUART MITCHELL

EXCLUSIVE

From **David Maddox**

POLITICAL EDITOR IN WASHINGTON

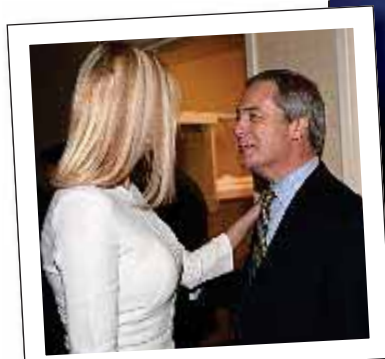
NIGEL FARAGE has been feted as the "Godfather of Brexit" in Washington DC.

The current rock star of US politics was singled out as the most recognisable overseas politician and given a hero's reception.

He also received the loudest cheers at America's biggest gathering of political conservatives and Republicans.

The Brexit Party leader was taking part in a Brexit victory lap during the week of the Conservative Political Action Conference (CPAC) in the capital.

Whether at the bar of the Trump International Hotel in the city centre or the Gaylord Convention Center in the National Harbor, Mr Farage – who is set to take up a role later this year as one of Donald Trump's street campaigners in the run-up to the presidential election – was cheered



BRIT ABROAD: Nigel Farage checks his appearance ahead of his US speech and is greeted by president's daughter Ivanka Trump



throughout. At one point as he drank with fellow conservatives, Mr Farage met up with a 100-year-old D-Day veteran who had survived a heavy machine gun bullet to the throat and still had shrapnel in his side.

"He told me that his last wish was to play golf at Augusta National [the home of the US Masters], said Mr Farage. "So I was on the phone to [a friend] to try to sort out a round with Jack Nicklaus."

But amid all the admirers with smart phones, the most rapturous reception came when he addressed a packed CPAC hall.

Mr Farage was following Ivanka Trump. But not even the president's daughter, who is as iconic to Republicans as she is hated by

mentioned Theresa May's name. "Did Mrs May excite some interest in the room?" More boos.

But Mr Farage linked his battle with the Republicans' upcoming fight in the presidential election. He told them that Jeremy Corbyn (loud boos) had delivered

Brexit and urged them to get behind the Democrats' "socialist candidate" Bernie Sanders.

"Then you'll get four more years for Donald Trump!"

He said Mr Trump's victory was key to ending globalism and the "assault on the nation state". In a

moment of flamboyance he pulled out a Union Jack, regaling the audience with the story of his last speech being cut off in the European Parliament.

Since American Independence in 1776 the Union Flag may not have received such a loud cheer on that side of the Atlantic in a city where the Americans had to whitewash the presidential home after the Brits burnt it down.

Ahead of the speech, Mr Farage had been busy talking to Republicans in Congress and appearing on a series of conservative radio and television shows.

"It's more than a victory lap," he told the Sunday Express of his visit. "There is work to do to

make sure Brexit succeeds. Boris has got it right with the way he is handling Brexit and approaching the EU but I'm worried about other things."

Mr Farage said the British Government's decision to allow Chinese tech giant Huawei to play a part in the country's 5G network "has called real problems here. I keep hearing the words 'bad faith'."

He added: "A US trade deal is not essential to help Brexit succeed but it is very important and would be very helpful."

He plans to be part of Trump's campaign team, particularly in the middle states where the election will be won.

He also revealed he has decided not to sign another exclusive contract with Fox TV. "I need to appear on CNN and NBC and the other channels as well," he said. "We need to spread the message."

'Not even Ivanka Trump – iconic to Republicans – could match the welcome the Brexit Party leader received'

Pictures: BEN BIRCHALL/PA; IAN FORSYTH/Getty; DANNY LAWSON/PA



DELUGE: Greenhouse in Snaith, Yorks, where locals sheltered in a church, while rescuers used dinghies in nearby East Cowick yesterday after the River Aire overflowed

By **Jon Coates**

FLOODED communities in Britain were hit by another deluge of rain and 70mph gusts of wind yesterday, as the Met Office confirmed it was the wettest February on record.

Storm Jorge swept across the country in the fourth consecutive weekend of severe weather, bringing fresh misery to towns and villages in Yorkshire, Shropshire, Herefordshire, Worcestershire, Devon, Cornwall and Wales.

Storm Ciara, then Storm Dennis and now Jorge dumped a record amount of rain across Britain for the month of February, according to the Met Office.

It said a UK average of 202.1mm [7.9in] of rain had fallen, beating the previous record in February 1990 of 193.4mm [7.6in].

The Environment Agency said England has had more than twice its average February rainfall, with some areas getting a month's worth in 24 hours.

And forecasters have warned the stormy weather is set to continue with March "roaring in like a lion" as meteorological spring officially starts today.

The latest blast of rain, wind and snow prompted weather warnings stretching

Storm Jorge sees March roaring in



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from Cornwall to the north of Scotland and across to Northern Ireland yesterday.

Police in flood-hit South Wales declared a temporary "critical incident" on Saturday morning as councils, emergency services and other bodies worked to protect residents as well as property and infrastructure.

People in Pontypridd, which had already been flooded two weeks ago, and the Ely area of Cardiff, were advised to remain indoors amid warnings of further rising water levels and gusts of up to 70mph.

Cardiff Council said emergency teams worked through Friday night on flood defences, road closures and clearing debris to limit the damage from torrential rain as its roads team answered around 100 incidents.

More than 600 homes and a similar number of businesses have been hit in Wales, accounting for around a quarter of affected properties in the UK. There were six yellow weather warnings for rain, wind and snow in force across the country on Saturday



BATTERING: Waves break over the sea wall in Porthcawl, Wales, as daffodils struggle to keep their heads above water in Yorkshire

morning. The rain warning was lifted at midday as showers eased, but alerts remained in place for gales and the potential for power cuts, transport delays and large waves for coastal communities.

The RAC said 21,000 breakdowns are expected today and 36,000 tomorrow.

RAC spokesman Simon Williams said: "Expect floods and road debris on Sunday and Monday. Don't risk becoming a flood victim and don't take chances with snow and ice." Wind warnings will be in force until 9am today across much of England and

Wales and until 3pm across Northern Ireland, southern Scotland and the North.

Persistent snow was forecast over higher parts of Scotland. Up to a foot was predicted in some places with warnings in place until noon tomorrow, the Met Office said.

A total of 83 flood warnings were in place across England and Wales, mostly in the South-west, along the English-Welsh border, and in Yorkshire, while a further 211 "flooding is possible" alerts were also in force.

The wind-chill factor will make temperatures feel close to freezing, said the Met Office, but sunny spells are forecast from tomorrow until Wednesday for much of the country, before wet, windy weather returns.

Heavy rain has caused record river levels with towns including Ironbridge and Bewdley along the River Severn in the West Midlands, and East and West Cowick and Lidgate in East Yorkshire along the

River Aire, among the worst-hit areas in England. The Environment Agency said 1,000 staff a day have worked on flood defences and pumps, clearing debris and repairing damaged defences, erecting 3.7 miles of barriers.

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

John Hammond, from the forecaster Weathertrending, said: "March comes in 'like a lion' and the lion is already roaring. There's no let-up in winter as spring arrives."

"More rain and snow ahead will prolong the agony for those blighted by flooding. Northern areas and high ground further south are most prone to snow."

Met Office forecaster Marco Petagna said: "It's going from bad to worse, with more rain topping up rivers. The weather is in no hurry to leap into spring."

Awards end in chaos after Polanski win

OUTRAGED actresses walked out of the French "Oscars" after convicted sex offender Roman Polanski won the best director award.

The Polish-French director won three awards for *An Officer And A Spy* at the Cesar Awards in Paris.

In 1977 he pleaded guilty to unlawful sex with a 13-year-old girl but fled the US for France before he could be sentenced.

The prestigious awards event, the French equivalent of the Oscars, were plunged into controversy after Polanski, right, received 12 nominations.

Actress Adele Haenel, who has alleged she was sexually abused as a child by another director, was one of those who walked out of the ceremony after Polanski's triumph was announced.

She stood up and left, reportedly saying "shame", and was soon followed by director Celine Sciamma on Friday.

Florence Foresti was presenting the ceremony before Polanski's award was

By **Angie Quinn**

announced and did not return to the stage. The actress and comedian later posted on Instagram a black screen with the word "disgusted" spelled in white.

Polanski, 86, did not attend the event after the director said he feared for his safety. The decision to honour Polanski at this year's awards angered feminist groups who led calls for a boycott.

Groups of protesters gathered outside the venue and clashed with police as they tried to enter the building. Cesar's entire board resigned in February but a general meeting is reportedly planned to elect new members to focus on reforms.

Before the ceremony, France's culture minister Franck Riester said it would be "symbolically bad" if Polanski won the prize "given the stance we must take against sexual and sexist violence".

The Cesar award is considered the highest film honour in France.



Greek border police push back migrants

Picture: HUSEYIN ALDEMIR/Reuters



CLASHES: Refugees trying to leave Turkey hurl missiles at Greek police

MIGRANTS retaliated after being sprayed with tear gas and hit with stun grenades as they tried to enter Greece from Turkey.

Syrian refugees played a cat-and-mouse game with border patrols over the weekend with some cutting holes in the fence only to be turned back by force.

However, small groups, largely from Afghanistan, managed to sneak through.

Turkish president Recep Tayyip Erdogan allowed thousands of refugees to leave his country in an attempt to pile pressure on

By **Jon Austin**

Europe to tackle the immigration crisis. Ankara has accused Brussels of failing to provide the financial aid it promised in return for hosting millions of migrants.

He said: "We will not close the gates to refugees. The European Union has to keep its promises."

Mr Erdogan was speaking for the first time since 33 Turkish soldiers were killed in air strikes in north-west Syria last week.

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Billionaire gets bail... of £20m

(but at least he'll make some of it back renting out his yacht)

By **Jon Austin** CRIME EDITOR

A RUSSIAN billionaire has paid £20million in bail to a British court to avoid being locked up while he fights extradition to the US.

Oleg Tinkov, 52, was brought before Westminster magistrates on Thursday after American prosecutors issued a provisional warrant for his arrest.

The US has accused the ex-Tinkoff Saxo Team cycling team backer of making a false tax return and under-reporting his 2013 income. Tinkov launched his online Tinkoff Bank in 2006 and it is now a major internet bank, with around eight million customers in Russia.

He has also launched a luxury hotel chain in France, Italy and Russia under the La Datcha banner.

Last June, he bought his latest 246ft super yacht, a SeaXplorer 75 named after his hotel chain that, has two helicopters. It can handle Polar ice.

Tinkov is under strict curfew ahead of his next court hearing having paid one of the biggest securities to get bail.

He will be electronically monitored and have to stay from 7pm to 7am at a flat near Holland Park in Kensington.

His Estonian wife Rina, 49, paid around £6.9million cash for it last June.

They also have an alternative address in the Swiss ski resort of Verbier.

The billionaire faces an airport ban and must stay within the M25. He has had to surrender his passports and has to report to police three times a week.

Tinkov, said to be worth \$2.5billion (£1.9billion), praised Vladimir Putin in 2015 but said the 2018 US sanctions against those close to the Russian president cost him "\$250million a day".

He then denied being an oligarch, saying he was self-made with no ties to



MONEY MAN: Top, a pink-haired Tinkov with his cycling team in 2015. Above, his latest yacht

the Russian government and had only met Mr Putin once in 2000.

His daughter Darya and sons Roman and Pasha were educated in England.

Tinkov's umbrella company, TCS Group Holding Plc, which is listed on the London Stock Exchange, said he "is confident that it will be resolved as swiftly as possible" and that it was a private matter that "does not affect any of the operating companies in Tinkoff Group".



THANKS A MILLION: Oleg Tinkov and wife Rina

TIED: Jodie Comer, left, and Sandra Oh in new series



Take it as red... Killing Eve's back with a twist

FANS of Killing Eve are being teased with a trailer for the third series of the two main characters interlocked by their blood red gowns.

Little is given away about the future of the pair. Last series viewers were left with a cliffhanger as Villanelle, played by Jodie Comer, appears to have killed Eve, played by Sandra Oh, who was seen bleeding on the ground.

The duo had plotted to run away together after Villanelle admitted her feelings for MI5 agent Eve. But when

By **Angie Quinn**

Eve changed her mind, Villanelle pulled out a gun and shot her.

Close-ups for the forthcoming BBC series show the assassin tapping her pouted lips with what seems to be a scalpel, before pretending to stab the camera as she pulls a funny face.

She is also seen wearing a blue floral dress on what could be one of her deadly assignments.

The third series airs on April 26.



DEADLY: Jodie back as assassin Villanelle



SUNDAY EXPRESS OPINION

Battle strategy to beat coronavirus

THE Government has launched a full-throttle response to the coronavirus challenge and is doing everything possible to prevent a major outbreak on British soil.

Experts from across the public services are working together to take every possible step to avoid a disaster while nevertheless ensuring we are prepared for the worst.

Bold emergency measures are under consideration. Retired health professionals may be re-registered and rules about staff-to-pupil ratios in schools could be relaxed.

People could be encouraged to work from home and avoid unnecessary travel in a bid to delay the peak of the outbreak so it comes in the warmer summer months.

It is sobering to think that such action may be needed, but it is entirely right for Boris Johnson and his ministers to approach the issue with the greatest seriousness.

We have seen the chaos coronavirus has brought to other countries. Vigilance is vital because lives are at stake.

Fortunately, we have a government that is on its front foot and providing an example for other states to follow.

No time for turf wars

SHOCK waves are reverberating through Whitehall after the resignation of Sir Philip Rutnam as the top civil servant at the Home Office.

Rather than go quietly and accept a financial settlement, he plans to pursue a claim for constructive dismissal.

He sees himself as the victim of a "vicious and orchestrated" campaign and says he received complaints about Home Secretary Priti Patel "shouting and swearing".

There is undoubtedly tension between the civil service and Boris Johnson's top team. There is a case for reform of Whitehall but the country cannot afford a self-defeating battle between politicians, aides and civil servants.

The country handed Mr Johnson a mighty majority and a mandate to change this country for good. He should not tolerate wasteful turf wars but must instead provide the strong, clear-headed leadership the country needs if coronavirus is to be defeated, flooded communities protected and rehabilitated, and the best possible Brexit deal secured.

He is right to aspire to be a great Prime Minister and for that he needs a united, motivated team at every level of government.

Baby joy at No 10

BRTAIN will wish the PM and his partner Carrie Symonds every happiness as they look forward to the arrival of a baby in early summer and their own wedding.

There are few greater joys than the birth of a child, and the patter of tiny feet in Downing St will bring a new lightness to the most challenging days.

The presence of a baby in the corridors of power should inspire everyone to work to ensure Britain's children grow up in a nation that is stronger, healthier and fairer than ever before.

EU is terrified now we're the world's new flexible friend



By Mark Francois

TORY MP FOR
RAYLEIGH AND
WICKFORD

AS PART of the Withdrawal Agreement that we made with the EU prior to Brexit we signed a Political Declaration which committed both sides to negotiating a comprehensive Free Trade Agreement (FTA) by the end of 2020.

As the Chairman of the European Research Group (ERG), I am quietly confident that we will succeed in negotiating a deal which will allow us to trade equitably with the EU by the end of the year. I take this view for four reasons.

Firstly, because the Political Declaration – which lays down the tramlines, as it were, within which the negotiations must take place – has already specified an FTA as the desired outcome.

In other words, both sides have already agreed in principle where they want the final talks to land and it is now just a question of agreeing the details.

Theresa May's variant of the Withdrawal Agreement did not have this proviso, but instead committed us to a Chequers-style outcome in which we would be very closely aligned to the EU's rules and regulations.

The truth is that the Prime Minister played something of a blinder in persuading the EU to drop this commitment and to opt for an FTA instead.

Secondly, our opening position is essentially that we would like a Canadian-style FTA, similar to the EU-Canadian Agreement which the EU signed up to in 2016.

This is actually what Michel Barnier, the EU's chief negotiator, was offering us in principle two years ago but now, for reasons best known to themselves, the EU are saying that this could be quite difficult.

Some critics point out that the EU-Canadian deal took seven years to negotiate and



NIGHT OF JOY: Celebrations in Parliament Square in January when Brexit became a reality

this is true. However, the flip side of this is that all of the heavy lifting has already been done and many of the most knotty issues have already been resolved.

Therefore, we begin these negotiations not with a blank piece of paper but based on an existing precedent to which the EU has already agreed.

Common sense suggests this must make it easier to come to an agreement than if we started from scratch.

Thirdly, when the Prime Minister said last year that he would persuade the EU to drop the dreaded "Backstop" (participation in a customs union) from the Withdrawal Agreement everyone said that it was impossible.

Indeed, the EU had said repeatedly that they would never do any such thing. Nevertheless, the Prime

Minister did persuade them to do exactly that (and to amend the Political Declaration to boot) and he managed to do all of that in under three months.

Fourthly, the EU has strong reasons to accept a deal.

THE ONE thing that really worries the European Commission is the prospect of the UK becoming the "Singapore of Europe".

As such, with a British economic model – which is far more flexible than theirs – they have always been worried that we could undercut them in world markets.

This is one of the reasons why they were so desperate to keep us in the EU in the first place.

Now that option is no longer open to them, their next best

alternative is to sign some kind of agreement with us, in order to try to prevent us from out-competing them entirely.

They therefore have a very strong incentive to reach an agreement, which did not exist when they hoped and believed that we would still remain in the EU.

The PM's stated determination to opt for an Australian-style deal (based essentially on World Trade Organisation rules) if the EU will not accept a Canadian-style version, should only serve to concentrate minds in Brussels.

The British people voted democratically to Leave and the EU is now finally waking up to this new reality.

I and my colleagues in the ERG will continue to monitor these negotiations very closely.

But we do have confidence in the Prime Minister to negotiate an equitable deal that will protect our sovereignty as an independent nation – exactly as outlined in his very good recent speech at Greenwich.

'What worries Brussels is Britain becoming Europe's Singapore'

NICK FERRARI



Fearing he might self-harm, it's said prison bosses could give Harvey Weinstein special treatment. This is a con by a con and should be ignored.

Picture: STEVE MARCUS/Reuters

THE Government has set aside £600million to allow builders to strip the type of cladding used at Grenfell Tower from private and public housing developments. Yet hundreds of towers still pose a threat as developers refuse to act. They should face instant fines of an eye-watering level.

MUCH amusement at the revelation that Donald Trump's former personal physician Dr Ronny Jackson had to hide vegetables in the President's mashed potatoes to ensure he at least ate some, and to try to help him lose weight. He also hid ice-cream from sweet-toothed and junk food-loving Trump. Is it only me who thinks this doctor is showing contempt for sharing the secrets of his patient?

A COURT judgment last week could halt the building of the third runway at London's Heathrow Airport. This is calamitous for British business as it prepares for our new post-Brexit world. Without this necessary expansion, London will be overhauled by Paris's Charles de Gaulle airport as the key hub in Europe within three years, say experts. This runway must go ahead. Anything else is plane stupid.

THREE motorists each day are left stranded on those criminally dangerous "smart motorways" waiting for assistance that takes too long to materialise. In addition, 38 people have died on them in the past five years. This project must be suspended at once.

THE Duke of Sussex is said to have told delegates at a travel conference he attended to address him solely as "Harry". Seeing as he has effectively turned his back on Queen and country, was there ever likely to be a choice of anything else?



THERE are so many reasons to cheer Tyson Fury's stunning victory in that world heavyweight bout last weekend. It's a Hollywood-style comeback story with a bigger punch than Rocky I, II, III, IV and V put together and Fury had to battle his own personal demons as well as his opponent to get there.

He's endured mental health problems and, thinking his career was over, fell into a world of drink, drugs and excessive eating.

So long as he doesn't hold this against me, he was a washed up, bloated wreck.

Then he decided it was time to shelve the self-pity and get back in training and, eventually, back in the ring.

But, here's something else to celebrate about this unlikely success story. Some years ago Fury, 31, made wholly indefensible remarks about women, homosexuality, paedophiles and abortion and was rightly castigated.

He subsequently apologised and the fact that the gift of forgiveness has been displayed here is uplifting. However, let's ensure it's not reserved solely for champs and winners.



DISGRACED politician Lord Steel just doesn't get it, does he? The long-awaited inquiry into the supposed Westminster child sex abuse scandal accused him of an "abdication of responsibility" for failing to act on concerns that his 29st Liberal Party colleague Cyril Smith was a serial paedophile who abused more than 100 boys.

Steel's excuses for a total lack of action included the absurd notion that as the vile acts were committed prior to Steel becoming Liberal leader, he thought he didn't need to do anything.

Rather, this super-annuated oaf ensured that loathsome Smith got a knighthood. Announcing he would quit the Lib Dems and resign from the Lords, Steel said of the inquiry: "Not having secured a parliamentary scalp, I fear I have been made a proxy for Cyril Smith."

No contrition nor expression of regret for the victims he might have been able to spare. So farewell to this jumped-up, vainglorious poseur who, in 1981 as party leader, told Liberals at their conference: "Go back to your constituencies and prepare for government." At the next election, Margaret Thatcher won a storming majority.

Steel should be stripped of his honours instantly.

Why must we still shame our heroes?

H E'D BEEN a military hero. Serving with the 1st battalion of the Royal Highland Fusiliers, he'd survived being blown up at least once by the IRA and also served in Iraq. But the criminal decision by this government to launch yet another inquiry into killings during the Troubles in Northern Ireland was too much for Eddie Murphy. He killed himself.

This is as disgraceful as it is tragic. Murphy, 50 and known in the military as "Spud", was one of a growing number of ex-soldiers facing distressing and unwarranted inquiries into events that, often, took place more than half a century ago. For him, it was too much to bear. And other brave men – who served their country and daily faced the possibility of being blown up, shot or maimed by terrorists – are preparing to face their ordeals.

It's claimed statistics show military veterans are 54 times more likely to be prosecuted than terrorists, bringing shame on this and previous governments. The figures came to light as a High Court claim accused ministers of discrimination against ex-soldiers. It was started by another ex-soldier – a great-grandfather with kidney failure who is to face trial later this month over a Northern Ireland shooting in 1974.

The prosecution of Dennis

Hutchings, 78, is an acute embarrassment for the Government as it pledged no new prosecutions would take place over historic allegations unless new evidence had come to light.

His legal team has argued that 3,264 deaths were caused by terrorists during the Troubles, compared with 361 by British military personnel. However, while six veterans are facing prosecution only one alleged terrorist is facing charges.

Mr Hutchings's case follows the fatal shooting in the back of a man of 27 with a mental age between six and 10 in 1974. After a three-month police inquiry, patrol leader Hutchings and two others were cleared of any criminal act. He was investigated again in 2011 and police concluded "there was no ground for taking any action". However, despite that assurance, in 2016 he was charged with attempted murder.

How is a man whose trial will have to be halted every couple of days for life-saving kidney dialysis treatment be expected to give a lucid account of events 45 years ago? The same can surely be said of all the other witnesses.

Mr Hutchings, who lives in Cawsand, Cornwall, said: "I feel terribly let down by the government. I feel like

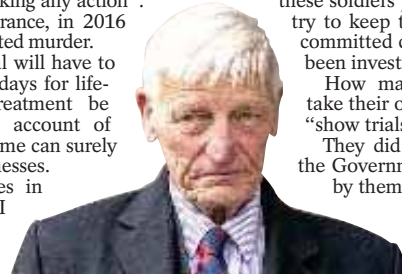
the victim of a witch hunt." He's surely not alone in that sentiment.

Experts say a new Historical Investigations Unit could take three years to set up, run for a decade and cost £300million. Meanwhile, 200-plus IRA suspects linked to around 295 murder investigations are exempt from fear of prosecution due to "letters of comfort" given to possible terrorists, many who were on the run, by Tony Blair's government in 1999. Blair justified the letters as crucial to keep the peace accord on track.

That might be so. But isn't it shocking that the same compassion doesn't extend to our own military. As the terrorists skulked and schemed to blow up the innocent, sometimes children, these soldiers put their lives on the line to try to keep the peace. Where they have committed crimes, they have – rightly – been investigated and charged.

How many more soldiers have to take their own lives before these unjust "show trials" are shelved?

They did their duty by the country: the Government has to now do its duty by them.



FIGHTING BACK:
Dennis Hutchings

Tune into Nick Ferrari at breakfast every weekday morning from 7am on LBC 97.3FM

Picture: CAROLINE WHITE PHOTOGRAPHY

Shotgun wedding

ARMED with a shotgun, Karen Shaughnessy made full use of February 29. On the day tradition says women can propose, the mum-of-two took Brendan Alton clay pigeon shooting.

Thankfully Karen, 41, put her gun down before she popped the question. The electrician gave his answer by shooting out a "Yes" banner.

The Shropshire couple, right, met in October, and Karen said she "wasn't going to wait another four years". Brendan, 37, said he "was very emotional, very shocked".

Proposal planners The One Romance devised the romantic stunt.



Hip op patients sue NHS trust

By **Lucy Johnston**
HEALTH EDITOR

PATIENTS have taken legal action against an NHS trust over a series of hip and knee operations.

Claims are being launched against Southport and Ormskirk NHS Trust over surgery carried out between 2010 and 2017.

Claimants whose operations took place at hospitals run by the trust say they experienced early complications leading to pain and disability. Some needed further surgery.

Medical negligence law firm Fletchers Solicitors, which is representing them, says it has 11 claims against the trust and has notified them of six. Four cases had already been settled.

Nine further cases being looked at were carried out in private hospitals in Lancashire by the same surgical teams.

The firm has reported its concerns to claims watchdog NHS Resolution.

Former semi-professional



LEFT IN AGONY: David Kehoe

footballer David Kehoe underwent a hip replacement in 2017 at Ormskirk Hospital, which became painful a year later.

An X-ray showed the ceramic covering of his implant had been wrongly positioned and had disintegrated into his body.

David underwent another hip replacement but was left with one leg shorter than the other and is almost housebound. He

said: "My right hip hurts all the time. I can't even stand for more than half an hour without needing to sit down. I just wish I could go back to how I was."

The trust admitted liability, and earlier this year he was awarded a five-figure payout.

Christian Beadell, from Fletchers, said: "We have concerns there may be problems relating to surgeries conducted many years ago which are only now being recognised."

A spokesman for NHS Resolution said: "We are working with the trust to review the claims made and are committed to achieving fair resolution for the patients concerned."

The trust is now reviewing practices at its orthopaedic unit and said that it has contacted all patients it believes may have been affected.

Medical Director Dr Terry Hankin said: "We are aware of a small number of claims relating to the orthopaedic procedures. The surgeon involved left the trust in March 2017."

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After 18 years, US and Taliban shake on an end to war in Afghanistan

TENSE: The 3rd Battalion Royal Regiment of Scotland in Helmand Province in 2011

By **Michael Knowles** and **Marco Giannangeli**

A PEACE treaty between the US and Afghanistan could see all foreign troops withdrawn from the war-torn country within 18 months after decades of conflict.

The deal, signed in Qatar after months of negotiation, could see hundreds of British troops coming home within months.

It is based on concrete assurances that Afghanistan will no longer harbour terrorists or allow "a repeat of 9/11" to be planned from within its borders.

Talks between the Taliban and other Afghan leaders will now begin, potentially leading to a full ceasefire and withdrawal of foreign troops from the country.

"These agreements mark a significant moment," said Foreign Secretary Dominic Raab last night.

"The current reduction in violence is welcome and I hope it will be maintained,

'A significant moment in pursuit of peace'

but meaningful negotiations between the Afghan leadership and the Taliban are the real prize and I hope this opportunity will be seized.

"The only way to achieve lasting peace in Afghanistan is through a political solution."

But last night critics urged caution. "This has always been driven by President Trump so he could keep his promises as his November election approaches. There is no basis for a long-lasting solution," said regional expert Kyle Orton last night.

Privately, officials in Whitehall share the need for caution. They concede the talks will be the "hardest bit" amid political uncertainty in Kabul.

They say the deal "has to ensure 9/11" doesn't happen again, after the Taliban refused to hand over former Al-Qaeda leader Osama bin Laden in 2001 in the wake of the attack on New York's World Trade Center.

Under the agreement signed yesterday, the Taliban must ensure terror groups Al-Qaeda



SHAKE ON IT: US Representative Khalilzad and Taliban co-founder Baradar

and Islamic State are not able to build influence.

Hundreds of British troops who form part of the Kabul Security Force could come home. Ministry of Defence officials say there will not be a "cliff-edge" and the withdrawal will take "weeks and months".

A Foreign Office source said: "We firmly believe the Taliban has not won. The Taliban would not have entered into this process if they felt they were winning. Why would they if they genuinely felt they could wait us out?"

"For us, what we are trying to achieve is lasting peace. The UK has put a huge effort into Afghanistan. Clearly everybody is aware of the sacrifice made by many UK servicemen and their families. They have made and allowed us to make a huge amount of progress in Afghanistan and we're determined to secure that progress."

Ministry of Defence sources said US troop numbers in Afghanistan will fall from 12,000 to 8,600. But they could only confirm a "couple of hundred" of British troops will be leaving Afghanistan in the next few months. There are 1,100 serving in the country. The

source added: "Any further reduction will depend on the Taliban and Afghan fulfilment of their commitment and be linked to progress towards the political settlement."

President Trump is said to be particularly focused on preventing Al-Qaeda from wreaking havoc in Afghanistan and counter-terrorism efforts in the country.

Last night he said he would be meeting leaders of the Taliban personally in the near future, adding: "Everyone is tired of war."

A source added: "If the Taliban reneges, if it starts to facilitate Al-Qaeda or Daesh, the Americans reserve the right to come back."

The treaty was signed after a seven-day agreement between the Taliban, Afghan Army and US to stop attacking one another. The agreement aimed to curb roadside bombs, suicide explosions and rocket attacks. In December 2018 the militants announced they would meet US officials to try to find a "roadmap to peace".

Following nine rounds of US-Taliban talks in Qatar, the sides seemed close to an agreement but this stalled after the militant group admitted killing a US soldier.

Let's hope troop families don't have to ask why?

COMMENTARY

By **Marco Giannangeli**
DIPLOMATIC EDITOR

IT IS understandable the West should want to breathe a collective sigh of relief at the prospect of stability returning to the blood-soaked soil of Afghanistan.

Britain's engagement as part of the US-led coalition cost the lives of 435 soldiers, and left hundreds more with life-changing physical and mental injuries. But we should be wary of celebrating just yet.

This is not an initiative driven by a weakened Taliban but rather the election timetable of US President Donald Trump.

Coalition forces descended on Afghanistan because its Taliban rulers provided training and planning for Osama bin Laden's twin tower attacks.

Though the Taliban may have regretted the consequences it remains strongly connected to Al-Qaeda.

Its deputy leader, Sirajuddin Haqqani, is the son of bin Laden's mentor. While this deal is predicated on promises that never again will extremists be allowed to plan terror attacks in Afghanistan, the Taliban was not even forced to disavow this connection.

And by dealing directly with the US, it has further delegitimised President Ghani's shaky government.

We can only pray that, two years from now, the families of the 3,000 British and coalition soldiers who made the ultimate sacrifice under the most brutal conditions won't be asking themselves: why?



Strictly's Shirley praises TV for bringing generations together

STRICTLY Come Dancing head judge Shirley Ballas has hailed television for still being able to interest people of all ages.

As the BBC faces a rethink over the licence fee and a battle for viewers with streaming services, the star, 59, said: "Shows like Strictly are brilliant for bringing all generations together."

"We know we've got lots of viewers who really look forward to watching the show live on the weekend and then chatting about it with their

By **David Stephenson** TV EDITOR

friends and family later in the week. It would be a real shame if we lost that communal experience."

It comes as a report found viewers aged over 65 are reluctant to embrace services such as Netflix or Amazon.

However, the study by media researchers Enders Analysis did show those aged four to 24 are watching more than a hour of streamed shows a day. The BBC's charter is due for

renewal in seven years and there is already furious debate over the future of its funding model.

Former BBC news reporter and MP Martin Bell, 81, fears the Corporation is facing the "perfect storm". He said: "I am really worried. If reform is needed, it can cut some peripheral services but it is a vital companion – especially to elderly people."

"The BBC is also hugely admired around the world, except by certain sections of the community here."

...while Sky drops ties to encourage younger viewers

By **Jaymi McCann**

SPORTS TV presenters are trying to appeal to younger viewers by ditching their ties.

The casual look has already been adopted by Sky Sports News while the BBC is considering whether to follow suit. But some etiquette experts insist that wearing the tie conveys authority and shows respect for the subjects being discussed.

A source in BBC Sport said: "There is a big debate at the moment about whether to wear a tie for sports news."

"Our presenters still do but increasingly our reporters are going out in the field and sometimes in the studio with open-neck."

"Sometimes they even dispense with a formal shirt. It's all about trying to make sure we can attract different audiences."

Fashion code authority William Hanson claims the move is not the answer to TV's woes.

He said: "I think it is patronising to think a tie is going to put young people off. It takes more than someone removing a tie to



BYE BYE TIE: Sky's Jim White goes casual on screen with Bela Shah

attract more viewers. It won't send people running for the hills when they see someone wearing no tie, but I think for journalists on TV it can look too flippant not to wear one."

"You don't have to read the news in a dinner jacket or ball gown, but you have to at least look respectable."

"The viewers have chosen to spend their valuable time watching you and how you dress is part of showing them respect. Dressing well requires effort, and no one wants to put in effort any more, they want it

to be easy. I think this is symptomatic of a general drop in standards of how we dress in public."

Former royal butler Grant Harrold said removing the tie is a "massive step and a bad one". He said: "People expect those in specific professions to look a certain way."

"It says to the younger generation that they don't need to meet these standards. But these presenters are addressing the nation, they are coming into people's homes, and a tie shows respect."

C4 boss stands by PM 'liar' jibe

CHANNEL 4's head of news has defended calling Boris Johnson a "known liar" as she complained about the reluctance of some politicians to be scrutinised on live TV.

Dorothy Byrne made the comment about the Prime Minister during her withering MacTaggart Lecture at the Edinburgh TV Festival last August. Appearing on Desert Island Discs, she said: "My job

is to speak truth to power and my concern about politicians not telling the truth is not some eccentric view of my own – it is one shared by the British people."

Three months after her scathing remarks Mr Johnson refused to appear on the Channel 4 leaders debate during the general election campaign.

● *Desert Island Discs*, BBC Radio 4, today, 11.15am



LECTURE: Ms Byrne

Saira's Loose holiday for 50th

SAIRA Khan is going on a "girls' holiday" with her Loose Women co-stars as part of her 50th birthday celebrations.

Saira, 49, who appears on the ITV daytime chat show with Gloria Hunniford, Linda Robson and Rod Stewart's wife Penny Lancaster, says she is also to have a body makeover to mark her half century on May 15.

She said: "The whole year is

my 50th!" – including a luxury family break in the Maldives.

The mother of two, who came second on the first series of *The Apprentice* 15 years ago, is also backing charity Operation Smile's all-female mission this week to provide surgery for children born with a cleft lip or palate in Morocco.

Saira said: "It is shocking to hear the stigma some children with cleft conditions face."



BIG YEAR: Saira

PRINCE'S FAREWELL

Harry's final uniform day as he marches into the sunset...

By News Reporter

PRINCE Harry is preparing for his final military event as a royal – but first must decide on his uniform.

The Duke of Sussex makes his farewell appearance as Captain General of the Royal Marines next weekend at the Mountbatten Festival of Music, but faces a dilemma.

Harry has to decide whether to sign off wearing his full mess dress uniform, or to withdraw quietly from the role he treasures most in a suit.

The Prince will be guest of honour for the charity concert, staged by the massed bands of the Royal Marines at London's Royal Albert Hall on Saturday.

He became Captain General in 2017, taking over from Prince Philip, who had held the post for 64 years.

When he attended his first Mountbatten Festival in 2018, Harry chose to wear a plain civilian dinner jacket to the event.

But, last year, the Prince surprised many when he wore the elite Navy unit's full mess dress complete with gold braid and medals to the concert.

One friend said: "It will be a very emotional moment for him and he is determined to do them proud, but he does not want the event to be all about him."

"The comradeship of other servicemen means a lot to him and he only wants to go out with his head high."

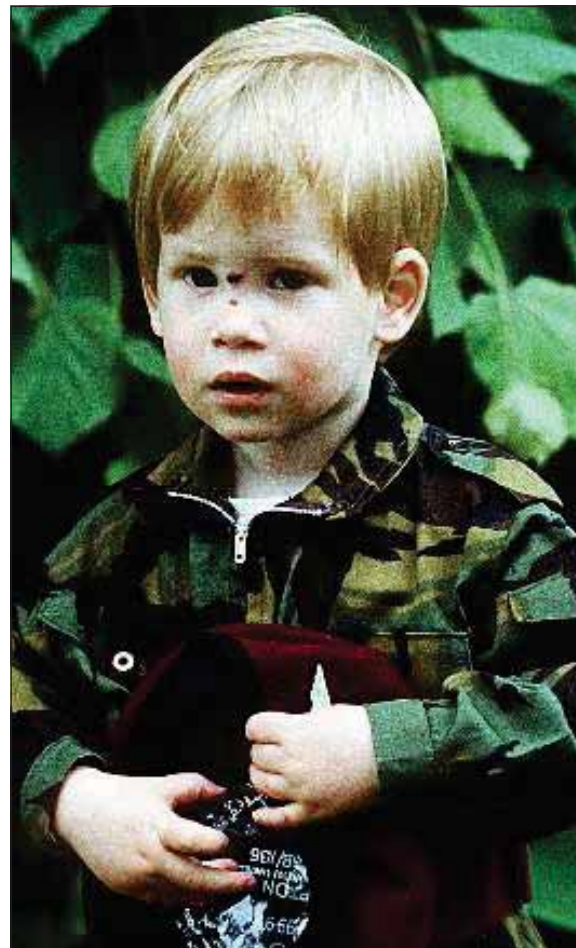
The event will be Harry's last opportunity to wear the distinctive mess dress kit of the Marines.

As part of his and Meghan's departure deal from the Royal Family, Harry has had to give up his honorary military titles and his royal patronages.

Harry will retain his personal ranks as a Major in the Army, a Lieutenant Commander in the Royal Navy and a Squadron Leader in the RAF.

His final formal event as a working royal comes a couple of days later when the Prince and Meghan join the Queen at a service in Westminster Abbey to mark Commonwealth Day.

While Harry may be facing his last post as Captain General of the Royal Marines,



MEMORIES: Harry in Marines outfit and, right, dressed up as a toddler. Inset, in uniform with Meghan

he certainly has a proud collection of military outfits to his name.

He was married wearing his Blues and Royals frockcoat, crafted from doeskin by military tailors Dege and Skinner in Savile Row, London.

As he was no longer a serving officer at the time, the Queen had to give special permission for him to wear the uniform, which was from his original regiment after

graduating from Sandhurst military academy. Harry switched to the Army Air Corps, where he learned to fly helicopters, gaining the rank of captain, and was often seen sporting the unit's khaki uniform and light blue beret.

The Prince has also been seen on the Buckingham Palace balcony with wife Meghan in his RAF officer's uniform.

His love of military outfits certainly started early. His first public appearance in

uniform came in 1986, when he was not even two, as he was snapped at home wearing a replica Parachute Regiment battle dress and red beret.

Seven years later, he switched to the Light Dragoons when he was given another replica uniform and tank commander's helmet.

One former aide said: "I am sure one of the biggest sacrifices of his new life will be leaving all that behind."

...but it frees up time for polo



STAR PLAYER: Harry has always loved the thrill of polo

THE Duke of Sussex once dreamed of becoming a professional polo player only for his father to tell him "princes can't really do that kind of thing", a documentary reveals.

In a first sign of Harry's rebellious streak that would eventually see him step down from royal duties, Prince Charles had to persuade his son to rethink.

Instead, together with Prince William the pair went on to raise more than £10 million by playing in charity polo tournaments.

Channel 5's *All the Queen's Horses* explores the Royal Family's deep love for all things equestrian

– from the Queen's passion for racing to Prince Philip's association with carriage driving.

The programme shows it was the Duke of Edinburgh who popularised polo in the Fifties and got Prince Charles hooked on "the sport of kings" as a teenager.

Later the young princes took up the game and historian Kate Williams said horses appealed to Harry's "desire for freedom and speed and sometimes to be a little bit reckless".

She said: "Prince Harry in particular did think he wanted to be a professional polo player but

Prince Charles said princes can't really do that kind of thing, they have to do charity work and representation."

However, she said the game had always been a "great escape" for Prince Charles.

"Polo was one of the very few places where he felt he could be ordinary and be free," she added.

The documentary also reveals the Queen has had cameras installed at her Sandringham stud farm so she can watch foals being born day and night on her iPad.

● *All the Queen's Horses*, Channel 5, tonight 7pm

Ioan: Being a Liar took its toll



FANTASTIC Four actor Ioan Gruffudd was battling depression while he played a rapist in ITV's hit thriller *Liar*.

The Welsh actor, 46, stars as sinister surgeon Andrew Earlam who, in the finale of series one in 2017, was seen lying dead in the Kent marshes.

His most recent victim Laura Nielson, played by *Downton Abbey* star Joanne Froggatt, had finally got the evidence to convict him.

Speaking as the second series starts tomorrow, Ioan, who lives in Los Angeles with

By **Tony Whitfield**

actress wife Alice Evans and children Ella and Elsie, said the role "was a whole new challenge I hadn't really anticipated or expected".

He explained: "I didn't realise the toll it was going to take on me, physically and mentally. I got a little depressed shooting it."

"At the end of the day being alone in London without my family, it was hard to switch off from the job. I lived with him for that whole time."



BATTLE:
Ioan
Gruffudd,
with wife
Alice and
Ella and
Elsie



HM Government



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nhs.uk/coronavirus

Outrage at sex crime 'apologies'

MORE than 400 sex offenders avoided serious punishment last year after being allowed to apologise to their victims, figures reveal.

Offenders escaped getting a criminal record after the police and Crown Prosecution Service allowed them to receive what is known as a "community resolution".

The settlement, which involves the guilty party admitting responsibility for the offence and either apologising or paying compensation to a victim, was meant to be used for low-level crimes.

But Ministry of Justice statistics show community resolutions were used to clear up 431 sex offences last year, including sexual assaults, grooming and flashing offences.

Police chiefs say the resolutions are only ever used in relation to sexual offences if the victim is content for the crime to be dealt with in that way.

Officers also said some of the offences involved two consenting underage children.

The tally of cases dealt with in this way last year included eight sexual

By **Matthew Davis**

assault cases on girls under 13, and three similar cases on boys under 16. There were also two occasions where police cleared up cases of adults sexually grooming children with a community resolution order.

In all, the tally included 29 sexual assaults on women aged 13 or over.

David Spencer, of the Centre for Crime Prevention, said: "The public

will find it staggering that the CPS think it is appropriate to use community resolutions for serious sexual offences and particularly those towards children.

"Using community resolutions in this way must stop now."

A spokesman for the National Police Chiefs' Council said: "Community resolutions help police handle low-level offending proportionately."

"Victims' wishes are central to our decision-making. Our decisions are thoroughly examined by force scrutiny panels. Community resolutions are used in one per cent of sexual offence cases."

**'The public will
be staggered'**

EX-MARINE'S WAR ON TRAFFICKERS

Tigers bred for slaughter for illegal 'health tonics'

By Ruth Hughes

A FORMER Royal Marine sniper is waging war on tiger trafficking and will expose the brutal trade in a harrowing BBC Two documentary.

Scottish adventurer Aldo Kane, who has served in Afghanistan and Iraq, gains extraordinary access to the criminal trade across Vietnam, Laos, Thailand and China.

Shocking footage of tigers being slaughtered, others kept in tiny cages and dead cubs in freezers are just some of the heartbreaking scenes in *Tigers: Hunting The Traffickers*.

Products such as tiger bone wine and tiger glue have a higher street value than cocaine and the demand

'If there's demand people will poach'

in South East Asia is also endangering dwindling wild populations.

"The investigation was harrowing," says Aldo. "It's shocking to see apex predators locked in cages, sometimes 10 to 15 of them in a cage, malnourished and in bad conditions. But what shocked me most was the complete lack of interception from governments."

"All of this anti-poaching work is just putting a sticking plaster on the problem. The problem is about demand. It's the same as drugs. If there's a demand there for it then people will continue to poach."

Tigers are being bred at facilities operating as zoos and conservation programmes but they are being slaughtered to make the products, says Aldo. A loophole in the law in China allows the trade in tiger products, say conservationists. Tiger bone wine and tiger glue are sold as health tonics and aphrodisiacs.

Working with wildlife crime



Pictures: GRAIN MEDIA/BBC

HEARTBREAK: Aldo Kane saw caged tigers in the south China city of Guilin, an easy journey from Vietnam



investigators, the team filmed a tiger being slaughtered and a video given as a trophy for the buyer.

Aldo discovers tiger wine breweries in China and finds frozen tiger cubs in freezers at a breeding facility in Laos.

Undercover investigators also risk their lives to expose tigers in small pens in Thai zoos; a trader selling tiger products in Laos; and caged tigers fattened up in a dark basement in Vietnam then killed and cooked to order.

"Wild tiger populations are already cripplingly low. They've been hammered by habitat loss so they are already struggling and there are fewer than 4,000 in the world already," says Aldo, 42, who became involved through Veterans For Wildlife, a charity protecting wildlife and critically endangered species.

"Growing demand is having a horrendous effect on the tiger population. The laws internationally are that there is no trade in any tiger parts or products. In countries like Laos there shouldn't be any captive breeding.

But one place we visited clearly had a very effective programme and the cubs were being shipped to Vietnam.

"We found the governments of Thailand, Laos, Vietnam and China are saying one thing – they are conserving wildlife, it's illegal to farm tigers and to use them – but there is a very lucrative trade right under their noses. The governments categorically are not doing enough to stop the trading in tigers."

● *Tigers: Hunting the Traffickers*, Wednesday, 9pm, BBC Two



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Real-life boss who inspired Coogan's Greed

From **Mike Parker** IN LOS ANGELES

STEVE COOGAN stunned an audience at the LA premiere of his film *Greed* by naming retail tycoon Philip Green as the model for his monstrous lead character.

Coogan, 54, described the Topshop boss as the "most unapologetic, flamboyant, vulgar, odious and ostentatious character in British culture". He added: "It was principally based on him – he was a gift."

Green, 67, has been hit by accusations of sexist, racist and bullying behaviour by staff.

It was also claimed last year that he has paid out huge sums to silence accusers.

Coogan's comedy follows the fortunes of rag trade tycoon Sir Richard "Greedy" McCreadie who exploits sweatshop labour.

In one scene he throws a toga party in Greece but comes unstuck when refugees hog the beach.

Said Coogan: "I tried to have some empathy with my character but it's difficult to empathise with anyone who places little or no value on people."

TOGA TALE:
Coogan plays
a tycoon
based on Philip
Green, left

College chief claimed £27k in expenses

THE UK's best-paid university chief claimed almost £27,000 in expenses in 12 months, including £7,500 on stays in luxury hotels across the globe.

Imperial College London president Alice Gast receives a total remuneration of £554,100 and also makes £287,000 a year on the board of oil and gas giant Chevron.

Documents obtained by the Sunday Express reveal how the Houston-born professor, 61, also claims thousands in expenses. Receipts show she has enjoyed stays at a series of prestigious hotels while on college business.

Five nights last January at the Sunstar Hotel Davos in Switzerland, which boasts a luxury spa featuring massage showers, cost £2,396.57.

Shortly before Christmas 2018 she enjoyed two nights at the Address hotel in Dubai Mall, at a cost of £727.95.

Receipts show her overseas accommodation tab for August 2018 to July 2019 was £7,491.83.

Flights during the

By **Jonathan Corke**

period cost more than £15,000 and other expenses included business lunches, taxis and rail travel.

The documents were released after our Freedom of Information request.

Jo Grady, University and College Union general secretary, said: "The inflation-busting pay rises and extravagant expenses spending of vice-chancellors sends a damaging message that it's one rule for staff and another for those at the top of our universities."

A spokesman for Imperial College London said: "International travel is an essential part of the president's role, which includes fundraising and forging new academic and corporate partnerships."

"All costs were incurred as a result of her work for Imperial, and were reviewed by Imperial's Audit and Risk Committee and Chief Financial Officer."

FUNDRAISING:
Prof Alice Gast

ADVERTISING FEATURE

What a novel idea

Small-town scandals are laid bare in JK Rowling's post-Potter tale

Who needs Harry when you've got *The Casual Vacancy* – JK Rowling's first post-Potter project, and also her first foray into adult literature? The novel was such a roaring success, it was made into a thrilling three-part miniseries, first shown in 2015, and you can now revisit it in full on the Drama channel.

Join the characters of *Vacancy* as a seemingly idyllic small town that conceals a fraying community where quiet suburban life and hidden secrets lead to all-out war when a well-meaning council member Sunny Singh is mysteriously killed. With some of the picture a casual vacancy – and a hint of the dark side of the town – Rowling's novel is a place where the good community can't keep its secrets and the darkness comes in the process.

Yep, we're not in the wizarding world anymore, indeed. Rowling's novel is a tale for the ages, a story of greed, sex, and greed that makes for one of the most

anticipated British dramas of the past decade.

With a stellar cast including Ruby Kruger and Michael Gambon, this show has everything: mystery, murder, class warfare, teens in crisis and a lingerie store run by the ever-brilliant Gertie Brooks. Seriously, why's it not been about this?

Don't miss
episode one
tonight at
10pm on

DRAMA

FRIDAY 10PM, SUNDAY, 10PM

CASUAL CAST

The crème de la crème of TV royalty came together to appear in the adaptation

As the creator of Harry Potter, Rowling's treasure status was assured. Now producer JK Rowling had her pick of the finest thespians when cast in this adaptation of her novel. Her team duly sought out the acting A-list to take on the roles of the Payford residents. These included her old pal Michael Gambon, who played Dumbledore in six Potter films. Battle-norm nees Julia McKenzie and Keeley Hawes, and Emilia Fox, so on of the Fox acting dynasty. And to that, a-and-coming talent in the shape of Abigail Lawrie and you've got one of the most prestigious and promising line-ups in recent TV memory. Now that's magic.

'Porn sites must have age check'

CAMPAIGNERS have urged Boris Johnson to bring in legislation to use age checks to stop young people watching pornography online.

A law was passed in 2017 but never acted upon. Barnardo's chief executive Javed Khan said: "Children tell us that unwanted exposure to explicit and violent pornography is their main concern when it comes to the internet."

"It can rob children of their childhood and lead to serious harm."

John Carr, of the UK Council for Child Internet Safety, said similar measures had already worked to keep young people away from gambling websites.

He said: "We desperately need something similar to keep kids off porn sites."

Alastair Graham, of the Age Verification Providers Association, added: "Parents don't want to wait years more for safeguards they thought Parliament had already passed a law to enforce."



Picture: GETTY

Taxpayers' £740k bill for embassy flights of fancy

By Matthew Davis

MORE than £700,000 of taxpayers' cash has been spent transporting artworks around the globe to adorn embassies, consulates and ambassadors' homes.

In five years £740,234 has been spent moving government-owned paintings, sculptures and other artworks around the UK and the world.

Art transport companies charge a premium, meaning the bill for one work often far exceeds a plane ticket.

Last year, art air transport firm Martinspeed received £34,865 to send 28 pieces out to Tokyo to decorate the ambassador's home.

These included works by contemporary British artists such as Tracey Emin, who found fame for My Bed which showed her unmade bed, and Chris Ofili, who used elephant dung in some paintings.

The fee was also for shipping 14 artworks back to the UK from Tokyo, including a 3ft high wooden egg by artist David Nash.

Another £3,146 was spent moving 13 artworks to Paris, while three returned at a cost of £1,035.

A total of £3,717 was spent flying one work – a print of artificial flowers in a glass vase by Hurvin Anderson – to Los Angeles. And in 2016, £38,819



SHIPPED: David Nash's 3ft egg and Still Life with Artificial Flowers

was paid to ship nine pieces to the ambassador's residence in Beijing and for the return of another 14.

Sam Packer, at the TaxPayers' Alliance, called such spending of tax money "preposterous". He said: "They should be keeping costs as low as practically possible, not splashing the cash to ensure diplomats are surrounded by famous paintings."

The Department of Culture, Media

and Sport said: "The Government Art Collection displays British works of art worldwide to promote UK creativity and showcase the nation's talented artists."

"It is an important part of our cultural diplomacy work, and displays are periodically refreshed in a way that minimises transport costs while ensuring the safety and security of the works in the collection."

"...ROCK 'N' ROLL'S GREATEST ACHIEVEMENT..."

VARIETY

"DALTREY IS IN PEAK FORM, AND SO IS TOWNSHEND..."

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NEVER SAY

By **Matthew Field** and **Ajay Chowdhury**

LEA SEYDOUX is about to make James Bond movie history. No Time To Die, the 25th 007 movie, is Daniel Craig's swansong as the super-spy – but it's also remarkable for being the first time a Bond heroine will have returned.

We last saw Dr Madeleine Swann, Oxford-educated psychiatrist and daughter of baddie Mr White, in 2015's Spectre as she and Bond headed into the sunset in his classic Aston Martin DB5.

But French actress Seydoux, 34, and Craig, 51, had such great on-screen chemistry, the characters continue their journey in No Time To Die, released April 3.

Swann represents the modern Bond woman. In Spectre, she saved Bond's life in a brutal train fight with henchman Hinx. All this while dressed to kill in an elegant dusty green Ghost Salma evening dress.

Seydoux admits: "Psychology is a big aspect of how my character seduces Bond with her mind and intelligence."

It's a relationship that is about to take an explosive turn. No Time To Die opens with high emotional and action stakes as, during a spectacular car chase through the streets of Matera in Italy, Bond confronts Swann about secrets she's hiding.

Seydoux, who set pulses racing in 2013 French love story Blue Is The Warmest Colour, nearly did not get the part in Spectre.

For her audition she took an early morning flight from France to Pinewood studios. It was here, in a cosy dressing room, that director Sam Mendes found the overdressed actress with the script. Fast asleep!

Women have been central to James Bond's life but, in the movies as well as in Ian Fleming's novels, the only flirtatious constant was Miss Moneybags, secretary of spymaster M. There

007 is back but that can rarely be said of the Bond beauties

was, however, one early exception. In Bond's film debut, Dr No, Sean Connery delivered his iconic introduction "Bond, James Bond" to scarlet-clad femme fatale Sylvia Trench.

Actress Eunice Gayson recalled how her character was supposed to reappear in every subsequent film but never quite gets 007 as he is called away on assignment at the last minute.

Whilst Trench did return in From Russia With Love the next year, 1963, that

was her finale due to a change of director.

Producer Harry Saltzman did not like re-hiring female talent. His philosophy was blunt: "We don't have the same one twice, they're all Kleenex, throw 'em out."

In one twist, Swedish beauty Maud Adams did appear in two movies – but as different characters. In 1974's The Man With The Golden Gun she was villain Scaramanga's long-suffering lover Andrea Anders and nine years later had the title role in Octopussy.

Adams knew she was lucky: "When I got the part I was really surprised." The

'Barbara Bach shot to fame in the role'



GIRL POWER: From left, Eunice Gayson as Sylvia Trench, the first Bond girl in Dr No (1962); Maud Adams with Roger Moore in Octopussy (1983); Michelle Yeoh in 1997's Tomorrow Never Dies; Halle Berry in Die Another Day (2002)

NEVER AGAIN...

CLOSE BOND: Lea Seydoux, heroine of Spectre returns to comfort 007 in No Time To Die

hero in both, the late Sir Roger Moore, always said Adams was his favourite Bond girl.

The producers have made attempts to bring back some Bond women. In 1977, Bond joined forces with Soviet agent Triple X, Major Anya Amasova, in *The Spy Who Loved Me*.

Barbara Bach shot to fame in the role. "I don't mind at all being identified with the Anya character," she said. "Probably the best female character that's ever been in a Bond film. A counterpoint to Bond." Reflecting both East/West detente and the evolving role of women, Amasova hit a chord with the public.

As Roger Moore hung up his holster in 1985's *A View To A Kill*, Triple X was to have shared a steamy hot tub with 007. It was not to be, however, although Bach's life wasn't totally bereft as she was married to Beatle Ringo Starr.

Michelle Yeoh became Bond's first Asian leading lady, appearing opposite Pierce Brosnan in 1997's *Tomorrow Never Dies* with the producers keen to update Bond's somewhat stuffy, almost comedy image.

Catsuit-clad Colonel Wai Lin made an indelible impression when she took on Vietnamese thugs in a kick-ass display of martial artistry.

Said Yeoh: "They did want to highlight the fact that we have a Bond girl who's going to be on par with James Bond. She is herself a spy from China and they are not easy to be reckoned with. She will be as physical as him and be able to do whatever he does – or even better."

There were plans to give her a cameo in a future film and even her own spin-off. She met Lee Tamahori, director of 1994 adventure *Once Were Warriors*, who recalled, "due to contractual reasons things didn't work out."

For Brosnan's final 007 outing, *Die Another Day*, in 2002, the producers cast their first African-American leading lady, Halle Berry.

Giacinta Johnson, known as Jinx, worked for the American National Security Agency. She

was modelled on 1960s spy heroine Modesty Blaise, the first female "Bond".

Brosnan remembered his co-star with admiration: "Oh boy, her coming out of the water in Cadiz – half of Spain was on the shoreline observing this beautiful lady in her fluorescent orange bikini."

During production Berry won an Oscar (as best actress for dark drama *Monster's Ball*) powering *Die Another Day* to huge success. As a result, Bond bosses were keen to work with her again making a Bond Universe close to reality.

A script for a Jinx film was commissioned. In it, Jinx worked for a think-tank, rode a motorbike and had a lover called Javier to be played by future Bond nemesis Javier Bardem (the evil Raoul Silva in 2012's *Skyfall*).

Set for 2004 release it was penned by Bond scribes Neal Purvis and Robert Wade (who have been involved in all Daniel Craig's Bond movies). Wade felt the film was a "down and dirtier version of a Bond – a very atmospheric, Euro thriller, a Bourne-type movie."

And yet financiers got cold feet due to the budget (£70million) and the fact that recent female-led action films had flopped.

Berry held out hope but to no avail. "Maybe some day I will do a cameo in a Bond movie as Jinx," she said. "We'll see."

James Bond, though, will return. Beyond Daniel Craig. But with only weeks until *No Time To Die*, Seydoux is revealing little about her own future.

However, of the new film she says: "It was very interesting to play Madeline but through a new perspective," she said. "I think this time we will see something different from what we have seen in *Spectre*. It's going to be more intimate."

● *Matthew Field and Ajay Chowdhury are authors of Some Kind Of Hero: The Remarkable Story Of The James Bond Films*

'Financiers got cold feet due to the budget'

Craig's supercar is just the ticket

ANYONE lucky enough to afford a limited-edition Aston Martin DBS Superleggera will get a bonus – buy the supercar and tickets to next month's world premiere of the new James Bond movie come free.

It comes with a hefty price tag of £545,000 but also thrown in are a hand-engraved Omega watch, below, like the one Bond wears, along with first class air travel and hotel accommodation in London.

Only seven models of the car, designed by 007 star Daniel Craig and built in the UK by Aston Martin, have been produced and a couple were sold over Christmas by US luxury store Neiman Marcus.

The rest are being offered in time for the March 31 premiere of *No Time To Die*, with a percentage of sales donated to The Opportunity Network, a business-matchmaking group supported by Craig.



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Fiona: Brendan getting axed from Strictly was karma

FIONA PHILLIPS says it was "karma" when Brendan Cole was axed as a Strictly dancer.

The pair clashed when they were partnered on the show back in 2005 and are still not on good terms.

The former GMTV host, 59, revealed she did not like Brendan's behaviour behind the scenes.

And she admitted she now regrets taking part in the show.

She said: "Brendan was a real pain, actually. He wasn't very nice. He was really naughty."

"He's not on the show now – karma indeed. It works its way every time."

Pro-dancer Brendan, 43, was dropped from Strictly in 2018 after reportedly clashing with bosses.

It is also rumoured he did not get on with other celebrity partners, including Lulu, 71.

Brendan and Fiona failed to

By **Ed Gleave**

impress the judges during their short stint on Strictly. Their average score was a dismal 15 out of 40.

Mother-of-two Fiona said: "I was really rubbish. I shouldn't have done it. I had two small kids, I was doing breakfast TV and both my parents had Alzheimer's. I just took on too much."

Fiona has ruled out doing more reality TV despite regularly getting big money offers.

She said: "I'm asked to do I'm A Celebrity every year, but I don't want to do that stuff. I think dignity is an important thing."

Since leaving GMTV a decade ago Fiona has fronted documentaries on topics including budget airlines, pensions and health.

She said: "I like doing shows that hopefully move things forward or bring things to people's attention."

THE LAST TANGO:
Brendan Cole and
Fiona Phillips, who
were not a success
in Strictly in 2005

France offers us nuclear back-up

FRANCE has offered to provide nuclear cover for Britain as the Royal Navy replaces its Trident missile-carrying submarine fleet.

The surprise proposal, which came during a ministerial meeting in Brussels, shows how keen French president Emmanuel Macron is to continue close security links with Britain.

However, some critics have condemned it as an attempt to drive a wedge between Britain and US-led Nato.

Sources confirmed that the offer was discussed again at a Whitehall briefing last month, as officials mulled over a speech by Macron in which he discussed creating a European nuclear deterrent which does not rely on the US.

Britain's four nuclear-powered

By **Marco Giannangeli**
DEFENCE EDITOR

ballistic missile submarines are coming to the end of their life and are due to be replaced by new Dreadnought-class Trident carriers over the next 10 years.

Yesterday Royal Navy sources reiterated there was "absolutely no reason to suggest" that replacing the submarine fleet would lead to capability gaps.

France operates four submarines to deliver its "Continuous At Sea" nuclear deterrent, as well as two squadrons of nuclear missile carrying Mirage 2000N and Rafale attack aircraft.

Though part of Nato, it does not extend its nuclear umbrella to members.

It is the 40-strong Rafael

squadron which may, in part, be placed at Britain's disposal in the "unlikely event" of a submarine shortage.

In November, France and Britain will celebrate the 10th anniversary of the Lancaster House mutual defence treaties.

Under the terms of the treaty both countries are already co-operating in various ways to manage their nuclear stockpile.

Jean-Pierre Maulny, of the French Institute for International and Strategic Affairs, said the offer to assist Britain was "consistent" with French policy.

Last week it emerged the US had agreed to share the technology behind its new W93 sea-launched nuclear warhead with Britain as a Trident replacement.

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MTG 00429c



BACK: Charlie Higson

Fast Show will have last laugh

THE FAST Show will finally celebrate its 25th anniversary with a TV special this year – despite the BBC pulling the plug on the project, writes Garry Bushell.

The wild 1990s sketch show, which starred Paul Whitehouse and Charlie Higson and a host of other big names, ran for five series from 1994.

Two anniversary shows were planned for last Christmas, until BBC bosses changed their minds.

But Charlie, 61, said: "We're making the Fast Show retrospective for UKTV now with new bits and pieces, interviews and clips.

"All of the old gang will be back together."

Rogue detective tracked down Sarah Payne killer



VICTIM: Sarah Payne was abducted and killed

By Tony Whitfield

SARAH PAYNE'S killer could have remained free had a detective not carried out his secret probe behind the backs of police chiefs, a documentary reveals.

Without it, paedophile Roy Whiting would have been able to destroy evidence linking him to the crime that shocked the nation and could have gone on to rape and kill again.

Whiting was one of the first child sex attackers put on the sex offenders' register, after the abduction and assault of a nine-year-old girl in Crawley, West Sussex, in 1995.

When eight-year-old Sarah disappeared from near her grandparents' home in Kingston Gorse, on July 1, 2000, police drafted in officers from the sex offenders unit to help in the search.

The Channel 5 programme reveals that a group split off and began a separate investigation into known sex offenders.

Within a day, Whiting became their prime suspect and was placed under surveil-



OFFENDER: Roy Whiting

lance – which preserved vital evidence such as his white van containing clothes and a petrol receipt that destroyed his alibi.

The day after Sarah disappeared, Det Insp Paul Williams was told his officers "were searching fields and carrying out house-to-house inquiries" but they were becoming increasingly frustrated.

He said: "I felt it was important that my team be knocking on the doors of sex offenders. We would push the boundaries. Initially, I had a list of eight – people who, based on my knowledge of them, I thought could abduct a child.

Whiting never expected us to be knocking on his door within a day of abducting Sarah. I think he would have got rid of the van, and other evidence would also have been lost.

"Given what we now know, there was a good chance he would have struck again."

Chris Saunders was the first officer to speak to Whiting at his Littlehampton flat.

PC Saunders said: "It was done in secret, the high command were not aware of it"

Whiting's response was suspicious. "He showed no empathy or concern. He asked no questions and did not seem fazed by the idea."

He was put under surveillance and held when he tried to drive the van away.

Forensics eventually found evidence to link him to the abduction and murder of Sarah, whose body was found in a field on July 17.

Whiting, now 61, was jailed in December 2001 for a minimum of 40 years.

● Sarah Payne: 5 Mistakes That Caught The Killer, Wednesday, C5 at 9pm.

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THE UNSUNG HEROES

How the hunt for 'death ray' helped win the war

By Jon Coates

IN A GOTHIC mansion on a remote peninsula of East Anglia some of our brightest brains invented radar technology that won the Battle of Britain and changed the course of the Second World War.

While the exploits of code breakers including Alan Turing at Bletchley Park in Buckinghamshire are well known and inspired Hollywood movie *The Imitation Game* starring Benedict Cumberbatch, the equally impressive feats at Bawdsey Manor in Suffolk are less widely celebrated.

But that is set to change with a novel inspired by real events and people shining a spotlight on the world's first radar station.

With the 80th anniversary of the Battle of Britain in July, *Under A Wartime Sky* by Liz Trenow reveals the seismic impact of using radio waves for an early warning system in preventing Hitler invading Britain.

The discoveries led by physicist Sir Robert Watson-Watt amid the secrecy at Bawdsey still guide our lives today, with everyday things from microwave ovens to speed cameras, air traffic control to space technology.

In 1936, Winston Churchill had tasked Watson-Watt with exploring

'The Germans sent planes to look'

military uses of radio waves, hoping to harness them for a weapon.

Liz, who grew up close to the Suffolk mansion and has spent years researching it, says: "Churchill asked Watson-Watt to create what he thought might be a death beam, or a magic eye because they knew the Germans were amassing a great air force.

"Watson-Watt replied that a death ray was not going to work as you'd need a transmitter the size of a house to stun a sheep, but what they did develop was the use of radio waves to detect movement in the sky.

"It's become so commonplace but this was revolutionary, the idea of an invisible network of transmissions.

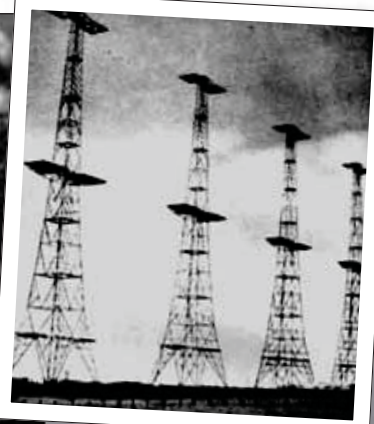
"So they built radar stations all the way along the south coast and all the way up the east coast of England.

"There were hundreds in the end but in 1936 they were hellbent on coming up with a working system, which they did in just 18 months."

People in nearby port town Felixstowe were fascinated by the tops of masts visible above a dark wall of pine trees shielding Bawdsey.

And the German Luftwaffe was also intrigued, flying reconnaissance missions over the strange towers next to the Victorian mansion.

Liz, who has been fascinated by Bawdsey since her childhood when she watched her father sail his dinghy past it on the River Deben and saw the "fairytale towers peeping enticingly above the pines", says:



RAY OF HOPE: Bawdsey radar operators, the towers, Robert Watson-Watt and, inset, Liz



"The Germans sent planes over to have a look but they did not understand the implications.

"It is credited with winning the Battle of Britain and probably the entire war because their technology was ahead of ours in everything apart from radar stations.

"We only had a fraction of the number of planes in comparison with the hundreds that the Germans sent over, and their planes were better.

"Radar allowed us to get Spitfires and Hurricanes in the air when the German planes were still miles away."

Victorian telecoms millionaire Sir William Cuthbert Quilter started building Bawdsey Manor in 1886 for lavish parties. It was enlarged in 1895 to 50 rooms including a ballroom lined with mirrors, an oak-lined hall with a gallery for musicians, a billiard room and numerous seaview dining rooms.

The manor and its numerous outbuildings were bought for £24,000 by the Air Ministry in 1936 to become a research station. Just a handful of scientists lived in the

mansion at the start but the team grew as radar operators came in.

The scientists were moved out at the outbreak of war and it became an RAF base which linked the hundreds of radar stations lining the coast, all staffed by women.

Liz says: "What intrigued me most was that Watson-Watt decided women would make better radar operators than men. You can imagine how this was received at the time but he said let's try them and it worked.

"He said they needed tenacity and a fine touch, because the equipment was very basic. The level of concentration and ability to multitask was also key.

"So they started employing women and when they created the Women's Auxillary Airforce, the WAF, women who showed technical ability were selected to be trained in this technology.

"This was a really technical job that the women did and as they had these great masts sticking up radar stations were bombed."

Liz, a former local newspaper and BBC radio and TV journalist, lives with husband David, a sculptor and

painter, in Colchester but grew up in a silk mill in Sudbury, Suffolk.

She was one of the first visitors to Bawdsey after its 1980s sale to a friend who made it a boarding school for foreign students learning English.

Her novel tells of the unlikely friendship between Vic, a brilliant but shy physicist, and Kathleen, a curious young woman from Felixstowe who trained to be a radar operator.

Liz has two daughters and three grandchildren. She's written seven books since retiring, the first two, *The Last Telegram* and *The Forgotten Seamstress*, inspired by her family's 300-year-old silk weaving company.

The *Poppy Factory* in 2014 coincided with the centenary of the start of the First World War, with *In Love And War* telling the story of tourists visiting *The Somme* in 1919.

"I call this my late flowering career," she says. "As long as your brain is working you can still write."

● *Under A Wartime Sky* (Pan Macmillan, £7.99)



DOCTOR WHO'S LOUISE JAMESON

'I'm still angry that I never reported man groping me when I was young actress'

By Peter Robertson

DOCTORWHO star Louise Jameson has revealed she was the victim of a #MeToo style attack as a younger actress.

Louise, 68, who has also starred in *Doc Martin*, *EastEnders* and *Bergerac*, said she was "inappropriately groped" early in her career.

Rada-trained Louise got her big break as Leela, companion to Tom Baker as Doctor Who in 1977, but is still bothered by what happened to her on the way to stardom.

"I was very inappropriately groped," she says. "I walked away from it unscathed, but my older self is p***ed off that my younger self couldn't have been more assertive.

"If I had this head on that body, I should have reported it. But I

wouldn't dream of naming and shaming. The gentleman is no longer with us, so there's no point in going there."

Last week, shamed Hollywood titan Harvey Weinstein was convicted of rape and sexual assault.

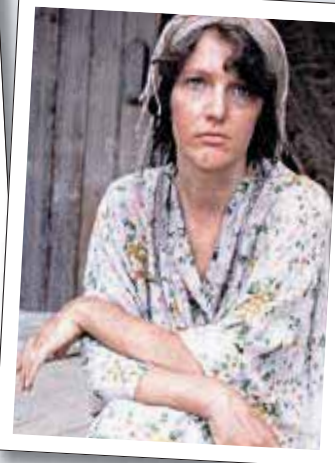
The conviction was hailed as a success for the #MeToo movement, which initial reports of Weinstein's behaviour had helped start.

Louise says her own experience helped shape her support for #MeToo.

"I think it's amazing, and that those who criticise it have never been there and don't understand what it is to be on



TIME TRAVELLER: Louise as she wowed a generation in *Dr Who*, as she is now (left) and in *Tenko* in 1981 (below)



the receiving end of inappropriate behaviour," she says. "I think the whole 50/50 Movement is fantastic. Women seem to be finally having a voice."

Louise, who appeared nude in the BBCTV drama *Tenko* in 1981, is also relieved that today's young actresses who strip on screen are better protected than in those days.

"I think it's entirely their decision," she says. "In the days when I got my kit off there wasn't all this internet stuff going on.

"I think they now have an observer to make sure nothing untoward is happening and that it's a closed set – a kind of chaperone."

She also says that the changing approach to women on screen has given her a second lease of professional life.

"My career consisted of being somebody's companion as in Doctor

Who, or someone's partner like in *Bergerac*," she says.

"It's always been attached to a man except for the amazing *Tenko* which I adored doing.

"But that's been the nature of female parts through the ages until very recently. Last year my phone didn't stop ringing and it was like being back in my 20s with a choice of jobs. I don't know if that's to do with having let my hair go white, but I was astounded and delighted.

● Louise is directing the thriller *Revenge*, which is on tour, ending at Fairfield Halls, Croydon, March 24-28 (crimeandcomedytheatrecompany.co.uk)

Parents told to pack it in

By Dominik Lemanski

Expert believes that children eating school dinners would slash the obesity epidemic

PARENTS have been warned they could be shortening the life of their children by sending them to school with packed lunches.

An expert has claimed the child obesity epidemic is being worsened by parents ignoring advice on the benefits of pupils eating school meals rather than lunches prepared at home.

Paul Evans of School Health UK and the British Obesity Society, has experience of working with 200 educational establishments and has met with more than 100 headteachers to discuss nutrition and health.

He has campaigned for a decade on the benefits of school meals, free to pupils under seven then about £2.20 for two courses.

Research shows around 98 per cent

of packed lunches are poor in quality, containing too much sugar and saturated fats as well as being too large.

In 2018 School Health UK discovered it would cost £6,000 a year to re-create one pupil's school meals using ingredients from supermarkets.

In an open letter to parents, Mr Evans said: "Parents are shortening their children's lives and wasting hundreds of pounds a year by choosing packed lunches.

"I honestly cannot get my head around why, despite school meals



being healthy and good value, 50 per cent of primary school pupils across the country are not eating them.

"Parents are wasting both time and money trying to replace school meals with healthier packed lunches. It cannot be done. If all a child is given to eat is cakes or crisps and Fruit Shoots to drink that is what their body will use to grow."

He urged parents to accept that stereotypes of poor quality school meals were a thing of the past.

"We all want to give our children

the best possible start to life – and a school meal is the ideal place.

"Gone are the days of turkey dinosaurs and potato smiles (covered in salt), a frosted cake with pink custard, and half a pint of extra-sugar squash."

The call was backed by Stephanie Wood, CEO of School Food Matters, who said: "We believe the very best lunch available at school is a hot, nutritionally balanced school meal.

"Research from the University of Leeds confirms that packed lunches are no match for a school meal.

"The findings, published in the journal *BMJ Open*, showed that just 1.6 per cent of primary school packed lunches met the nutritional standards set for school meals.

"Only 17 per cent contained vegetables or salad, while 52 per cent contained too many sweet snacks."

JENNIFER SELWAY

WARM, WITTY AND WISE



Let's all keep calm and have a cuppa



KATHERINE JOHNSON – who has died aged 101 – was a human computer, a mathematical genius who worked on the Nasa space programme in the days of slide rules and pencils.

Katherine, above, was one of a team of black women who were employed as a result of President Roosevelt's banning of race discrimination in the defence industry. Astronaut John Glenn placed more faith in her than in the early IBM computers. She went on to work on the Space Shuttle and was passionate about getting girls interested in maths and science. What a woman! I watched *Hidden Figures*, the lovely movie about Katherine (played by Taraji P Henson) and her colleagues, last week. It's available on Netflix. Do have a look.

WHAT a good idea for universities to offer students places after they get their A-level results. How stupid to base offers on predicted grades in the first place. This shake-up would also mean teenagers would no longer have to write the dreaded personal statement saying why they should be offered a conditional place to study whatever it is that they claim to be "passionate" about.

I've served my time helping write personal statements for my children and I never want to have to do it again. The statements I wrote were some of my finest work (in my opinion) but they were always returned covered in red pen from Miss who wanted more stuff about how "passionate" my children were about studying a subject of which they knew next to nothing.

But you're not passionate, I objected. Why not be original and interesting? But no, being original or interesting was not the point. It was all about following a prescribed formula and it was all utter nonsense. High time it was scrapped.

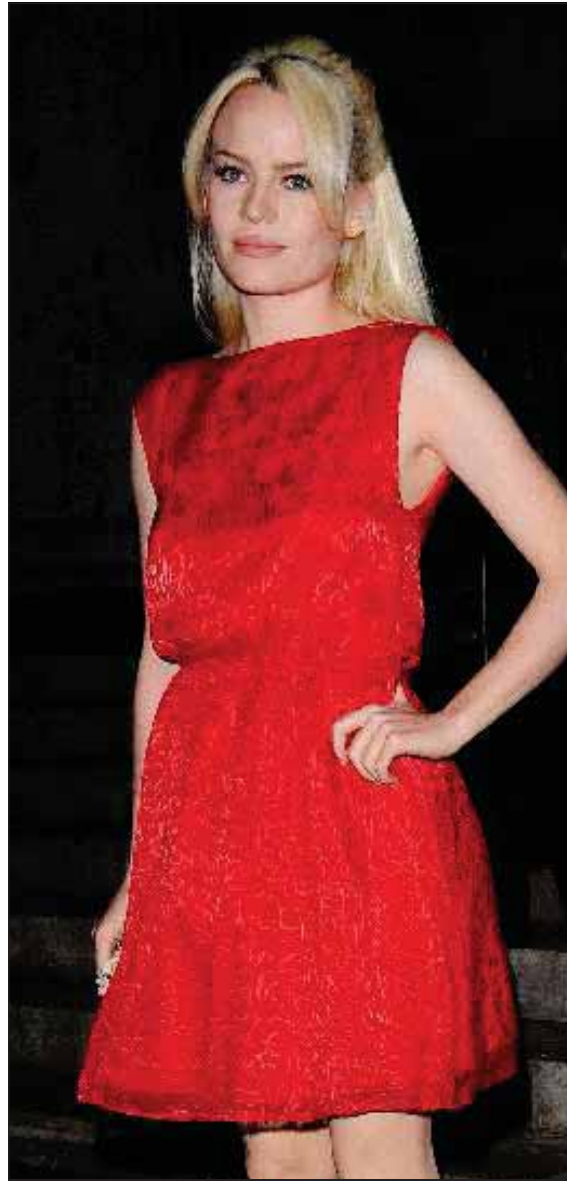
AS CORONAVIRUS struck Italy, publishers Yale must be delighted at the timing of their book *Florence Under Siege: Surviving Plague In An Early Modern City*.

Author John Henderson tells how in 1629 the Black Death arrived and the city was placed into what we'd now call "lockdown". By January 1631 officials decreed that citizens had to stay at home for 40 days or face imprisonment. But they also arranged delivery of food, wine and firewood to more than 30,000 people.

Each person had two loaves of bread and a pint of wine daily. On Sunday, Monday and Thursday they had meat. On Tuesday they got a sausage seasoned with pepper, fennel and rosemary. Wednesday, Friday and Saturday came with rice, cheese and a salad of herbs. So humane, so very Italian.

I don't suppose Brits returning from northern Italy and told to self-isolate will get hampers from the Government.

Picture: SYLVIA LINARES/GETTY



FOR A FEW weeks in 2008, I perked up every time I heard Duffy's hit single *Mercy*. In the way that you do when you really like a pop song, the sort that gets you on the dance floor or makes you jig around the kitchen. It was played all the time and for a while the pretty blonde Welsh girl was Britain's most popular solo female singer.

Then she disappeared – pressures of fame or something – and I hadn't really thought about her until last week's extraordinary story came out about how she had been drugged, raped and held captive and had been unable to talk about it. Well, I hope she is OK now and feels able at last to bring us more delightful music. Best of luck to her.

WHAT was going on in Rishi Sunak's head when he posted a smiling picture of himself on Twitter with a jumbo-sized packet (1,040 tea bags) of Yorkshire Tea? "Quick Budget prep break making tea for the team. Nothing like a good Yorkshire brew," he said.

We don't know much about the shiny new Chancellor yet but from this calculated missive we can see he's presenting himself as an ordinary bloke who isn't above getting the tein.

And in a shameless appeal to all those plain-speaking northerners who unexpectedly gave their vote to the Conservatives in the last election it is honest, plain straightforward Yorkshire tea. It's builders' tea, not some pretentious strawberry and kiwi fruit infusion or a lime-flower tisane which your out-of-touch metropolitan wussies would favour.

The man-with-tea picture is intended to make you overlook that Rishi was head boy at Winchester, got a First at Oxford, was a Fulbright scholar, and worked as an analyst for finance giants Goldman Sachs: all details which are best forgotten when you're trying to ingratiate yourself with the great unwashed.

But didn't any of the "team" want *coffee*? Maybe that wasn't allowed because saying: "Cheers Rishi mate, I'll have a decaf, soy latte with an extra shot in my recyclable cup" would have been far too Westminster bubble for this man of the people.

In the past my guess is that a Budget meeting would have been lubricated with stiff gin and tonics all round at regular intervals. But if Mr Sunak had been pictured with a litre-sized bottle of Gordon's and an ice bucket he'd be in even more trouble than he is now. If that

were possible. Because for some reason (which should not surprise anyone in the polarised times in which we live) the Chancellor's frankly cynical attempt to show how ordinary he is has backfired terribly.

Some frothing working-class keyboard hero on Twitter announced: "Yorkshire Tea now on boycott list. ANY product featured by ANY member of this vile Boris Johnson government will be treated the same."

Poor old Yorkshire Tea – which was not party to the Chancellor's selfie plus teabags – was left to field a barrage of calls from the incensed mob. It



STORM BREWING: Rishi Sunak in his somewhat misguided teabag stunt

replied: "We've spent the last three days answering furious accusations and boycott calls. For some, our tea just being drunk by someone they don't like means it's for ever tainted, and they've made sure we know it."

But my bet is that with sales of tea going down year on year, this brouhaha (brew-haha?) could boost Yorkshire's profits marvellously. It's publicity that money just can't buy.

And thank heavens, the British sense of humour is not entirely dead, with PG Tips sending a message of solidarity to its beleaguered rival: "Just wanted you to know that I'm here for you. Message me if you wanna cuppa."

What a storm in a tea cup.

COUNTING the hours until the publication of *The Mirror* And *The Light*, the final part of Hilary Mantel's *Wolf Hall* trilogy about Thomas Cromwell. Spoiler alert: he's beheaded.

Hundreds of schools riddled with asbestos

MINISTERS have been accused of "complacency" over a hidden killer in schools and hospitals.

A report has revealed that hundreds of buildings are riddled with asbestos, potentially putting thousands of teachers, nurses and children at risk.

But the Department of Health and the Department for Education have told the Sunday Express that there are no plans to change policy to deal with the menace.

The report by the ResPublica think tank – Don't Breathe In: Bridging The Asbestos Safety Gap – shows it is still the biggest industrial killer in Britain.

The Health and Safety Executive reports that asbestos-related deaths top 5,000 a year.

It is estimated that 80 per cent of schools have asbestos, while 198 out of 211 NHS Trusts reported having it in hospitals.

It was widely used in insulation, flooring or roofing before 1999. When disturbed or damaged, particles are released that can cause serious diseases if inhaled.

Nurses and teachers are up to five times more likely to die of the asbestos-related cancer mesothelioma, while British children breathe in 10 times more particles than those in Germany. Res-

By **David Maddox**
POLITICAL EDITOR

Publica's report called for a new health and safety regime to manage asbestos in public buildings to the highest international standards, including a revision of the "duty to manage" and reconsidering the risk of fatality.

It wants a central register of asbestos locations and a programme of removal introduced by the Government, starting with the

'They have no response to the rising death toll'

most harmful varieties. However, despite ResPublica's findings, the Department of Health has no plans to change policy.

A spokesman said: "We are investing to target safety issues such as asbestos where it could pose a risk. This is part of a long-term approach to capital investment to modernise NHS estates."

According to the department, individual NHS organisations are responsible for maintaining their

estates and address issues such as asbestos. Additionally, it is considered safe if undisturbed and there are regulations in place so it is registered and safely contained.

It said when building or other work is carried out, experts are brought in to dispose of it safely.

Meanwhile, a DfE spokesman said: "We have provided £7.4 billion for maintaining and improving buildings, and removing asbestos when it is the safest action."

"On top of that, we are rebuilding and refurbishing buildings in the worst condition, including removing asbestos."

The department added that it follows advice from the Health and Safety Executive that if asbestos is unlikely to be damaged or disturbed, it is best left in place.

It claimed blanket or accelerated removal of asbestos could potentially be dangerous.

But the director of ResPublica, report author Phillip Blond, branded the departments' response "complacent".

He said: "They have no way to assess ambient exposure and no response to rising deaths or acknowledgement of them."

"Their replies show they are out of date, and reliant on the HSE – which is very poor on asbestos."

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Picture: SPLASH



Joker chic for Celine on night out in New York

SINGER Celine Dion appeared to take her fashion inspiration from Joaquin Phoenix's The Joker.

The 51-year-old turned heads in the eye-catching outfit on a night out in New York City.

She arrived at the Barclays Center in a red double-breasted overcoat, mustard yellow sweater, a brown and white tartan shirt and a yellow and blue tartan tie.

Phoenix recently won Best Actor at the Oscars for his portrayal of The Joker, inset right, in a strikingly similar outfit to the Canadian singer's.

She said in a recent interview: "I feel good these days. It's no secret I've gone through tough times – losing my husband and my brother a few years ago and my mother recently. Life presents us with challenges and we find ways to move on." She released her latest album *Courage* last November.

REVIEW

Edited by
**GARRY
BUSHELL**

INSIDE



Will Ferrell
slopes off
in a chilly
comedy
FILMS: 38



Dark deeds
by Imelda
in seaside
thriller
TV: 39



**Why Vicki
Pepperdine**
loves the
unlovable
TV: 40

There's a new look to
police drama with
McDonald & Dodds,
says **David Stephenson**

BATH TIME FOR CRIME

FIND AFFORDABLE COVER Even if you have pre-existing medical conditions

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When you spend years saving up for that special trip, the last thing you want to find is that your travel insurance is unaffordable or takes a hefty sum away from your spending money. That's what happened to Express reader Mr Saw, 72 from Cumbria, who had been saving for a trip to Malaysia for his 50th wedding anniversary.

Mr Saw said: "After booking the holiday, my wife and I decided to check with our existing travel insurer, and I couldn't believe it when they told me that my travel insurance policy would cost

almost £600. After seeing PayingTooMuch.com advertised in the newspaper, I decided to give them a call and spoke to a friendly and helpful travel insurance team member who went through the questions with me. I was thrilled to be told that the policy would only cost £239, over £300 cheaper than I was quoted elsewhere."

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*Premiums based on two travellers, both age 60, travelling to Spain for one week, 25.01.20 – 02.02.20. Traveller one diagnosed with angina, taking medication. Traveller two has diabetes, taking medication. (Quote correct 02.01.2020)

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REVIEW: TELEVISION

Combine a bit of and you get pulled

WE LIVE in a crowded market place of detective dramas. From Marple to Morse, Luther to Line Of Duty, they all compete for our attention, and mostly on a Sunday night. But do we have enough?

Bafta-winning actor Jason Watkins doesn't believe so. The star of everything from Palace drama The Crown to supermarket sitcom Trollyied tells me: "When the Bafta happened, they asked me what I wanted to do. I said I wanted to re-invent coppers like Columbo..."

The result is ITV's McDonald & Dodds, debuting tonight. Jason – who won his Best Actor gong in 2015 for fact-based The Lost Honour Of Christopher Jefferies about an ex-teacher wrongly suspected of murder – adds: "I love all the characters I play but there's something about doing one over a long period of time which is very appealing. And I really love playing detective Dodds."

"There's not only Columbo in this character. There's a little bit of Morse too."

Inspector Frost? "No, I don't see that."

It didn't happen immediately: "It took a few years to come by. A lot of

'It's a clash between two worlds with these characters'

things came my way in the meantime. But if this works out it will give me half a year to do this, and half to do other things. But you never know what is going to happen."

With relative newcomer Tala Gouveia as his senior officer, DCI McDonald, the series has both wit and intrigue.

I'm chatting with both of them and there's obvious a chemistry that translates well to the screen.

Launching a new detective partnership on a fussy audience is no small thing. This one is set in Bath which Jason says is "captured filmically" which indeed it is, with sweeping shots of the Georgian architecture, much in the way that Morse and Endeavour showed off the splendour of Oxford.

Tala – best known as Adam's barista crush in Cold Feet – "jumped" at the chance of playing opposite Jason. "The characters flew off the page and the relationship between the two impressed me," she says.

"McDonald was brilliant, unapologetic and quite sassy. She's from South London, grew up there, and suddenly gets this opportunity to move up the ladder."

"I actually spoke to a woman who was a detective in the Met and she said she got her first job because she applied in Lewisham. No one else wanted the job because of the estate, but she said, 'These are my people!' So moving is the way to get a promotion."

The series of feature-length crime

NEW ORDER:
Tala Gouveia
and Jason
Watkins as
McDonald
and Dodds



Columbo and a dash of Morse over-wearing detective Dodds



mysteries comprises two stories on its first outing. While McDonald has transferred from the capital's mean streets to leap up the career ladder, Dodds has happily languished on the shelf for most of his working life.

In the first episode, a homeless man is shot in the deserted mansion of one of Bath's most prominent industrialists, the inventor Max Crockett (played by Robert Lindsay). Newly-arrived Londoner McDonald and long-serving Dodds rally together to try to discover the killer.

Says Jason: "It's the clash between two worlds with these characters. He's analogue and she's digital. She's wanting him to come up to speed and he won't but, of course, while he's being very slow, he happens to notice stuff. So it just sort of changes slightly. She notices that he might be of some help. He's not as dodderly as she first thought. He's actually got something."

Although Tala had a decent role in Cold Feet, she is now the lead in a big ITV show with the pressures that come with that. But not surprisingly it turns out that her TV partner is a complete gentleman about it.

"Of course I was a big fan of Jason's," she says. "Who isn't? When we had the read through, we

'It's not about egos, it's about embracing the material'

shared a taxi there. He said to me, 'When we get there, we're going to work out how we're going to work together, and what's the best thing for both of us. And that's how we're going to do it'. That's exactly what happened."

"There was none of that, 'I've got my work, I've got my experience and I've got my Bafta, I'll be doing this and you do what you want to do'. It was, 'We're doing it together'. It made me feel great. It made me feel really respected too. As though I was on the same level – I didn't have to feel intimidated or anything like that. He wasn't trying to put any status above me."

Jason, a very self-effacing man, says: "I've got children, and older children, so when you see someone so talented and committed, you just want to make it the best that it could be."

"I also know what it takes because of having worked so much and what it takes to make something special. It's about the relationship of the people creating it. And it's not about egos. It's about embracing the material and encouraging everyone around you to enjoy the work and the process. I wanted to give Tala the confidence and energy. I had her back, if you like. I think there's some magic between us."

Any romance between the two characters? Jason laughs. "I think it's unlikely," he says. Adds Tala: "I think she's more maternal. I've also got a boyfriend in the show but we never see him, we just hear her on the phone to him. He's always at home fixing the radiator or something." And Dodds's

home set up? "Well, I think he's wounded having once being married for just six months. It didn't work out. It hurt and it's never gone away. So he's interested in working out what she is talking about on the phone all the time."

Jason, 53, admits he lets others read the reviews of his shows before he does. "I did that with The Crown, but the response on that has been overwhelming."

"With this, it is primetime, but I hope we give the audience something they can connect with. I hope there's a familiarity about it, but something different too. It's not a conscious thing; it happened when we made it."

Is he flipping the genre? "No, we're acknowledging it. We're updating it, and we're obviously a diverse pairing that is kind of believable and the world is changing

and we want to acknowledge that."

Jason is still revelling in the success of his role in The Crown as PM Harold Wilson. "I was taken aback by the response," he says. "My Twitter feed went crazy." Is it very different finding yourself now in an ITV drama?

"There's an ambitious budget for McDonald & Dodds, and it's been ambitiously shot, while The Crown is a behemoth and it feels like you're going on to a film set," he says.

"But there was time on this to make the nice shots and take in all the vistas. There was real care taken by Mammoth [the company that also made Victoria and Poldark], they're big hitters and wanted to make something of scale. I think they've achieved that."

● McDonald & Dodds, ITV, today, 9pm

EXPRESS NEWSPAPERS

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BY BRIAN LETT

PUBLISHED BY PEN AND SWORD

A team of secret agents sailed a Q ship to West Africa and stole three enemy ships from a neutral Spanish port on the volcanic island of Fernando Po. The British Government concealed the true nature of the mission by providing a cover story. As a result, a secrecy embargo enveloped Operation POSTMASTER until recently. The author, an experienced criminal Queen's Counsel, proves beyond doubt that this thrilling operation, and the men who carried it out, were the inspiration for Fleming's James Bond.



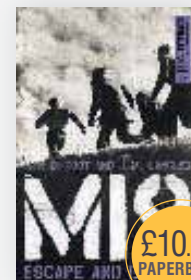
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BY STEPHEN WYNN

PUBLISHED BY PEN AND SWORD

This book looks at the build up to WWII, from the time of Hitler's appointment. It explores the Nazi's rise to power in a country that was still struggling to recover after WWI, whilst also making life extremely difficult for German Jews. It explores a wartime Nazi Germany and how the dislike of Jews had gone from painting the star of David on shop windows, to their mass murder in the thousands of concentration camps that were built. It also looks at some of those who were to blame for the atrocities that were carried out in the name of Nazism.



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REVIEW: STAGE

WIRED:
Message In
A Bottle
fuses many
styles of
dance



Dancing on the moon...

MESSAGE IN A BOTTLE

★★★★★

Peacock Theatre,
London WC2, to March 21
(Tickets: 020 7863 8000/
sadlerswells.com; £14-£89)

THIS IS a big-hearted treat bursting at the seams with delights for music and dance fans. Please, please do not miss this wonderful show. I guarantee it will leave you giddy with joy by its triumphant end.

When I heard **Message In A Bottle** was a tale of displaced migrants soundtracked by Sting's back catalogue, I braced myself for a worthy and potentially self-righteous evening. How wrong I was. Choreographer Kate Prince has created a picture of our modern world that is heartfelt, often heartbreaking but ultimately life and love affirming.

The exceptional cast fuse backgrounds in street, hip hop, modern and classical ballet to staggering effect. The constant beauty of positions and lines, the fluidity of form and flow left me gasping and breathless. But it isn't just divine technique; everyone on stage is storytelling to the tips of their toes.

This is what dance is supposed to do. This is how it should make you feel.

The show embodies the unique power of art to present the brightest and ugliest sides of human nature and allow us to engage in a way that reportage cannot.

Its story follows a family of five, their world torn apart by war. Early scenes show one son (Lukas McFarlane on show-stopping form) fall in love to Every Little Thing She Does Is Magic. He proposes to Fields Of Gold. It is gorgeously done and so we become involved with their lives. Their journey has become ours.

We feel their pain when his wife is abducted by soldiers and their fear and loss as they flee

DANCE

By **Stefan Kyriazis**



with their belongings in sackcloth bags. The triumph of the sublimely simple staging and lighting sees those same bags used to represent their tiny boat on stormy seas. Unbearably, lives are lost. Cages and guards wait on the other shore.

Each family member must sacrifice something precious to escape internment, but they also learn to find joy again.

In a new country, they are unwelcome, the citizens cruel and masked. Yet one (the wonderful Samuel Baxter) bravely breaks ranks. An exquisite love unfolds between him and the other son (an extraordinary Tommy Franzen) to Shape Of My Heart.

I have welled up each time I've tried to describe this scene to friends. This show stayed with me in a way few others do thanks to the artistry displayed at every level and the sincerity of its message. Choose life, choose love, choose hope.

The music (re-recorded by Sting with guest vocals from Beverley Knight) powers, but doesn't overpower the show, and certain lyrics lingered with me long after. In fact, every aspect of this production harmonises perfectly. It is a triumph.

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**Mahler's SYMPHONY No 2
RESURRECTION** ★★★★★
Philharmonia/Jakub Hruša
Royal Festival Hall, London SE1
(One night only)

IT IS NO wonder that Gustav Mahler's symphonies are so often preoccupied with death. The young composer saw seven of his brothers and sisters die in infancy, and the year after completing his heroic first symphony in 1888, he lost his sister, mother and grandmother too.

The blow could have crushed Mahler's spirit. Instead he took

CLASSICAL

By **Clare Colvin**



the fight to Death with his second symphony, named the Resurrection because of its life-affirming choral finale.

Mahler's great work is a central part of the Philharmonia Orchestra's 75th anniversary celebrations for 2020/21.

It was conducted last week by their principal guest conductor, Czech-born Jakub

Hruša, with soprano Camilla Tilling and mezzo Jennifer Johnston as soloists.

At 38, Hruša is reaching the height of his career and is in demand by many opera companies – including regular stints at Glyndebourne.

A fresh aspect of his conducting talent is revealed when he is on the concert platform, rather than hidden from view in an orchestra pit. Hruša practically takes flight at times, leaping into the air, and stabbing his baton at the instrumental sections.

The jumping may have seemed excessive last week, but

LA CAGE AUX FOLLES

★★★★★

Park Theatre, London N4
(Tickets: 020 7870 6876/
parktheatre.co.uk; £18.50-
£32.50)

BE MORE CHILL★★★★★

The Other Palace, London SW1
(Tickets: 020 7087 7900/
lwtheatres.co.uk; £22.50-
£87.50)

THE PRINCE OF EGYPT

★☆☆☆☆

Dominion Theatre, London W1
(Tickets: 020 7927 0900/
nederland.co.uk; £19.50-
£149.50)

THE CAMPEST club on the French Riviera has finally opened its doors in London. Jez Bond's sparkling production of **La Cage Aux Folles** is amazingly its British premiere. Simon Callow's English adaptation is witty, shrewd and nuanced, alternately ribald and touching.

The plot is familiar from its various cinematic and musical incarnations. Nightclub owner Georges and Albin, his drag queen partner, are forced to play straight when Georges's son Laurent introduces them to his fiancée's conservative parents. Albin even takes notes on being butch from the local butcher. Nothing goes according to plan and the meeting descends into flamboyant farce.

Bond's production on Tim Shortall's gloriously kitsch set is a comic delight. Paul Hunter reigns supreme as the club's queen bee, with Michael Matus hilariously ruffled as his long-suffering consort. Arthur Hughes is charming as the cheerily well-adjusted Laurent and Syrus Lowe suitably outrageous as a houseboy who longs to be a star.

Far from aspiring to stardom, Jeremy (Scott

INSPIRED: Paul Hunter, Simon Hepworth and Michael Matus in La Cage Aux Folles



it certainly achieved results. Mahler's symphony in five movements opened with a firm statement from the percussion and built into an agitated argument and response from the different sections. It then led on to the slow waltz time of the second movement, the sublime hymn Urlicht (Primal Light) by Jennifer Johnston in the fourth and the assertive choral finale, where Camilla Tilling emerged radiantly through the massed voices of the chorus.

The performance will be broadcast on BBC Radio 3 on March 9.

Meanwhile, there is a wealth

of unmissable one-off concerts over the next few months, including rarely seen works such as Beethoven's divine Missa Solemnis performed by the BBC Symphony Orchestra under conductor Donald Runnicles with soprano Elizabeth Llewellyn and mezzo-soprano Christine Rice (Barbican Hall, March 4).

Also recommended: Chelsea Opera Group in Ildebrando Pizzetti's Murder In The Cathedral, inspired by T S Eliot's play, with Sir John Tomlinson as Archbishop Thomas Becket (Queen Elizabeth Hall, March 28).

Mahler's powerful last word in his Ninth Symphony will be performed by the London Philharmonic Orchestra under Vladimir Jurowski (Royal Festival Hall, April 17).

Sir Simon Rattle leads the London Symphony Orchestra through Bartók's chilling Duke Bluebeard's Castle (Barbican Hall, April 23). And Edward Gardner conducts Janáček's majestic choral work Glagolitic Mass with the London Philharmonic Orchestra and tenor Stuart Skelton, soprano Sara Jakubiak, mezzo Madeleine Shaw and bass James Creswell (Royal Festival Hall, April 25).

THEATRE

By Michael Arditti



Folan), the nerdy high school student at the heart of **Be More Chill**, longs simply to fit in. Indeed, in the first snappy song in this engaging musical, he tells us: "I don't want to be special – I just want to survive."

High School is Hell has been the motto of countless American films and plays. It is **Be More Chill**'s misfortune to appear so soon after Dear Evan Hansen, the masterpiece of the genre. But, while it never reaches those dramatic heights and falls away in its second act, it is a winning mixture of sentimentality and sophistication.

Desperate to appeal to his classmate Christine (Miracle Chance), Jeremy takes a pill containing "Quantum Nano Technology". This unleashes The Squip, an inner demon (Stewart Clarke) who, while rendering Jeremy superficially powerful, wreaks havoc both on his brain and his peer relationships.

It is a cautionary tale about the dangers of both drugs and the technology on which teenagers depend. Joe Iconis's lyrics are exceptionally sharp and his music tuneful. Stephen Brackett's spirited production boasts a splendid young cast in which Folan, Clarke and the affecting Blake Patrick Anderson stand out.

The Prince Of Egypt is

the worst musical to open in London in years. This lumbering bowdlerisation of the story of Moses lacks memorable songs, mature dialogue, colourful staging and characterful choreography.

Except for a cameo from Gary Wilmot as Moses's father-in-law Jethro, the performances are bland. The male slaves look as if they have just come from pumping iron at the nearby YMCA. The female slaves dress like Raquel Welch in One Million Years BC.

Worst of all are the miracles. The Parting of the Red Sea is represented by two men on lifts wearing what look like shower curtains, and the Burning Bush by the chorus writhing in red lights like refugees from Hair.

This farrago is of interest solely to collectors of musical flops.



HOT STUFF: Jeremy (Scott Folan) is tempted by The Squip (Stewart Clarke) and Brooke Lohst (Eloise Davies) in **Be More Chill**

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REVIEW: CINEMA

FILM

By Andy Lea



DOWNHILL ★★☆☆☆
(Cert 15, 86mins)

Directors: Nat Faxon, Jim Rash

Stars: Will Ferrell, Julia Louis-Dreyfus

PORTRAIT OF A LADY ON FIRE

★★★★★

(Cert 15, 122 mins)

Director: Céline Sciamma

Stars: Noémie Merlant, Adèle Haenel, Valeria Golino

THE INVISIBLE MAN ★★☆☆☆

(Cert 15, 124 mins)

Director: Leigh Whannell

Stars: Elisabeth Moss, Oliver Jackson-Cohen, Aldis Hodge, Storm Reid

DOWNHILL didn't go down very well in America. Although you have to wonder why Disney (which inherited the film after buying out Fox Searchlight) decided to market the dark marriage drama as a Valentine's movie.

This remake of the Swedish film *Force Majeure* didn't get much love from the critics who expended most of their word counts bemoaning the American public's lack of enthusiasm for subtitled arthouse cinema.

Hopefully its less romantic UK scheduling will have set it up a little better here.

The first thing to point out is that the poster is deceptive. The mere sight of Ron Burgundy in saloppes promises a riot of pratfalls and zingy one-liners. There are laughs, but most of them are intentionally uncomfortable.

Will Ferrell and a quite brilliant Julia Louis-Dreyfus play Pete and Billie, an American couple who are on a skiing holiday in the Austrian Alps with their two sons. An understated first act lets us see the little cracks in their otherwise happy marriage.

To the frustration of his wife and children, Pete has selfishly booked the family into a swish hotel aimed at adults rather than the family resort a couple of miles away. Pete lost his father eight months before, and has emerged from the grieving process with a naff mantra: "Every day is all we have." Billie's strained smile speaks volumes. She'll cut him some slack for now, but she's almost at the end of her tether.

Things become tenser still after a scary incident at a café. To clear a heavy fall from the slopes, the resort engineers a small avalanche. The family watch with rising terror from the balcony as a wave of snow cascades towards them. When it smashes into the balcony, Billie protects her boys while Pete, who isn't stuck between the table and a wall, scarpers.

Is this cowardice or instinct? Can we even make moral decisions in moments of life and death?

Refreshingly, the film doesn't provide any easy answers.

Nobody is hurt but Pete refuses to acknowledge his disappearing act. He needs to see himself as a protective father, but knows his wife and children are looking at him differently.

Downhill isn't perfect, but hopefully its US reception won't put off the now

Chilly days as a marriage goes downhill



COLD FRONT: Julia Louis-Dreyfus and Will Ferrell in spiky drama *Downhill*

rebranded Searchlight Pictures from releasing these spiky little dramas. It can be an uncomfortable watch but the writers make sure to cut the tension with sharp lines and physical comedy.

Let's hope Hollywood won't get around to *Portrait Of A Lady On Fire*, an achingly beautiful period drama from French writer-director Céline Sciamma. I've got nothing against remakes, but I suspect the charms of this slow-burn tale would all be lost in translation.

The setting is a gothic mansion on a French island in the late 18th century. Marianne (Noémie Merlant) is an artist hired by a countess (Valeria Golino) to paint the portrait of her daughter Héloïse (Adèle Haenel).

The painting is to be sent to Milan to seal an arranged marriage. As Héloïse is refusing the match, her mother has told her that Marianne has been hired as a lady's companion. While they walk on the beach, Marianne is to study her subject's face and demeanour so she can complete the portrait in secret.

The set-up gives Sciamma opportunities to create suspense, but it also allows her to examine the nature of art, the power of memory and the concept of a female gaze.

As I said, it's very French. Their initially uncomfortable walks are all about stolen glances as the women – one suspicious, the other surreptitious – begin to fall for

each other. When Héloïse's mother leaves for Italy, they have five days to complete the portrait and find poetry in their fleeting affair.

Sciamma creates some wonderful images – some haunting, some filled with a palpable feeling of longing. It all builds in a subtle crescendo to a beautifully pitched finale.

THE INVISIBLE MAN isn't a remake of Claude Rains's 1933 classic. It's what they call a modern-day "re-imagining" which turns the bones of the story into a topical parable about domestic abuse.

Elizabeth Moss plays traumatised Cecilia who, in the opening scene, escapes from the modernist mansion/laboratory of her psycho scientist husband Adrian (Oliver Jackson-Cohen).

After moving in with her useless policeman pal James (Aldis Hodge) and his teenage daughter (Storm Reid) she learns that Adrian has committed suicide.

Or has he? Adrian was the world's leading "optics expert" and before she escaped we had a glimpse of a man-sized gadget in his lab. After some spooky goings-on, Cecilia becomes convinced that Adrian has faked his death, donned a suit of invisibility and is trying to make everyone think she's lost her marbles.

Saw director Leigh Whannell summons up some tense moments and a couple of jump-out-of-your-seat shocks, but doesn't bother explaining how invisible Adrian can silently tiptoe in and out of locked rooms, build a corpse and stand for hours in one spot without going to the toilet.

By the time we get to the ridiculous finale, the plot is full of more holes than St Andrews' golf courses.

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BEAUTY: The gothic romance of *Portrait Of A Lady On Fire*

REVIEW: TELEVISION



Mark Radcliffe

Bolton-born Mark, 61, is a Radio 2 and 6 Music DJ, TV presenter and musician

What was your first TV memory?

The White Heather Club – heaven knows why! It was a Scottish country dancing show with Robin Hall and Jimmie Macgregor. I loved to watch it and copy the dances. I was so enamoured of it, my mum made me a little kilt – I don't know if that's charming or tragic. Maybe my aspiration to perform on stage dates from this.

Who was your first TV crush?

Louise Clarke and Sue Menhenick out of Pan's People – emphatically! And Susan Dey who played David Cassidy's sister on The Partridge Family. I was just entering adolescence and remember thinking she was lovely. She still is.

What was your first TV appearance?

It was when I was producing a session for John Peel's radio show that was filmed for The Old Grey Whistle Test in about 1984. The band were Tools You Can Trust. I had a mullet and was smoking fags, trying to look like I knew what I was doing.

What is your favourite current show?

I really liked Lesley Manville's Mum. I liked Deadwater Fell but found the ending disappointing. And Dracula, although the third episode let it down. I liked the wit and the gothic feel.

Which TV show would you take to a desert island?

Dad's Army – every character is perfect. I try not to be crippled by nostalgia, but it's an England that's gone now. It reminds me of my childhood. My wife complains that I'm either watching dead musicians or dead comedians.

What TV show would you like to put out of its misery?

The X Factor, The Voice, even Strictly. I can't engage with any of them. I know people like the repetition and security of them but I don't. I don't watch Love Island or I'm A Nonentity... Get Me Out Of Here! either. They're so boring.

Guiltiest TV pleasure?

Either Antiques Roadshow or the celebrity version. The forced eccentricity of the experts makes me want to punch the screen but I love the idea of driving down country lanes in a soft-top Morris Minor and coming across these little shops full of treasures.

What are you up to at the moment?

I have the weekend breakfast show on 6 Music and the folk show on Radio 2, and lots of live shows with my band Une – we play electronic music. I'm at the Radio 6 Music Festival next weekend and I'll be co-hosting the Glastonbury coverage again.

● The BBC Radio 6 Music Festival, March 6-8, live in London's Camden, will be broadcast on 6 Music and BBC Sounds. Performances will also be on BBC iPlayer and bbc.co.uk/6music, with highlights on BBC Four.

GARRY BUSHELL



Fleshing out serious family misfortunes



MAKING WAVES: Devious Imelda Staunton, left, plots dark deeds on a sunny day at the seaside in *Flesh And Blood*

FLESH And Blood (ITV, Monday-Thursday) is the first drama hit of the year. Stripped over four nights, this slow-burn thriller was a triumph in subtle writing, deft performance and superb photography.

Blessed by good weather, the seaside location, somewhere near Eastbourne, looked stunning as a middle-class family did their worst to slowly tear away at each other's lives. To contend with members of your own kin is one thing, but you never bank on the delights of a potential killer living next door who has a distracting line in jam tarts and patchwork quilts...

As such Imelda Staunton turned in one of her best TV performances, encouraged by a lovely script as she undermined and needled one family member after another. And then when threatened by Mark (Stephen Rea) she joined with the others to make his life hardly worth living. He was probably relieved to find himself hoisted over that balcony.

The special part about this drama was disguising evil. Did Mark really want to kill Francesca Annis's Vivien? Did Mary secretly hate Vivien despite appearing to love her neighbour dearly? And will personal training and the life of a gigolo combine to become the new career choice of the age? All will be answered hopefully in a second series. It's far from finished.

And who wasn't completely transfixed, and slightly queasy, during *The Truth About Takeaways* (BBC One, Thursday)? It could only have been improved if it had gone out on a Friday or Saturday evening around 5.30pm – that's the point at which a true takeaway hound reaches for their phone and clicks on an app.

The stats said it all in this show. We eat three million takeaways a day, which costs

TELEVISION

By David Stephenson



about £850million. Good lord, we're hungry. Couldn't we power the National Grid in some way with all this concentrated energy, otherwise it seems like an incredible waste. OK, people are being employed, but to what end other than to have their taxes spent on bariatric ambulances? At least Channel 5 can make eye-popping TV programmes about them.

Presenter Nikki Fox did a good job at being not too delighted with her brief while preserving enough indignation for those who can't help themselves.

One young guinea pig, Alice, just loved the experiment too.

She gushed: "I'm excited to have chips." She should get out more – though not to KFC. By the way, if you're keen to know the "healthiest" takeaway, it's fried chicken and chips. Pile in. What harm can it do? Well, it will hit your "working memory". You won't even remember having it.

Endeavour (ITV, Sunday) was finally released from the evil clutches of Violetta. Of course we all knew she was a complete wrong-un. Or why would they have put her in the show in the first place? Company for lovelorn *Endeavour*?

The episode had it all – a gunfight, a fistfight, some tuneless whistling, a bromance spat and a potential vampire on the loose along a towpath. Well done

writer Russell Lewis. What worried me most was having the full detective team descending on Venice, handguns at the ready, but without access to a European Arrest Warrant. How was anything achieved? Thankfully, both suspects were finishing off the case on a note of operatic symbolism. Quite what, who can say.

Thursday, who helpfully took himself off to Venice too, dispatched his quarry spectacularly into the Venetian waters, which is one way to escape Italy's coronavirus outbreak.

We all, of course, wondered if one or other of this crack team would perish in Italy. Thankfully, we were spared. It's way too soon for this show to take retirement. In writing, acting, direction, and setting, it still knocks the spots off most crime dramas. Carry on!

WHICH, of course, the Royals continue to do in the wonderfully uplifting *The Windsors* (C4, Tuesday). We can thank Jeffrey Epstein for the alarming use of the word "nonce" in the first few minutes as Harry Enfield's caustic Prince Charles put the boot in as his brother moaned about a hit to his income stream.

The other royal issue of the day – whatever Harry and Meghan say on Instagram – was lampooned with relish too, as Meghan took personal responsibility for changing the dangerous attitudes to the growing of avocados, while Harry found himself teetotal and loving yoga. As a royal couple they have proudly invented their very own world of woke, soon to be a theme park.

The writers and producers of this show must be quietly rubbing their hands. Whatever can happen next? Well, you couldn't make it up.

A fine, go-anywhere satire. I'm sure some in the Palace who are spared lampooning are sometimes entertained. Without appearing to be so, of course.

SO WOKE: Meghan and Harry in *The Windsors*



REVIEW: TELEVISION



WELL FANCY THAT: A stern looking Vicki in new sit-com *The Trouble With Maggie Cole*

Vicki Pepperdine's characters aren't very likeable – and she loves that, she tells **Simon Button**

It's great fun being the queen of mean

SHE PLAYED an uptight hospital consultant in *Getting On* and control freak mother Fiona in *Camping*. So what attracts Vicki Pepperdine to these less than sympathetic sitcom characters?

"They're more fun," she muses. "I enjoy giving hints as to why they might be that way, exploring the vulnerability within them and the history that's made them who they are. A lot of the time people are unlikeable because they've had a tough time."

Vicki, 58, is game for anything – as she proved with her spot of performance art in a very tight leotard opposite on-screen husband Steve Pemberton in *Camping*.

"Oh my gosh," she laughs. "That was traumatic, I can't lie. But Steve was game so I just thought 'S**t' and you always really want to go for the funny."

Funny versus offensive is something she finds herself mulling over more in these PC times. "Sometimes you have to take a risk," says Vicki, who also plays Princess Anne in the new series of *The Windsors*. "And sometimes you have to say, 'I think it's funny but other people might not' and take it out. Everybody's walking a fine line at the moment, but I feel it's just a phase that has to be gone through, when everybody's feeling quite sensitive."

Which probably explains the gentler comedy-drama of *The Trouble With Maggie Cole*, starting this week. Vicki plays school secretary Karen in the fictional coastal town of Thurlbury who has a crush on headmaster Peter Cole (Mark Heap) even though he's married to Maggie (Dawn French). Has she gone for "unlikeable" again?

"Karen's very officious and likes telling people what to do. She doesn't have that much power but likes to think she does. She's just a bit tragic because she's in her 50s with a schoolgirl crush."

She loves the show, she says, thanks to the clever writing, Devon and Cornwall locations and "fabulous co-stars" – including French who, as Maggie, causes upset when she dishes the dirt on the locals to a radio reporter.

French is one of Vicki's heroes but they'd not worked together before. "I felt like I'd met her though. It was probably that thing where you've seen somebody so much on television you kind of feel you know them."

Could Vicki be a school secretary for real? "I'd be terrible," she says. "I'm reasonably organised but it's really hard work fielding parents and children and staff, with all sorts of forms and remits and goodness knows what."

She laughs. "I did once apply to do a teacher-training course many, many moons ago and I wasn't even

invited in for an interview." Education's loss is comedy's gain. Vicki was born in London to parents who worked for the NHS. "Nobody in my family was anything to do with anything that would remotely mean you might end up on the television, so it's still a shock to me that I am."

She'd planned on a career as a picture restorer, studying art history at the University of East Anglia, but decided it wasn't right for her. Vicki was a Help the Aged fundraiser and sold advertising before landing a place at East 15 drama school in Debden, Essex.

"After that I was hooked," she recalls.

"But I had a strangely businesslike approach to it. My dad was a hospital administrator and I think I got my practical head from him. I gave myself five years and decided that if I couldn't make a living from acting in that time, I'd quit. And I was fortunate enough to get job after job."

She says being co-star and co-writer with Jo Brand on NHS sitcom *Getting On* was a joy. The dark comedy premiered in 2009, several years after Pepperdine's father had died from prostate cancer. "I think he would have enjoyed it," she says. "He'd spent all his working life walking around hospital corridors and as a child I did that with him in the holidays."

Vicki's mother was an occupational therapist. By the time the show came out she was in the early stages of Alzheimer's, broke her pelvis and was in hospital under heavy medication. "Then when she died five years ago I discovered she'd kept all the press cuttings about *Getting On* so obviously was very proud."

The documentary-style format confused some. "Occasionally I'd get people coming up to me going 'You work at the Bristol Royal Infirmary, don't you?' I was often tempted to say 'Yes, how can I help you?'"

NOW THEY'RE more likely to ask for advice on personal matters, thanks to the success of the hit podcast *Dear Joan And Jericha*, which she does with fellow *Camping* star Julia Davis – they play fictional agony aunts dispensing very tough love about filthy-sounding sexual problems.

They originally recorded it in Julia's kitchen as a laugh, then put it out as a podcast with little fanfare.

"Suddenly we were number one in the Apple podcast chart, a total shock. We had no expectations so it's really delightful that people have embraced it. It's not everybody's cup of tea but some really adore it."

When Vicki isn't working she loves walking, hopping on a train to Kent or the South Downs from her south-east London home. She also spends time with her actor partner Michael Gould and their two "pretty grown-up" sons.

I'm surprised she mentions them as she's never been one to talk about personal stuff in interviews. "That's because people don't often ask me," she admits. "They tend to stick to the work."

I suggest that, given the characters she often plays, maybe they're too scared to ask. "I like that idea," she grins.

● *The Trouble With Maggie Cole*, ITV, 9pm, Wednesday

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ON THIS DAY...



WITH SHAUN WALLACE

March 1, 1932

CHARLES LINDBERGH was told his baby son was missing from his cot. He went to the child's room and discovered a ransom note. Outside the window was a makeshift wooden ladder, and on the ground was a baby's blanket.

It was a case dubbed "the crime of the century". At the time, Lindbergh was one of the most feted men on the planet. The US air mail pilot had shot to global celebrity in 1927 when he became the first person to fly solo and non-stop across the Atlantic.

But the publicity drew unwelcome attention. His son, Charles Jr, was 20 months old when he was snatched from their New Jersey home. The kidnapper demanded \$50,000, increasing the amount to \$70,000 in a second letter days later.

The case gripped America. Even infamous gangster Al Capone offered assistance from his

Also on this day

1565: Rio de Janeiro is founded.

1810: Composer Frederic Chopin, pictured, is born in Warsaw.

1936: The Hoover Dam is completed.



prison cell. In April, instructions were received for delivering the money. It was paid, and the Lindberghs were told their son was in a boat off the New England coast. There was no sign of him or the boat.

In May, the body was found. Pathologists established that the child died the night of the kidnapping. Suspicion fell on household staff – one British maid, Violet Sharp, was questioned by heavy-handed police and later took her own life. An alibi confirmed her innocence.

It was more than two years before the police got a breakthrough – one of the marked notes from the ransom turned up at a petrol station. It was traced to Bruno Hauptmann, a German immigrant – and when his home was searched more of the money was recovered.

The case was circumstantial (he claimed he had been given the cash) but he was convicted and went to the electric chair in 1936.

The case shocked America, and saw the passing of the Lindbergh Law, making kidnapping across state lines a federal offence. Questions are asked of the conviction to this day, and Hauptmann's wife Anna fought to clear his name until her death in 1994, aged 95.

Question: On this day in 1872, the first national park in the world was established. What is it called?

Last week I asked which US president, whose father was the second president, died February 23, 1848. The answer is JOHN QUINCY ADAMS.



LETTERS

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EU still relies on UK

Reading the Sunday Express last week there was mention of the "price" of a trade deal with the EU. Surely this is the wrong way around ("EU are 'divided and distracted'", February 23).

EU countries sell more goods and services to the UK than we sell to them, so in my naive view, they should be paying us for a trade deal and not expecting us to give them a free gift of billions of pounds a year, being the amount they make from free access to our fishing waters.

It's about time we turned the tables and explained that if they want a trade deal with us it will cost them billions of euros. Bring on World Trade Organization rules.

Jacqueline Willard,
Forest Gate, London

We hold all the power

What strange English (or trains of thought) Downing Street sources adopt ("Europe's leaders on edge of chaos", February 23).

Concerning the Brussels crisis, reported in last week's Sunday Express, they state: "We regain full independence for the people of the UK at the end of this year – the negotiation is about defining the terms on which we do that."

It has already been decided by the people, as in that statement, that we will be fully independent, therefore terms for "doing that" are totally superfluous.

The only negotiations required are for trade after total independence and for the EU's sake it had better take note of our terms.

Terence Jones,
Eltham, London

Pay your own way home

All sorts of people go abroad on holidays, often very expensive holidays.

I don't begrudge them their excursions but when they get into trouble over there why do they always expect the rest of us

over here to pay for their very expensive repatriation ("Sick cruise Britons head home at last", February 23)?

And if they find themselves in the middle of some deadly contagion, such as on a coronavirus-hit cruise ship, they certainly should not be coming back here any time soon.

Fred Nicholson,
Westcliff-on-Sea, Essex

Harry has lost the plot

Princes Harry and William have had the same upbringing, suffered the same traumas over their mother and the paparazzi, do the same job for Queen and country yet nowhere near the amount of discontent comes from William and Kate ("Harry and Meghan step up war over royal brand", February 23).

Then along comes Meghan Markle, the big American film star who thinks she will be the main attraction. When that doesn't happen and she finds she is not top dog she throws a typical Hollywood strop and persuades the weaker-willed brother to give up his calling and go into business with her, where they can make millions by cashing in on the royal connection and also demand top rates for film work.

It doesn't matter that she is already rich, with some that is never enough.

All credit to the Queen for banning the couple from using the word "Royal" in the branding of any of their future projects. She knows her stuff.

Douglas Higgins,
Liverpool

BBC rinse and repeat

I sat down and went through the Sunday Express S magazine's TV listings section and counted up all the BBC's repeats listed for that week. BBC One had 51, BBC Two had 85, making a total of 136. Run that over the course of a year and it comes to more than 7,000 repeats.

It makes you question even more where our money goes ("61% say scrap BBC

licence fee", February 23). I can only assume that it pays the extortionate salaries of so-called "celebrities", although they are only doing a job after all, and the fat cats who organise the TV schedules, which cannot be too difficult as they only fill them with repeats.

This surely needs to be looked at closely and I can understand why everyone is up in arms about the cost, especially making 75-year-olds pay for a licence for continual repeats. We all deserve better from the BBC don't we?

Sue Tickner,
Horsham, West Sussex

We must tackle floods

Nick Ferrari asks if people in the North would prefer flood prevention work instead of HS2 (February 23) and the answer is a big, fat yes.

We should be dredging and clearing the drains and ditches like they used to.

I did an experiment with two glasses exactly the same. I packed them both half full with garden compost then filled them both to the brim with water. I then carefully extracted some compost from one glass and the water level halved.

Kathy Betts,
Doncaster

Telephone vote results

Last week we reported Downing Street had mocked the EU for its bizarre behaviour in the run-up to Brexit trade talks, and we asked:

Is the EU on the brink of collapse?
YES: 94% NO: 6%

We also revealed the Duke and Duchess of Sussex were accused of "spiteful fury" after saying the Queen doesn't own the word royal, and we asked:

What do you think – should Harry return to the fold?
YES: 39% NO: 61%

FINANCIAL

SUNDAY EXPRESS

EDITED BY GEOFF HO

Investors 'will lose everything' if Sirius deal is blocked

SIRIUS Minerals is set to go into administration unless investors back a cut-price rescue deal from mining giant Anglo-American on Tuesday at an emergency shareholder meeting.

Anglo has tabled a £405 million or 5.5p per share offer for Sirius, which wants to build the world's largest potash mine under the North York Moors national park. Its future has been in doubt since September, when it failed to raise the \$5 billion (£3.9 billion) from debt markets to continue work on the mine.

Small shareholders, along with key investors Jupiter Asset Management and hedge fund boss Crispin Odey are against the deal as they believe that Anglo's offer is too low. In response, Sirius has warned that investors will lose everything if the deal is blocked.

Institutional investors have put £830 million into the company via six share sales since March 2011. Sirius also has 85,000 furious small shareholders who have ploughed their life savings into the company.

Trading in Sirius' shares has historically been volatile. They hit a high of 50.6p in August 2016 and have tumbled since 2018. On Friday the shares closed at 4.4p.



RESCUE: The company wants to build the world's largest potash mine

UK growth slumps amid epidemic fear

By Geoff Ho

BRITAIN'S 2020 growth prospects are set to be downgraded by the influential EY ITEM Club think tank due to the disruption caused by the coronavirus to the global economy.

The ITEM Club, which uses the Treasury's economic models to make its predictions, is looking at cutting its forecast for UK gross domestic product growth this year from 1.2 to 1 per cent.

Howard Archer, the think tank's chief economic adviser, said that the clarity brought about by December's decisive general election result has been replaced by uncertainty and disruption thanks to the Covid-19 virus.

"We had expected first quarter growth of 0.4 per cent but we're looking at it going back to 0.3 per cent. Likewise in the second quarter, we could cut from 0.4 per cent to 0.3 per cent but that could be cut further as the impact is just starting to be seen," Archer said.

"There is so much uncertainty, stock

Fragile recovery halted by virulent Covid-19 outbreak

markets have been hit and it is weighing on activity. Markets are pricing in bad news but once this thing is contained, things could bounce back quickly."

The epidemic has caused activity in China and other parts of Asia to grind to a halt, clogging up global supply chains and disrupting travel. There have been more than 83,000 cases so far and the virus has spread so quickly around the world it is feared it will turn into a pandemic.

The prospect of reduced economic growth comes after the coronavirus caused global markets to crash. Last week the FTSE 100 index of leading shares suffered its worst week since the 2008

global financial crisis, closing 13 per cent down at 6580.6, erasing £210 billion from the value of Britain's biggest listed companies. Observers warn markets could slide further this week.

AJ Bell investment director Russ Mould said: "If the rate of [Covid-19] new cases slows, markets may recover some of their poise. If it gets worse, they'll stay fearful."

Pantheon Macroeconomics warned that sterling could fall if the outbreak becomes a pandemic and sparks an investor sell-off. Samuel Tombs, chief UK economist, said: "If virus-related anxiety causes investors globally to pause on all risky acquisitions, or derisk existing portfolios, sterling is likely to struggle."

Covid-19 has caused companies around the world to close premises to prevent the spread of infection, causing a spike in the number of people working from home.

Shashi Kiran, chief product officer at networks provider Aryaka, said: "This phenomenon is unprecedented, it is imposing huge demands on networks' infrastructure."

Home DNA kits test for genetic cancer risk

SUPERDRUG is to sell what it says is the world's most accurate home DNA testing kit, which will offer users information on their cancer risk, it claims.

It said that CircleDNA's testing kits are the most comprehensive available in stores, as they deliver more than 500 reports in 20 genetic categories, including disease risk and food sensitivity. The kits are available from £199 for the basic kit to £499 for the premium test. Results are delivered to CircleDNA's smartphone app within 18 days.

Michael Henry, Superdrug's healthcare director, said: "The test results offer information on cancer risk, diseases and brain health which can serve as vital advice to people, enabling them to make lifestyle changes that will improve their health outcomes."

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COMMENT

GEOFF HO

THE Serious Fraud Office suffered a fresh humiliation on Friday when the three former senior executives at Barclays were cleared of fraud charges by a jury, giving fresh ammunition to its many critics.

The agency's failure to secure a conviction, despite spending £10million on the seven-year investigation and five-month trial, is the latest in a string of high-profile defeats and will spark renewed calls for the SFO to be reformed or even

scrapped and its duties handed to other bodies.

A jury took just five hours to find Tom Kalaris, Richard Boath and Roger Jenkins not guilty of conspiracy to commit fraud with regards to the 2008 capital injections it secured from Qatar, which enabled the bank to avoid nationalisation.

That the case went as far as it did is odd. For a start, the SFO did not bring charges against Qatar. The courts have also dismissed the case it brought

against former Barclays boss John Varley due to "insufficient" evidence.

Britain undoubtedly needs dedicated white collar crime investigators and prosecutors.

However SFO director general Lisa Osofsky needs to perform an urgent review of the way it investigates and prosecutes cases – as well as score more wins – if she wants to ease the pressure on the agency and ensure its survival.
 ● geoff.ho@express.co.uk

Domino's to get a bigger pizza the pie

DOMINO'S Pizza is set to post double-digit profits growth at its results on Thursday, despite widening losses at its international division and a dispute with franchisees.

Analysts expect Domino's to announce that its 2019 pre-tax profits grew by 23.3 per cent to £76.6million and sales rose 13.6 per cent to £606.8million after continued growth at its core UK and Irish business.

New dishes such as the New York Hot Dog pizza helped boost demand.

However the firm is also likely to say that losses at its international arm, which operates Norway, Sweden, Iceland and Switzerland, grew from £4.1million to £20million.

In October Domino's took the decision to sell the business. Last month it off-loaded its Norwegian arm and is looking to follow that up by selling the rest of its international businesses. The market will be look-

By **Geoff Ho**

ing to the pizza chain for an update on its search for a new chairman and finance director, as well as any signs of progress in its long-running dispute with its franchisees.

The two sides are at odds as franchisees want a larger slice of the profits they generate and more support from the company in the face of higher costs and rising business rates.

Franchisees are also at loggerheads with the company over its desire to open new stores near existing sites, which they say will cannibalise their sales.

● On Tuesday Greggs will hail the impact its vegan "sausage roll" has had on its full year sales, which are tipped to be up 13.2 per cent to £1.2billion. Pre-tax profits are forecast to be 31.8 per cent higher at £108.9million.

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*2011-2019 Matter Communications independent research

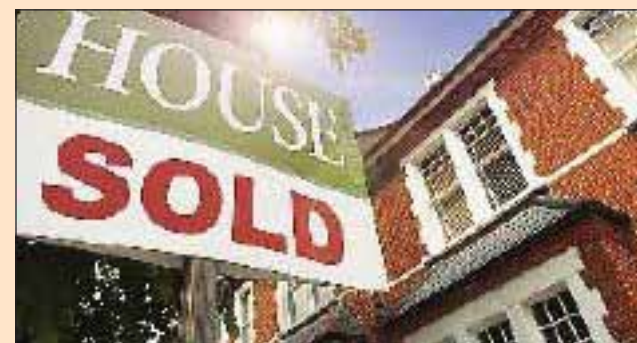
**2028: Forecast based on average annual compounded growth rate of 4.43% each year between 2011 and 2019.

*SunLife (2020) Cost of Dying Report, SunLife.co.uk/costofdying2020

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Prime time to take out a mortgage



INTENSE competition among lenders will keep mortgage rates low for borrowers, says Leeds Building Society chief executive Richard Fearon.

He added that although the mutual is looking for low house price growth this year, he was "optimistic" that low rates will boost transaction numbers, especially among first-time buyers. He said the mortgage price war is being fanned by big banks, such as Barclays and HSBC, which have had to separate their retail banks from investment banking divisions.

"There has never been a better time to get a mortgage," Fearon said. "There's lots of competition, with rates being pushed lower and lower, especially by the ring-fenced banks which have lots of capital."

Women prefer the flexible approach to working lives

NEARLY half of women workers do not feel confident about asking their employers about flexible working opportunities, according to research from hotels giant Hilton.

It said that even though flexible working tops the list of things that women want from potential employers, 43 per cent said they had doubts about approaching their bosses to ask for it.

Flexible working is the single most important factor women consider when looking for a new job according to Hilton at 62 per cent, ahead of high pay at 54 per cent and holiday

entitlements at 51 per cent. Nearly two thirds said that the biggest benefit of flexible working is that it helps them achieve a better work life balance, while 46 per cent said it was spending more time with family.

Forty per cent said that flexible working had helped their mental health.

To celebrate International Women's Day on March 8, Hilton's Canary Wharf hotel will be run by an all-female team that day.

It said that the move will highlight the talented women within the organisation.

By **Harvey Jones**
PERSONAL FINANCE EDITOR

STOCK market investors have zero immunity against the global panic caused by the fast-spreading coronavirus, as share prices crashed last week amid growing fears over the impact on the global economy.

This will concern many ordinary savers with pension funds or Stocks and Shares Isas, as they watch the value of their investments plunge, with almost £4.7 trillion wiped off global stocks, in the worst week since the financial crisis.

Many will now be wondering whether they should risk investing inside their annual tax-free individual savings account (Isa) allowance in the final weeks of the financial year, given current uncertainty.

You have until midnight on April 5 to invest up to £20,000 in an Isa, or lose this year's allowance for good.

So what should you do?

PLAY IT COOL

Paddy Osborn, academic dean at the London Academy of Trading, said global markets could fall 15 to 20 per cent from here, as supply chains are hit, and governments place restrictions on travel, schools, factories and businesses: "Ultimately, buyers will return but probably at much lower levels than today."

Chase de Vere chartered financial planner Patrick Connolly said anyone investing in a Stocks and Shares Isa must understand that markets can be volatile and you can lose money, especially in the short term: "If you cannot accept this, then you probably should not be investing in the first place."

As with all aspects of the deadly virus, panic does not help anybody, and most private investors should resist the rush

to sell. Emma Wall, head of investment analysis at Hargreaves Lansdown, said trying to time the market in this way is notoriously difficult and even professional investors get it wrong: "Panic selling often locks in losses and jumping back into the market is hard to do."

If you are investing in an Isa or pension, with a 10-plus year view, Wall said the best course of action is to do nothing and stick with it.

Another drawback of selling up is that you will not generate any dividends while out of the market, a serious consideration with the UK stock market generating an average yield of 4.24 per cent right now.

Over the longer run, a large chunk of your returns come from the compounding effect of reinvesting dividends, and you do not want to miss out on that.

You should never hold money in shares if you are likely to need it in the next year or two, as markets are only for long-term savings.

THINK LONG

Connolly said long-term investors should protect themselves by building a properly diversified portfolio: "As well as shares, put some money into bonds, property funds, cash and gold, to generate smoother returns."

Brave investors and bargain seekers may even take advantage of recent

Coronavirus hits home as investors take flight

stock market falls as an opportunity to buy at today's lower price.

"Equities will bounce back at some point and if the outlook for coronavirus improves, this could happen quickly," Connolly added.

Pictet Asset Management chief economist Patrick Zweifel predicted "a severe short-term impact that should be followed by strong recovery", as China and other countries get to grips with the crisis.

However, buyers must brace themselves for further falls in the days ahead, as current anxieties seem likely to intensify as more people are diagnosed with the infection.

RECOVERY TIME

MoneyToTheMasses.com director Damien Fahy said a safer way to invest in a Stocks and Shares Isa is to set up a regular monthly savings plan.

If you do this, long-term investors can turn falling markets to their

advantage: "As you drip money in, you pick up more shares or fund units when markets dip, boosting your return when they eventually recover."

If markets fall further, at least you can buy more shares next month at the cheaper price. You can still drip-feed money in if you want to

take full advantage of this year's £20,000 Isa allowance.

If you invest using an online platform, you could park your money in a Stocks and Shares Isa account in cash, to preserve its tax benefits.

"Then drip the money into stocks or investment funds over an extended period," Fahy said.

If current stock market volatility is giving you sleepless nights, it may be time to rethink your entire approach: "This suggests you are taking far more investment risk than you are comfortable with."

Tilney Investment Management Services managing director Jason Hollands said investors who are willing to buy now should prioritise the UK, as its share prices offer better value than other developed markets, and higher dividend yields.

His favourite UK equity funds include Liontrust Special Situations and TB Evenlode Income.

The coronavirus is causing fear and anxiety in the short term, but investing is for the long-term.

When the infection starts to ease markets should quickly recover, as they have always done in the past.



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Drive a bargain in 2020

By **Harvey Jones**

THE NEW "20" car registration number plate is launched from today and drivers who want to show the world they have a new set of wheels will be tempted to rush straight to the dealerships.

So what's in a number? A surprising amount, if you are planning to get the most out of your new car purchase.

New number plates are issued every six months, on March 1 and again on September 1.

The first two letters identify where the vehicle was registered, for example, numbers running from BA to BY are for Birmingham, while the third and fourth numbers signify the year in which the car was made.

From today, these will say 20 to indicate 2020, while September will add 50 to that number, making it 70, allowing buyers to easily work out the age of a vehicle.

The final three letters on the plate are randomly allocated.

The current system was launched in 2001 and will run until February 2051, when the last age identifier will be 00.

Plate changes are not just a numbers game. Sepi Arani, motoring expert at car sales website CarWow.co.uk, said March and September are the best months to bag a top new car deal.

"Sales teams register the vast majority of their cars in these months, and can be

FIVE-MINUTE GUIDE TO...

NEW REGISTRATION PLATES FOR CARS

more flexible to get a deal over the line." Dealers also have quarterly targets, and with March 31 marking the end of the first quarter, you might get an even deeper discount as the month closes: "Be flexible on your car's exact specification to get the best deal."



If you do not want the bother of selling your old car privately, most dealers will offer part exchange on your existing motor. "First check prices for your make and model online, as that will help you negotiate," Arani said.

When comparing, remember that car dealers charge slightly more than private

vendors: "They have to prep their cars to a higher standard and offer superior consumer protection."

AA Cars chief executive James Fairclough said if you are not wedded to a 20 plate, this might be a good time to buy a slightly older car, as values typically drop at this point.

"Cars registered between September 2019 and February 2020 are not old by any stretch of the imagination, but their value will fall simply because of their plate numbers."

If a manufacturer has introduced a new generation model to coincide with the March plate launch, you could use this as leverage to get a good discount on the previous model, he added.

The plate change will also hit used car values, throwing up bargains, Fairclough added.

Jason King, customer director at Sainsbury's Bank, said as well as the initial outlay, do your sums to make sure you can also afford to run your new car.

"Always consider ongoing costs such as motor insurance, fuel consumption, road tax, servicing, new tyres and any parking permits."

If you cannot afford to buy a car outright, options include leasing, personal contract purchase, or a personal loan.

Always check the full cost of finance. King added: "This will include the deposit, monthly repayments and any interest, as well as the final payment if there is one."

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Current Accounts

In-Credit Interest

Provider	Account	% AER	Online	Branch	Telephone	Post
Nationwide	Flex Direct Account (Standard)	5.0% variable	•	•	•	•
Bank of Scotland	Classic Account with Vantage (Standard)	1.5% variable	•	•	•	•
Santander	123 Account*	1.5% variable	•	•	•	•
Tesco Bank	Current Account (Standard)	1.0% variable	•	•	•	•
Lloyds Bank	Club Lloyds (Standard)*	0.99% variable	•	•	•	•

*annual fee applies

Switching Incentive

Provider	Account	Incentive	Online	Branch	Telephone	Post
HSBC	Advance Bank Account (Standard)	£175	•	•	•	•
NatWest	Select Account (Standard)	£175	•	•	•	•
RBS	Select Account (Standard)	£175	•	•	•	•
First Direct	1st Account (Standard)*	£100	•	•	•	•
HSBC	Bank Account (Standard)	£75	•	•	•	•
M&S Bank	Current Account (Standard)	Vouchers	•	•	•	•

*annual fee applies

Loans

Based on £10,000 over five years

Provider	Product	Rep APR	Total amount payable	Monthly repayment
Cahoot	Personal Loan	2.8%	£10,718.40	£178.64
M&S Bank	Personal Loan	2.9%	£10,744.20	£179.07
Sainsbury's Bank	Personal Loan	2.9%	£10,744.20	£179.07
Tesco	Personal Loan	3.0%	£10,770.60	£179.51
Santander	Personal Loan	3.0%	£10,770.60	£179.51

Credit Cards

Balance Transfer

Provider	Card	0% Period	Fee	Rep APR
Sainsbury's Bank	29 Month BT Credit Card	29 months	2.74%	19.9% variable
Virgin Money	29 Month BT Credit Card	29 months	3.00%	21.9% variable
M&S Bank	Transfer Plus Offer Credit Card	28 months	2.85%	19.9% variable
Virgin Money	27 Month BT Credit Card	27 months	1.45%	21.9% variable
Sainsbury's Bank	Dual Offer Credit Card	27 months	3.00%	20.9% variable

Purchase

Provider	Card	0% Period	Rep APR
Sainsbury's Bank	Dual Offer Credit Card	27 months	20.9% variable
Barclaycard	Platinum 27 Month Credit Card	27 months	21.9% variable
Virgin Money	23 Month All Round Credit Card	20 months	21.9% variable
M&S Bank	Shopping Plus Offer Credit Card	20 months	19.9% variable
Virgin Money	Virgin Money Travel Credit Card	12 months	21.9% variable

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When?	Where to?	Where from?	Nights	Ship	Cruise ID	Was from	Now from	SAVE
28 th Mar 2020	Spain & Portugal	Southampton	12	Braemar	M2007	£1,199pp*	£999pp*	£200pp
La Coruña • Vigo: Spain • Lisbon (overnight): Portugal • Funchal: Madeira • Avilés: Spain								
16 th Apr 2020	Rhine & Main River Cruise	→ LON	10	Brabant	R2002	£1,199pp*	£999pp*	£200pp
→ Amsterdam: Netherlands • Cologne • Koblenz • Rüdesheim am Rhein • Wertheim • Würzburg • Bamberg • Regensburg: Germany →								
17 th Apr 2020	Springtime Scenery of the Fjordland	Dover	9	Boudicca	D2009	£999pp*	£799pp*	£200pp
Bergen • Flåm • Cruising Nærøfjord • Ålesund • Olden • Cruising Nordfjord & Maurangerfjord • Eidfjord • Stavanger								
1 st May 2020	Springtime Fjords in Five Nights	Newcastle	5	Balmoral	L2006	£649pp	£549pp	£100pp
Cruising Lysefjord • Eidfjord • Cruising Ulvikafjord & Hardangerfjord • Bergen: All Norway								
17 th May 2020	Upper Danube River Cruise	→ LON/MAN	7	Brabant	R2005	£1,599pp	£1,499pp	£100pp
→ Budapest • Bratislava • Nussdorf (Vienna): Austria • Cruising the Wachau Valley • Emmersdorf & Melk • Passau • Regensburg →								
1 st Jun 2020	Capital Cities of the Baltic	Southampton	13	Braemar	M2014	£1,799pp	£1,499pp	£300pp
Copenhagen: Denmark • Helsinki: Finland • St Petersburg (overnight) • Tallinn: Estonia • Travemünde: Germany								
20 th Jun 2020	Natural Wonders of Iceland	Dover	13	Boudicca	D2015	£1,899pp	£1,599pp	£300pp
Orkney Islands • Scenic Cruising • Reykjavik (overnight) • Ísafjörður • Akureyri • Seyðisfjörður • Faroe Islands								
10 th Jul 2020	Netherlands & Belgium City Break	Dover	5	Boudicca	D2017	£749pp	£649pp	£100pp
Antwerp (overnight): Belgium • Cruising Western Scheldt River • Amsterdam • Rotterdam: Netherlands • Cruising Nieuwe Maas								
3 rd Oct 2020	Into the Heart of Spain & Bordeaux	Southampton	8	Braemar	M2026	£1,099pp	£999pp	£100pp
Bordeaux (overnight): France • Santander • Avilés • La Coruña: Spain								
11 th Oct 2020	Western Mediterranean	Southampton	15	Braemar	M2027	£1,999pp	£1,699pp	£300pp
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16 th Feb 2021	In Search of the Northern Lights	Southampton	13	Balmoral	L2104	£1,699pp	£1,399pp	£300pp
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TRAVEL

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VICKY LISSAMAN
looks at 10 of the
top places in
Britain for you to
visit now that the
days are longer
and the weather
is getting warmer



All aboard for the very best spring days out

SPRING is here, with the welcome return of more daylight, warmer temperatures and flowers in bloom. Here are 10 great family days out to enjoy the splendour of the new season...

1 BEAUTIFUL BLUEBELLS

The Bluebell Railway, Britain's oldest preserved standard-gauge railway, is renowned for its historic carriages and enchanting stations, redolent of another age.

As the name suggests, the Sussex woodlands bordering the line are at their best in spring, a mass of deep blue among the trees.

Each station is restored to a different period: Sheffield Park to the 1880s; the country junction of Horsted Keynes to the 1920s; Kingscote to the 1950s.

Among the railway's historic carriages are two 1920s Pullman cars, which form part of the Golden Arrow Pullman dining train on Saturday evenings and for Sunday lunches.

Board and alight at Sheffield Park, East Grinstead. Adult return/advance purchase All Day Rover £16 (bluebell-railway.com).



TAKE THE LEAD: Alpacas at Ferny Rigg and (top) the Bluebell Railway

2 AL-PACA YOUR WALKING BOOTS

Cheeky and charming, alpacas are the perfect companions for a spring walk in Northumberland. Hemscott Hill Farm has eight fluffy friends to walk around the farm. £25pp, over 12s only.

Under 12s can enjoy Meet the Alpaca sessions at the farm. Afternoon tea available after the walk for £12.50pp (tractorsandtents.com).

Meanwhile at Ferny Rigg Alpacas, you can stroll with these gentle creatures in the Upper North Tyne Valley, in the Northumberland National Park. The beautiful countryside is within sight of the Kielder dam and all walks are at a slow "alpaca pace". £22 per alpaca walked. Children 10 to 16 must be with an adult, children aged six to 10 must be closely supervised (fernyriggalpacas.co.uk).

Or go for an hour-long walk with an alpaca at Barnacre Alpacas, where you'll also meet sheep, angora and pygmy goats, chickens and hares. £20pp. Minimum age seven (barnacre-alpacas.co.uk).

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ADVENTURE: Track down The Gruffalo as part of this year's spring attractions at Kew Gardens

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Destinations that

FROM PREVIOUS PAGE

3 THE GRUFFALO & FRIENDS

The Royal Botanic Gardens, Kew, in south west London, will become home to author Julia Donaldson and illustrator Axel Scheffler's much-loved characters from April 4-19.

Visitors are invited to follow a specially curated trail to track down The Gruffalo, with springtime horticultural highlights along the way. Advance online tickets £16.50 (kew.org/kew-gardens).

Wakehurst, Kew's wild botanic garden in Sussex, will also be hosting its own Gruffalo Easter programme. £14.50 adults, children free (kew.org/wakehurst).

Meanwhile a new 3D interactive trail starring Zog, the lovable dragon, is launching at Warwick Castle for Easter, featuring zogtastic tasks from testing the Roar-o-meter to capturing a princess.

Advance online tickets from £13 (warwick-castle.com).

4 GARDEN GRANDEUR

Iford Manor Gardens in Wiltshire is set to star on the big screen in a new version of children's classic The Secret Garden in April.

Discover for yourself the award-winning Grade 1 listed gardens, featuring steep terraces, pools, fountains, colonnades and statues tucked away at the bottom of a tranquil valley. Adults £7.50, concessions £6.50, under threes free (ifordmanor.co.uk).

Also, the RHS is joining forces with The Secret Garden to host garden-themed workshops, arts and crafts across the UK, and, at the four RHS gardens (Wisley, Surrey, Hyde Hall, Essex, Harlow Carr, North Yorkshire and Rosemoor, Devon) visitors can follow trails to find six hidden keys (rhs.org.uk).

5 DO THE ZIG-ZAG WALK

Nationwide celebrations will mark the 300th anniversary of the birth of the "world's first ecologist", the Rev Gilbert White.

Born in Hampshire in 1720, his pioneering work helped shape the modern scientific approach to natural history and inspired naturalists from Charles Darwin to Sir David Attenborough.

Follow in his footsteps on the Gilbert White Circular Walk, a six-mile, figure-of-eight route starting from Selborne.

The first circuit is through the village churchyard and Lythes meadow to Priory Farm and back through the beech trees of Dorton Wood; the second includes walking The Hanger, part of a 275-acre meadow, woodland and common overlooking the village, on a famous zig-zag path cut in 1753 by Gilbert and his brother (visit-hampshire.co.uk).

6 SOUTH WALES WONDERS

Dyffryn Gardens is the National Trust's most visited property in Wales and its 55 acres of formal and informal gardens are particularly colourful in springtime.

For the children there's a touring exhibition of Judith Kerr's much-



loved children's book The Tiger Who Came To Tea until May.

See the illustrations in the house, make tea with the tiger in Sophie's kitchen and explore the gardens on the Tiger Trail. Adults £12, children £6.50 (nationaltrust.org.uk).

Afterwards, if you fancy soaking up some sunshine at the seaside, visit Barry Island, home of hit TV show Gavin And Stacey and rent one of the 24 colourful beach huts. £10.50 half day (visitthevale.com).

7 DOGGY DELIGHTS

You won't have to 'ruff' it at Dogstival – it's back for a second year, this time with dog-friendly camping and glamping. Taking place on May 16 and 17 at Pylewell Park, The New Forest, this is a weekend dedicated to all things doggy.

At the Happy Hound Den, TV's Vet on the Hill Scott Miller will share his hound-care tips, dog-appropriate refreshments will be served at the on-site Dog Pub and four-legged friends can have a massage at the K9 Chill Out Zone.

In the Main Arena, there will be displays of working dogs, rare breeds and fire-leaping rescue dogs.

will delight and inspire



Adults £13.90, children £8, children five and under free. Camping £20pppn, glamping in bell tent (sleeps four), £150 for two nights (*dogstival.co.uk*).

8 BLOSSOM AND FLOURISH

The team of gardeners at Trentham Gardens, Stoke-on-Trent, have been busy throughout autumn adding 130,000 extra bulbs for this year's Spring Bulbs Festival, with more than 1,000 added to Trentham's famous Fairy Trail.

Other highlights include new displays in the Rose Border and Trellis Walk, sweetly scented narcissus and hyacinths in the balustrade borders and floral displays adding colour to the platforms of the Trentham Fern's railway stations. Adults £12, concessions £10, children £9, (*trentham.co.uk*).

Meanwhile, in the short window between the end of April and the beginning of May, the 329 Taihaku cherry trees at Alnwick Garden,



VARIETY: The floral displays at Trentham Gardens (top), the colourful beach huts on Barry Island (left), the Dogstival at Pylewell Park (above) and the eco-friendly rollercoaster at Greenwood Family Park (below) are among this spring's top attractions

Northumberland, display their beautiful blooms and visitors can sit on the swinging benches to admire the fluttering white blossom. From £8.09 (*alnwickgarden.com*).

9 ECO-FRIENDLY FUN

GreenWood Family Park in Felinheli, North Wales, was voted best family day out in Wales for seven years running – and all the attractions are eco-friendly.

Along with a 'people-powered' roller coaster, Solar Splash is the UK's first solar-powered ride and visitors can pull themselves along a canal using ropes and a paddle on the Enchanted River Ride.

There is also the BareFoot Trail, a sensory experience of walking barefoot across different terrains including sand, bark, straw and timber, plus the Forest Theatre, woodland crafts and the chance to learn circus skills. Advance online peak season bookings from £16.20 (*greenwoodfamilypark.co.uk*).

10 INTO THE FLYING PAN

Moat Brae House and Garden in Dumfries, Scotland, is where Peter Pan author JM Barrie found his inspiration for the wonders of Neverland as a child. The Georgian townhouse was saved from demolition, restored and opened as a tourist attraction last spring. Visitors can discover the heritage and secrets of the lovely house and gardens by the River Nith, then relax in the cafe.

Fittingly, it is the National Centre for Children's Literature and Storytelling.

Closed Mondays in term time. Adult £6.50, child £5. (*peterpanmoatbrae.org*).



Cruise news

● Sail into "more immersive and meaningful experiences around the world" with the new Extraordinary Journeys programme from Norwegian. The new curated range of port-intensive itineraries – from 11 to 22 days – for 2021 will feature Norwegian's ships Jade, Pearl, Sky, Star and Sun.

Voyages include an Africa safari and the Seychelles, Alaska (right), South America, the Panama Canal and Central America, and the British Isles, France and Iceland.

Line president Harry Sommer said: "The new Extraordinary Journeys itineraries are meant to stir a sense of wonder and encourage meaningful travel, whether you're looking to disconnect or reconnect with the people and world around you." (*ncl.com*)

● Disney ships will return to Greece in 2021, visiting islands such as Santorini, Kefalonia and Mykonos, and mainland Katakolon for ancient Olympia. New calls include historic Visby, Sweden, and scenic Eidfjord, Norway. (*disneycruise.co.uk*)



● Cruise & Maritime Voyages' fleet of seven ships will star in a Dutch treat next year.

They will assemble in Rotterdam on August 28, 2021, for a parade and regatta to celebrate the debut of new vessels Amy Johnson and Ida Pfeiffer. The event will also mark the 25th anniversary of the Netherlands' second city's cruise port and CMV's ships will sail in convoy up and down the Maas River for 28 nautical miles.

Leading the way will be Marco Polo, CMV's first vessel, followed by new flagship Amy Johnson, Magellan, Columbus, Astor, Vasco da Gama and Ida Pfeiffer. (*cruiseandmaritime.com*)

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17 Aug 20	3+9	A*	£2089	£2519	£4849
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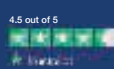
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EXPRESS

Crossover ticks all the boxes

Ford Puma

IT'S A LONG time since I wrote about a car called Puma. Like this one it was built by Ford and was based on the Fiesta. That's about where the similarity ends. The old one was a little coupe that was an absolute blast to drive. You might have once owned one (perhaps you still have it) and if you're a real performance Ford enthusiast you might even have owned one of the limited edition Puma Racings. That was a cracker.

Ford stopped making the Puma because, presumably, not enough people bought it. Our fault then.

So to the new Puma. It is of course a crossover because that's what does sell in big numbers these days. Based on the Fiesta it might be but dimensionally it is substantially different: it's 146mm longer than the compact hatchback, 54mm taller, with a 95mm longer wheelbase. That's what turns into a crossover.

The next two dimensional adjustments turn it into a crossover that's unusually pleasant to drive; not as fun as the original Puma but it tips in that direction. These are a width that's increased by 71mm and more importantly the track has been widened by 58mm. This should translate into a car that's better planted on the road thanks to offsetting the higher centre of gravity.

For the moment you can only buy a Puma with a 1.0-litre three-cylinder petrol engine with a choice of 94bhp or 123bhp power outputs. The 123bhp one is also available with a mild hybrid system which



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is essentially a starter/generator unit that helps the engine by reducing both the effect of turbo lag and the CO₂ output. There's a 153bhp version of the engine that also uses the mild hybrid system. I don't quite understand why Ford doesn't fit all Pumas with this CO₂ reducing tech.

Later, Ford will also offer a 1.5-litre diesel engine and rumour has it there'll be a high performance ST model too. There's no word about a fully electric version of the car or a plug-in hybrid powertrain.

WE'RE TESTING A Puma with the 123bhp motor fitted with the mild hybrid system which Ford refers to as MHEV which while not exactly dishonest, does rather overstate the hybrid-ness of the vehicle. Our car is also in ST-Line X spec which means an on-the-road price of £22,895.

We'll go straight to a feature on this car that I really like even though it's ridiculously simple in concept. The Puma's boot floor is higher than the Fiesta's and because the MHEV's lithium-ion battery, which lives under the boot floor, is pretty small the car's designers have used the

space to fit a square 80-litre plastic recess. Of course in the modern world everything needs a name so Ford calls it the Megabox. What's really useful is that there's a bung in the bottom of it that

allows you to wash out the box if it's got all muddy from wellies or anything else stowed there. Simple but useful. Give me more of that rather than complicated driver assistance systems that none of us asked for.

Moving forward to where the people sit we have a well-made dashboard that features an 8.0in touchscreen and a digital instrument pack. Smartphone mirroring is included as is, on this trim level, an excellent B&O audio system.

The materials used are what you'd expect at this price point (the cheapest Puma costs just over £20,000) with a mixture of hard plastics, soft surfaces and a bit of chrome embellishment to add sparkle to the otherwise business-like interior. The seats are comfortable and there's adequate legroom front and back.

Only manual gearboxes are available on Ford's test fleet at the moment but automatics are on their way. The engine is smooth with a pleasant note. You'll not notice the hybrid system doing its bit.

Is the Puma the fun-to-drive car that its predecessor was? Certainly it is one of the more pleasant to drive crossovers on the market, with tidy handling, a comfortable ride and a safe feel. The steering could have more weight but otherwise there's little to criticise.

That said, I'd rather drive a Fiesta if I was after a more enjoyable experience. But this is a family car and any deficiencies in the driving experience are more than made up for by its practicality.

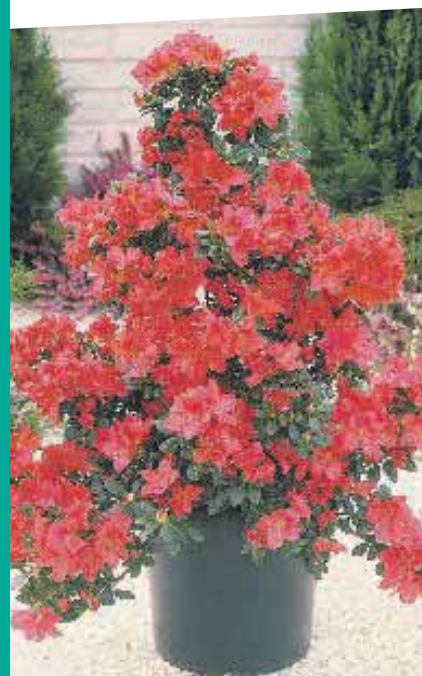
Especially the Megabox. I hope that's an invention that's widely copied.



Edited by COLIN GOODWIN

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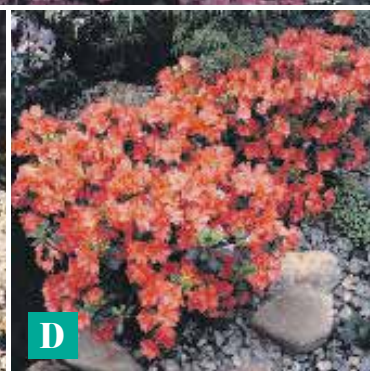
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Spring into life for a tasty crop

Plan ahead and grow veg that can be picked from summer through to autumn, says LOUISE MIDGLEY

WITH the arrival of March, it's good to know spring is just around the corner. Increased daylight hours dictate it is time to get started growing vegetables both inside and out, but be guided by the weather as March has a reputation for being bitterly cold at night and unpredictable during the day.

Crops that can be planted straight into well-prepared soil outside include broad beans, parsnips, spinach, radish, Brussels sprouts, Swiss chard, bolt-resistant beetroot, leeks and onion sets, to name just a few.

Use cloches or fleece pegged down securely to protect the new growth from the worst of the weather for the first few weeks. This extra protection also prevents greedy pigeons pulling young seedlings out before their root system is strong enough to hold them firmly in the soil.

For those who garden in a limited space, bear in mind that most vegetables grow perfectly well in containers. It's just a case of matching the right container to the right vegetable.

For example, a tall, deep container filled with free-draining soil would be ideal for carrots which need a decent depth to extend into. They are also less likely to be attacked by carrot root fly.



COLD STORAGE: A Vegepod protects plants from cold weather in spring and autumn

Grow potatoes in potato grow sacks or similar-shaped containers.

When they are ready to be harvested, the contents can be emptied on to a plastic sheet or lawn – so much easier than digging them out.

You can steal a march on some veg by growing them in a Vegepod. These portable raised beds (a set of wheels is optional) have a permeable mesh lid that protects plants from cold weather in spring and autumn.

They also have a reservoir of water at the base, so watering is only required in the early stages of growth or until the roots grow long enough to reach the reservoir.

Tender crops such as tomatoes, peppers, cucumbers and aubergines will need to be started off somewhere warm in a frost-free environment.

● Vegepod.co.uk

Recommended read

Grow Food For Free by Huw Richards

With 15 years' experience growing organic, sustainable food in his family's garden, Huw Richards wants to dispel the myth that it is expensive to grow your own fruit and vegetables.

This book has all the inspiration and practical advice you need to start, grow, propagate and harvest your own produce at zero cost.

● Dorling Kindersley, £16.99. Available from all good book shops.

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Time to reach for the stars

HARROGATE, Leeds and York mark the three points of Yorkshire's property golden triangle but it's the surrounding countryside that is, quite literally, the star attraction for many who live in the area.

As well as being able to see thousands of stars at night from the hills and dales, you can even see the Northern Lights when conditions are right.

Now the Yorkshire Dales National Park and Nidderdale Area of Outstanding Natural Beauty are the focus of campaigns to win International Dark Sky Reserve status to help protect the region's connection to nature.

Just 10 UK sites have this status, three each in England, Wales and Scotland with another in the Channel Islands, but none of these are so close to major towns and cities.

Nidderdale Area of Outstanding Natural Beauty already has four official Dark Sky Discovery Sites, noted for their excellent places to stargaze, at Thruscross reservoir, Scar House reservoir, Fewston reservoir and Toft Gate.

But while Britain's wild spaces need our support and protection it's also true that people need aspirational places to live and the new West House Gardens development in the pretty village of

Finding aspirational places to live that protect the country's wild spaces is a big ask but the pretty village of Birstwith fits the bill perfectly, says DEBORAH STONE



PRETTY: One of the new homes at Newby's West House Gardens development (above), which is on a five-acre site in the Nidderdale Valley (right)

Birstwith fits the bill. Its 33 three to five-bedroom houses are set in a landscaped five-acre site in the Nidderdale Valley on the doorstep of the 53-mile Nidderdale Way footpath.

The path meanders beside the river on the outskirts of Birstwith and is particularly pretty near the church, which has thriving social clubs, a choir and Church of England primary school.

There's a post office and village shop and the tennis and cricket clubs help maintain the strong sense of community.

"Birstwith is an idyllic and welcoming community, set in stunning countryside in the Nidderdale valley, yet conveniently close to the wonderful town of Harrogate," says Anthony Mackle, sales and marketing director of Newby, the North Yorkshire-based developer.

The firm aims to build communities as well as luxury homes such as those at West House Gardens, where high-quality fittings include underfloor heating throughout the ground floor, timber windows and designer bathrooms.

Currently only seven houses are still available and ready to move

into, although more may be released later. Prices start at £690,000 (01423 326336; newby.co.uk).

Birstwith is just six miles from Harrogate, where Newby's 61-home development Springfield Court is on the site of an old council building in the

town centre. The mix of new-build and conversion homes includes one, two and three-bedroom apartments with allocated private parking in a gated development.

Its first phase of 35 two and three-bedroom apartments start at £299,995 (01423 326336; newby.co.uk) and there's a limited offer for stamp duty to be paid.

These high-end apartments have wooden floors, carpeted bedrooms, smart heating control, broadband connections, video entry phones and terraces or balconies.

IN RECENT years Yorkshire has benefited from a growth in digital industries and financial services, bringing new employment opportunities to the region, particularly in Leeds.

There are good rail connections between York and London – it takes fewer than two hours – and flights to London and Europe from Leeds Bradford Airport.

As for Harrogate, Newby's founding partner Nick Moody points out that there are four railway stations in the spa town and adds: "If there's a list compiled of the best places to live, you can pretty much guarantee Harrogate will be on it."

● To help the campaign for International Dark Sky Reserve status visit nidderdaleaonb.org.uk



HIGH-END: Springfield Court (above and below) is in the heart of the spa town of Harrogate, which has four railway stations



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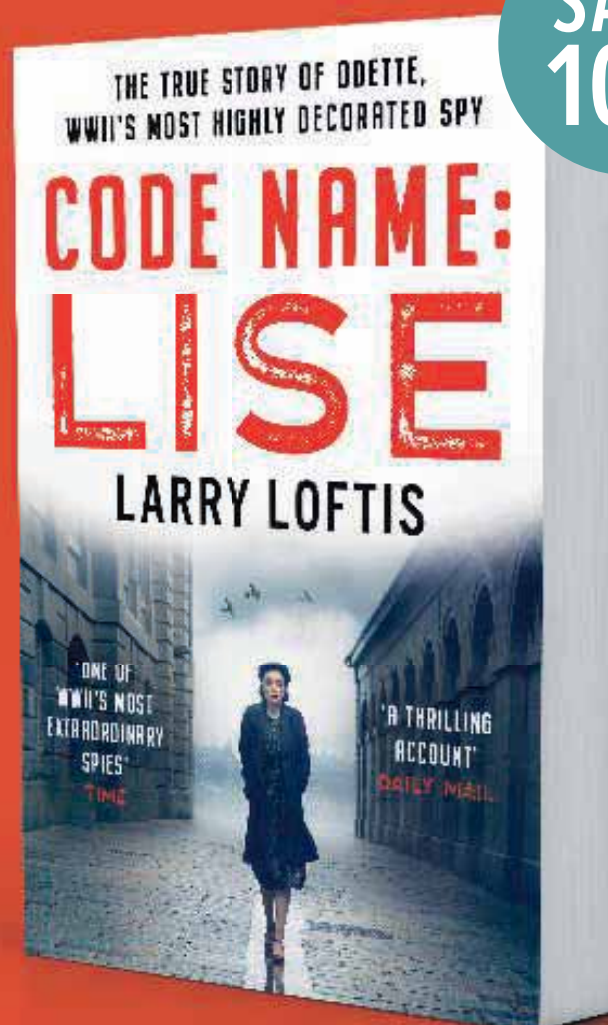
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WINTER'S PLANET

BY STUART WINTER

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Refuge vital for jaguars' survival

CLAWING ITS WAY BACK: Countries will now have to work together to save the endangered jaguar

A SPARKLY Milky Way was casting an eerie lustre over the treacherous outcrops where Cochise and Geronimo had once held out against the US Cavalry.

Eyes accustomed to the velvety darkness were suddenly put on high alert for twinkles at ground level – the glimmer of big cat eyes.

The rugged peaks and canyons of Arizona's Chiricahua Mountains, once the domain of Apache braves, are still traversed by a fearsome array of hunters in the shapes of ocelots, bobcats and cougars.

My nocturnal sortie to seek out elusive whip-poor-wills and nighthawks had just been made more challenging with the ominous warning of the guide: "Beware... we may stumble across a jaguar."

He did not mean one with a throaty V8 engine but the mythical feline that had given the sports car its name.

Until that chilling moment, with visions of rosette-dappled cats pouncing with powerful jaws open, I had only ever thought of jaguars as marauders of the Amazon rainforest, not all-American apex predators.

On return from my Arizonan adventure I looked up the historical range of jaguars to discover that Tudor explorer Sebastian Cabot had charted them roaming as far north as Ohio. Shortly after the visit came news that a jaguar nicknamed El Jefe – The Boss – had wandered across the Mexican border and into the Santa Rita Mountains on the outskirts of Tucson, some 70 miles from the spot I had been warned about the big cat by my guide.

The nomadic lifestyle of jaguars came into focus last week at a UN convention that holds hope for these spectacular animals in an age when their hold on existence is assailed

from all directions. With 40 per cent of their habitat across the Americas destroyed over the past 100 years, jaguars are increasingly in the crosshairs of livestock farmers for killing cattle and poachers who are trafficking their teeth to the Far East for use in traditional Chinese medicine.

Safeguarding jaguars across range states, a geographical area spread through 19 different countries from the United States in the north as far south as Argentina, was one of the headline debates at the United Nations Convention on the Conservation of Migratory Species of Wild Animals (CMS) held in Gandhinagar, India, and which saw delegates agree two vital levels

of protection for the cats.

The first identified jaguars elevated to Appendix I of the CMS, which

recognises them as Endangered and under threat of extinction.

Additionally, jaguars were also added to Appendix II, which requires countries to co-ordinate conservation efforts to save them.

Matt Collis, head of the International Fund for Animal Welfare's delegation at CMS, welcomed the jaguar's upgraded status. "This is an important conservation win for jaguars," he says. "Halting the loss of habitat and destruction of migratory corridors is vital if the jaguar is to survive across the Americas."

He went on to add: "Jaguars typify the problems faced by large mammals crossing fragmented habitats between national borders."

"Maintaining connections between small sub-populations of jaguars that move across borders is critical to protect them across their range and the place they call home."

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Rupert

And The Old Hat
EPISODE 30



Says Mummy, as she brings the hat, "How very odd! Did you hear that?"



Into the garden Rupert goes, It was the clock cuckoo, he knows.

Mrs Bear is amused at Rupert for suddenly wanting her old hat and for being so mysterious about what it is for. When she has fetched it she stops and listens.

"I felt sure I heard our cuckoo clock sounding," she says. "How queer. I must have been wrong. It isn't even the hour."

But Rupert has heard it too, and he knows where the sound is coming from.

Slipping out of the door he looks around the garden until he sees the truant fluttering near the hedge.

"I've got him," he says. "He's hiding here."

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Alphapuzzle® tests your logic and word power. Each grid number represents a letter. Each letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Can you beat the Target Time? Call for an Extra Letter Clue if you get stuck. Solution next Sunday. DIFFICULTY: 10/10; TARGET TIME: 30 minutes; CLUE: Pore made of atoms.

12	1	11	10	20	15	18		16	6	14	7	1
6		6		15		15		18		23		26
5	6	15	22	1		11	6	10	9	26	23	11
15		7		22		26		1		17		15
23	14	1	11	10	15	18	22		21	14	6	18
10				13		19		1		15		
20	12	6	11	26	3			24	15	18	18	12
		15		9		15		6				18
21	10	8	26		12	4	22	11	15	20	18	26
12		10		9		25		10		6		23
10	22	12	18	15	11	26		22	11	12	7	15
22		18		6		20		15		12		6
11	6	10	20	2		11	26	23	15	23	20	19

For extra letter clues, call: **0907 181 2603** (Deduct two minutes from Target Time for each extra letter heard). Alternatively, for six extra letter clues direct to your mobile, text: **SXALPHA to 84901**. Texts cost £1 plus your normal network operator rate. Full solution: 0907 181 2602 Across only: 0907 181 2600 Down only: 0907 181 2601 *Calls cost 80p a minute plus your telephone company's network access charge. SP: Spoke, London W1B 2AG.

Last Sunday's solution
ACROSS: Macrame (clue), Wimps, Nomad, Grandee, Brazenly, Walk, Séance, Tuxedo, True, Pungency, Untruth, Eaves, Bacon, Liturgy. DOWN: Minibus, Thumb, Comma, Aquatic, Audience, Turn, Engulf, Bushel, What, Judgment, Mediate, Never, Sheik, Odyssey.

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1	2	3	4	5	6	7	8	9	10	11	12	13
	K											
14	15	16	17	18	19	20	21	22	23	24	25	26
								N				

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

ULTIMATE ALPHABEATER

Can you crack the super-tough Ultimate Alphabeater? Each grid number represents a letter – or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the main grid to start. Alphabeater is 'rotationally symmetrical' – in other words it looks exactly the same if you turn the page upside down. Solution next Sunday.

A	33	11	16	37	18	25	17	12	23	38	2	12	16
B													
C	29	26	25	4	15	5	1	2	18	29	11	23	20
D													
E	16	25	35	18	39	36	29	7	33	9	16	32	29
F													
G	28	31	29	7	24	25	21	28	11	18	3	16	30
H													
I	10	8	16	21	18	38	13	1	5	24	12	21	36
J													
K	19	20	35	16	25	6	16	19	3	5	28	10	16
L													
M	35	1	29	8	35	9	25	31	16	4	11	31	11
N													
O	14	5	40	20	29	12	34	16	28	22	16	11	26
P													
Q	5	26	19	31	40	15	5	1	37	24	27	32	17
R													
S	20	35	40	18	27	29	9	22	9	38	18	7	40
T													
U	5	15	18	4	18	24	13	18	28	37	28	11	29
V													
W	3	18	25	35	29	23	8	11	32	26	11	38	13
X													
Y	29	21	22	19	14	32	28	5	3	33	29	35	29
Z													

Target time: 48 minutes
Stuck getting started? Try one of our helplines *Calls cost 80p per minute plus your telephone company's network access charge.

Full solution:
0907 181 2598
Across only:
0907 181 2596
Down only:
0907 181 2597

Last Sunday's Solution:
Black squares: 1, 5, 8, 10, 14, 15, 19, 22, 24, 27, 29, 32, 35, 37.
Across: Question, Mark, Heath, Zone, Beans, Job, Figure, Stag, Fete, Streak, Spy, Blowy, Silt, Jumps, Pave, Befuddle.
Down: Quiz, Oxide, Lops, Two, Schedule, Wavy, Jeans, Outdo, Prude, Bossy, Cave, Stressed, Aft, Skin, Avail, Type.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	K	23	24	25	26	27	28	29	30	31	32	33	34	J	35	36	37	38

For up to six extra letters call 0907 181 2599 (Deduct five minutes from Target Time for each extra letter heard). Callers will also hear two black squares clues free of any Target Time penalty. *Calls cost 80p per minute plus your telephone company's network access charge. SP: Spoke, 0333 202 3390

Alternatively, for six extra letter clues direct to your mobile, text **SXBEAT to 84901**. Texts cost £1 plus your usual network operator rate. Reduce Target Time by five minutes for each extra letter

● Puzzle phone and text services SP: Spoke, London W1B 2AG *SP: Spoke - Helpline 0333 202 3390

THE ULTRA ALPHAPUZZLE®

Here's the Ultra Alphapuzzle – Sunday's extra tough version of Britain's favourite wordpower challenge. Each grid number represents a different letter. All 26 letters are used. Target time: 30 minutes Solution next Sunday.

5	10	2	14	25	7	1		19	14	6	9	1
10		10		2				9		9		10
18	8	20	7	9				16	8	22	11	3
14		1		12	9	10		26		20		7
23	2	3	25			20	8	1	20	7		10
10		13		18				8				13
	13	10	2	8	24			17	14	7	8	5
19			22		15			2		16		20
14		7	8	14	21	3			18	3	23	7
8		10		15		23	8	25		23		8
4	10	8	2	9	3	23		8	2	14	25	22
4		6		2				9		6		20
8	18	10	22	5		20	9	2	2	10	25	10

For up to six extra clue letters call: **0907 181 2607** (Deduct three minutes from Target Time for each extra letter heard). Alternatively, for six extra clues direct to your mobile, text **SXALPHAU to 84901**. Texts cost £1 plus your normal network rate. Full solution: 0907 181 2611 Across only: 0907 181 2609 Down only: 0907 181 2610 *Calls cost 80p per minute plus your telephone company's network access charge.

Last Sunday's solution
ACROSS: Linctus, Aroma, Tic, Raft, Demijohn, Canvas, Frugal, Utmost, Lizard, Dinosaur, Pier, Duo, Rabid, Wrinkly.
DOWN: Undid, Art, Coffin, Minnow, Lap, Dais, Sari, Navel, Quirk, Taxi, Rail, Wry, Strong, Akimbo, Air, Canal, Dimdi.

1	2	3	4	5	6	7	8	9	10	11	12	13
					V							
14	15	16	17	18	19	20	21	22	23	24	25	26
							K					

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

THINKING SPACE

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BRAIN TEASERS

1) Four friends have decided to hold their weddings all in the same week. Beth's wedding is earlier in the week than the wedding in Slough, which is not on Friday. Zoe's wedding is not on Tuesday, and Mary's wedding is after Diane's. The person whose wedding is in Swansea is scheduled to marry before Diane but not on Tuesday. The wedding in Stirling will not occur before the wedding in Sutton or on Thursday. If the wedding in Sutton is not on Thursday, on which day and where is each person getting married?

2) Which two words meaning 'class' and 'friend' combine into one meaning 'according to protocol'?

3) Find the flowering plants in these anagrams: a) Mop Riser, b) Grim Load, c) Sire Wait.

4) Alexander and Christopher have jelly beans in the ratio of 13:8. After Alexander eats 49 of his jelly beans, the ratio is 3:4. How many jelly beans would Christopher need to give to Alexander in order for them to have the same number of jelly beans at this point?

ANSWERS: 1) Beth Tuesday Sutton, Zoe Wednesday Swansea, Diane Thursday Slough, Mary Friday Stirling. 2) Form-ally, 3) a) Primrose, b) Mandgolf, c) Wistaria. 4) Seven jelly beans.

SUDOKU

Fill the small squares so that every column, every row, and every 3x3 square includes all of the digits from 1 to 9.

Level: Gentle
Target: 16 minutes
For extra clues call **0901 322 5600** (Calls cost 77p per call from a BT landline plus network extras, other networks and mobiles may vary)
For today's full solution call **0907 181 2606** (Calls cost 77p per minute from BT landlines plus network extras, other networks and mobiles may vary).

LAST SUNDAY'S SOLUTION

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

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THE SKELETON CROSSWORD – £325 in prizes

Last week's solution



WINNERS: General Knowledge Crossword, Feb 16: £1,000: A Peters, Wymondham, Norfolk. £50 Mystery Word Bonus: Mr P Clutton, Newport Pagnell, Bucks. Skeleton Crossword, Feb 16: £100: B MacDonald, Wallsend, Tyne and Wear. £25: P Turner, Wallington, London; Mrs F Tittley, Leicester; Mr R Newberry, Aldershot, Hants; B Maudsley, Morecambe, Lancs; Mrs J Wilson, Culloden, Inverness; Mrs S Rodgers, Taunton, Somerset; Mrs P David, Bridgend, Mid Glam; J D Arnold, Chatham, Kent; A Kirkpatrick, Crewe, Cheshire. £50 Mystery Word Bonus: Mr J Eves, Gravesend, Kent.

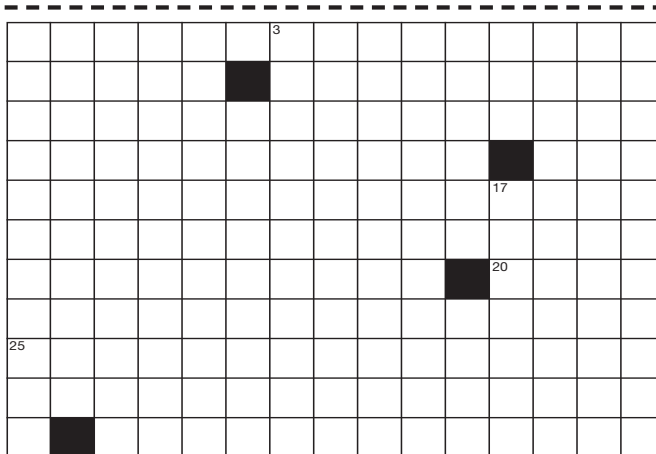
WINNERS: Please allow 30 days to receive your prize.

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THINKING SPACE

There is a £100 prize for the first correct solution drawn; nine runners-up receive £25.

Send your completed crossword to the address shown in the box below left. In the skeleton crossword, the black squares and clue numbers have to be filled in as well as the words. Four black squares and four clue numbers have been inserted to give you a start. The black squares form a symmetrical pattern; the top half matches the bottom, and the two sides correspond. You can fill in 12 more squares at once to correspond with those given.



Send to: Skeleton Crossword, PO Box 12578, Sutton Coldfield B73 9BT. The winners will be the first correct entries drawn after the closing date of noon on Friday. Please allow 30 days for prizes to arrive.

NAME:

ADDRESS:

POSTCODE:

ACROSS

- 1 Generally at sea? (3 words) (2,3,4)
- 10 Native Americans saying "charge!" (5)
- 11 Vet content, left with animal (5)
- 12 Improved wool worn by a king (7)
- 16 A fiend reversed for this reason (4)
- 17 Money, half of it for taxman... (4)
- 18 ...fine about celebrity keeping married money previously (7)
- 19 End-of-series novel read quickly (4)
- 20 Dry bar holding drinker back (4)
- 21 Will made it back with assets (7)
- 25 Recess during moronic heist? (5)
- 26 Sauce pain put on overcooked starter (5)
- 27 Independent swimmer, having crossed the Channel? (9)

DOWN

- 2 Books getting old, then (4)
- 3 High Street experience (4)
- 4 Cover model's original pose (4)
- 5 About one tenth is knocked off (4)
- 6 Judging fools spill the beans (9)
- 7 Nine clogs repaired ages ago (2 words) (4,5)
- 8 Sneak in charge sat around (9)
- 9 Craving could start, moreover (9)
- 13 Movie watched - flipping rubbish! (5)
- 14 Maid thrown out at last let in (5)
- 15 Bird, say, about to back off (5)
- 21 Race run after a light meal (4)
- 22 Wise sermon beginning on time (4)
- 23 Subject a following go for (4)
- 24 Ambitious English film scaled back (4)

£50 Mystery Word Bonus

Ring 0901 322 5301 for a chance to win £50. Give the correct answer to **27 Across** leaving your name and address. *Calls cost 75p plus your telephone company's network access charge. SP: Spoke, 0333 202 3390. The winner will be selected from all correct entries received by noon on Thursday.

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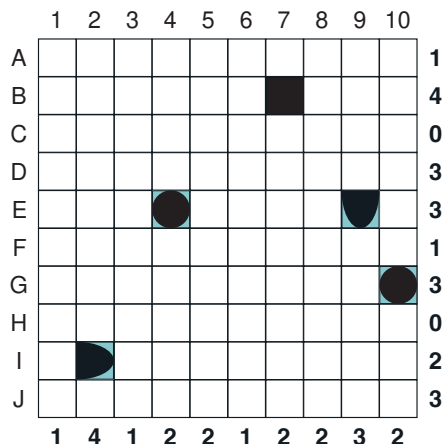
PUB QUIZ

1. Which American president was born in 1809 in Kentucky, to date the only president to have been born in that state?
2. What is the name of the character played by Orson Welles in the 1949 film *The Third Man*?
3. Which historical novel by Australian author Peter Carey won the 2001 Booker Prize?
4. Born in 2004, what is the name of the eldest child and only daughter of Chris Martin and Gwyneth Paltrow?
5. Baku, the capital city of Azerbaijan, is situated on the shore of which body of water?
6. Having operated from the Tower of London for several hundred years, which ancient institution is currently based in Llantrisant, Wales?
7. Released in 1999, what was the first UK No 1 single for Christina Aguilera, right?
8. Which athlete won Great Britain's first Olympic gold medal in taekwondo in 2012, and successfully defended her Olympic title in 2016?
9. First published in 1855, what is the title of the poetry collection by Walt Whitman which includes the poems *I Sing the Body Electric* and *Song of Myself*?
10. Which Canadian actress starred alongside Guy Pearce in the 2000 film *Memento*?



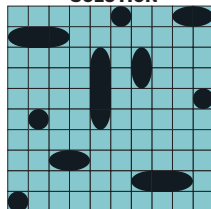
THEME: Shades of green
Moss: 9 Leaves of Grass 10 Came-A-Rune
Jones 9 Leaves of Grass 10 Came-A-Rune
Royal Mint 7 Gem in a Bottle 8 Jade
4 Apple Martin 5 The Caspian Sea The
Line 6 True History of the Kelly Gang
ANSWERS: 1 Abraham Lincoln 2 Harry

BATTLESHIPS



1 x Battleship
2 x Cruiser
3 x Destroyer
4 x Submarine

LAST SUNDAY'S SOLUTION



FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

THE SUNDAY CRUSADER AND HIS SQUIRE

The Crusader's clues

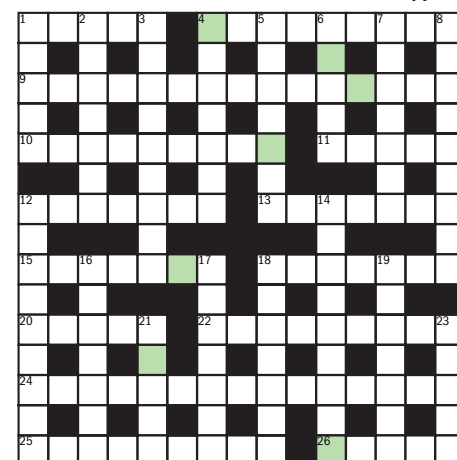
ACROSS

- 1 Ref at work wanting... (5)
- 4 ...out, and quickly! (9)
- 9 A capful of food... (7,8)
- 10 ...privileged child eating crêpes ordered (3,6)
- 11 Flyer perhaps lower coming back (5)
- 12 God raised with unusual rite on 1 July (7)
- 13 Fellow inside does time and none mind (5,2)
- 15 Loyal supporter on high (5-2)
- 18 To indicate left turning right ain't bad! (5,2)
- 20 Depart after a proper farewell (5)
- 22 Talking of closure, quiet leaders admitted... (9)
- 24 ...not having cut down (3,2,10)
- 25 Healing teamwork in a river (9)
- 26 Style key part of backstory (5)

DOWN

- 1 Benefit, when specified (5)
- 2 Fake turquoise lead on odd little canine (5,2)
- 3 Thought of infected lady (9)
- 4 Given queens, he dominates a game (7)
- 5 Disturbed king removed from power (7)
- 6 Metal sound not exciting (2-3)
- 7 Cool supporter called for (2,5)
- 8 Strike publicised, negotiate (6,3)
- 12 Almost fair fight - a first! (4,5)
- 14 Food ruined scarf, I understand (9)
- 16 Some boxer one eliminated from a championship (1,6)
- 17 Money once nicked by sleuth? (7)
- 18 Tumble reacted to by choice (7)
- 19 Small drip absorbed by a case (7)
- 21 Force-fed soldiers getting flabby (5)
- 23 Animal info, by the sound of it (5)

Cryptic clues from our knight, and quick clues from his squire, lead to the same answers in the Crusader's Sunday joust



The Squire's clues

ACROSS

- 1 Following (5)
- 4 At once (9)
- 9 Topped fungus (7,8)
- 10 Highly confidential (3,6)
- 11 Small fly (5)
- 12 Fifth planet from the sun (7)
- 13 Take your lead from (5,2)
- 15 ...comedian (5-2)
- 18 Indicate by hand (5,2)
- 20 Goodbye (5)
- 22 Making a high-pitched noise (9)
- 24 Non-functioning (3,2,10)
- 25 Handling (9)
- 26 Showy display (5)

DOWN

- 1 Plus (5)
- 2 Invent (5,2)
- 3 Mirrored (9)
- 4 Roger ____, tennis player (7)
- 5 Forced to get out of bed (7)
- 6 Boring (2-3)
- 7 Correct (2,5)
- 8 Agree on (6,3)
- 12 Very nearly (4,5)
- 14 French meat stew (9)
- 16 Slightly (1,6)
- 17 Old gold coin (7)
- 18 Fall steeply (7)
- 19 Minor, petty (7)
- 21 Out of condition (5)
- 23 Animal related to the civet (5)

For your chance to WIN £100 read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER CALL: 0904 161 1610

and leave your answer and details, or text SCXCRUS followed by a space, your answer, name and address details to 84915 or send your grid containing the answer in the shaded squares to: Sunday Express Prize Crossword, March 1 2020, PO Box 12578, Sutton Coldfield B73 9BT. Competition closes Thursday, March 5 at 23:59pm.

NAME:

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Winner will be selected at random from all correct entry routes after the closing date. Calls cost £1.50 plus your telephone company's network access charge. Texts cost £1.50 plus your standard network rate. SP: Spoke, 0333 202 3390.

LAST SUNDAY'S SOLUTION: Across: 1 Hovel, 4 Prosecute, 9 Without parallel, 10 Screaming, 11 Twang, 12 Dentist, 13 Subunit, 15 Amateur, 18 Puritan, 20 Amiss, 22 Placating, 24 In the presence of, 25 Theorised, 26 Deter. Down: 1 Howls, 2 Veteran, 3 Lookalike, 4 Patriot, 5 Oranges, 6 Enact, 7 Unlearn, 8 Enlighten, 12 Dramatist, 14 Bargained, 16 A little, 17 Reports, 18 Praised, 19 Trident, 21 Sheer, 23 Go for. PRIZE WORD: Veteran

*SP: Spoke - Helpline 0333 202 3390

FOOTBALL: PREMIER LEAGUE

WOMEN'S T20 WORLD CUP

SCIVER IN WINDIES BACKLASH WARNING



From **Alex Smith** in **Sydney**

NAT SCIVER has warned her England team-mates that underperforming West Indies will be at their most dangerous now their backs are against the wall.

England will all but qualify for the T20 World Cup semi-finals with a win over the Windies at the Sydney Showground today.

The 2016 winners West Indies, who can still progress, laboured to victory over minnows Thailand before they lost to Pakistan.

But all-rounder Sciver (above) said: "I think those two games will probably make them more dangerous. We will have to be at our best."

"Despite not getting much training time, we will definitely make sure we are as prepared as possible."

England's openers Amy Jones and Danni Wyatt have struggled, but Sciver has backed the pair to hit form. She said: "Hopefully they will be able to rethink things completely."

By **Steve Bates**

EVERTON defender Djibril Sidibe will focus on upsetting his France team-mate Anthony Martial today to help his side close the gap on Manchester United.

And the full-back, on loan from Monaco, admits he will happily get tough with the striker as Everton try to muscle in on the race for Europe.

Sidibe says he will first try to break Martial's own focus with some tunnel banter.

He said: "There might be a bit of chat and mickey-taking! You'll say things like: 'You're doing well at the moment, take it easy today and in the next match you can really go for it'."

But if that fails, Sidibe will adopt a no-holds-barred approach. "The biggest thing as a defender is to win your first one-to-one, that first individual battle," he said.

"If you go in reasonably hard then psychologically you've made your mark."

"Establishing yourself with that first challenge means they'll know you mean business."

"But Anthony is more experienced now than he was at Monaco."

"He has an increased level of responsibility with Marcus Rashford,

DJIBRIL GETS PAL MARTIAL IN HIS SIGHTS

EVERTON MAN UTD TODAY 2PM

Jesse Lingard and Paul Pogba all missing.

"And I think he's an even bigger danger now and threat than he was then because of his Premier League experience. He's up against me. I've been alongside him with the national team as well so I know just what a handful he can be."

Everton trail Champions League-

SHOWDOWN: Sidibe (left) is out to nullify his pal Martial



chasing United by five points and critics believe if they don't beat Ole Gunnar Solskjaer's stars it'll be tough to finish fifth with Chelsea and Liverpool next up. "I wouldn't go as far as saying it's our last chance," said Sidibe.

"We have the quality to be battling nearer the top, but it's going to be a challenge. United and Chelsea are slightly above us but we have it in our locker to get up there."

"In order to achieve fifth, we've got to make sure we win every game at home and avoid defeat away."

"It's a tall order – but we feel we have the tools to do it."



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Manchester Utd to win 2-0

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UPBEAT: Sidibe says Everton can still finish in the top five

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FOOTBALL: PREMIER LEAGUE

WINKS SPURRED INTO GEAR BY JOSE CHAT



HARRY WINKS says a private pep talk from Jose Mourinho has sparked his stamina-charged resurgence at Tottenham.

When the Portuguese coach replaced Mauricio Pochettino in the Spurs hot-seat last November, Winks was apprehensive.

For starters, he had never played for any manager other than the sacked Argentinian.

Then, after being picked for Mourinho's opening two victories over West Ham and Olympiakos, Winks suddenly found himself on the bench at Bournemouth.

That led to a run of games when he was either hooked in the second half or used as a late sub.

Some might have sulked. Winks did nothing of the sort. Instead he arranged a meeting with

By **Harry Pratt**

Mourinho and was told he had to step up his pace in training to become a permanent fixture in the Tottenham engine room.

Winks took that message on board and has scarcely looked back since. In nine of the last ten games the six-cap England star has lasted the full 90 minutes.

Winks, 24 last month, said: "The new manager has been brilliant with everybody.

"I'd never had the experience of playing under a new manager. I'd only worked under Pochettino.

"From the beginning, I was a little in and out. I had an honest chat with the manager and he told me what I needed to do.

"It wasn't anything too in-depth, just an honest conversation, which I respect massively.

"It started with my training, just to up my whole level and intensity. I said I agreed and went back and did it.

"Since that conversation, I've upped my training levels and had a lot more minutes.

"I've been playing regularly, and for me that is all I want, to play 90 minutes every week.

"In the last couple of months I've had that pleasure. But like

everyone, I still have to earn his trust now because one or two poor performances and I could be back out. I never relax in that sense."

It has been an impressive turnaround by Winks, but asked if people fully appreciate his breed of holding, possession-based midfielder, Winks said: "I don't think we do.

"Every team needs goalscorers, attacking players, players who can sweep up a ball, but every team needs that someone who can be the link between defence and attack."

The good news for injury-ravaged Spurs ahead of a crunch fortnight is that Winks is feeling fitter than ever.

After today's home league clash against top-four rivals Wolves, they host Norwich in the FA Cup and, a week later, go to Germany, needing to overturn a 1-0 deficit against RB Leipzig in the Champions League.

He added: "It will be a difficult ask to do well in all three competitions but that's our aim."

**SPURS
WOLVES**
**TODAY
2PM**



GOING FOR GOLD: Raul Jimenez

Jimenez: We must aim high

By **Dave Armitage**

RAUL JIMENEZ says Wolves now have to start believing they can touch the sky.

The Mexican striker hopes they can put one over Tottenham in North London today to turbo-boost their bid for a Champions League place.

Jimenez says Wolves shouldn't be shy that they are one of the teams that people are talking about.

They reached the last 16 of the Europa League by seeing off Espanyol this week and in the league only a point separates them from sixth-placed Spurs.

There's an almighty scrap about to kick off and the £30million hitman firmly believes Nuno Espirito Santo's men deserve to be right in the thick of it.

Jimenez says: "Yes, we have to think of winning the Europa League. We have to be thinking we can touch the sky.

"We have to think like that. It's possible. If we do it, it's going to be amazing.

"Tottenham is a very important game. We are fighting for the Champions League or Europa League positions.

"They are close to us. We need to be intelligent to have a good performance.

"They beat us at home this season and last season but we beat them in their stadium last time we were there.

"It's important for us to win this game to keep going up the table."

**HAPPY
HARRY:** Winks
(above) and
with Jose
Mourinho
(left)

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FOOTBALL CARABAO CUP FINAL: ASTON



CUP GLORY: A joyous Daley at Wembley in 1994

Pep wrong to call for Cup axe says Villa legend Daley

PEP GUARDIOLA has been told he is wrong in demanding the League Cup be scrapped.

Guardiola and Jurgen Klopp, the super managers of the Premier League, both say the cup has to go.

But Aston Villa wing legend Tony Daley claims: "They are wrong. I won the League Cup and it's one of the proudest possessions of my football career."



CRITIC: Jurgen Klopp

Today, Guardiola leads Manchester City out against Aston Villa in the Carabao Cup Final with City looking for a third successive League Cup win.

Both Guardiola and Klopp claim there are too many games and the League Cup needs to be sacrificed.

But Daley, who now owns a fitness business and will be at Wembley today supporting Villa, says: "That is so wrong."

"You tell that to clubs like Oxford, who have won the League Cup, that it should be scrapped."

"Or tell it to clubs who get themselves to a semi-final like Bradford City did."

"Tranmere Rovers also got to the final a few years back."

"Or me, who has a winner's medal from 1994, with that feeling of delight and achievement that comes from being a cup winner, that they should scrap it."

"You look at the delight in the faces of the Manchester City players if they win

By John Wragg

the League Cup on Sunday."

Villa were the first winners of the League Cup in 1961 and have five wins, behind Liverpool (eight) and Man City (six).

"I can kind of see the point of Guardiola and Klopp because they are challenging for the European Cup. Then there's the FA Cup as well and the Premier League," adds Daley.

"There's a workload there but their squads are big enough to take that."

Villa's shock 3-1 win over Manchester United, with Daley setting up the third goal, is his only major medal from his 17-year playing career.

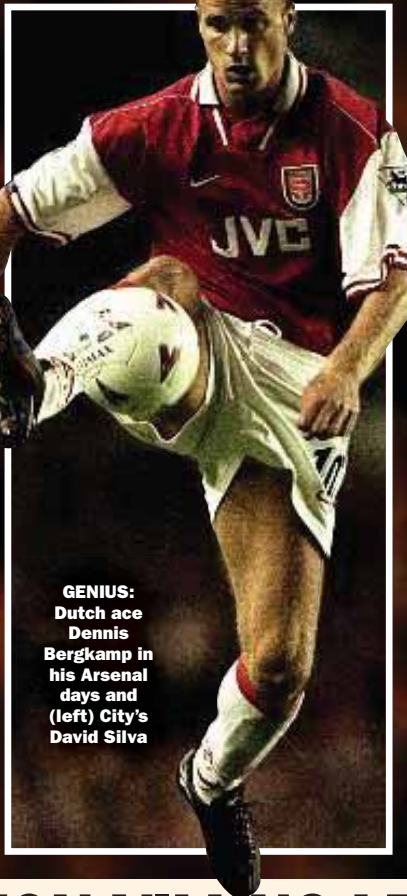
■ Tony Daley was speaking at the launch of his fitness programme 7Daley. For more information visit 7Daley.co.uk



KOP THAT: Tony Daley disagrees with Klopp

JACK'S THE LAD TO TAKE OVER FROM SILKY SILVA

Grealish hailed by Pires as the new Bergkamp



GENIUS: Dutch ace Dennis Bergkamp in his Arsenal days and (left) City's David Silva

By Simon Mullock

ROBERT PIRES has paid Jack Grealish the ultimate compliment – by comparing the Aston Villa captain to Dutch legend Dennis Bergkamp.

Pires, the former Arsenal winger who played alongside Bergkamp during a six-year spell with the Gunners, believes Grealish's quality will give Dean Smith's side the chance to pull off a Wembley sensation in today's Carabao Cup final with Manchester City.

The Frenchman reckons the 24-year-old Birmingham-born midfielder is so good that he wouldn't look out of place in Pep Guardiola's side.

And he believes that Grealish now has the stage to show Guardiola why he can be the perfect replacement for David Silva at the Etihad next season.

Pires, who brought the curtain down on his Premier League career



■ Robert Pires was talking at the launch of Hotels.com's partnership with Olympique de Marseille. Hotels.com are the new Official Accommodation Partner for the club. For more information follow @hotelsdotcom on Twitter, Facebook and Instagram.

with a season at Villa Park, said: "Jack is a great footballer with a good technique – and I love watching him play because he reminds me of Dennis Bergkamp. I like to see him playing in the same position as Dennis, as a No10."

"He has great vision, he isn't a selfish player because he always wants to do what is best for the team – and I think he has a great future."

"I don't want to put too much pressure on Jack because he is still a young player learning the game, and Dennis was an incredible talent and a champion."

"But Grealish is a very complete player and I think the key for him is to keep playing like he enjoys his

THE LAST time Aston Villa won a major trophy, England were just about to host Euro 96 and Oasis and the Spice Girls were dominating the airwaves.

Goals from £3.5million signing Savo Milosevic, boyhood fan Ian Taylor and striker Dwight Yorke put Leeds United to the sword.

NEIL MOXLEY looks back on Brian Little's class of '96 to find out what they are now up to.

ASTON VILLA'S LEAGUE CUP

MARK BOSNICH

Joined Manchester United after leaving Villa in 2001. Was declared bankrupt in 2008 and returned to Australia, where he has reinvented himself as a pundit.

GARY CHARLES

Three years after lifting his only trophy, Charles joined Benfica but was plagued with injuries. Has since battled alcoholism and depression but



is a now a counsellor and has passed his Uefa A coaching licence.

ALAN WRIGHT

Stayed at Villa Park until 2003 when he left to join Sheffield United. Moved into lower league management with Southport and Northwich Victoria.

UGO EHIUGU

Left Villa in 2000, joining Middlesbrough



in an £8m deal and made four appearances for England. Later coached Spurs' Under-21s. Suffered cardiac arrest at Spurs' training ground and died two years ago.

PAUL McGRATH

Regarded by many as finest defender of his generation, he remains an iconic figure in Irish football. Battled alcohol addiction for years. Now settled in Ireland.



VILLA V MAN CITY WEMBLEY 4.30PM

football." Guardiola has said that Phil Foden will step into Silva's boots when the Spaniard ends his 10-year spell with City at the end of his contract this summer.

But the City boss has already voiced his admiration for Grealish in this term.

And Pires said: "City need to find a replacement for Silva next season – and I think Grealish is someone who Pep will look at."

"He is English, he has good experience of the Premier League and he has a great technique."

"But I think Grealish is a player who would interest a lot of top clubs, like Manchester United, Chelsea and Arsenal."

"This has been a tough season for Villa but I think Grealish will take a lot from it."

"He has learned how to fight every weekend and we have all seen how much it means to him to play for the club."

"Playing against Man City at Wembley is a great stage for Jack."

"But not just him. This is a chance for Villa to win a big trophy and that would have a big effect on the rest of their season."

Pires, however, believes Villa's already Herculean task has been made even tougher by the Champions League ban looming over City for allegedly breaking FFP regulations.

The Premier League champions have won five out of the last six domestic trophies.

And Pires said: "In my experience, when your club is being attacked off the pitch then it makes you even more determined to be successful as a player."

"I think Pep and his team will want to win this cup even more than they did before."

"When you are a club like City, reaching the final is not enough. You have to lift the trophy."

"Can Villa win? In one game, anything is possible."

"I only played one season at Villa Park, but I know it is a club with a great history – and this is a chance for the players to add to that history."



TECHNIQUE: Jack Grealish has the chance to impress City boss Pep Guardiola (left) at Wembley

Kop aces humbled by lowly Watford

FROM BACK PAGE

streak they now hold equally as an all-time record with Manchester City.

Van Dijk added: "We couldn't find a way through and we have to do better. But we don't have to panic."

Manager Jurgen Klopp said: "It doesn't matter that we can't break records. That's not my concern."

"You can always lose a game, and all you can do is focus on the next step."

"Now it's happened

we take it as a positive. Now we try to win football games rather than try to break records."

"It was well-deserved for Watford. We didn't perform like we should and we lost to the better team."

Ismaila Sarr scored two of Watford's goals and set up the third for Troy Deeney.

The £35m striker was praised by keeper Ben Foster, who said: "He is a crazy-good talent. He is so calm in front of goal."

MATCH REPORT: PULLOUT P2-3

ITALY GAME DOUBT

THE FA insist there are no plans yet to call off England's friendly Wembley clash with Italy on March 27 due to coronavirus – but the fixture is now in serious doubt.

Italian football is facing a shutdown as the country is the centre of Europe's biggest outbreak of the potentially deadly virus.

An FA official said last night: "For now we are watching, waiting and taking the relevant advice from the Government."

Arteta: We're all rooting for Auba

MIKEL ARTETA has called on his battered Arsenal squad to rally around "gutted" skipper Pierre-Emerick Aubameyang.

Gunnars boss Arteta said his Gabonese striker was down after missing a last-minute open goal as they crashed out of the Europa League against Olympiacos last Thursday.

"He was gutted," said Arteta. "He scored a wonder goal earlier in that game that was putting us through in the competition, and with the last kick of the game he had the best chance of the

By Nick Callow

game. He felt very responsible so we will all try to be right behind him."

"He has been phenomenal all season for us and now the players have to support him."

"I think his reaction after the game – to face the media and the way he talked – it was very mature."

Without a Premier League fixture this weekend, Arteta's thoughts turn immediately to tomorrow night's Fifth Round FA Cup tie at League One Portsmouth.

HEROES OF '96: WHERE ARE THEY NOW?

GARETH SOUTHGATE

Moved to Middlesbrough in 2001 and won the League Cup again three years later. He went on to manage the Teessiders in the Premier League. Became England's Under-21 coach in 2013.

Elevated to the senior position three years later.

ANDY TOWNSEND

Quit Villa for Middlesbrough shortly



after lifting the League Cup and went on to establish a second career in broadcasting, mainly with ITV and then with BT Sport.

IAN TAYLOR

The all-action player remained at Villa until 2003. Dabbled in sports' agency before returning to Villa as club ambassador and owns tournament organisers globalfootballpro.com



MARK DRAPER

A mainstay at Villa for another three years before finishing his career at Southampton in 2003.

Was involved in property development but joined coaching staff at Notts County until recently.

SAVO MILOSEVIC

Joined Zaragoza after falling out with Villa fans following a spitting incident



at Blackburn. The Serb played for Parma in Italy and retired having amassed over 100 international caps. Was latterly in charge of Partizan Belgrade.

DWIGHT YORKE

Joined Manchester United for £12.6m and was part of their treble-winning side in 1999. His private life with former model Katie Price has been the scene of a public squabble during recent years.



ELLERAY'S VAR VOW

FORMER referee David Elleray would be "astonished" if Premier League refs aren't mandated to use VAR monitors next season.

The fact referees haven't been permitted to consult replays has been criticised. Elleray, a technical director with the International FA Board, said: "In a worldwide study 75 per cent of reviews go to the monitor, so any competition that is significantly outside 75 per cent is clearly out of step."

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KDB: PLAY WELL AND WE WIN


By **Simon Mullock**

KEVIN DE BRUYNE has warned Aston Villa that they are doomed if Manchester City hit top form at Wembley today.

City have hammered relegation-threatened Villa twice in the Premier League this season, scoring nine goals and conceding just one.

Dean Smith's side are 22-1 outsiders in their bid to prevent City lifting the Carabao Cup for a third successive season – and De Bruyne understands why.

He said: "People will call us favourites – and if we play at our best level then I would expect us

CARABAO CUP FINAL

WE CAN BEAT THEM SAYS VILLA LEGEND MORLEY
PULLOUT PAGE 7

JACK THE LAD CAN BE DENNIS THE MENACE
PAGES 66-67

TODAY: KO 4.30PM WEMBLEY STADIUM

to lift the trophy." But de Bruyne is not taking Villa lightly – adding: "This is a final and Villa's fans will turn up just as hopeful as ours."

"When they drew Leicester in the semi-finals, the same people who say we're favourites will have said that Leicester would reach the final over two legs – but that isn't how cup competitions work."

"Our focus is on what we do to make sure that when we line up, we are as ready as we can be to win that game and bring the trophy home for our fans."

WATFORD 3 LIVERPOOL 0

HUMBLIED

Klopp's men thrashed by lowly Watford as their 44-match Premier League unbeaten run hits the buffers

A BRIDGE TOO SARR: Watford striker Ismaila Sarr scored twice as Watford ended Liverpool's dream

LIVERPOOL'S record-breaking surge this season was sensationally ended with a 3-0 loss against relegation battlers Watford last night.

But captain Virgil Van Dijk said there "was no reason to panic" after a desperately poor performance in a crushing defeat.

"Watford played well with a lot of fight and that's the reality," said Van Dijk.

Jim HOLDEN
AT VICARAGE ROAD

Liverpool's first defeat of the season ended a run of 44 unbeaten matches in the Premier League, and also meant they failed to overtake the 18-match winning

TURN TO PAGE 67



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BOWEN OFF THE MARK

**WEST HAM 3
SOUTHAMPTON 1**

**REPORT:
PAGES 4-5**

£20m Hammer Jarrod marks first start with a goal to sink Saints

JOY FOR JARROD:
Bowen celebrates
after his opener
put West Ham on
the road to victory



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HEAD LAD: Alonso scores for Chelsea

Lamps is grateful for Alonso rescue

FRANK LAMPARD was pleased that Marcos Alonso found the net twice to rescue a point for his Chelsea side – but was less so with the rest of the striking talent at his disposal.

Alonso put the Blues ahead in the 33rd minute then nicked them a point with a bullet header five minutes from time. In between Bournemouth scored twice in three minutes early in the second half through Jefferson Lerma and Joshua King to knock Chelsea right off their stride.

Lampard said: "I'm very happy for Marcos, but when I think my left-back is the man scoring the two goals – he also scored our last one in the Premier League – and that we have created so many opportunities, I have to question why we are not finishing them."

"We've had 23 chances and we have to start taking them. It's costing us in games. We go in at half-time one-up, then we should finish it off. We need to be more clinical at both ends."

Chelsea's leading scorer Tammy Abraham, whose absence is being keenly felt, has travelled abroad for a second opinion on the ankle injury which continues to confound the club's medics.

Lampard added: "Tammy's gone to

Bournemouth ... 2
Chelsea 2

From Neil Moxley
AT THE VITALITY STADIUM

Barcelona for some other eyes on it. I've got no other update at the moment."

Cherries' boss Eddie Howe said: "I've got mixed emotions. I'm happy with the point because we have to make sure that if we are not going to win games that we at least draw them."

"So, in that respect, I'm pleased – but we're desperate for points. At least we're in a better place now than we were a few weeks ago. Our last five performances have been stronger. We've started to create chances and score goals from open play, which we weren't doing a few weeks ago. We've had players return from injury and that's made a huge difference to us for the battle that we face ahead."

SUNDAY EXPRESS MATCH RATINGS

BOURNEMOUTH: Ramsdale 7, Stacey 7, Cook 5.6, Ake 8, Fraser 6, Billing 7, Smith 6, Lerma 7, L. Cook 6, (Gosling 80, 6) King 6, (Stani slas 68, 5), C. Wilson 7.

CHELSEA: Caballero 7, James 6, Christensen 5, Tomori 5, (William 64, 5), Azpilicueta 6, Alonso 7, Jorginho 5, (Barkley 64, 5) Kovacic 6, Mount 5, Pedro 6, Giroud 6, (Batshuayi 71, 5).

REFEREE: A. Marriner
ATTENDANCE: 10,667

OUR MAN OF THE MATCH

NATHAN AKE – The Cherries' point was built upon the foundations laid by him.

Watford..... 3
Liverpool..... 0

From Jim Holden
AT VICARAGE ROAD

THE SPELL is broken. The records have stopped tumbling. Liverpool have finally lost a League match. However their season finishes they cannot become Invincibles.

What a way for it to happen as well – comprehensively thrashed by opponents who have been stuck in the relegation zone for the whole campaign.

It was a wonderful performance by Watford, their goals fashioned with skill and style, and finished with rare composure.

Ismaila Sarr was the hero, scoring twice and then setting up the third for Troy Deeney as the home side ripped Liverpool to shreds.

Jürgen Klopp's side arrived hoping to claim a 19th consecutive Premier League win, which would have broken the all-time record of

SUNDAY EXPRESS MATCH RATINGS

WATFORD: Foster 7, Femenia 6, Cathcart 7, Kabasele 7, Masina 7, Hughes 6, Capoue 7, Sarr 8 (Pussetto 83), Doucoure 8 (Chalobah 89), Deulofeu 7 (Pereyra 36, 7), Deeney 7.

LIVERPOOL: Alisson 7, Alexander-Arnold 4, Lovren 4, Van Dijk 6, Robertson 6, Wijnaldum 5 (Lallana 60, 6), Fabinho 6, Oxlade-Chamberlain 6 (Origi 65, 5), Salah 5, Firmino 6, Mane 4.

REFEREE: 21,634
ATTENDANCE: M. Oliver

OUR MAN OF THE MATCH ISMAILA SARR – Two superb goals to cap an assured all-round display from Watford's club record £35million signing.

English football. Instead, they will be lodged forever on 18 alongside Manchester City's run of two seasons ago.

Few expected Liverpool to stumble but, in truth, their form has been patchy in recent games. They have been scrambling results, and you can only do that for so long.

Watford made a bright opening; organised and composed in massed defence, while swift on the break.

They acquitted themselves well in the fixture at Anfield before Christmas, and there was no deference to the League leaders.

Liverpool were struggling to pick the padlock of the Watford defence with intricate balls. One chip gave Mo Salah a moment of space inside the Watford box, but he powered his effort into the side-netting. It was their only shot in the first half – and that had only happened once before in 172 matches under Klopp.

Gerard Deulofeu was giving Trent Alexander-Arnold a tough time on

KLOPP BOYS GLORY RUN



ACE OF BRACE: Sarr scores his second then (below) enjoys the moment

his wing, but the Watford striker suffered a cruel injury on the half hour when his foot stuck in the turf as he twisted in a tussle with Virgil van Dijk. He left the field on a stretcher.

It was an accident. You couldn't say the same about a lunge by Watford captain Deeney that caught Alexander-Arnold on the ankle.



Amazingly, no card of any colour was shown by ref Michael Oliver, nor did VAR intervene.

Deeney should have scored just before half-time. His first effort was superbly blocked by Liverpool goalkeeper Alisson, and the second went wide.

The pattern of play did not change after the break. Within a minute Sarr forced a good save from Alisson. By the 54th minute

Bruce's barren band are back on the boos

NEWCASTLE boss Steve Bruce has admitted he "can't defend" his side's lack of goals – as they racked up six hours without scoring.

So there are grim times again at St James' Park, but actually not as bad as other recent performances.

Matt Ritchie twice went close for Newcastle, firing against the post in the first half then slicing wide in the second.

Bruce said: "We were more of a threat today and looked more like scoring. We had 21 attempts but we

Newcastle 0
Burnley 0

From Simon Bird
AT ST JAMES' PARK

have to take one – there lies our problem at the moment."

But just four of those were on target, without Nick Pope having to make a proper save. Neither did Martin Dubravka at the other end.

This was Newcastle's fourth game

in a row firing blanks and boos rang out at the final whistle.

The last time the Toon went through a goal drought this bad, four years ago, they were relegated. "Goals? It is our Achilles heel," Bruce added. "I can't sit here and defend it. That is what we are."

Burnley, on the other hand, have a remarkable defensive record in another impressive campaign.

Boss Sean Dyche said: "We didn't get to grips with the game offensively, but that is 11 clean

sheets for the season and that always gives you something to build on. A really strong marker."

SUNDAY EXPRESS MATCH RATINGS

NEWCASTLE: Dubravka 7, Manquillo 7, Lascelles 7, Fernandez 6, Rose 6, Ritchie 6, Hayden 5, Shelvey 6, Almiron 7, Joelinton 6 (Saint-Maximin 78), Gayle 6

BURNLEY: Pope 7, Bardsley 6, Tarkowski 7, Mee 7, Taylor 7, Hendrick 6, Cork 6, Westwood 5, McNeil 5, Rodriguez 5, Vydra 5 (Wood 58, 6)

REFEREE: A. Madley
ATTENDANCE: 52,219

OUR MAN OF THE MATCH MIGUEL ALMIRON – Was sparky in the No9 role for Toon, with quick breakaways and flashes of danger.



FRUSTRATION: Ritchie went close


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FOOTBALL 3

GIVEN WAT FOR AS ENDS IN A MAULING



Scouse is now a home for Gini

 By **Simon Mullock**
**JOY BOYS: Deeney
celebrates with
Doucoure after
scoring Watford's
third goal**

GINI WIJNALDUM is so settled at Liverpool he gets homesick when he returns to Holland.

The Dutch midfielder (above), set to open talks about a new Kop contract, has become an adopted Scouser since he arrived in a £14.5million deal from Newcastle almost five years ago.

He is 29 but feels he still has another nine years playing at the top level – and he would love to do that with Liverpool.

Wijnaldum said: “I am so happy at Liverpool. I really feel at home here – and in England.

“In fact, I feel so at home that when I travel to Holland to see my family I soon feel I want to go back home.

“And I now consider home as the place where I live in England.

“What I am experiencing at Liverpool right now is absolutely special and unique.

“We all want to play at the highest level, we all want to win big trophies – but I am actually doing it.

“It is my dream to stay fit and keep playing at this really high level, just like Clarence Seedorf, Zlatan Ibrahimovic or Cristiano Ronaldo.

“I want to be still playing at the highest level at age 38.”

Wijnaldum helped the Reds lift the Champions League last season and Jurgen Klopp's men are now closing in on their first title since 1990.

“The question is no longer if it will happen, but when it will happen,” said Wijnaldum in an interview with Dutch television station RTV Rijnmond.

He added: “I can see myself finishing my career at one of my old clubs – like Feyenoord, PSV Eindhoven or Sparta Rotterdam.

“In Holland I have played for three clubs and I have good memories from them – but I can only choose one.”

MATCH FACTS

Watford v Liverpool	
5.....Shots on Target.....	1
7.....Shots off Target.....	4
3.....Corners.....	5
4.....Fouls.....	8
29.3%.....Possession.....	70.7%
300.....Total Passes.....	730

Watford were ahead, with a cleverly worked goal from a throw-in. Deeney allowed the ball to bounce over him and marker Dejan Lovren, and Doucoure nipped in to cross for Sarr to score from close range.

How would Liverpool respond? It was the wrong question. How would Watford react? They scored a second goal minutes later. A pass from Deeney sent Sarr running clear and he chipped the onrushing

keeper. Watford were the first team since Barcelona in the Champions League semi-final last season to be two goals ahead of Klopp's team.

The situation forced urgency from Liverpool, and some shots at goal.

Andy Robertson forced a save from home keeper Ben Foster, and sub Adam Lallana shaved the post with a long-range volley.

These were rare threats. Instead, it was Watford who scored a third

goal. Sarr intercepted a poor back pass from Alexander-Arnold then kept his composure to pass to Deeney who netted with a side-foot shot.

Game over. Records finished. The Liverpool machine stopped in its tracks at last.

Jordan gem gives pal Wilf the last laugh

FLOUNDERING Brighton are still waiting for their first win of 2020 after Jordan Ayew's goal saw them crash to their deadly rivals.

Ayew's 71st-minute goal on the break completed a smash and grab raid by Palace, who defended for their lives to win at the Amex for the first time in the top flight.

It leaves Albion dangerously close to the relegation zone, while Palace are eyeing up a top-half finish. It also meant winger Wilfried Zaha had the last laugh in a feisty derby

Brighton.....0
Crystal Palace.....1
From Chris Hatherall AT THE AMEX

in which he wound up the home supporters and survived accusations he had spat towards them.

But Palace boss Roy Hodgson insisted: “I made nothing of it. I'm just glad Wilf didn't lose his head. If that's the worst thing that going to

happen in a derby then we've done quite well. We are absolutely delighted to win it.”

The flashpoint came when Zaha was ruled offside and cupped his hands to his ears as abuse rained down from the stands.

Seagulls' substitute Ezequiel Schelotto, warming up on the touchline, then kicked the ball away – and the pair had to be separated as Zaha reacted angrily.

Brighton boss Graham Potter said: “I'd rather us be talking about

football than an altercation off the pitch, but these things happen. I'm still confident we can stay up.”

SUNDAY EXPRESS MATCH RATINGS

BRIGHTON: Ryan 6, Montoya 6 (Jahanbakhsh 78, 5), Webster 6, Dunk 7, Burn 7, Bissouma 6 (Alzate 82, 5), Propper 7, Mooy 6, March 6 (Murray 66, 6), Maupay 7, Trossard 7.	C. PALACE: Guaita 7, Ward 7, Dann 7, Cahill 8, Van Aanholt 7, McCarthy 6 (Riedwald 46, 6), Kouyate 6, Zaha 6, Ayew 6, Benteke 6 (Tosun 87, 6).
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REFEREE: M Atkinson

ATTENDANCE: 30,124

**OUR MAN
OF THE
MATCH**
GARY CAHILL – The experienced campaigner led by example in a superb defensive display from Palace.

ACE: Scorer Ayew (left) celebrates

4 FOOTBALL

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SKYBET CHAMPIONSHIP



BALL ROLLING: Ayling strikes



Lawrence double steals Rooney's thunder

NEVER mind the chants of "Wayne Rooney's Derby", this was the Tom Lawrence show.

The Welsh international (left) was on fire from the start. He put his side two up in 24 minutes, with Jason Knight adding to the Hillsborough misery with a third before Wednesday's second-

Sheff Wed 1 Derby 3

half consolation from sub Josh Windass.

The pre-match hype focused on Rooney, with the Rams' upcoming midweek FA Cup match against his old side Manchester United. But Lawrence grabbed the limelight

taking his season's tally to nine goals.

Wednesday fans chanted "You're not fit to wear the shirt" and manager Garry Monk admitted: "The display wasn't good enough. Now it's my job to lift the team."

Rams boss Phillip Cocu said: "It was almost a perfect first half."

BIELSA DEFENDS AS TEAM ATTACK

MARCELO BIELSA insists keeper Kiko Casilla is not a racist after his eight-game suspension.

The Leeds boss said: "All of us are against racism or any kind of discrimination and he is the first one."

Bielisa's defence came as his side steamrollered Hull, with goals from Luke

Hull 0 Leeds 4

Ayling, Pablo Hernandez and a double from Tyler Roberts.

Norbert Balogh hit the post on his home debut but that was as good as it got for Hull.

Manager Grant McCann said: "This result will not define our season."

SAM SHOCKS THE LEADERS

WIGAN manager Paul Cook praised his team's character as they shocked table-toppers West Brom at The Hawthorns.

Sam Morsy's (above) 73rd-minute goal sealed the win – Wigan's third in a row. "These lads have never won three games on the bounce

WBA 0 Wigan 1

in this division," said Cook.

"The lads have shown great character and now they're seeing games out."

West Brom head coach Slaven Bilic said: "We were not good enough, we looked tired."

BRAD BLAST FOILS SWANS

BRADLEY JOHNSON'S late show rescued Blackburn in the battle of the play-off wannabes.

His 95th-minute strike left Swansea and hero keeper Freddie Woodman, who had earlier saved Danny Graham's penalty, deflated. Sam Gallagher

Blackburn 2 Swansea 2

gave Rovers the lead before Swansea went ahead through a Rhian Brewster goal and Andre Ayew's spot-kick before Johnson's (above) intervention.

Swansea boss Steve Cooper said: "It was gut-wrenching."

ROWETT: REF GOT IT WRONG

GARY ROWETT called the ref a "cop-out" for failing to award Millwall a late penalty.

Even Bristol City boss Lee Johnson admitted Andy Davies should have been given a 89th-minute spot-kick when Adam Nagy's wild swing felled Jayson Molumby. Rowett said: "The

Millwall 1 Bristol C 1

referee said to me afterwards I think they both jumped for the ball. For me it is a cop-out of a reason."

Pedro Pereira (above) fired City into a 10th-minute lead before a Tomas Kalas own goal levelled matters after half-time.

West Ham	3
Southampton	1

From Harry Pratt
AT THE LONDON STADIUM

JARROD BOWEN finally won a Premier League game at the 10th time of asking – and received glowing praise from West Ham boss David Moyes.

The ex-Hull City hitman has been no more than a fringe contributor to the struggling Londoners' cause since his £18million arrival in January.

But yesterday Moyes finally let Bowen off the leash and was rewarded with the 23-year-old marking his full debut with a beautifully-taken chip to open the scoring.

That was the spark for this vital victory over Southampton – with

SUNDAY EXPRESS MATCH RATINGS

WEST HAM: Fabianski 7; Ngakia, Diop 7, Ogbonna 7, Cresswell 6, Noble 7, Rice 7, Bowen 9 (Snodgrass 78), Fornals 8 (Anderson 90), Antonio 8, Haller 8.

SOUTHAMPTON: McCarthy 5; Ward-Prowse 6, Stephens 5, Bednarek 6, Bertrand 6, Boufal 6 (Ings 54, 6), Smallbone 6 (Romeu 78), Holbjerg 6, Armstrong 5, Obafemi 6 (Vestergaard 68, 6), Long 5.

REFEREE: A Taylor

ATTENDANCE: 59,962

OUR MAN OF THE MATCH

JARROD BOWEN – The young £18m striker capped a superb full debut with exquisite goal.

further efforts from Sebastian Haller and Michail Antonio breathing new life into West Ham's relegation scrap.

The standing ovation Bowen received from all corners of an unusually buoyant London Stadium when subbed in the 78th minute said everything about his electric display.

Little wonder Moyes was so chuffed with the forward, whose previous nine top-flight appearances had all ended in defeat.

The Irons supremo, with a first win in nine lifting his side out of the drop zone, beamed: "Jarrod scored a great goal. For his opening full debut, he did very well."

"I hope this shows I know a little bit about bringing a boy through

IT'S JOY FOR BOOSTS HIS



STRETCH: Haller scores West Ham's second as Antonio (below) celebrates the third goal

and picking the right moment to play him.

"I don't want him to be the one under pressure. There are games that'll suit him and some that won't. Today was always going to be his chance.

"We're trying to get a top Premier League player for the next seven years. There has to be a bit of time that goes towards his development."

Bowen was equally thrilled with his exploits, declaring: "I think that's

the way it went in my dreams last night."

After Bowen's 15th-minute opener, Saints equalised with their first attack of the afternoon through Sofiane Boufal. Haller turned in Antonio's cross five minutes before half-time. The provider then turned finisher nine minutes after the break.

Saints boss Ralph Hasenhuttl said: "Any of my players who think we're safe have a problem. We need more than 34 points."

SKYBET LEAGUE ONE ++ SKYBET LEAGUE ONE ++ SKYBET LEAGUE ONE ++ SKYBET LEAGUE ONE

Healey puts paid to Rotherham surge

ROTHERHAM missed the chance to move three points clear at the top after drawing 1-1 at home to **MK Dons**.

Freddie Ladapo's 10th-minute strike put the Millers on course, Rhys Healey bagging a 22nd-minute equaliser.

Fourth-placed **Wycombe** lost 3-1 at **Doncaster**. The Dons reignited their play-off bid and continued the away-day woes of Wycombe. Strikes from Niall Ennis and Kieran Sadlier plus

a Jason McCarthy own goal earned victory for Doncaster, with Adebayo Akinfenwa having briefly drawn the visitors level.

Oxford leapfrogged **Peterborough** into sixth place with a 2-1 win over drop-bound **Southend**, two-goal James Henry doing the damage. Peterborough remain seventh after drawing 1-1 at **Burton**.

Mo Eisa netted for Posh but John Brayford levelled for Albion. **Ipswich's** play-off push

stalled after Joe Nuttall's late goal gave **Blackpool** a 2-1 win.

Kiernan Dewsbury-Hall gave the Tangerines a 26th-minute lead, Freddie Sears levelling, but Nuttall headed the winner.

Gillingham's 15-match unbeaten league run ended as Callum Reilly's last-gasp goal gave **AFC Wimbledon** a 2-1 victory. **Shrewsbury** beat **Bristol Rovers** 1-0, while bottom-placed **Bolton** held **Accrington** to a goalless draw.



STRIKE: Blackpool's Joe Nuttall

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FOOTBALL 5

GRANT BAGS BRACE

Huddersfield 4 Charlton 0

DANNY COWLEY praised his striker Karlan Grant after he scored two against his former club Charlton.

Terriers boss Cowley said: "Credit to him because he's got a real appetite and a hunger."

Grant scored either side of a Steve Mounie effort before Juninho Bacuna added an injury-time fourth.

Spot of agony for patient O'Neill

MICHAEL O'NEILL refused to slam his Stoke players who squandered the chance see off one of their drop rivals.

The Potters looked to be strolling to victory as Sam Vokes nudged them in front on nine minutes.

Yet O'Neill's troops managed to concede a last-minute penalty, James Chester's lunge on Callum McManaman proving costly as

Luton 1 Stoke 1

Luton skipper James Collins coolly converted.

O'Neill insisted: "It's a bit harsh on the lads. It was a very soft penalty, if it's a penalty at all."

Luton boss Graeme Jones said: "A point keeps our momentum going and that's what it's all about."

SKYBET CHAMPIONSHIP

OPENER:
Hogan
scores

HOGAN DOUBLE CHEERS CLOTET

BIRMINGHAM boss Pep Clotet says the Blues will be doing everything they can to bring Scott Hogan to St Andrew's on a permanent basis.

The striker bagged a brace to take his tally to six goals in seven games since joining on loan from bitter rivals Aston Villa in January. And Clotet is hoping

QPR 2 Birmingham 2

a deal for the 27-year-old can be struck, saying: "If he's with us next season it would be very positive for everyone."

Rangers had scored twice in four minutes through Marc Pugh and Jordan Hugill but Hogan's second secured a point.

MOYES AS BOWEN SURVIVAL MISSION

IMPACT: Jarrod Bowen sends the ball past Alex McCarthy



MATCH FACTS

West Ham v Southampton	
7.....	Shots on Target.....2
5.....	Shots off Target.....3
4.....	Corners.....9
8.....	Fouls.....11
33.8.....	Possession.....63.2
260.....	Total Passes.....525



RAFA SHINES FOR ROYALS

RAFAEL CABRAL pulled off an astonishing double save to provide Mark Bowen with evidence to back his claim that Reading have the best goalkeeper in the Championship.

The Brazilian twice brilliantly denied Cauley Woodrow in the space of a couple of

Reading 2 Barnsley 0

seconds as Barnsley fell to goals by Yakou Meite and George Puscas (above).

Bowen hailed the Royals keeper, saying: "For me he's one of the best, if not the best keeper in this league. I'm pleased with the clean sheet."



FRANK SEES RED AT 'FOUL'

BRENTFORD boss Thomas Frank was left fuming after Will Vaulks avoided his marching orders.

The Bluebirds midfielder escaped punishment for kneeling Christian Norgaard in the head while the Bees were 2-0 up before going on to spearhead a

Cardiff 2 Brentford 2

stunning comeback. Frank said: "This one was a red card. The fourth official, linesman, too soft."

Brentford led through Luka Racic and Bryan Mbeumo before Junior Hoilett and Joe Ralls (above) nabbed a point.

SKYBET LEAGUE TWO ++ SKYBET LEAGUE TWO ++ SKYBET LEAGUE TWO ++ SKYBET LEAGUE TWO ++

Wildig leveller denies Crewe top spot

CREWE missed the chance to go top, held to a 1-1 draw by struggling Morecambe.

Swindon's game against Mansfield was off due to a waterlogged pitch, opening the door for Crewe. Perry Ng opened the scoring for Alex two minutes after half-time but Aaron Wildig levelled.

Forest Green v Leyton Orient and Stevenage v Walsall also fell foul of the weather. Brennan Dickenson

scored late on to earn Exeter a 1-1 draw with Crawley, ensuring they stay third. Ashley Nadesan opened the scoring.

Alfie May and Chris Hussey scored in a 2-0 win for Cheltenham over Colchester as the Robins moved into fourth place above Plymouth, beaten 2-1 by play-off-chasing Bradford. Gary Sawyer and Antoni Sarcevic seeing red.

Ben Richards-Everton and Dylan Connolly scored for

Bradford, Ryan Hardie netting a consolation.

Northampton and Port Vale occupy the final two play-off places. The former were 3-0 winners over Grimsby, thanks to Charlie Goode and two-goal Callum Morton.

Vale were held to a 2-2 draw by Scunthorpe while Oldham enjoyed a 5-0 victory over Newport. Macclesfield were beaten 2-0 by Salford, and Carlisle beat Cambridge 2-1.



JOY: Northampton's Keith Curle



NUGE AGONY FOR PRESTON

DAVID NUGENT (above) had only scored one goal since his return to Preston but he won't remember his second fondly. It was an own goal that sent his side to defeat.

Fulham were second-best for the first hour but Preston, chasing the game, conceded a

Fulham 2 Preston 0

second goal in the 95th minute through Aboubakar Kamara.

North End boss Alex Neil said: "The scoreline flatters them." Fulham chief Scott Parker said: "My players looked tired but we have a bit of belief about us."

6 CARABAO CUP FINAL

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ASTON

Beware curse
of the losing
final bosses

GUIDING your team to a cup final at Wembley used to be one of the greatest honours for a football manager. These days it is a curse – certainly for the boss in charge of the losing team.

Forget the glamour and anticipation and joy of playing for a trophy in a prestige match at the home of football. Defeat is more than likely to mean a swift exit from the club.

Dean Smith and Pep Guardiola should beware this afternoon, when their Aston Villa and Manchester City sides face each other in the League Cup Final.

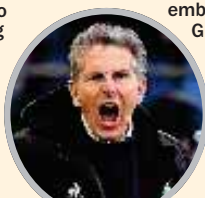
The last three losing managers at Wembley in this competition were out of their job within two months.

Claude Puel was dumped by Southampton in 2017. The next year Arsene Wenger fell on his sword rather than be kicked out by Arsenal. And last summer Maurizio Sarri scarpers out of Chelsea to join Juventus.

You have to go back four years to find a losing manager in the League Cup Final who survived – and that was Jurgen Klopp, who had only joined Liverpool six months earlier.

This is not just a matter of the League Cup. The situation is even more dramatic for FA Cup Finals – four of the past five losing bosses have been sacked within six months of leading their side out at Wembley. Villa's current boss Smith may not be reassured by the fact that his club axed Tim Sherwood shortly after the 2015 FA Cup Final loss against Arsenal.

Alan Pardew was the fall guy in 2016, dismissed by Crystal Palace before Christmas of that year. Maybe he was lucky. The winning manager in 2016, Louis van Gaal (pictured top), was sacked two days after victory to allow for the arrival of Jose Mourinho



DUMPED IN 2017: Puel

at Manchester United. Mourinho himself was the victim of the curse in 2018, booted out of Old Trafford six months after an FA Cup Final defeat.

For that year's winner, Antonio Conte, it was his last match in charge of Chelsea.

He had been the losing manager in the 2017 final a year earlier.

So what chance did Watford boss Javi Gracia have last summer, when his side lost the FA Cup Final to Manchester City?

None is the only answer. The 6-0 scoreline was

embarrassing but Gracia wouldn't have lasted long in any case.

He was out by September in one of the most ruthless sackings

of recent times – gone four games into the season. It seems there is too much evidence here for the 'curse' to be shrugged off as mere coincidence.

Kenny Dalglish at Liverpool and Roberto Mancini at Manchester City were sacked after losing in the 2012 and 2013 FA Cup Finals respectively.

Oh, and just to add another piece to the jigsaw, Mauricio Pochettino was axed as Tottenham manager just a few months after his side were beaten in the Champions League Final last summer.

Traditional wisdom has always said that the worst match you can lose is a cup semi-final.

For managers in England that is no longer the case. It's defeat in the final that is the ultimate nightmare.



AXED IN 2012: Dalglish

DE BRUYNE'S THE
MAN WHO FEELS

NO PRESSURE

Pep: Kev's motoring with 'self-drive'

By Steve Bates

PEP GUARDIOLA has revealed he doesn't have to "seduce" Kevin De Bruyne to become a world-beater because the Manchester City star is self-driven.

Midfielder De Bruyne has been handed the City captaincy and put on penalty duty by boss Guardiola, who insists the 28-year-old doesn't need this added responsibility to take his game to the next level.

The Spaniard said: "Honestly, with these types of players the challenge comes from inside themselves. If you have to push them to be something special, they are not big, big big."

"I don't believe too much in trying to seduce them to become better. They know what it takes to improve, so it has to come from them. The big things in sport always come from inside the players, not the trainers."

"The best players never complain to the manager or the club because they know it is up to them to become better day by day. The others are the ones who make reasons why they can't do it. That's why they change clubs all the time and never end up with a top club but the big players always look at themselves."

De Bruyne was hampered by injury last season, scoring six goals in 32 City games compared to nine in 34 so far this campaign.

And Guardiola has marvelled at his influence this season and his magical display in Wednesday's win at Real Madrid in the Champions League.

"It's not necessary for me to say anything about Kevin any more," he added. "I'd just say, 'Look at how he plays – the performance level, the continuity, the influence in the final third and on our finishing, the desire, his calmness and positivity.'"

"I asked him after the game in Madrid, 'Kevin, what did you feel before you took that penalty?' And he just said, 'I'm going to score.'"

"He doesn't feel much pressure. He likes to play in the big events. He's an exceptional player. He's able to see

something special and spaces no one else can see but even with that he's improving. He still has a lot of years to play and always you have the feeling that he's never disconnected on the pitch, even if he's not influencing the game at that moment."

"For the equaliser in Madrid, I think he crossed to Gabriel Jesus to score without knowing Gabriel was there but thinking, 'Gabriel, you have to be there.' That's the best way to express the talent Kevin has – he has the ball and knows a team-mate has to be there because the space will be there for him to exploit. And when he finds himself in those positions, strikers just know the ball is coming."

De Bruyne believes victory over Aston Villa in the Carabao Cup Final today can kick-start a strong finish and more silverware, even if the Premier League title is beyond them.

"Wembley is obviously a special stadium and we're lucky to have so many good memories of playing there," he said. "Going there means we are doing things right, so now we have to finish the job. There's a long way to go this season and we're keen to win as many trophies as possible."

"My numbers are good but I won't remember the season for the number of goals I scored or chances I made. You remember a season for the games and trophies that you won."



SPECIAL ONE FOR PEP: De Bruyne (left) with Guardiola

Rashford's on target
to be back for Euros

MARCUS RASHFORD is on track for Euro 2020 this summer.

Manchester United boss Ole Gunnar Solskjaer confirmed positive news from scans on the double stress fracture to the striker's back.

Rashford is set to return before the end of the season and

By Steve Bates

Solskjaer said: "We can't rush it but when Marcus (right) is fit he will be stronger for it."

That's a second boost for England boss Gareth Southgate, with Harry Kane also ahead of schedule in his recovery from injury.

Barca eye Aubameyang
in Gunners' cash quest

BARCELONA are ready to move for Pierre-Emerick Aubameyang, whose club Arsenal face a black hole in their finances.

The Gunners posted a loss of £27.1million for last season.

Their Europa League exit against Olympiakos deprives them of £8m

By Neil Fissler

in prize money but also closes a potential route to the Champions League.

The Premier League's joint-top scorer Aubameyang (right) is out of contract at the end of next season and Barca have been keeping a close eye on him.



VILLA V MAN CITY KO 4.30PM

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MR MOTIVATOR:
De Bruyne has no need of anyone else to inspire him at the Etihad

MORLEY'S HOPEFUL OF ULTIMATE UPSET

IN A season of few cup upsets, Aston Villa can pull off just about the biggest one going at Wembley today.

That's the message from Villa Park legend Tony Morley ahead of the Midlands club's Carabao Cup Final against Manchester City.

Pep Guardiola's troops are, of course, clear favourites to lift the trophy for the third season in a row.

And Kevin De Bruyne and co appear to be hitting top form at the right time, judging by their 2-1 win at Real Madrid in the Champions League on Wednesday. By contrast, Villa are sitting at the wrong end of the Premier League after losing three on the bounce.

However, Morley is adamant Dean Smith's strugglers can defy the odds this afternoon.

The ex-England winger, who won the League Cup and European Cup with Villa, insisted: "It's a no-lose situation because everybody expects City to win."

"Even the Villa fans I've spoken to are thinking it's just a day out for them at Wembley."

"But the Villa players have to make the most of it. You don't get to a cup final very often. They have to believe they can do it."

"To win they'll have to be at their best, hope every decision goes their way and grab a goal through a set-piece. That's the most likely way they'll win but it's not impossible."

"We've seen shocks before in

By **Harry Pratt**

Wembley finals. Wigan beat City in the FA Cup Final in 2013 and Birmingham beat Arsenal in the League Cup Final in 2012.

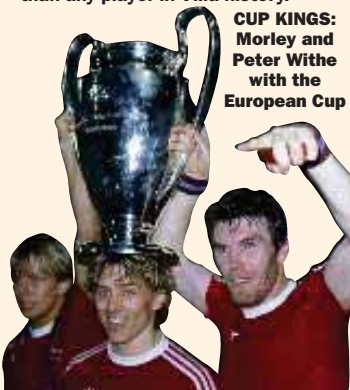
"It's like a heavyweight boxing contest – one knockout blow can be enough, even against the very best."

Morley is not getting carried away. He regards City as one of the best three teams in the world, alongside Liverpool and Bayern Munich.

And he knows for Villa to secure their first silverware since winning the same competition in 1994 Jack Grealish will have to shine.

Morley said: "Opponents try to man-mark Jack and cut the supply. I had that at Villa but the difference was that I was stuck on the wing, whereas Jack has more freedom than any player in Villa history."

CUP KINGS:
Morley and Peter Withe with the European Cup



SMITH'S FAMILY VALUES

DEAN SMITH revealed his father is deteriorating gravely with dementia as the Aston Villa boss prepared to take their beloved club to Wembley.

The Villa manager was brought up a fan of the club where his dad Ron was a steward and went to Rotterdam for the 1982 European Cup triumph.

But Smith (right) is saddened to admit there would be little point even showing the trophy to Ron if Villa beat Manchester City in the Carabao Cup Final. He said: "I don't think I

By **James Nursey**

would get much out of him, to be honest. I am not sure I have seen his eyes open for a month or two.

Dementia is a tough illness and he is suffering."

Smith recognises that City are huge favourites but intends to use family ties as motivation to pull off an upset. He explained: "I will do it for myself first and foremost but you all do it for your family. In a one-off game we can push them. I like being an underdog."



EVERTON v MAN UTD
TODAY: 2PM

Ole hails Fred's top turnaround

MANCHESTER United boss Ole Gunnar Solskjaer has saluted Brazilian star Fred for going from zero to hero.

Fred, 26, was labelled a £52million flop after a poor first season in which he looked miles off the Premier League pace after his arrival from Ukrainian champions Shakhtar Donetsk.

The South American suffered through not speaking English and found the football faster and more physical than he was used to. But Fred (below) has picked up the language and the speed of the Premier League and has learned from his mistakes to become a fans' favourite at Old Trafford.

And he heads to Goodison Park for today's clash

By **Steve Bates**

against Everton with Solskjaer delighted at his turnaround.

"Fred has really taken on the challenge this season," he said. "He had a tough first season but ever since we came in we've shown him that we believe in him."

"He struggled a bit with the language last season but one of our coaches is fluent in Portuguese, so it's easier for Fred to communicate with us all now. His English is better. He's got used to English football,

where you don't have three or four touches – you have to play much more one and

two-touch. He's shown he's a tough lad. He's mentally very strong and a top human being."



Sheedy wants return of the Good old days

KEVIN SHEEDY was part of the last great Everton team and hopes to see the next one develop sooner rather than later.

The former free-kick specialist won two First Division titles in the 1980s, a period when the Goodison Park club ruled not only Merseyside but also the whole of England.

Sheedy (above), 60, said: "Everton have waited too long to win a major trophy. That is what the best players

By **David Sneyd**

all want. The value and importance of winning silverware at the end of your career is much more than money."

"Everton supporters have not seen any success for 25 years."

"There is a younger generation now and to win any trophy would be great."

"There can be a lot more optimism now with a manager like Carlo Ancelotti."



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Editor's decision is final. Usual Express rules apply. Entries close on Wednesday, March 4, at noon. Winner gets two Sky Bet EFL tickets for the team they support. Tickets to be picked up at the stadium before the game. No transport or accommodation provided. All winners subject to EFL security checks.

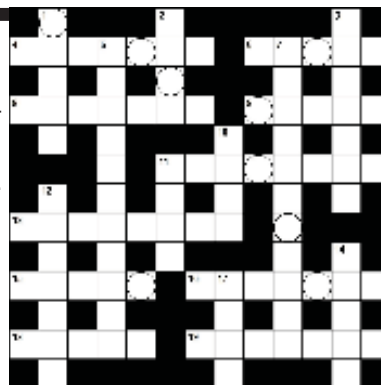
In order to complete Sportsword simply arrange the letters that fall in the circled squares into the surname of a recent WBC and IBF champion.

ACROSS

4. Ruin jaw (broken) for 1998 Commonwealth women's 10,000m gold medalist (7).
6. 1995 US Open Championship winning golfer, spotted in Spa vineyard (5).
8. 2007-13 Spain and 2013-15 Tottenham striker is confused, odd also (7).
9. Gordon, 1963-72 England goalkeeper; 1966 FIFA World Cup Final winner (5).
11. Chew the fat, perhaps – like 1954 British Empire and Commonwealth 3 mile gold medalist (8).
13. Yuki, 2018 Boston Marathon men's race winner (8).
15. U.S. -----, 2019-20 Serie A club whose home is the Stadio Via del Mare (5).
16. Frank, 1995-2002 France and 1996-2001 Chelsea defender (7).
18. 1990s England defender located in appendix on page 320 (5).
19. Mangle grebe or Sunderland old boy appears (7).

ACROSS

1. Boars startled former Aston Villa and Liverpool striker, Euro 2004 top scorer (5).
2. Brazil and Manchester United midfielder (4).
3. Connor, Crystal Palace attacker on loan at Sheffield Wednesday in 2019-20 (7).
5. Borussia Dortmund winger; 2018 England debutant against Croatia (5,6).
7. Wolves and Spain youth winger/wing-back (5,6).
10. Ianis, Romania attacker on loan at Rangers from Genk since January (4).
11. Phillip, Derby County manager appointed in 2019 (4).
12. Olympic individual field event won by Thomas Rohrer and Sara Kolak in 2016 (7).
14. Scott, former WBA Super Bantamweight champion (5).
17. Hone returning former Cameroon and Ajax midfielder (4).



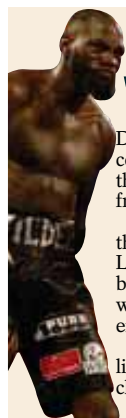
LAST WEEK: Across: 5 Lizarazu. 6 Root. 7 Stubbs. 9 Sommer. 10 Crook. 11 Berge. 14 Antón. 15 Bryan. 17 Fucile. 18 Crespo. 19 Foil. 20 Cuvelier. Down: 1 Wiltford. 2 Xaus. 3 Munster. 4 Bowen. 6 Remi Garde. 8 Brownhill. 12 Podence. 13 Lamprey. 16 Puyol. 18 Cova. **SPORTSWORD:** (WILLIE) MULLINS
LAST WEEK'S WINNER: Congratulations to Andy Anderson, of Basingstoke, who completed our Sportsword to win two tickets to see Reading play.

8 SPORT

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RUGBY



WILDER: I'M KING AND WILL RECLAIM THRONE

BOXING

By Henry Widdas

DEONTAY WILDER has confirmed his desire to reclaim the world heavyweight title from Tyson Fury.

Wilder (left) was stopped in the seventh round by Fury in Las Vegas last weekend and blamed the defeat on the weight of his costume on entering the ring.

And the American wasted little time in invoking a rematch clause, which makes it likely he will soon face the Englishman

for the third time. In a video message posted on his Twitter account, Wilder said: "I want to let you know that your king is here and we ain't going nowhere. I will rise again. I am strong. I am king. You can't take my pride. I am a warrior. Your king is in great spirit, and we will rise like a phoenix from the ashes and regain the title."

WESTERN SHOOT-OUT

BRISTOL BEARS rugby union boss Pat Lam underlined the importance of today's West Country derby against Bath in the battle for Premiership play-off places.

Lam (left) said: "Both teams are desperate to win this game. There is so much riding on it. It has been 14 years since Bristol have done it but it's set up for a cracking game and we are looking forward to it."

Ferrari engine row rumbles on

FORMULA 1 teams are unhappy at the sport's failure to respond clearly to last year's controversy over the legality of the Ferrari engine. Governing body the FIA has said only that it "reached a settlement" with Ferrari after an investigation.

98 CAPS BUT FOREVER YOUNGS... 

Jim HOLDEN

CHIEF SPORTS CORRESPONDENT

BENYOUNGS will be 99 not out when he plays for England in their crucial Six Nations clash at home to Wales next Saturday.

One more in the final match against Italy, coronavirus permitting, will make the evergreen scrum-half only the second England player in history to reach 100 rugby union caps for his country.

It is a remarkable record but Youngs shrugs off the honour with natural humility. He is proud, of course he is, but the 30-year-old has no intention of quitting the international scene any time soon.

The all-time mark of 114 caps, held by Jason Leonard, is within sight and Youngs believes he can compete for an England place for several more seasons.

He also knows that every match could be your last in this robust sport. "Obviously I'm aware of it," said Youngs. "People keep me reminding me. It's strange. Yes, it is there but equally there are plenty of people who have got near it and something's got in the way."

"I was speaking to Cian Healy after the game (against Ireland last weekend). He was injured and he's out for the remainder (of the Six Nations) on 98. I'll take it week by week."

Youngs is also aware of what happened to former Wales scrum-half Mike Phillips, whose career ended on 99 international caps. He would rather look at the example of someone like England cricketer

Jimmy Anderson, still playing on the elite stage at 37.

"It's impressive, isn't it?" says Youngs. "Just because someone has a theory about when the candle burns out doesn't mean it will happen."

No one knows you better than you yourself. I feel good.

"I'm only 30. Courtney Lawes is a bit older than me and still knocking around, and Willi Heinz is a bit older than me. I am enjoying my rugby. I have a huge desire to be here. Players can play for longer these days."

"The way it is now gives you every opportunity to play the game for as long as you want. Ice baths, saunas, stretching, yoga – it all helps, and being able to switch off from rugby when you're not playing."

Youngs was dropped from the starting line-up against Scotland, which must have hurt,

HOW THEY STAND

	P	W	L	F	A	BP	Pts
FRANCE	3	3	0	86	62	1	13
ENGLAND	3	2	1	54	42	1	9
IRELAND	3	2	1	55	50	1	9
WALES	3	1	2	79	51	2	6
SCOTLAND	3	1	2	35	32	2	6
ITALY	3	0	3	22	94	0	0

but was back in for the Ireland match and responded with an excellent display.

He can't say his pride was wounded. That's not allowed in the world of head coach Eddie Jones, where all 23 are equal – starters and what he calls 'finishers'. Players must buy into the psychology and Youngs has.

"No, there was nothing to prove," he says. "That was just my job at the weekend. It was different to what it was against Scotland. I will do whatever role Eddie wants me to do. It's always been the case with this England team since he walked in the door in 2016. It's always been the case that you've got two scrum-halves trying to do 80 minutes together to give the team the best chance."

Youngs has started 76 of his 98 England matches. He has been the top No9 for a decade since his debut in 2010.

Who does he admire among his rivals? The answer is swift – French star Antoine Dupont.

"For me, Dupont is a wonderful player," says Youngs. "He is going to be magnificent for the next decade, if not longer. He is going to change the way nines play and reinvent the wheel. It's fantastic to see a guy of his age dominate like he is."

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BIGGAR INJURY SCARE

NORTHAMPTON 21 SARACENS 27

NORTHAMPTON boss Chris Boyd played down Dan Biggar's injury fears after the Wales fly-half limped off. Boyd said: "He's hyper-extended his leg in a collision but he seems to be moving relatively OK."

Saints spurned 12-0 and 15-8 leads as relegated Saracens inflicted their fourth straight defeat, Ben Earl's (right) interception try proving decisive.

NORTHAMPTON: Tries: Dingwell, Mallinder. Pens: Mallinder (3). Cont: Biggar. SARACENS: Tries: Segun, Singleton, Tompkins, Earl. Pen: Vunipola. Cons: Vunipola (2).



TIGERS PURSUIT

LEICESTER head coach Geordan Murphy admitted he would be open to signing Nemani Nadolo after this win.

The Tigers want to bring the Fiji winger to Welford Road from Montpellier and Murphy said: "He is a great player and if we can get him across the line, great." Jordan Olowofela

LEICESTER 14 WORCESTER 8

scored Leicester's only try in the first half and three penalties by replacement fly-half Johnny McPhillips were vital as Worcester fell to a fifth successive defeat.

Wing Perry Humphreys scored the Warriors' try but they

SIX NATIONS

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IF THE CAP FITS: Youngs proudly shows off his first England cap – won against Scotland in 2010



ENGLAND'S MOST CAPPED TEN

Rank	Caps	Player
1	114	Jason Leonard
2	98	BEN YOUNGS
3	97	Dylan Hartley
4	95	Dan Cole
5	91	Jonny Wilkinson
6=	85	Lawrence Dallaglio
6=	85	Rory Underwood
8=	84	Danny Care
8=	84	Martin Johnson
8=	84	Courtney Lawes

Uttley: All friends for a cup of tea after ugly bloodbath



FLASHPOINT: Wheel (left) and Beaumont in 1980

ROGER UTTLEY has no happy memories of one of England's bloodiest battles on a rugby pitch – even 40 years after the event.

England had already crushed Ireland 24-9 at Twickenham and won 17-13 in France when Wales visited London in what was then the Five Nations in February 1980.

At the time British Steel had just announced it was cutting 11,000 jobs in South Wales, the economy had slumped into recession and unemployment was at a post-war high of 1.6million.

Worst of all for the Welsh, a victory would put England within sight of their first Grand Slam in 23 years.

England legend Uttley (right) said: "I don't have any memories of it being a great game. It was certainly memorable for its level of violence."

"Wales were on the decline after the heady days of the 1970s and we were coming to the end of a torrid period. They saw England as arrogant and aloof, and wanted to have a dig."

"And you also have to remember Margaret Thatcher was deeply unpopular and there was a lot of anti-English feeling." It was the first

EXCLUSIVE By Neil Fissler

time rugby union had been exposed to trial by television on the BBC's Rugby Special, with the nation stunned at the level of violence against Uttley and his team-mates.

He needed 10 stitches in a deep gash down his cheek, while England doctor Leo Walkden also used his needle and thread on Maurice Colclough, Bill Beaumont, Steve Smith, and John Scott.

Wales flanker Paul Ringer was sent off and banned for eight weeks for a stiff-arm tackle on John Horton, while scrum-half Terry Holmes and centre Steve Fenwick used boots dangerously.

Uttley remembers that when the dust had settled on England's 9-8 victory the evil atmosphere on the pitch was forgotten.

"There used to be tea in a room under the stand and we met up," he recalls. "I was there with my face feeling like a pig bladder and Geoff Wheel, who had kicked me in the face, said he was only going for the ball and that was the end of it."

"The fact we all had tea afterwards is why it was all so stupid – everybody just lost a little bit of control."



OF FIJIAN FLYER TOP WIN FOR GUSTARD

struggled on losing locks Anton Bresler and Graham Kitchener to injury.

Murphy added: "We sorted our discipline out and then were the better side, I thought. McPhillips (right) had a great game."

LEICESTER: Try: Olowofela. Pens: McPhillips (3). WORCESTER: Try: Humphreys. Pens: Weir.



HARLEQUINS 34 EXETER 30

PAUL GUSTARD hailed this win over the leaders as one of his most important as Quins head of rugby. A late penalty try sealed it and Gustard said: "Two points would have been okay but five move us up the table significantly (to sixth)." Marcus Smith (right) scored a try and five goals, Joe Simmonds bagging 25 points in defeat.

HARLEQUINS: Tries: Lasike, Cavubati, Smith, penalty. Pens: Smith (2). Cons: Smith (3). EXETER: Tries: Dollman, Simmonds (2). Pens: Simmonds (3). Cons: Simmonds (3).



TWO-TRY SAINT JONNY IS TORMENTOR OF TORONTO



JONNY LOMAX helped St Helens to move up to second and pile on more misery for newcomers Toronto, who are still awaiting their first Super League win after failing to score for the first time in their four-year history.

The Wolfpack also had Bodene Thompson sent off for a shoulder charge in this 'home' game at Warrington.

Saints vowed to use the

RUGBY LEAGUE

TORONTO 0 ST HELENS 32

disappointment of losing to Sydney Roosters in last week's World Club Challenge as motivation and led 20-0 by half-time as stand-off Lomax (left) scored the first two of their five tries.

ST HELENS: Tries: Lomax (2), Bentley, McCarthy-Scarsbrook, Smith. Pens: Makinson (5).

SHINKWIN SHARES LEAD

CALLUM SHINKWIN takes a share of the lead into the final round of golf's Oman Open as he seeks his first professional win.

The former Watford led outright in Muscat until a bogey on the last hole in his third-round 66 left the 26-year-old in a six-way tie at 11-under.

Shinkwin (left) said: "I played great. I just have to sort that last hole out."



Redding proud of flying start

ROOKIE Scott Redding says he can challenge for World Superbike Championship honours.

"It's been a phenomenal start," said the Aruba Ducati rider, who wants more after finishing third on his series debut at Phillip Island, Australia.

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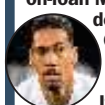
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TOP SCORERS

17	Aubameyang (Arsenal)
16	Vardy (Leicester)
15	Agüero (Man City)
14	Salah (Liverpool)
13	Ings (Southampton)
12	Rashford (Man Utd)
11	Abraham (Chelsea)
10	Mane (Liverpool)
9	Calvert-Lewin (Everton), Jimenez (Wolverhampton)
8	Pukki (Norwich)
7	Sterling (Man City)
6	Kane (Tottenham)

SMALLING'S TRADE WAR

ROMA are working on a deal to keep on-loan Man United defender



Chris Smalling (left) in Italy next season.

United want £17million for him while Roma want to pay £3m less.

RODGERS HAS EYE ON MURIQI

LEICESTER CITY are keeping tabs on £30million-rated Fenerbahce striker Vedat Muriqi (left), 25. Brendan Rodgers is looking to bolster his squad if they qualify for next season's Champions League.



Premier League

AFC Bournemouth (0) ...2	Chelsea (1).....2
Leoma 54	Alonso 33, 85
King 57	Att: 10,667
Aston VillaP	Sheffield United ...P
Brighton (0)0	Crystal Palace (0) 1
	Ayew 70
	Att: 30,124
Newcastle (0)0	Burnley (0)0
	Att: 52,219
Watford (0)3	Liverpool (0).....0
Sarr 54, 60	Att: 21,634
Deeney 72	
West Ham (2).....3	Southampton (1) ..1
Bowen 15	Obafemi 31
Haller 40	Att: 59,962
Antonio 54	

PLAYED FRIDAY

Norwich (0)1	Leicester (0).....0
Lewis 70	Att: 27,010

PLAYING TODAY

Everton v .. Manchester United (2pm)

Tottenham Hotspur ... v Wolverhampton (2pm)

	P	W	D	L	F	A	GD	Pts
Liverpool	28	26	1	1	64	20	44	79
Man City	27	18	3	6	68	29	39	57
Leicester	28	15	5	8	54	28	26	50
Chelsea	28	13	6	9	47	39	8	45
Man Utd	27	11	8	8	41	29	12	41
Tottenham Hotspur	27	11	7	9	44	36	8	40
Sheff Utd	27	10	7	9	29	25	4	40
Wolverhampton	27	9	12	6	38	32	6	39
Burnley	28	11	5	12	33	39	-6	38
Arsenal	27	8	13	6	39	36	3	37
Everton	27	10	6	11	36	41	-5	36
Crystal Palace	28	9	9	10	25	32	-7	36
Southampton	28	10	4	14	35	51	-16	34
Newcastle	28	8	8	12	24	41	-17	32
Brighton	28	6	10	12	32	40	-8	28
West Ham	28	7	6	15	35	49	-14	27
Watford	28	6	9	13	27	43	-16	27
AFC Bournemouth	28	7	6	15	28	45	-17	27
Aston Villa	27	7	4	16	34	52	-18	25
Norwich	28	5	6	17	25	51	-26	21

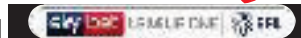


Blackburn (1).....2	Swansea (1).....2
Gallagher 25	Brewster 45
Johnson 90	Ayew 48 (pen)
Att: 13,099	Att: 22,393
Cardiff (2).....2	Brentford (2).....2
Hollett 34	Racic 5 Att: 22,393
Ralls 45	Mbeumo 21
Fulham (0).....2	Preston (0).....0
Nugent 58 (og)	Att: 19,020
Kamara 90	
Huddersfield (1)...4	Charlton (0).....0
Ahearn-Grant 25, 90	Att: 21,539
Mounie 75, Bacuna 90	
Hull (0).....2	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 51 (og)	Pereira 10 Att: 13,584
QPR (0).....2	Birmingham (1)....2
Pugh 51	Hogan 24, 81
Hugill 55	Att: 14,113
Reading (1).....2	Barnsley (0).....0
Meite 18, Puskas 60	Att: 13,263
Sheff 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

PLAYING TOMORROW

Middlesbrough ... v N Forest..... (7.45)

	P	W	D	L	F	A	GD	Pts
West Brom	36	19	12	5	64	37	27	69
Leeds	36	20	8	8	54	30	24	68
Fulham	36	18	9	9	51	37	14	63
Nottm Forest	35	16	11	8	46	33	13	59
Brentford	36	16	9	11	59	33	26	57
Preston	36	16	8	12	49	42	7	56
Bristol City	36	15	9	12	50	52	-2	54
Blackburn	36	14	11	11	52	42	10	53
Swansea	36	13	13	10	46	45	1	52
Millwall	36	12	15	9	41	40	1	51
Cardiff	36	12	15	9	50	50	0	51
Sheff Wed	36	13	9	14	46	44	2	48
Derby	36	12	12	12	46	49	-3	48
QPR	36	13	8	15	55	61	-6	47
Birmingham	36	12	11	13	47	54	-7	47
Reading	36	12	9	15	43	41	2	45
Huddersfield	36	11	9	16	45	56	-11	42
Hull	36	11	8	17	48	58	-10	41
Wigan	36	10	10	16	38	50	-12	40
Charlton	36	10	9	17	44	53	-9	39
Stoke	36	11	6	19	44	54	-10	39
Middlesbrough	35	8	13	14	34	45	-11	37
Barnsley	36	8	10	18	42	60	-18	34
Luton	36	10	4	22	43	71	-28	34



Blackpool (2).....1	Ipswich (0).....1
Dewsbury-Hall 26	Sears 54
Nuttall 90	Att: 9,500
Bolton (0).....0	Accrington (0).....0
Att: 12,011	
Bristol Rovers (0)....0	Shrewsbury (0)...1
Att: 6,954	Udoh 69
Burton Albion (0) 1	Peterborough (0)...1
Brayford 65	Eisa 52
	Att: 3,795
Doncaster (1).....3	Wycombe (0).....1
Ennis 45	Akinfenwa 67
Sadler 71	Att: 7,522
McCarthy 83 (og)	
Gillingham (0).....1	Wimbledon (0)...2
Charles-Cook 87	Piggott 49
	Reilly 90
	Att: 4,893
Oxford United (1)...2	Southend (1).....1
Henry 17 (pen)	Gard 45
Taylor 84	Att: 7,451
Rotherham (1)....1	MK Dons (1).....1
Ladapo 10	Healey 22
	Att: 8,883
TranmereP	Fleetwood Town P

PLAYED FRIDAY

Portsmouth (1) ...3	Rochdale (0).....0
Williams 45	Att: 17,600
Seddon 78, Burgess 84	

PLAYING TODAY

Coventry v Sunderland ..(12pm)

	P	W	D	L	F	A	GD	Pts
Rotherham	34	18	8	8	60	35	25	62
Coventry	32	16	13	3	46	30	16	61
Portsmouth	33	17	8	8	51	32	19	59
Wycombe	34	17	8	9	45	40	5	59
Sunderland	33	16	10	7	46	27	19	58
Oxford Utd	34	16	9	9	58	35	23	57
Peterborough	34	16	8	10	66	40	26	56
Fleetwood Town	32	15	10	7	48	36	12	55
Ipswich	34	14	10	10	46	34	12	52
Doncaster	33	14	9	10	50	33	17	51
Gillingham	34	12	14	8	40	32	8	50
Burton Albion	33	12	11	10	46	45	1	47
Blackpool	33	11	11	11	43	41	2	44
Bristol Rovers	33	11	9	13	35	46	-11	42
Shrewsbury	33	10	11	12	29	39	-10	41
Accrington S	34	10	10	14	46	51	-5	40
Lincoln City	34	11	6	17	41	44	-3	39
MK Dons	34	10	7	17	36	46	-10	37
AFC Wimbledon	34	8	10	16	39	52	-13	34
Rochdale	33	9	6	18	36	56	-20	33
Tranmere	32	6	8	18	32	58	-26	26
Southend	34	3	7	24	36	84	-48	16
Bolton	32	5	9	18	25	64	-39	12

Bolton deducted 12 points



Bradford City (2)...2	Plymouth (0).....1
Richards-Everton 6	Hardie 87
Connolly 45	
Cambridge (0).....1	Carlisle (1).....2
Lambe 82	Alessandrini 27
Att: 4,122	Anderson 73
Colchester (0).....0	Cheltenham (1) ...2
	May 39, Hussey 79
	Att: 3,698
Exeter (0).....1	Crawley Town (1)...1
Dickenson 82	Nadesan 34
	Att: 5,404
Forest GreenP	Leyton OrientP
(waterlogged pitch)	
Grimsby (0).....0	Northampton (2)...3
	Goode 9
	Morton 26, 82
	Att: 4,879
Macclesfield (0)...0	Salford City (2)...2
Att: 2,317	Hunter 30, Towell 37
MansfieldP	SwindonP
(waterlogged pitch)	
Morecambe (0) ...1	Crewe (0).....1
Wildig 68	Ng 47
	Att: 2,872
Oldham (2).....5	Newport C (0).....0
Rowe 25, 52	Att: 2,912
Dearnley 27, Hamer 62	
Smith 83	
Port Vale (1).....2	Scunthorpe (0)....2
Cullen 16	Gilliead 71
Smith 78	Miller 90
	Att: 5,121
StevenageP	WalsallP
(waterlogged pitch)	

PLAYING TODAY

Swindon	34	20	6	8	60	37	23	66
----------------	----	----	---	---	----	----	----	----

	P	W	D	L	F	A	GD	Pts
Swindon	34	20	6	8	60	37	23	66
Crewe	35	19	8	8	63	41	22	65
Exeter	35	18	10	7	51	39	12	64
Cheltenham	35	17	12	6	52	27	25	63
Plymouth	35	18	8	9	55	39	16	62
Northampton	36	17	7	12	53	38	15	58
Port Vale	36	14	14	8	50	44	6	56
Colchester	36	14	13	9	49	37	12	55
Bradford	36	14	12	10	44	38	6	54
Salford City	36	12	11	13	47	46	1	47
Forest Green	35	10	13	11	41	40	1	46
Crawley Town	36	10	15	11	48	47	1	45
Cambridge Utd	36	12	9	15	39	46	-7	45
Grimsby	35	11	11	13	43	48	-5	44
Walsall	35	12	8	15	37	48	-11	44
Newport County	34	11	10	13	31	37	-6	43
Oldham	36	9	14	13	44	54	-10	41
Scunthorpe	35	10	10	14	44	52	-8	40
Leyton Orient	35	9	12	14	45	54	-9	39
Carlisle	35	9	12	14	35	53	-16	39
Mansfield	35	8	11	16	46	54	-8	35
Morecambe	36	7	11	18	35	59	-24	32
Macclesfield	36	7	15	14	32	44	-12	30
Stevenage	35	3	13	19	23	47	-24	22

Macclesfield deducted 6 points

SCOTLAND

William Hill Scottish Cup Sixth Round

Jim Holden



Have your say at: express.co.uk/jimholden. Or you can email Jim at jim.holden@reachplc.com

Hall of Fame that shuns the greatest of all time

ENGLISH football has possessed a Hall of Fame for nearly 20 years, housed at the National Football Museum.

The location gives it independence, prestige and authority.

It allows the Hall of Fame an essential gravitas as it stands proudly and properly where it belongs amid the celebration of the history of our national game.

Some of the exhibits are priceless, like the heavy woollen 1872 England jersey from the first ever international, a match against Scotland.

There are wonderful winners' medals through the eras, from early FA Cups to the 1979 European Cup medal of Viv Anderson.

This, apparently, isn't good enough for the Premier League, even though many players who have entertained us since its inception in 1992 have been inducted into the Hall of Fame.

No, the League that desires to control everything in football has decided it needs to create its own hall of fame – to celebrate only those players who have taken part in its competition.

The rest of English football history? The other cups and trophies? Who cares about them?

Let's ruthlessly airbrush them out of our minds, and out of existence.

That's how they operate, pretending that football statistics only began in 1992 – goalscoring milestones and record points totals and the like.

Creating their own hall of fame is another such folly. It is absurd for the sport to have two separate celebrations,



RAY OF LIGHT: Unsung hero Ray Kennedy



BLOODY MARVEL: England skipper Terry Cooper

competing with each other for attention – and devaluing a happy concept by spreading it thin. The

news made me look at the names already in the Hall of Fame, and realise how many fabulous footballers of the past remain to be inducted.

I was astonished, for example, that Terry Butcher is absent – one of the finest and most courageous centre backs of all

time, a captain of England who won 77 caps and played at three World Cups.

How can he be missing?

Take a look at the list of some of the players who are already there, and you will be even more shocked by Butcher's exclusion.

Now, naturally, we all have our own favourites, our particular choices based on sentiment

and club allegiance – but surely nobody can disagree that he should bestride the Hall of Fame, a bloody bandage around his head.

Another legend absent is Roger Byrne, captain of the Busby Babes, one of those who lost their lives in Munich air disaster. He was an incomparable left-back, who had played 33 consecutive matches for England before the tragedy.

The Hall of Fame, correctly, goes back to the beginning of football.

So why no place yet for Vivian Woodward, a striker for Tottenham and Chelsea before the First World War, who scored 29 goals in his 23 England matches, a strike rate of 1.26 goals per game that has never been bettered?

It might have been many more, but injuries sustained serving for the army in that war ended his sporting career prematurely.

My personal list of players who should be in the Hall of Fame also contains three brilliant left-backs, Eddie Hapgood, Terry Cooper and Kenny Sansom.

It contains the 1950s Wolves and England keeper Bert Williams, as well as a bunch of football entertainers – Tony Currie, Chris Waddle and Peter Osgood.

I would also have a place for the man who is perhaps the most unsung English player, Ray Kennedy, who won League titles with both Arsenal and Liverpool, and much more besides.

Maybe your choices are different. Do let me know.

Where we can all agree is that the great players of generations past deserve to be honoured in the Hall of Fame before we get around to men of the modern era who have played since the Premier League was created.

Six Nations should close door to fans

ITALY has suffered the most among European countries so far from the spread of coronavirus, and it is leading the way in how sport should deal with the impact.

The response has been to take proper care, but also try to continue with normality as much as possible. This seems to me entirely sensible.

Postponing or cancelling sporting events should be a last resort rather than a knee-jerk first option.

Inter Milan played their Europa League match against Ludogorets behind closed doors on Thursday night, so the match went ahead and millions could watch on TV if they wished.

The same principle should apply, if necessary, to the remaining fixtures in the Six Nations rugby tournament.

Ireland acted prematurely in postponing next weekend's match at home to Italy, and they should consider playing the game without a crowd if they are not comfortable with people attending.

No, it's not ideal, but surely preferable to the match being postponed for many months and the drama of the Six Nations tournament being irrevocably lost.

End ban on video proof

AMID all the confusion and bewilderment of VAR deciding that Giovanni Lo Celso should not get a red card last weekend for stamping on an opponent in the match between Chelsea and Spurs, the real scandal was missed.

This is that clear video evidence cannot be used where it is really useful – for retrospective punishment in a case of violent conduct.

The current rules say the FA cannot give sanctions when the officials misjudge an incident during a game, whether they are the match referee on the field or the robot ref of VAR.

The current rules are madness. Lo Celso (above) warranted a three-match suspension. No ifs or buts. This is what video replays should be used for.

But the old game has gone crazy in its contortions.



Farewell Maria, fashion queen of centre court

MARIA SHARAPOVA had a turbulent career mixing tennis, fashion and celebrity.

Who could be surprised that she announced her retirement with an article in the magazines Vogue and Vanity Fair?

Her journey has been a long and difficult road, some of the damage self-inflicted, from the

magic of the moment best remembered from her time in sport.

It came before the storm; it came when we first met the girl named Maria.

It came when she was a picture perfect winner of the Wimbledon women's singles title at the age of 17, overpowering formidable

favourite Serena Williams in the final. Sharapova had been asked before the showdown on Centre Court about her pin-up image.

"I'm a fighter," she responded. "That's how I play my tennis. I'm a fighter."

That afternoon of



triumph, though, was the moment that innocence was blown away, when she was launched into a new world that didn't care too much about fighting spirit – a world where fame can be a cruel companion amid the glamour of Vogue and Vanity Fair.

1 March 2020

Julie Graham
On finding love and
happiness again

Pure and simple
Delicious vegetarian
recipes from *Bake
Off's* Prue Leith

GP confidential
The health secrets
doctors tell
their friends

S
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GUT
SOME LOVE*



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**Contains naturally occurring sugars.

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How sewing clothes for her baby boy turned into a design business for the stars for one mum



The things they say...

"If you don't know where you are going, any road will get you there"

Lewis Carroll
(1832-1898)

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Meet the period drama actor who will be taking on aliens in cult classic *War Of The Worlds*

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On the cover: Top, £30, Unique 21 at ASOS; crop top (underneath), £32, Free People; skirt, £140, Needle & Thread; earrings, £125, Monica Vinader
This page: Dress, £695, Mother of Pearl at Fenwick; headband, £25, Johnny Loves Rosie

Get *this!*

There's something for every budget in this week's must-have selection **Compiled by Sophie Goodwin**



SOFT TOUCH

Cashmere and alpaca bed socks, from £18, Tom Lane (tomlane.co)



SIMPLY RED

Red leather bucket bag, £95, Cath Kidston (cathkidston.com)



STAR STUDDED

Gold crystallised star hoops, £80, Tada & Toy (tadaandtoy.com)



THE BEE'S KNEES

Yellow velvet bee cushion, £19.50, Marks & Spencer (markssandspencer.com)



HOT WAX

Rose candle, £17.50, Oliver Bonas (oliverbonas.com)



GO GREENER

Self-watering recycled glass planter, £36, ReChic (rechic.co.uk)



BUZZ WORD

Silk pink bee and dot skinny scarf, £15, Olivia Burton (oliviaburton.com)



HEART AND SOLE

White trainers with heart, £169, Rogue Matilda. (roguematilda.com)



WRITE ON

Notebooks, £19.99, Rachael Cocker x Papier (papier.com)



TREASURE TROVE

Luxe shagreen jewellery box, £45, Truly (truly.co.uk)



BOTTOMS UP

Mermaid charity cookie, £1.89, Starbucks (starbucks.co.uk)

ALL COVERED

Colour block rubberised iPhone cover, £5, Neon Sheep (neon-sheep.com)



ARM CANDY

Silver gemstone bracelet, £237, Carolin Stone (carolinstone.com)



FLIP YOUR LID

Galaxy Z Flip folding phone, £1,300, Galaxy (samsung.com)



VANILLA PAD

Vanilla Soul room fragrance, £46, La Perla (amara.com)



MASKED CRUSADER

Coconut and charcoal purifying face mask, £21, Green People (greenpeople.co.uk)

COMING UP ROSES

Fentiman's Rose Lemonade, £1, Sainsbury's (sainsburys.co.uk)



DRINK PINK

Pink bottle, £29, Ohelo (ohelobottle.com)



COME FLY WITH ME

Lovebirds passport case, £15, Emily Brooks (emilybrooks.uk)



RED ALERT

Freebud headphones, £169, Huawei (huawei.com)



WEAVE SOME MAGIC

Fringed woven basket, £10, Matalan (matalan.co.uk)

DAYTIME DREAMING

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first look

by Kirsten Jones



SEE

Meet the 400-year-old woman who gave up her soul to travel through time, change the course of history and save the world while spiting the Devil in this reimagining of the Faust legend. Jodie McNeen plays the lead in new play *Faustus: That Damned Woman*, a tale of sacrifice and legacy. At Birmingham Repertory Theatre until March 7, the production will also visit Bristol Old Vic, Leeds Playhouse and Northern Stage in Newcastle. See headlong.co.uk.



TAKE PART

Strap on your hiking shoes, pound the pavements and Walk All Over Cancer – while getting fit. The new Cancer Research UK fundraiser is inviting all ages to recruit friends and family to get moving and help beat more than 200 types of cancer. Sign up to walk or jog 10,000 steps a day during March at cruk.org/walkallover. You'll get a free fundraising pack plus walking routes and top tips to help you go further.

MANUEL HARLAN / PATRICIA NIVEN 2020

TRY

Afternoon tea is given a surreal twist at Rosewood London. The Holborn hotel is dishing up pastries inspired by Spanish artist Pablo Picasso until August 31. Book Art Afternoon Tea from £65 per person (or more with fizz) for surrealist sweets and cubist confections created by executive pastry chef Mark Perkins. The menu includes edible artworks such as *Oh Those Guitars*, *The Dream* and *Head of a Woman* – and they're almost too beautiful to eat. See rosewoodhotels.com.



STAY

Stay in the heart of Edinburgh at a new hotel with one of the best views in the city. Wilde Aparthotel, on Grassmarket, sits in the shadow of the ancient castle and just a skip away from the Old Town and Arthur's Seat. Check in from £79 a night to enjoy an extra-large bed and rainfall shower, plus a fully equipped kitchen where you can make a home-cooked breakfast, lunch and dinner. Visit staycity.com for more information.



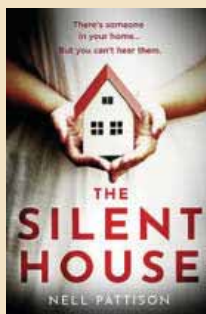
MUST HAVE

Be gripped by riveting thrillers and catch up with *The Addams Family*



The Invisible Man

Cecilia Kass escapes the clutches of her violent scientist partner, but her mental health suffers when he dies. She thinks he's still out there, hunting her – but he's invisible. This sci-fi suspense movie is in cinemas now.



The Silent House

A deaf family's daughter is murdered in the night – but who would kill a little girl? An interpreter is called in, but she feels the family has something to hide in Nell Pattison's new thriller, out now for £7.99. See the Bookshop on page 77.



The Addams Family

This wholesome reboot sees the kooky tribe move to a new neighbourhood where they try to make friends and avoid conflict. Charlize Theron and Snoop Dogg voice star in this animated film out on Blu-ray and DVD tomorrow.



Navy point heels, £295, The Fold (020 7336 7599, thefoldlondon.com)



Pink and burgundy strap heels, £25, Marks & Spencer (0333 014 8000, marksandspencer.com)



Panelled white and black boots, £159, Ted Baker (0345 450 2484, tedbaker.com)



Red slingbacks, £17, F&F (0800 323 4050, clothingattesco.com)



Blue slip-on mules, £90, Dune London (01202 037097, dunelondon.com)



Black slingbacks with metallic block heel, £169, Lisa Kay (lisakayshoes.com)
Clothes: stylist's own

Walk this way

Step into spring with fabulous flats and heavenly heels

Compiled by Scott Wells



Pale green loafers, £100, Vagabond (vagabond.com)



Black ankle strap heels, £25, Dorothy Perkins (0344 984 0261, dorothyperkins.com)

Black croc loafers, £43, Head Over Heels (01202 037369, headoverheels.co.uk)



Pale blue slingbacks, £22.99, Deichmann (01858 468546, deichmann.com)

White star animal-print trainers, £85, AND/OR at John Lewis (0345 604 9049, johnlewis.com)



Red snakeskin strap mules, £89, Kurt Geiger (020 7781 7480, kurtgeiger.com)

Grey trainers, £79, Hotter (0169 521 3213, hotter.com)



Pale pink heels, £159, Hobbs (020 3095 3939, hobbs.co.uk)

Pink loafers, £39, Faith at Debenhams (0344 800 8877, debenhams.com)



Elsworth kitten ankle boots, £150, Boden (0330 333 0000, boden.co.uk)





Turn up the volume

Make a sweeping style statement this spring in oversized silhouettes and flowing lines

Styling by Lauren Goodwin-Grafton

Photographs by Catherine Hack

Top, £30, Unique 21 at ASOS ([asos.com](https://www.asos.com)); crop top (worn underneath), £32, Free People ([freepeople.com](https://www.freepeople.com)); skirt, £140, Needle & Thread ([needleandthread.com](https://www.needleandthread.com)); earrings, £125, Monica Vinader ([monicavinader.com](https://www.monicavinader.com))



Blouse, £750, Tory
Burch at Fenwick
(fenwick.co.uk);
earrings, £115,
Monica Vinader
(monicavinader.com)



Crop top, £350; skirt, £570, both 19.04 World (1904world.com); shoes, £135, Reiss (reiss.com); earrings, £7, Accessorize (uk.accessorize.com)



Top, £65, & Other Stories ([stories.com](https://www.stories.com)); skirt, £38, Milk It at ASOS ([asos.com](https://www.asos.com)); shoes, £85, Dune ([dunelondon.com](https://www.dunelondon.com)); earrings, £55, Lola Rose ([lolarose.co.uk](https://www.lolarose.co.uk))

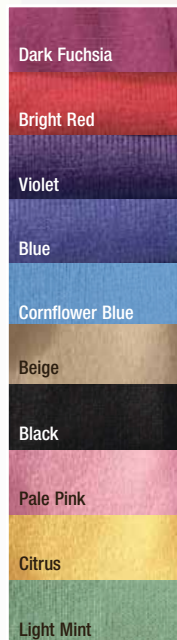


Dress, £69, ASOS (as before); shoes, £89, Carvela (kurtgeiger.com); bag, £29, Topshop (topshop.com); earrings, £1.50, Primark (primark.com)



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Lynne Hyland

If you're worried about your locks snapping and shedding, join the club, says beauty director Lynne Hyland

There's a problem with my shower drain. It doesn't. Drain, that is. I know this because my daughter is paddling in a rising tide of soapy water and I bet I know what's lurking beneath.

A quick root around the plughole confirms it. There's a slimy coil of hair clogging it – again – and as the only brunette in the house it doesn't need a DNA check to know it's mine. I pluck it out and throw it in the bin, next to the chunk I pulled out of my brush this morning. When I look in the mirror, there's a halo of baby hairs sprouting from my parting and plenty of strands snapped halfway down. Could I be... losing it?

It's a question plenty of us are asking. Research shows hair loss is one of the biggest concerns among women in the UK, with a spike in Google searches for "hair fall" and seven out of 10 of us suffering from it at some point. So what's going on?

"It's totally normal to lose about 40 to 100 hairs a day, but there are many lifestyle issues causing extra shedding and breakage," says Roxy Morgan, senior stylist at Daniel Galvin. The good news is there's plenty you can do about this "lifestyle loss". (This, of course, is separate to medical conditions, such as alopecia. If you're seeing bald patches or hair that looks drastically thinner overall, seek professional help.)

Brush up your act

"You might be losing hair unnecessarily when you brush," says Roxy, who's giving me a consultation as part of Kérastase's new anti-fall regime, Genesis. "If you immediately brush from root to tip, you get tangles forming halfway down. Hair snaps off or pulls out at the

roots as you try to smooth it. It's far gentler to start by just brushing the ends of your hair, then working up." She recommends using a Tangle Teezer or Wet Brush to minimise tugging. "Definitely avoid a boar bristle brush," adds trichologist Anabel Kingsley from Philip Kingsley. "They are horrid as they slough off sections of the hair's outer protective cuticle."

Look after your scalp

Healthy hair starts from a healthy scalp, but many of us neglect it. Roxy recommends regular scalp massage to boost the flow of blood and vital nutrients to the hair follicles, and using scalp formulas that help "anchor" hair more firmly. Anabel adds, "Never use extreme heat directly on your scalp and avoid metal brushes as they can get very hot and burn you. The scalp is also affected by pollution, which clogs hair follicles. Regular washing is the only effective way to deal with it."

Turn down the heat

Heat styling drains hair of water, the very thing that's vital for its strength and elasticity. If you iron, curl and blow-dry regularly (guilty), you risk breakage, especially at the front which usually bears the brunt. Unfortunately, there's no way of protecting hair completely, but the barrier created by heat sprays does at least help reduce water loss. "Before blow-drying, squeeze wet hair gently with your towel and don't scrub – it will roughen your hair and you'll need more heat for a smooth finish," says Roxy. Heat-free styles are great but be careful how you tie that ponytail. "If you pull your hair back too tightly, it can cause breakage and thinning around the hairline," says Roxy. "Elastic bands can snap hair, too." Lucky

that scrunchies are cool again – especially Slip's gorgeous silk ones, £39 for a pack of three.

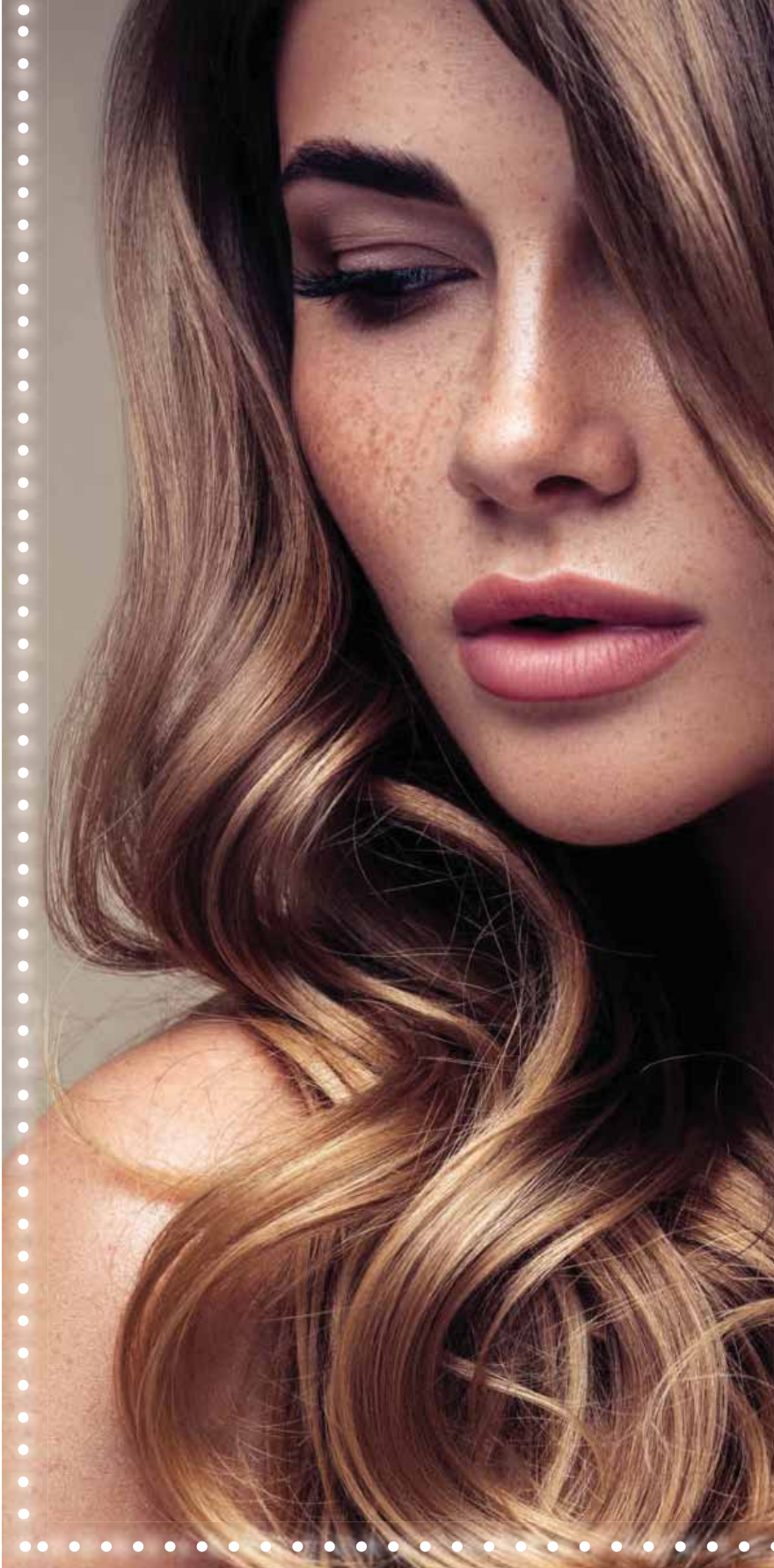
Check your diet

Nutritionist Dr Megan Rossi believes eating a "hair-friendly diet", rich in fruit, vegetables,

wholegrains, pulses, nuts and seeds, can help with fall out.

"Avoid cutting out wholefood groups – carbs are important for hair health," she says. And don't underestimate the importance of protein – it's what hair is made of. "Have at least a palm-sized

GETTY IMAGES / PHILIP KINGSLEY TRICHOLOGICAL CLINIC LONDON (020 7629 4004) / KÉRASTASE SALONS (KERASTASE.CO.UK) / DANIEL GALVIN SALONS (DANIELGALVIN.COM)



The fall-proof guide to hair

POINT
BREAK

Three new ranges promising to protect your hair and reduce snapping.

Kérastase Genesis Serum Anti-Chute Fortifiant, £49
(kerastase.co.uk)

Kérastase says this daily scalp serum from the Genesis collection is clinically proven to increase resistance to hair fall. It's used in the salon service, Genesis Fusio-Dose, from £10, then forms part of the take-home regime, which claims 84 per cent less hair loss.



L'Oréal Paris Elvive Brush Resist Cream, £8 (Boots)

This fortifying cream from the new Full Resist range coats hair with protective biotin, vitamin B5 and arginine. It claims you'll see "half as much hair on your brush every morning."



Pantene Pro-V Miracles Roots Awakener, £9.99 (Superdrug)

Part of Pantene's Grow Strong collection, this claims to save 3,000 hair strands a month. The treatment promises to strengthen, using nutrients such as biotin and caffeine to bolster roots.



portion at breakfast and lunch. Great examples are fish, eggs, lean meat, low-fat cottage cheese, tofu, quinoa, nuts and beans," says Anabel. Also try the Philip Kingsley PK4 Soya Protein Boost, £30 (philipkingsley.co.uk).

Watch out for stress

"Stress really affects the hair growth cycle but because the fall out usually occurs six to 12 weeks later, people often don't connect the two," explains Anabel.

As hair isn't an essential (in your body's opinion), it's one of the

first things to suffer when life goes out of kilter.

"The good news is that this form of excessive hair fall out isn't permanent and it should grow back once the underlying cause is addressed," Anabel says. ☺

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Go for the glow

Give your complexion the freshest of flushes with **NARS Spring 2020 Edit**, a revamped line-up of its blushers (£25 each; narscosmetics.co.uk, out March 15). There are 10 new shades of powders in a choice of matt and shimmery finishes, so you can truly glow your own way.



Plump it up

It seems **YSL's new Perfect Plumper Cream (£59; yslbeauty.com)** really lives up to its name. The luxurious texture promises to put the spring back into skin from its first use and it's certainly convinced our tester. "It's not greasy, a little goes a long way and it hydrates beautifully. I feel my lines are being plumped away around my eyes, brow and mouth," she says.

Lavender fields forever

Slip into the dream world of Lavenderland, the latest collection from Jo Malone. It takes the classic relaxing scent of English lavender and blends it into three contrasting colognes, from soft floral and herby to aromatic (£50 each; jomalone.co.uk). They're all beautiful, but the delicate and woody Silver Birch & Lavender is our favourite. The line is completed by home fragrance products, including Jo Malone's first pillow spray, Lavender & Musk Pillow Mist, £25, which blends the sleep-enhancing scent with soft and sensual musky notes.



Life as I know it

Not a lot of people know this but I'm very good at... singing in a Donald Duck voice.

In fact, Glen Campbell and I once competed to see who could sing *Rhinestone Cowboy* in the best Donald Duck voice.

My best friend is... I have a couple of good friends, but if push came to shove I'd choose Martin Serene. We've known each other since 1980 when I was in the band, the Q-Tips. We have lots in common, including a love of music and similar sense of humour. But his best quality is his love for other people.

My nickname is... Friends and colleagues have been calling me The Turn for years. I even have guitar picks which say Paul Young on one side and The Turn on the other. It's important to have a sense of humour in this business. At school, a friend also coined the name Dustbin Hoffman because school dinners weren't enough for me, so I'd sit with the skinny little oiks who didn't eat much and finish their leftovers.

The bravest thing I've ever done is... compete in the ITV show *Splash!* where celebrities tried to master the art of diving. I thought I'd be able to conquer my fears but if you're scared of heights, you're scared of heights. Diving is also really painful if you hit the water at the wrong angle. I had terrible back and shoulder pain for weeks.

My favourite TV show is... the American mockumentary sitcom *Modern Family*. The casting is superb and the characters so well defined. It sums up so many families, including my own.

My perfect evening is... Once a month I dine at a Michelin-starred restaurant and splash out on a good bottle of wine. Mind you, I also enjoy cooking at home and can't resist trying out new kitchen gadgets. My latest is a table-top fryer. I'm trying to perfect the triple-cooked chip. The secret is to parboil them first.

My first kiss was... with Peggy McCartney when we were playing postman's knock at her house, supervised by her parents. We were 13 and the hormones were starting to bubble up. She was a mixed-race girl with a very kissable mouth, but she only had eyes for this guy who looked like Elvis Presley and rode a motorcycle.

My biggest regret is... not practising my songwriting skills enough. With the exception of *Everything Must Change*, most of my hits have been cover versions. I got

into songwriting in the late 1990s when I went to Nashville, but I don't have a lot of faith in my writing abilities, even though several of my songs have been covered by other artists.

The one thing I'd change about myself is... my age. My body doesn't do what I want it to do. When I dance on stage now, my coordination isn't quite there. It's starting to look like dad dancing, even though in my head it's the same as when I was 25.

The best thing my parents taught me was... patience. Dad was very good at carpentry, which required a huge amount of patience. I'm

the same when I'm working in a recording studio, which I proved when Noel Edmonds sprang a Gotcha on me on *Noel's House Party*. The set-up was that I'd been asked to sing *Every Time You Go Away* in Russian and Chinese, but every time I attempted it somebody would get in the way or fall over. Unfortunately for the programme makers, I didn't lose my rag at all, which didn't make very good telly.

The last time I cried was... just now, talking about Dad. He died just before Christmas, aged 91. I was driving to a concert in Cardiff

JAMES HOLE PHOTOGRAPHY



Paul Young

Singer Paul, 64, lives in Hertfordshire and has four children Words by Angela Wintle

when my brother rang to say I'd better turn back. Sadly, he passed away half an hour before I got to him. Thankfully, Mum, who is also 91, is still with us. I cry very easily these days and my feelings are much more on the surface. That's the way I've been since losing my wife Stacey [to brain cancer] in 2018.

The first record I ever bought was... *Be Mine* by Lance Fortune. I bought it at a penny jumble sale with money Mum gave me. The first record I bought with my own money was *You've Got A Friend* by James Taylor. Even when I was young, I had broad musical tastes.

My greatest weakness is... food. I find it hard to diet, so I workout a lot. The only excess weight I currently have is around my tummy, but that's always the last place for it to go. I love carbs, particularly pasta and potatoes.

If I could pass any law I would... abolish speed cameras. I've come close to losing my driving licence. When you cover 2,500 to 3,000 miles a month, it's all too easy to clock up points because speed limits can vary constantly within the space of half a mile.

I drive... all the time and I love it – despite the speed cameras. Driving is my solitude. I don't

mind long journeys to shows at all. In fact, I find car sharing to gigs objectionable because I can't play the music I like or practise my vocal exercises at the top of my voice. I drive a Lexus RX hybrid, which drives beautifully.

The shop I can't walk past is... a vintage clothes shop. I'm currently looking out for vintage waistcoats I can wear with jeans onstage because I can't find any online. I used to have a stylist, but only liked about 10 per cent of what he picked out, so I style myself now.

The most expensive thing I've ever splashed out on is... a camel-coloured designer sheepskin coat which went all the way to the floor. I was talked into buying it in Italy in 1987 for £2,000, but it looked so ostentatious I only wore it three times.

My perfect Sunday is... tucking into a Sunday roast, with all the family, at home in Hertfordshire. I have four children: my daughters Levi, 32, and Layla, 26, my son Grady, 24, and my stepson Jude, 13 [his late wife's son from another relationship]. Afterwards, we collapse on the sofa and watch telly or the kids retire upstairs because they're big gamers.

My favourite place in Britain is... Yorkshire. It's so beautiful, with wide open spaces, and I like the people. I also love Devon and Cornwall. Newquay is great for bodysurfing and it's a real foodie destination.

My last holiday was... over the New Year when I stayed with friends outside Puerto Banús, southwest of Marbella. It was cold, but the sun was out so I swam in the sea. I take more holidays now that the kids have grown.

I'm currently reading... drummer Kenney Jones' autobiography *Let the Good Times Roll*. I hadn't realised he'd known David Bowie quite well because, in the early days, Bowie used to open gigs for the Small Faces.

The best day of my life was... in the summer of 1983 when I went to number one in the UK charts with *Wherever I Lay My Hat*. Nothing prepares you for that kind of success. It was particularly gratifying after struggling to make it for six years, driving up and down motorways and staying in cheap hotels.

If I had half an hour left on Earth, I'd... gather together everybody I loved and tell them I loved them. 📞

Paul's UK Go West tour is in September. For tickets, see nvite.com/community/gowestandpaulyoung.

Golden Graham

Julie Graham drew on her own grief for her latest role but the actress retains her sunny outlook on life, as Vicki Power discovers

Julie Graham has a glow about her. It may well be the honeymoon period she's still in after marrying Belgian ski instructor Davy Croket in October. Or it could be having landed the lead role in Channel 5's new three-part thriller *Penance*.

Whatever the reason, 54-year-old Julie is a walking poster girl for middle age. She looks youthful and is head-turningly attractive in a rock-chick combo of skinny jeans and a dark T-shirt.

The actress says, "I think my fifties have been very empowering. Women my age are often ignored, as if we're meant to crawl under a stone or shrivel up, but I feel even more vital now that my children are teenagers. I feel much sexier than I did in my thirties and forties, so I'm not sticking with that notion that it's all over for women over 50. I see it as a beginning."

And landing a lead role – a rarity for a woman of her age, she says – is part of Julie's new start, even if the character she plays took her to some dark places and dredged up difficult memories.

In *Penance*, based on the novel by Kate O'Riordan, Julie plays Rosalie, who is plunged into a world of grief when her son, Rob, drowns on holiday in Thailand. With her marriage to

Luke (Neil Morrissey) already on the skids, Rosalie attends bereavement counselling sessions at church, where she and her daughter, Maddie (Tallulah Greive), meet a grieving young man, Jed (Nico Mirallegro).

Jed quickly becomes part of their lives, is a great comfort to Maddie and almost fills the gap left by Rob. But it all goes wrong

"I lost my best friend, and that floored me more than any other bereavement"

when Jed starts making romantic overtures to Rosalie, which leave her confused, guilty and prey to making the wrong move.

"Grief is the shadow that falls over the whole piece," Julie explains. "Rosalie makes very bad decisions because of grief, because she's not

in her right mind – grief makes you vulnerable – and that's what kind of hooked me in. It wasn't just about a woman dissatisfied with her life, with a marriage that's going to hell in a handcart. Because of grief she's easy to manipulate and easy to fool. I was shouting at the script, saying, 'What the hell are you doing. Are you mad?'"

What makes Julie's portrayal of Rosalie's raw grief so believable is that she's been through it herself far too many times.

When she was just 18, Ayrshire-born Julie lost her mother, Betty, to cancer. Then a few years ago she was hit by two bereavements in quick succession. In April 2015, her former husband, actor Joseph Bennett, hanged himself in London's Richmond Park, leaving Julie to console their daughters, Edie, now 16, and Cyd, 14.

"I lost my ex-husband but obviously the grief of my children was very palpable and I went through it with them," says Julie as she talks about Joseph's suicide. "I also lost my best friend – and that floored me more than any other bereavement."

In September 2014 actress Clare Cathcart, who'd appeared in *Call The Midwife*, died aged 48 after a severe asthma attack. She and Julie had been thick as thieves. They lived near each other in Brighton, had consoled each other over





Julie and Martin Clunes
in *William And Mary*



Fantasy wedding, Indian style, for
Megan and Virginia (Julie and Sarah
Smart) in *At Home With The Braithwaites*



Julie and
her husband
Davy Croket

romantic break-ups and both of them had two young daughters.

"She was the most amazing human being, just so wonderful and vital and open," recalls Julie. "Her death was one of the most painful things I've ever gone through, even more than losing my mother in a way."

It was the suddenness of it that hit Julie so hard. "Often, if someone's been ill, you have time to prepare for it, say your goodbyes and make things right," she adds. "But when someone dies so suddenly and shockingly, that got me."

"That's what I drew on for *Penance* – the shock of being told that somebody you loved has died. It is the most shocking thing that will ever happen to you. I'm familiar with grief. I've experienced it in all realms, except the loss of a child, which obviously I never want to experience. To play Rosalie I just had to try and imagine what it would be like."

Julie's life has entered a more settled phase in recent years. She met former skydiving instructor Davy on a beach in Spain in 2016 while filming ITV comedy *Benidorm*, in which she played Sharon Dawson.

They married in an intimate ceremony in the pretty Sussex town of Lewes last October. "I was determined not to get married again, but it's just one of those things – you never know what's going to happen," says Julie with a smile. "He really wanted to and it was important to him and I love him very much and so we did it."

Julie's daughters were also keen on the idea of their mother getting married again. "The girls really loved it, too," she adds. "I don't want to say we feel like a proper family now, because we felt like one before, but when you stand in front of people and make a commitment to each other it indicates that you're serious about the relationship."

"It feels lovely, but we're still in the first year, in a honeymoon phase – ask me again in two years," she jokes.

What she finds less lovely, though, is those people who have branded Davy a toyboy because he's 15 years younger than Julie. "It cheesed him off because he's a 39-year-old man – he's not a boy," sighs Julie. "It's insulting and it would never be mentioned if it were the other way around. And it's only 15 years. I don't let it get to me. It's water off a duck's back and I did say to him, 'At least they think you're really young.'"

As rosy as Julie's home life is looking now, she admits work has become thinner on the ground since she hit her fifties.

She's been a regular on our TV screens for 30 years, becoming a household name with roles like that of the manipulative neighbour Megan in ITV comedy drama



CONTOUR BY GETTY IMAGES / WENN / ITV / CHANNEL 5



Julie, who plays the lead in *Penance*, with co-stars Tallulah Greive, Neil Morrissey, Nico Mirallegro and Art Malik

At Home With The Braithwaites and in *William And Mary*, where she played opposite Martin Clunes as midwife Mary Gilcrest. “*Braithwaites* gave me the opportunity to be involved with something Sally Wainwright had written,” reveals Julie. “It was a springboard into being considered for other parts and I’ll always be grateful to Sally for that.”

“*William And Mary* was one of my favourite jobs. I loved working with Martin Clunes – he’s one of my favourite people and a great buddy of mine. That show made a huge difference to my career.”

“Shows like Penance go a little way towards redressing the balance”

Her roles in dramas like *Survivors*, *The Bletchley Circle*, *Benidorm* and *Shetland* have kept Julie in the public eye, but she bemoans the lack of good leading parts for middle-aged women.

“I’m finding roles much harder to get,” she confesses. “I was talking to Juliet Stevenson about this and she made an interesting point – that the normal trajectory of an actor’s career is that hopefully, as you get older, you get more successful, but for women, from the age of 45 or maybe even younger, their career starts to plateau.”

“Between 40 and 60 the roles just aren’t there for us. I’d say about 75 per cent of roles in my age bracket are for men, which is why the ERA 50:50 [equal representation for actresses] campaign is so important.”

Julie is about to start filming the sixth series of *Shetland*, in the supporting role of procurator fiscal Rhona Kelly. Apart from that she is planning to remain close to home to help daughter Edie through her GCSEs.

And despite the dark times, Julie seems upbeat and positive.

“I feel women like me, who are comfortable and happy in our fifties, are not reflected on the screen at all,” says Julie. “Shows like *Penance* go a little way towards redressing that balance and saying, ‘We’re here and we’re not going away.’”

Penance starts on Channel 5 this month.



In *The Bletchley Circle* with Rachael Stirling, Anna Maxwell Martin and Sophie Rundle

If anyone knew what Laura Newman did for a living, they'd be astounded she's upright, in one piece and looking relaxed in a London bar. Not only is she a wife and mum of three, she is also the founder of customised clothing brand Forever Sewing.

The super mum and her husband Adam create good-quality, made-to-order clothes for kids and, more recently, adults. The pair and their workforce make and send out thousands of personalised outfits each week from their Yorkshire base in Doncaster and have a huge following of celebrities, such as *TOWIE*'s Amy Childs, *Loose Women*'s Stacey Solomon, lifestyle guru Mrs Hinch and the larger than life entertainer and *Torchwood* actor, John Barrowman.

"We've gifted clothes to lots of influencers on *TOWIE*. I'd say we've covered the majority of the Essex area," says Laura. "And we made 'Team Jac' outfits in jungle colours for Jacqueline Jossa, who won *I'm A Celebrity...* last year."

The sewing started in 2017 when Laura, then 23, had a baby boy and wanted to make clothes for him. A former crocheting whizz, she taught herself to sew and spent the small hours making outfits in her home while her son slept. Getting by on as little as three hours' sleep a night, Laura was juggling her roles as mum and businesswoman, but her handmade kids' clothes were a hit and she made thousands of pounds' profit in the first week of sales.

"I knew in my mind I wanted to sew, so I attended a six-week course, watched YouTube videos and taught myself to make the kind of clothes I wanted for my son," she reveals. "He is now four and we have twins, who are one year old. They don't own any other clothes but ours."

Laura started making comfy loungewear for little boys, with initials stitched on to the tops and bottoms, not expecting shoppers to love the outfits as much as she did.

It all sounds like a dream come true, she says – and it was. But she was burning the candle at both ends.

Sewing bee

From self-taught seamstress to creating children's clothes for the stars, Laura Newman is threads ahead in the fashion stakes

Words by Kirsten Jones



"I could see that Laura was wearing herself into the ground," says Adam. "I was working as a decorator to keep a roof over our heads, but I stopped to look after the kids."

Laura adds, "We only lived in a two up, two down terrace. The whole kitchen had been taken over by machinery and fabrics. We couldn't cook, so we had takeaways or went to my mum's house for dinner. Adam would come home from work and couldn't get to the sofa because there were piles and piles of fabric everywhere."

"When Adam quit work, he had the job of distributing the fabric, cutting it off and taking it around to the people we hired to help us."

Laura couldn't do all the work alone, so she and Adam opened a workshop by their house and hired a skilled sewing team to enable them to make more clothes and send out orders on time.

"My team are professional sewers and the quality is beyond anything," Laura beams. "We test our products every day and everything we make we put on our children. If it's not right, we won't sell it."

So is she still the boss? "I'll let Laura answer that," laughs Adam.

"Sometimes we have to agree to disagree but we bring different things to the table," Laura adds. "I started the sewing, but Adam had such a massive input in the creation. I had to learn to take his opinion very quickly."

The business was such a success that Laura and Adam were able to afford their dream wedding in Cyprus. The pair exchanged vows on a beach, surrounded by their family, and had a private reception on a boat on the Mediterranean Sea.

"I jumped in the sea with my hair done and everyone shouted 'Oh my God,'" laughs Laura. "I just

didn't care. I had lots of wedding outfits, from a dress to a leotard. It was amazing."

Back on home soil, Forever Sewing designs have been snapped up by fashion brand Next, which sells its junior and adult outfits, summer clothing and more. The website is going strong, too, and shoppers can spend time on it designing their own clothes in matching fabrics and colours.

"People really do love the clothes so much that they buy more in all of the different colours," says Adam. "They're all custom-made and make kids look smart and feel comfortable."

So far, it's been a fantastic year for Forever Sewing, but Laura is always cautious about the future.

"Selling in big shops comes with a lot of pressure," she confesses. "I still have three hours of sleep a night sometimes because I worry about things. I always wonder if we'll be OK – but we're working on some really exciting things. Everyone and

their dogs are doing loungewear now, so we need to step it up.

"We haven't changed at all as people and we want to keep it that way," she adds.

Looking back on the last three years, the pair can't quite believe their success and the fact that all the hard work has paid off so well. It's all about being personal, says Laura, and giving back to loyal supporters who bought the clothes from the start.

"I never thought I'd have this business. It was a genuine passion and I just wanted to make my own clothes," she reflects. "If you want to do something, go ahead and do it. Be inspired and be original." 📌

Forever Sewing has an exclusive new ribbed fabric for its matching baby-adult range. For information, see foreversewingx.co.uk and Instagram @foreversewingofficial.

"If you want to do something, go ahead. Be inspired and be original"



INTERVIEW



From above: Former TOWIE star Dan Osborne and his children make a match of it in Forever Sewing gear; some of the brand's initialled range; Laura, son Nate and twins Aubry and Addy



LITTLES & LOVES PHOTOGRAPHY / INSTAGRAM

He is one of the most
recognisable faces
in period drama, but
Stephen Campbell
Moore's latest venture
sees him slap bang
in the 21st century

Words by David Stephenson

Stephen Campbell Moore is a charming, self-effacing actor whose appearance on a cast list is a reliable badge of quality. You will recognise him from many period dramas, including *The History Boys*, *The Last Post*, *Wallis & Edward*, *Ashes To Ashes* and *He Knew He Was Right*. He also made a convincing Irish assassin in the recent *Downton Abbey* film. Now he's dealing with a completely new genre, science fiction, for a promising new project – another version of HG Wells' classic *War Of The Worlds* on Fox.

Stephen, 42, is good company when we meet in a central London hotel and admits he is living life to the full now after two connected health scares. In the first, a benign tumour the size of a walnut was found on his pituitary gland, and in the second, he underwent major brain surgery to have it removed when it returned, five years later, in 2017. During that period he also married one of TV's biggest stars, Claire Foy (*The Crown*), and they had a baby daughter, Ivy Rose, now four. The couple have since divorced. Much has happened in the past eight years, as he acknowledges.

"The health scares did change my outlook on life, but no more than having a child.

"I think it's like a lot of things. You have to face up to a possibility and then decide how you're going to be about it. Are you going to collapse or enjoy the rest of your life?"

Stephen has taken a very positive view on coping with illness.

"Coming to terms with things, really coming to terms with things, didn't come straight away. But I do think any illness – I don't want to be crass about this because people might disagree – is an opportunity. Everybody's going to be ill at some point, we're all going to die. So if you're faced with that you can either recognise it and get on with your life or you can get all upset about it."

Stephen laughs. He agrees he's very happy and has moved on. "Yes, I have."

His sanguine attitude to life may also have much to do with being pictured with the



beautiful Sophie Cookson, star of the recent Christine Keeler drama, and reports that the couple are part of a new "Primrose Hill set" in north London. But it's not a subject for discussion today.

His path into acting is a little like a plot from *The History Boys* or *Dead Poets Society*, where a maths teacher at his school, in Hertfordshire, encouraged the boys to put on plays.

"I went to a boys' school which was a mix of half-boarders and day boys and, for a fee-paying school, it was quite a mix of boys whose fathers were either in solid professions or had, for instance, an East End trucking company.

"There wasn't a drama department but there was an inspired maths teacher who liked to put on productions at the school. He did teach me some maths as well. Schools like this do serious stuff, such as Shakespeare, but I remember doing *Wind In The Willows* and playing Toad, and thinking, 'I'm out there

now. I've broken through Jacobean drama.' The maths teacher put on all the productions, and from there I went on to perform in an open-air summer festival. Then another teacher said, 'Have a go at drama schools', which I did."

Stephen then trained at the prestigious Guildhall School, alongside Orlando Bloom, where he won a gold medal in his final year.

"Suddenly being with opera singers, jazz performers and actors felt like being in a very creative place, and I could see three years ahead of me. Even if I didn't become an actor, it felt that in this sort of creative hub I could find out a little bit more about me than I would studying history, or something else."

His parents were very supportive. "They were great. But I do often think about it. I don't think it was a particularly responsible thing to do but they did have that thing of 'whatever you do, you're going to be OK'. It's nice for someone to set you free and say, 'Follow that line.' That



With Joely Richardson
in *Wallis & Edward*



Stephen as
Jonathan
Gresham in
*War Of The
Worlds*



Stephen and the
cast of *The History Boys*



In *The Last Post* with
Jessica Raine

said, I didn't have anything else in mind," he laughs. "But it did bring me out of myself. I also learned how to fail without shame."

There seems to be little potential for that in his latest eight-part thriller, which gives *War Of The Worlds* a 21st-century setting. Stephen plays an advertising man who is keeping a secret from his wife (Natasha Little), but who then finds himself trapped in Paris and separated from his family.

"I'm playing this guy, Jonathan Gresham, who's working in Paris on some very important projects on toothpaste and various other things. He also seems to be on the edge of an extramarital affair. We're clearly aware that things aren't going well."

Inevitably, there's an alien invasion and, in the style of *The Walking Dead*, the characters team up for survival. But not before his character is rather convincingly submerged "in the River Seine" after a car crash. "That whole stunt was filmed outside at an old Heineken

storage factory in Newport, Wales. We were really joining the dots on this one.

"It's the first time I have done something like that with training for scuba diving so you can grab some air between takes. We basically took the shell of a car, turned it upside down and filled it with water – which after 'day three, take 24', was tough. The upside was that after that long in the car, the water started to look a little more like the actual Seine.

"I wasn't nervous. I felt safe because I'd done the training. There was also the speeding car sequence. I think those things are thrilling. It's not often in real life you put yourself in the hands of someone else, and you have to hand over trust. Otherwise, I do a lot of running in this, sometimes for 30 takes. The writer actually said to me after seeing it, 'It's so nice to meet an actor who can run.' It was a pleasing compliment."

And the aliens? "You see a dog-like creature, which is robotic, hard, determined with a

rhythmic pace, which is not fast, but not to be stopped either. They're murderous."

He didn't see the recent BBC *War Of The Worlds*, but doesn't believe this adaptation has a heavy, underlying theme.

"This is a character-driven piece. My character is complacent in his own world and never has to worry about his next meal. Is he going to stand up or fall down? That was the attraction for me. A long-form drama allows you to see that human behaviour is not always consistent."

Nor it seems are drama bosses. Whatever happened to the excellent BBC drama *The Last Post*? No second series.

"You're not the only person to mention that drama. I don't really know why it didn't get a second series. Sometimes it has to do with a commissioning executive moving on. But we'd all like it back. I'd be a general by now." 📢

War Of The Worlds starts on Fox on Thursday at 9pm.



Meet Crete

Discover beach life, culture and fine dining on Greece's largest and most stunning island

Sitting on my lounge reading Simon Jenkins' *A Short History of Europe* (yes, I don't get out much), the opening page talked about the importance of Crete. Described as the centre of Europe's first civilisation, everyone, it seems, even centuries ago, wanted a piece of Cretan action. And it is easy to see why.

A beautiful island, the largest of the Greek collection, with mountains, sea, sunshine, lovely

people and gorgeous food – what's not to like here?

We based ourselves at Creta Palace, part of the Grecohotel group, about an hour from the capital Heraklion, for a fly-and-flop break taken to another level. The resort is so spacious, with its own very long beach and two large pools – and more than enough sunloungers for everyone. Being right on the beach was heaven. There's nothing better than an early morning or late evening dip in the sea to blow away the cobwebs.

We had gone for half board so we could mix and match how we dined, giving us the opportunity to go and explore during the day or evening.

It was hard to tear ourselves away, though, as the food here is incredible. The breakfasts had everything from fry-ups to Greek yoghurt and delicious fruit, while the buffet-style dinners had so much choice – fillet beef, dauphinoise potatoes, incredible Greek salads, lasagne, fish, pasta...

Even our room was well stocked with food and drink – a beer costs five euros and a G&T is 12, but these are European measures, so much larger and less watered. And there is something really decadent about having a beer brought to you as you lie by the pool.

There is on-site entertainment most evenings and we heard some great bands doing covers of the likes of Patti Smith, Amy Winehouse and Sade.

One of the highlights of our trip was visiting Grecohotel's Agreco



The grand entrance
at Creta Palace
in Rethymno





Facing page: The old Venetian harbour in Rethymnon. Above: Creta Palace's Zeus + Amalthia Sky Bar Restaurant

Farm, a 20-minute drive from the resort. The 40-hectare estate grows a variety of vegetables and herbs and produces its own olive oil and wine. You can see how people used to farm centuries ago, pressing grapes under foot and squeezing olive oil out through "machinery" pulled by a donkey.

The farm has kri kri (Cretan goats), bantam chickens, wild boar and sheep, and when we visited ducks were happily quacking as they wandered among the olive trees and vines. The meal we had here was utterly sublime, cooked

from mostly homegrown produce. It was simple Cretan food done spectacularly – lamb cutlets, melt-in-the-mouth potatoes and vegetable stews.

And midway through the meal some of the staff donned Cretan dress to give us a high-kicking, fast-spinning, thigh-slapping show of traditional dancing. Everyone was encouraged to join in, but with so many courses and a shot of very indulgent raki, we could barely move.

The next day it was time to walk off all that food, so we headed off

to Rethymnon, a short distance from the resort and with more charm than you can shake a stick at.

It is one of the best preserved cities on the island and at times you could be forgiven for thinking you aren't in Greece. The cobbled streets and architecture with arches, minarets, monasteries and mosques all hint at the island's Venetian and Ottoman past. It is the perfect place for an evening stroll and as night falls, the twinkling lights and colours are so beautiful.

The old town is a good pit stop for shopping, too, with everything from jewellery and art to Greek pastries. Well, it would have been rude to say no... **S**

Margaret Hussey

Rooms at Creta Palace Grecotel luxury resort start at £145 per night in low season and £330 per night in high season for a double room with sea view for two people with buffet breakfast included. For more information, visit cretapalace.com.



Cooking up a storm on a Cretan beach



Arkadi Monastery dates from the 16th century

GETTY IMAGES / HEINZ TROLL

What doctors tell their friends

Which single piece of advice would medics and health experts give their nearest and dearest?

Words by Michele O'Connor

The professor of medicine

If your doctor wants to prescribe medication to reduce your blood pressure, ask for ambulatory blood pressure monitoring (ABPM) where blood pressure is measured at regular intervals over a 24-hour period at home first, advises Professor Gareth Beevers, from Blood Pressure UK (bloodpressureuk.org). This is the “gold standard” of blood pressure measuring and gives far more accurate readings than a single measurement in the GP surgery. The next best option is to buy your own monitor (from £15 to £20) and check your blood pressure at regular intervals at home – writing down the results. But make sure the machine is endorsed by the British and Irish Hypertension Society and ask your practice nurse or pharmacist for guidance on using it correctly.

The hygiene expert

Divide your shopping bags for life into clean and dirty, advises chartered environmental health practitioner Dr Lisa Ackerley (thehygienedoctor.co.uk). “We may be saving the planet by reusing plastic bags but we could be risking our health,” she says. “A recent US study found large numbers of harmful – and even life-threatening – bacteria in

reusable bags. When food shopping, put poultry, meat and root vegetables in one bag, keeping possibly harmful bacteria away from ready-to-eat foods.”

The intensive care consultant

Consider sepsis, says Dr Ron Daniels BEM, intensive care consultant and chief executive of the UK Sepsis Trust (sepsistrust.org). If you have the symptoms of an infection and feel worse than you have ever felt before, ask your GP if it could be sepsis. Or if you're at home, dial 999 and get to A&E. A difference of just one hour in receiving treatment can mean the difference between life and death.

The dermatologist

Wear sunscreen all year round, says Dr Raj Thethi, aesthetic doctor, Skin Radiance Clinics (skinradianceclinics.co.uk). The strength of the sun does not depend on the weather and UVA rays penetrate our atmosphere all year round and can damage skin. So sunscreen should be worn every day under moisturiser.

The psychotherapist

Don't take unnecessary medication, advises Dr Mike Dow,

psychotherapist and author of *The Brain Fog Fix: Reclaim Your Focus, Memory And Joy In Just 3 Weeks* (Hay House, £12.99). Many of us are taking over the counter and prescription drugs, including aspirin, antibiotics, birth control pills, asthma medications, ibuprofen and steroids, that we don't need. All of these can deplete B vitamins (essential for boosting mood and energy) and may increase the risk of inflammation in the brain, causing it to age more rapidly and think less clearly.

The wellbeing adviser

Switch off at home time, advises director of wellbeing at Westfield Health Richard Holmes. In today's digital world, it's easy to think you need to be available 24/7, to check emails in the evening or even on holiday. Establishing clear

boundaries, particularly when it comes to technology, is essential to switching off. Put on the out-of-office reply, turn off your work phone and don't pack your laptop when you leave the office.

The gut doctor

Try new foods, suggests Dr Anton Emmanuel, consultant gastroenterologist at University College Hospital and medical director for Guts UK (gutscharity.org.uk). A recent study found 60 per cent of Britons eat the same





GETTY IMAGES

foods every day and however healthy the foods, that's not good for our guts. The digestive system needs a wide range of food to absorb the nutrients and minerals we need.

The varicose veins specialist

"Don't ignore aching legs," warns Professor Mark Whiteley, consultant surgeon and clinical director of the Whiteley Clinic (thewhiteleyclinic.co.uk). Thirty per

cent of adults have varicose vein problems in their legs – but only half of them can see varicose veins on the surface. The other half have "hidden varicose veins" beneath the skin which they aren't aware of until they get aching legs, swollen ankles, phlebitis, eczema, red or brown stains on the ankles or leg ulcers. And no doctor or nurse can say you don't have "hidden varicose veins" until you've had a duplex ultrasound scan.

The dentist

Don't replace amalgam fillings purely because you don't like the look of them or are worried about mercury, says Sally Rayment, restorative dentist at the Implant Centre Hove (theimplantcentre.com). Replacing them can trigger a cascade of problems if the nerve becomes compromised.

The snoring expert

Don't buy anti-snoring devices and gadgets until you've worked out

the cause of your snoring, warns Marianne Davey, director of the British Snoring & Sleep Apnoea Association (britishsnoring.co.uk), which carries interactive tests on the website to help people do so. Although there are numerous snoring "cures" on the high street – from anti-snoring rings that work on the principles of acupuncture to herbal remedies and electric shock devices, there is no good clinical evidence of their effectiveness – despite some that falsely claim to be "NHS validated".

The happiness expert

Don't procrastinate, says Dr Andy Cope, positive psychologist and author of *Zest: How To Squeeze The Max Out Of Life* (Capstone, £10.99). There is never a "good" time, but if you're consciously considering when that time might be, as a rule of thumb it's now. Heed the advice you would give to your friends and act rather than detract, enthuse rather than excuse. People's biggest regret the world over is... regret.

The nutritional adviser

Ignore any health claim on the front of the packet, says health coach Olly Leicester (ollyleicester.co.uk). Phrases like sugar-free, vegan, gluten-free only tell you what is not in the product and not what is. The ingredients list on the back of the packet is what you need to read. "My mantra is if your food is wrong, medicine is of no use. If your food is right, medicine is of no need."

The fertility expert

Curb your coffee habit if you're trying to conceive, advises fertility specialist Dr Victoria Walker of international fertility clinic Institut Marquès. Increased caffeine consumption has been linked to infertility, so stick to decaf. Studies have suggested caffeine can prevent an egg from maturing properly and since a less mature egg may not fertilise successfully,

this can affect the chances of falling pregnant.

The paediatrician

Trust your instinct, says Dr Tim Ubhi, consultant paediatrician and founder of The Children's e-Hospital. If you feel something isn't right with your child, it probably isn't. Always trust your instinct and seek medical help. If your GP insists your child is OK but your gut feeling is there is something wrong, ask for a second opinion.

The osteopath

Don't run, advises Garry Trainer (garrytrainer.com). The human body is designed to walk – and to run occasionally when the "fight or flight" mechanism kicks in. The compressive force and wear and tear on the lower spine and joints simply wears everything out faster. To get your heart rate up, have intervals of building up from a fast walk to a light jog then a slow run and back again.

The podiatrist

Treat your feet like your face, says podiatrist Heena Patel (heenapatelpodiatry.com). Just as your face ages, your feet go through the same process. Invest in a rich foot moisturiser and use it every day. Drinking plenty of water helps maintain the elasticity of the skin on the feet as well as your face.

The pharmacist

Don't pay up to 10 times more for a pack of brand-name painkillers, says Sunil K Kochhar, consultant pharmacist for dearPHARMACIST.info. He says, "There's the notion that, as with supermarket shopping, named brand products are better." In fact, you're usually paying more for the colour and style of packaging. All products, branded or generic, have to be manufactured by law to the same minimum standard. **S**

For all books mentioned, see Express Bookshop on page 77.



Jane O'Gorman

Our agony aunt gets to the heart of your relationship problems

My brother gets away with pleading poverty

I have a brother who never contributes a penny to collections but still expects his name on cards and gift tags. How can I maintain an adult relationship with him when he's 38 years of age but continues to act like a penniless brat?

Our parents will be celebrating their 50th wedding anniversary in June. They're still very active and adventurous, so several of us have decided to chip in for some holiday travel vouchers. Mum and Dad have always fancied a cruise, so we'd like to help make that dream a reality. However, our youngest brother is pleading poverty, yet again.

He has a job and a partner and a normal life, but he deeply resents putting his hand in his pocket. I've suggested he make a

token contribution of £10 but, apparently, even that is too much. Besides, he doesn't see why he should have to cough up when my sister and I earn so much more than he does. The other day he actually branded me "insensitive and mean" for daring to approach him at all. I just find this attitude so pathetic, don't you? Especially as our parents have always done so much for him.

He's had a fortune from them over the years and I know our mother put up with a lot of trouble from him after I left home to get married.

He's insisting his name is included, along with ours, on anything given to our parents and rants that it will look spiteful and odd if he's left off. My cousin says he's not worth bothering with and

I should simply do whatever he wants. But why should he be allowed to get away with always being tricky and difficult?

When our grandmother was dying, he was the first person into her house putting stickers on all the things he wanted. My sister and I still don't know what happened to her diamond engagement ring. Our mother mutters that it got lost in the eventual house clearance, but I have my own thoughts on that.

I suspect your long-suffering parents, more than anyone, know what makes your complicated brother tick. Don't forget that they raised him and dealt with his "quirky ways" long after you ceased living at home.

I agree with your cousin who suggests taking the easiest route. Stick your brother's name on your parents' card and gift tag and then walk away. Of course it seems grossly unfair that he appears to "get away" with leaning on the rest of you, but he experiences very small victories. Besides, is he honestly going to change his ways now? If he's jealous of you and what you've achieved, then I very much doubt if he's going to soften or become more reasonable in the foreseeable future.

Rise above his provocations and be the bigger person. Don't allow him to get to you and don't allow this episode to split the family or cause a feud. Enjoy your parents' party and wish them well. That said, there's always the possibility

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* Calls cost 80p per minute plus your telephone company's network access charge and last approximately four minutes.



Sex matters

I wonder if my boyfriend is confused about his sexuality. We cuddle all the time but haven't had intercourse in over a year. He boasts that we enjoy a brilliant love life, but his idea of sex and mine seem to be miles apart. When I suggest an early night he visibly shudders and says, "We don't want to be doing with all that messy stuff, do we?" Well, actually, I do. I miss passion and physical contact but he simply doesn't seem to be bothered anymore.

It's vital you tell your boyfriend that you're unsatisfied and confused. You love him but miss full sex. Kisses and cuddles are lovely, but you don't feel you're being taken seriously. What's going on in his mind? Has he lost his sexual confidence? You can't afford to waste your time if things are never going to go back to how they were before. If you crave a full sex life, or even children, then you owe it to yourself to call time if this relationship isn't working.

that he's in debt or struggling for money in which case even £10 would be a stretch. Is he a gambler? Could someone ask him if he needs professional help? Remember, nationaldebtline.org can help.

He may be your exasperating brother, but he's still a human being and could need more support than you realise. Whatever happens don't make accusations regarding your grandmother's missing ring – you have no proof.

Contact Jane at S Magazine, Second Floor, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN or email jane.ogorman@express.co.uk. Jane regrets that she cannot reply personally to your letters.



Doctor, doctor

Dr Rosemary Leonard MBE is a GP with many years' experience working in London's top teaching hospitals

I've been feeling really tired recently and my doctor says I ought to have blood tests done to check for an underlying cause, but I just can't face it.

Just the thought of a needle makes me feel faint.

Needle phobia is very common, affecting at least one in 10 people. In some, it is because of

bad childhood experiences, while others have fainted after an injection and are scared it will happen again. In others, it's just anticipation of pain, but this is rarely as bad as you imagine it will be. The health professionals who do blood tests are used to people being frightened, so admit

it straight away, so they can take extra time to reassure you. Lying down can usually help.

Contact Dr Leonard at S Magazine, Sunday Express, Second Floor, Northern and Shell Building, 10 Lower Thames Street, London EC3R 6EN, or email dr.leonard@express.co.uk. Dr Leonard regrets that she cannot reply personally to letters. Read her column every Tuesday in the Daily Express.

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Victoria Gray's best...



Kartell Componibili four-drawer unit, £145, Amara (amara.com)



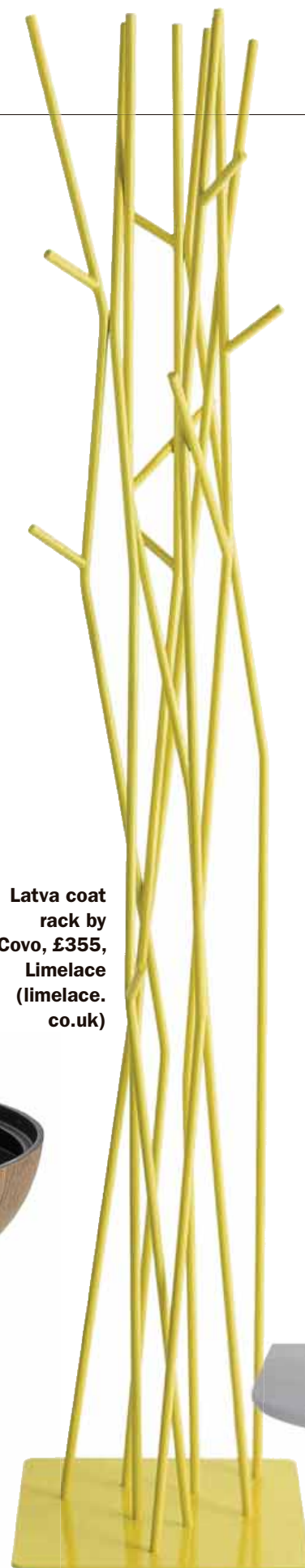
Harvard bar cabinet, £399, John Lewis & Partners (johnlewis.com)

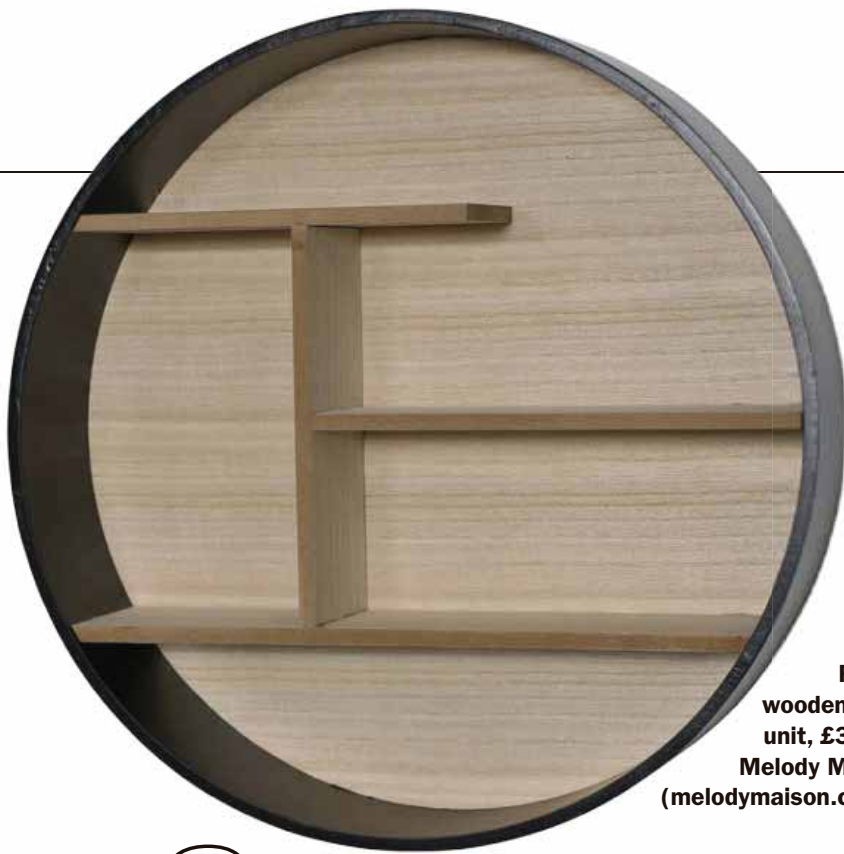
Bert mushroom storage coffee table, £130, Habitat (habitat.co.uk)



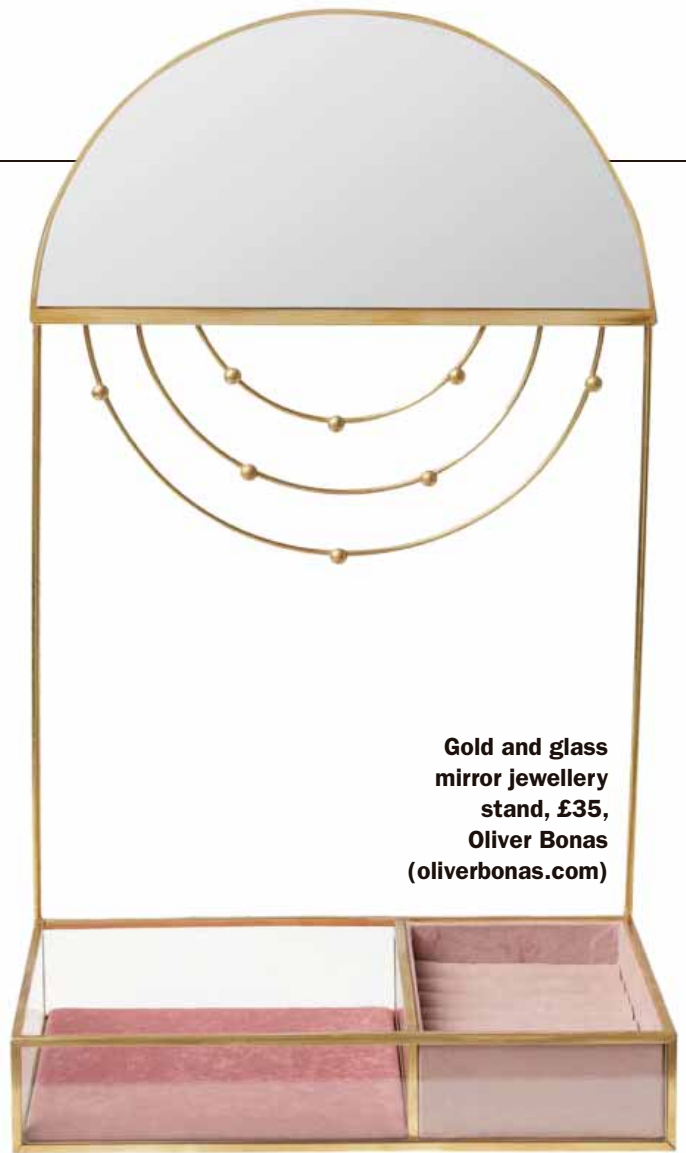
Rondo table, £238, Beaumonde (beaumonde.co.uk)

Latva coat rack by Covo, £355, Limelace (limelace.co.uk)





Round wooden shelf unit, £31.46, Melody Maison (melodymaison.co.uk)



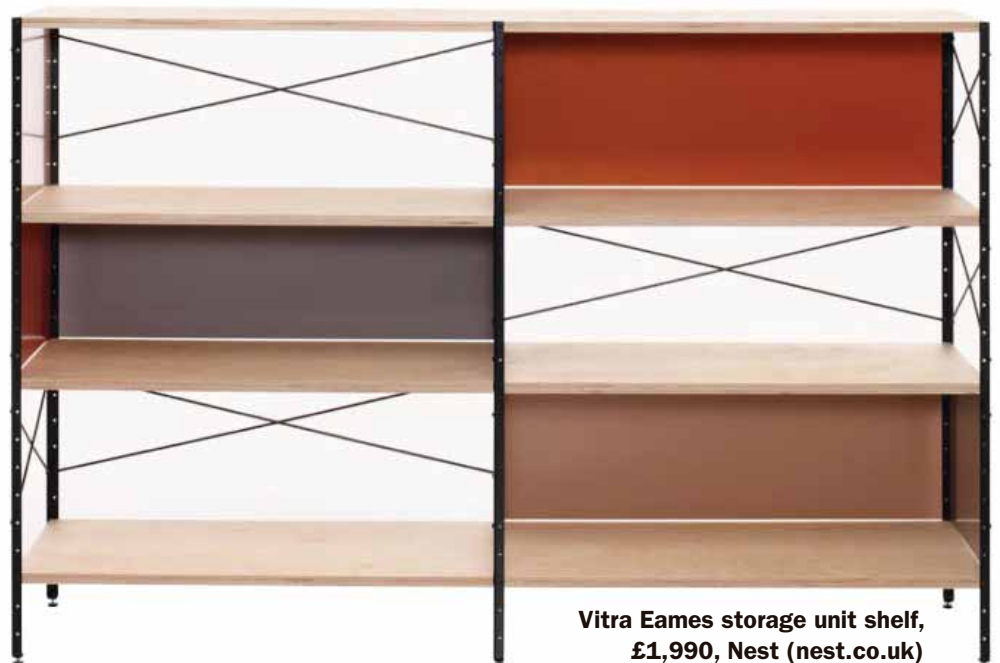
Gold and glass mirror jewellery stand, £35, Oliver Bonas (oliverbonas.com)

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Oak moon modular bedside table, £272, Woodendot (woodendot.com)



Vitra Eames storage unit shelf, £1,990, Nest (nest.co.uk)



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Compiled by
Victoria Gray





Clockwise, from top left:

Create a calming environment in your bedroom with soft, muted tones. The bedframe (just seen) is from the Ercol Teramo range and costs £859 for a double from Furniture Village (furniturevillage.co.uk). For similar bed linen, check out the French Bedroom Company's Lisbon collection in pink. Prices start at £40 (frenchbedroomcompany.co.uk)

Get a really good night's rest in this Emilia bed from sofa.com. With an exposed oak frame and an opulent soft-scrrolled semi-upholstered headboard in soft alabaster-coloured brushed linen cotton, it is inspired by classic French styling. It costs from £650 for a single bedframe (sofa.com)

This striking, scrolled ironwork console table makes a lovely bedroom statement. The top is made from a single piece of solid pine with a natural, rustic grain. The table costs £1,200, while the Harper mirror is £295, both from Cox & Cox (coxandcox.co.uk)

Sainsbury's has launched this exclusive range of sustainable bed linen made with a blend of recycled fibres from plastic bottles and sustainably sourced cotton. The bed linen is super soft to the touch, easy to care for and offers sleepers a comfortable – and ethical – night's sleep. Prices start at £19 for a single set (sainsburys.com)

Layer cushions to create an opulent and cosy atmosphere in your boudoir. This selection of embellished beauties is from Laura Ashley. Prices start at £30 (lauraashley.com)



Acacia Hardwood Lutyens-style Bench

ONLY £139.99 P&P £6.95

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Garden
Gear

Create the perfect haven to sit back and enjoy a cup of tea while admiring all your handiwork in the garden with this stunning, decorative acacia hardwood Lutyens-style bench from Garden Gear. Inspired by the English architect Sir Edwin Lutyens, this iconic bench is a design classic that will look great on any lawn or patio. Famous for

its distinctive shape and curved, flowing lines, the Lutyens-style bench complements any outdoor space and will give you the perfect seat to relax on this summer.

Measures: W130 x D51 x H90.5cm.
Maximum load weight: 180kg.

Also available to complement your bench is a beautifully crafted coffee

table ideal for drinks and snacks. Measures: W97 x D39 x H40cm. Maximum load weight: 50kg. The bench and table are made from durable, long-lasting acacia hardwood which is water-resistant, and they have also been pre-treated with oil to help prolong their life. Home assembly required.

Due to courier limitations we are unable to deliver this item outside mainland UK, or to Scottish Highlands, Isles or BFPO addresses.

G2860 Acacia Lutyens-style Bench

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Golden slumbers

Sleep soundly with our bedroom essentials

Compiled by Victoria Gray



Certain scents can affect your mood and help you to feel more calm and relaxed. This lovely candle has notes of lavender blended with subtle elements of citrusy bergamot. It is £12.50 from Hudson Home (hudsonhome.co.uk).

A neat and tidy room will aid a restful night's sleep. Declutter your bedroom and create a space that's clean, neat and organised. Good storage is key to achieving this. Loaf's Pimpernel chest (left) has three deep drawers that have been given a coat of pink paint on the interior. It's £795 from loaf.com.



This luxurious mulberry sleep eye mask is made from the finest, long-fibre silk. It is softly padded with silk gauze that's gentle on the delicate eye area and naturally hypoallergenic. It is £30 from the Chalk Pink Linen Company (chalkpinklinencompany.co.uk).



The Foxlands bed frame, from Argos, is made from solid pine and costs £299 for a double. It has louvre-style panelling on the headboard and foot end and its base has sprung wooden slats for comfort (argos.co.uk).



The Dodow Relaxation and Sleep Aid Light encourages you to breathe in time with its light pulses to create a calmer state of mind and help you drift off to sleep. It is £49.99 from John Lewis & Partners (johnlewis.com).

Brook + Wilde's exclusive range of high-quality mattresses are manufactured in the UK and have seven layers of comfort, including cooling memory foam and innovative "wave technology" for better pressure relief and spinal alignment. Mattresses are available in soft, medium or firm and are guaranteed for 10 years. The brand is also committed to environmental issues and plants one tree for every mattress sold. Prices start at £499 for a single (brookandwilde.com).



The Wool Room's classic duvet is made from 100 per cent British wool and 200 thread-count, organic, unbleached cotton. The wool filling helps to regulate body temperature and controls moisture, ensuring a good night's sleep. Prices start at £124.99 for a single duvet (thewoolroom.com).



Fresh thinking

Prue Leith creates delicious vegetarian dishes using a fusion of flavours, textures and colours

Compiled by Victoria Gray Photographs by David Loftus

Harissa falafel wraps with quick-pickled cabbage

Serves: 4

For the quick-pickled cabbage:

125ml (4½fl oz) apple-cider vinegar

1 tbsp caster sugar

1 tsp salt

1 tsp yellow mustard seeds

½ tsp black peppercorns

125ml (4½fl oz) water

1 shallot, thinly sliced

200g (7oz) red cabbage, thickly sliced

For the falafels:

50g (2oz) quinoa (dry weight)

240g (8½oz) tinned chickpeas, drained

1 tbsp harissa paste

2 garlic cloves, roughly chopped

½ tsp ground coriander

½ tsp ground cumin

1½ tbsps plain flour, plus extra for coating

½ tsp baking powder

1 small onion, roughly chopped

A handful of flat-leaf parsley, stems removed

A handful of coriander, stems removed

Salt and black pepper, to season

5 tbsps vegetable oil, for frying

For the tahini dressing:

2 tbsps tahini

2 tbsps lemon juice

½ tsp white-wine vinegar

For the wraps:

4 soft tortilla wraps

2 Baby Gem lettuces, washed and chopped

1 avocado, halved, stoned, peeled and sliced

● To make the pickling liquor for the cabbage, combine the apple-cider vinegar, sugar, salt, mustard seeds and peppercorns in a small saucepan with 125ml (4½fl oz) water and bring to the boil. Remove from the heat as soon as it boils. Put the sliced shallot and cabbage into a clean, heatproof jar, then pour the hot pickling liquor over it and press the cabbage down to ensure it's all submerged. Leave it to cool, seal with a lid and refrigerate it for at least a few hours or ideally overnight.

● To make the falafels, cook the quinoa in a large pan of boiling water for 10 minutes or until it is tender. Drain and allow it to cool.

● Put the chickpeas, harissa paste, garlic, spices, flour, baking powder, onion and herbs in a food processor and blitz smooth, adding a tablespoon of warm water if it is dry and crumbly.

● Keep adding warm water, a tablespoon at a time, blitzing between additions, until you have a paste that will hold together (you may need up to 6 tablespoons).

● Transfer the mixture to a bowl, then stir in the quinoa, season to taste with salt and black pepper, and chill in the fridge for at least 1 hour.

● To make the tahini dressing, combine all the ingredients with 3 tablespoons of warm water in a small bowl and whisk until smooth. Season to taste.

● Using clean hands, take egg-sized lumps of the falafel mixture in your hands and shape them into patties (the mixture should make about 12). Press them together then roll them gently in flour – they will be fragile, so handle them with care.

● Heat the oil in a heavy-based non-stick frying pan over a medium-high heat. Fry the falafels in batches, carefully flipping them over halfway through cooking, until they are golden brown on both sides. Transfer to a plate lined with kitchen paper to soak up any excess oil.

● Spread a generous spoonful of tahini dressing on each wrap, then divide the lettuce, avocado and falafels between them. Add some pickled cabbage to each, then drizzle on a little extra tahini dressing. Wrap them up tightly and serve immediately.



Prue with her niece, food writer Peta Leith



Paneer curry

Serves: 4

4 tbsps vegetable oil
 1 onion, diced
 2 garlic cloves, finely chopped
 1 mild red chilli, finely chopped (with seeds)
 2½cm (1in) piece of ginger, peeled and finely chopped
 1 tbsp tomato purée
 1 tsp ground cumin
 1 tsp garam masala
 1 tsp hot curry powder
 1 x 400g (14oz) tin chopped tomatoes
 100ml (3½fl oz) double cream
 Salt and black pepper to season
 100g (3½oz) baby leaf spinach
 250g (9oz) paneer, cut into bite-sized cubes
 100g (3½oz) frozen petits pois
 A pinch of caster sugar
 Squeeze of lemon juice
 Rice and/or naan bread to serve

- Heat 2 tablespoons of oil in a large saucepan over a medium heat then add the onion, garlic, chilli and ginger. Sauté for 3-4 minutes until the onion is soft and translucent then add the tomato purée, cumin, garam masala and curry powder. Cook for 30 seconds before adding the tinned tomatoes and double cream.
- Season well with salt and black pepper, bring the mixture to the boil, reduce the heat and simmer for 10 minutes.
- Rinse the spinach leaves.
- Meanwhile, heat the remaining vegetable oil in a frying pan over a medium-high heat. Add the paneer and fry it, turning it frequently until it is golden brown and crisp all over. Add the paneer to the curry.
- Return the curry to the boil, then reduce the heat and simmer for a further 10-15 minutes.
- Add the frozen petits pois and spinach, return to the boil and simmer for just a few minutes until the peas are cooked and the spinach wilted.
- Add the sugar and a small squeeze of lemon juice, check the seasoning, and serve with rice or naan bread.



Kedgeree with dark leafy greens

Serves: 4

150g (5oz) basmati rice, rinsed

70g (3oz) unsalted butter

2 large brown onions, chopped

1 medium red chilli,
deseeded and finely chopped

2½cm (1in) piece of ginger, peeled and
finely chopped

¼ tsp ground cumin

¼ tsp ground turmeric

½ tsp garam masala

2 tsps hot curry powder

250g (9oz) fresh spinach, washed

200ml (7fl oz) double cream

Salt and black pepper, to season

½ lemon

4 large eggs, hard-boiled and peeled

● Cook the rice in a large pan of boiling water until tender. Drain and set aside.

● Melt the butter in a very large saucepan over a medium heat then add the onions, chilli and ginger and sauté until softened a little.

● Add the spices, cook for a further minute, then add the spinach.

● Cover the pan and cook for a few minutes, shaking the pan from time to time, until the spinach has wilted.

● Add the cream, bring to the boil, then reduce the heat and simmer gently for 5 minutes.

● Season with salt and black pepper then squeeze the juice from the half lemon into the sauce.

● Stir the cooked rice into the sauce and check the seasoning.

● Spoon the rice on to four plates, placing two halves of a boiled egg on top of each portion.

Reader offer

Ready, steady, cook...

This versatile multi cooker is great for whipping up a whole range of tasty meals. Suitable for frying, stewing, poaching, stir-frying and boiling, it has a non-stick surface, carry handles, non-slip feet and a thermostatic probe. To order for £19.99, plus £3.95 UK mainland postage and packaging

(£5.95, Northern Ireland), call 0871 664 2451 and quote 99217. Calls cost 12p per minute plus your network access charge.



Bing cherry and almond cake

In my first season on *The Great British Bake Off*, one of the contestants in a Christmas special was Val Stones, a great character and altogether lovely woman. She introduced me to dried bing cherries from Oregon. Bing cherries are particularly sweet and full-flavoured but are too juicy to be used fresh – they'd make the sponge soggy – so I buy the dried ones online.

Serves: 12

150g (5oz) dried cherries, preferably Bing
40g (1½oz) ground almonds
270g (10oz) plain flour
2 tps baking powder
115g (4oz) unsalted butter, at room temperature, plus extra for greasing
210g (7oz) caster sugar
3 medium eggs
½ tsp almond extract
190ml (7fl oz) whole milk
120g (4½oz) chilled marzipan, coarsely grated

30g (1¼oz) flaked almonds
● Heat the oven to 190°C/fan 170°C/375°F/gas 5.

● Grease the sides of a deep 20cm (8in) round cake tin and line the bottom with baking parchment.
● Put the cherries in a heatproof bowl, cover with boiling water, set aside and leave to soak.

● Spread the ground almonds out on a baking tray and toast them in the oven for 3-4 minutes or until just starting to colour. Be careful – they burn in a flash.

● Remove from the oven and set aside to cool.

● Sift the flour and baking powder together then add the toasted ground almonds.

● In a large mixing bowl or stand mixer, cream the butter and sugar together until the mixture is pale and fluffy, scraping down the sides of the bowl frequently.

● Beat in the eggs, one at a time, followed by the almond extract.

● Beat in half the flour and almond mixture, followed by half the milk. Add the remaining flour mixture then the rest of the milk. Beat only until everything is incorporated and there are no streaks of flour remaining.

● Drain the water off the cherries, squeeze and pat them dry. Cut the cherries up until they are the size of currants.

● Add the chopped cherries to the cake batter along with the grated marzipan and stir to distribute them evenly.

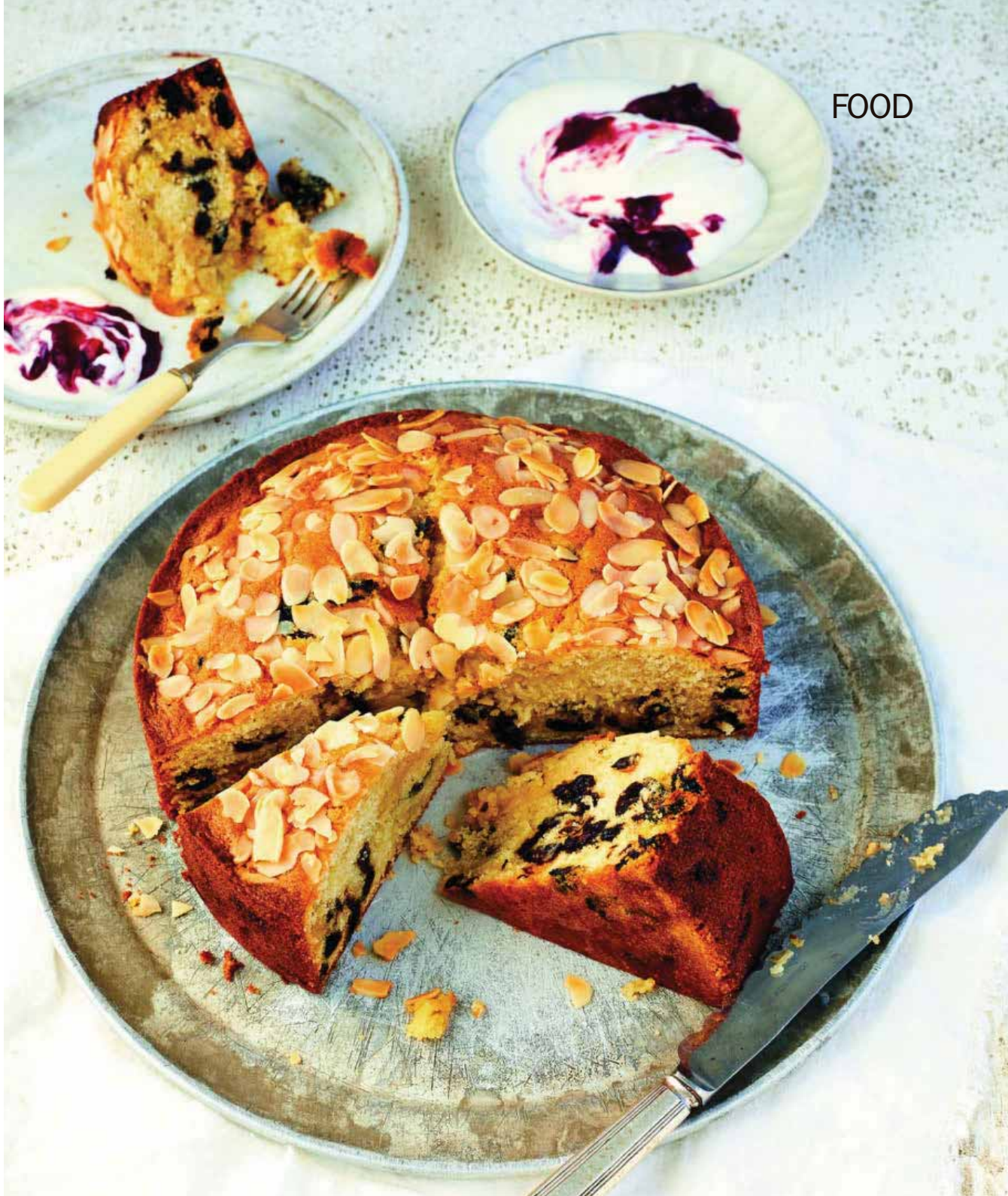
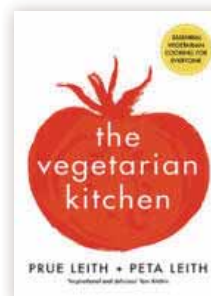
● Transfer the mixture to the lined cake tin and sprinkle the flaked almonds over the top of it.

● Bake in the middle of the oven for 60-70 minutes. Check the cake after 40 minutes and if the

top is browning too quickly, cover loosely with foil for the remaining cooking time. When it is ready, it should be well risen and golden and a skewer inserted into the middle should come out clean. If it doesn't, give it another 5 minutes in the oven.

● Remove from the oven and allow the cake to cool in the tin for 20 minutes, then turn it on to a wire rack to cool completely.

All recipes taken from *The Vegetarian Kitchen: Essential Vegetarian Cooking For Everyone* by Prue and Peta Leith (Bluebird, £25). To order your copy, call the Express Bookshop on 01872 562310 or order online at expressbookshop.co.uk. UK Delivery is free. Please note: the bookshop is no longer accepting cheques or postal orders.



Culinary delights

Edited by Victoria Gray



The Pure South Press Company has just launched the UK's first Extra Virgin Macadamia Cold-Pressed Oil. The nut oil can be used for salads and frying and contains nutrient dense, heart-healthy monounsaturated fats, as well as being vegan-friendly. It costs £4.95 for a 250ml bottle from **Tesco (tesco.com)**.

Lentil Waves is a healthy new offering from Devon-based crisp connoisseur Burts Snacks. The deliciously crunchy lentil bites are flavoured with an aromatic taste of crushed chives and blended with the cool, fresh flavour of sour cream.

They are GM free, suitable for vegetarians and have only 99 calories per 20g bag. They're £1.25 for a five-bag multipack from **Waitrose (waitrose.com)**.



A handful of these colourful carrots will count as one of your five-a-day. The No 1 Baby Topped Rainbow carrots are specially selected for their tender texture and sweet flavour. They're £2 for 150g from **Ocado (ocado.com)**.



The KitchenAid Mini Food Processor in almond cream will make light work of chopping ingredients and preparing dressings and sauces. The one-touch operation makes it effortless to use and it has two speeds and a pulse option, allowing you to create fine or coarse textures. Buy it for £69 from **John Lewis & Partners (johnlewis.com)**.



Tried & tasted

Looking for a marmalade that's a cut above the rest? Try these...

Tiptree Old Times Orange Fine Cut Marmalade, £2.30 for 454g, Tesco (as before)
Translucent amber in colour,

this sweet, fine-cut marmalade has a classic orangey flavour but it lacks a tangy kick. Could do better.

The Best Seville Orange Thick Cut Marmalade, £1.50 for 340g, Morrisons (groceries.morrisons.com)
An easily spreadable marmalade,

this has plentiful pieces of chunky rind. It is full of robust orange flavour but lacks a little bitterness.

Frank Cooper's Fine Cut Oxford Marmalade, £2.20 for 454g, Waitrose (as before)

This has a grown-up tart taste and a deeply citrus flavour, which I loved, but it may not be sweet enough for some. It's also easy to spread.

Irresistible Seville Orange Medium Cut Marmalade, £1.50 for 340g, Co-op (coop.co.uk)

Tangy with a fresh orange aroma, this marmalade is thick set with plenty of rind, adding bitterness to balance the sweetness.





Jamie Goode

Chardonnay is the all-terrain tippable and these bottles pack a fruity punch

Grapes are very sensitive to the climate – so much that the location of a wine region determines which grapes can grow. Some varieties are extremely fussy and only perform well in a few regions, while others have a broader range of potential vineyard areas. One of the most versatile is chardonnay, and it seems to make decent wine wherever grapes can be grown. So here's a round-the-world tour of chardonnay in seven wines.

Wolf Blass Yellow Label Chardonnay 2018, South Australia £8, Tesco, 13% alcohol
Chardonnay has been a great success in Australia. This is fresh and zesty with a peach and pineapple flavours and a touch of cedar spice. It's rich, but avoids being heavy or fat.

Domaine Gonon Mâcon La Roche Vineuse 2018, France £10.95, thewinesociety.com, 13% alcohol
A bright, fruity chardonnay from

Burgundy, this has great balance and an attractive lemony finish. It has a nice flow on the palate, from ripe peach through to a thin line of acidity.

Marksman English Sparkling Brut Blanc de Blancs 2015, England £25, Marks & Spencer, 12% alcohol

This English sparkling wine, made solely from chardonnay grapes, is lively and vivid with notes of lemons, green apples and herbs and a subtle creaminess. Stylish stuff.

Morrison's The Best Chilean Chardonnay 2018, Chile £7.25, Morrison's, 13.5% alcohol
Chile does well with chardonnay, and this is rounded and fruity with green apples, peaches and some citrus flavours adding brightness. It has a hint of spice and nuts and a slight sweetness.

The Wrangler Californian Chardonnay 2018, US £7.99, Aldi, 13.5% alcohol
California has a reputation for chardonnay and bottles from here tend to be quite rich and sweetly fruited. This is ripe and peachy with pear skin notes, plus cedar and mint hints.

Kumeu Village Chardonnay 2018, New Zealand £8.95, thewinesociety.com, 13% alcohol
New Zealand makes some fabulous chardonnay, but it lives in the shadow of sauvignon, the grape the Kiwis are best known for. This is fresh with plenty of flavour, showing pear, white peach and honey with some mineral hints. It's precise and stony.

Rustenberg Chardonnay 2018, Stellenbosch, South Africa £14.99, Waitrose, 13.5% alcohol
Chardonnay is doing very well in South Africa, and this has perfect balance, with bold pear and peach fruit plus notes of toast and spice. It's quite rich, but there's a citrus freshness, too. **S**



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Alan Titchmarsh



Sow dwarf nasturtiums directly into tubs or baskets



Dwarf sweet peas do well in containers

Seeds of success

Grow your own plants from scratch and you'll save a packet – but the devil's in the detail, says Alan

Raising plants from seed is the most cost-effective way of producing your own annual bedding and vegetable plants. You can do the same for many house plants, herbs and perennials, too.

Hygienic growing conditions and spotlessly clean pots or seed trays are essential, but real success depends on the attention to detail.

So for the best results, follow my simple instructions below – and pay attention to the directions on the packets.

Tiny, dust-like seeds (eg begonias)

First, loosely fill a pot with multipurpose compost, level off the top and firm it down slightly. Now spread a layer of horticultural vermiculite, about half an inch deep, over the surface.

Sprinkle the seeds very thinly and evenly all over the top, then stand the container in a dish of water for about 10 minutes or until the surface is just moist. Leave the pot to drain. Label your container with the plant's name and the sowing date.

These plants are slow growing and it will be several months before the seedlings are ready to be spaced out and moved into trays of multipurpose compost. At this stage you can plant them in small individual pots if you prefer.

Small or medium-sized seeds (eg tomatoes, peppers, most bedding plants and many vegetables, such as brassicas)

Fill a pot or half-sized seed tray with multipurpose compost, level it off and firm it down gently. Tip the seeds into the palm of your hand and, taking a pinch at a time, sprinkle them evenly over the surface of the compost so that each seed gets a small space of its own and the seedlings won't be overcrowded.

If you only need a few plants, don't sow the whole packet. For vegetables, you may want to make several sowings over a period of weeks or months so you have a succession of crops.

If you find it difficult to handle small seeds, try using a precision sowing device like the Pro-Seeder, which lets you pick up a single seed and plant it where you want.

After sowing the seeds, label and date the container, stand it in a tray or sink of water for 10 minutes, then leave it to drain.

When the seedlings are large enough to handle, prick them out into small individual pots, with bedding plants spaced an inch apart in full-sized seed trays.

Large seeds (eg peas, beans, sweetcorn, courgettes and pumpkins)

These seeds germinate fast and grow quickly, so sow them straight

GETTY IMAGES / ALAMY

into small pots or cells (individual compartments in trays), which avoids the need for pricking out.

After filling the pots or cells with multipurpose compost, place one or two seeds in the centre of each. Press them in gently so they just disappear under the surface of the compost.

Sowing in containers outdoors

Sowing hardy annual flower seeds straight into their final containers outdoors avoids the need for pricking out and replanting. Use this method for tubs of dwarf sunflowers and hanging baskets of dwarf sweet peas or nasturtiums. It's also a good way to grow annual herbs like chervil and parsley and rocket and baby salad leaves.

Hardy plants can be sown out from mid-March onwards if the weather is reasonable. Stand the containers where you want the plants to grow. Fill them to within an inch of the rim with a mixture of half multipurpose compost and half John Innes No 2 and level off. Sow large seeds a few inches apart or sprinkle smaller seeds thinly and evenly over the surface, then bury to roughly their own depth with more compost.

Water from above using the fine rose on a watering can.

If too many seedlings start to come up, carefully pull out the overcrowded or damaged plants to leave more space. No pricking out is needed. ☺



Grow dwarf sunflowers from seed in tubs



Pumpkins germinate fast

What to do in the garden this week

- Sow tomato seeds to grow in a greenhouse. In a poor summer like last year's, outdoor varieties give the most reliable results under glass.
- Plant three or four pre-chitted (pre-sprouted) tubers of early potatoes in 12-18in containers for early crops. Move them outside after the last frost.
- Choose small starter plants or plugs of *osteospermums*, *pelargoniums* or fuchsias. Grow them on a warm, well-lit windowsill in multipurpose compost. In four weeks time, nip out the tips to promote growth.



Reader offers

Gilding the lily

Introduce a touch of exotica to your garden with calla lilies – *zantedeschia*. These vibrant and glamorous flowers grow 50-60cm (2ft) tall and will brighten any summer border or patio container. They can be grown in large groups and make great floral arrangements. Buy five 12-14cm (4in) calla lilies mixed tubers for £11.99 or order 10 for £19.98, a saving of £4. All prices include p&p. Order online at shop.express.co.uk/EXP556, call 0871 664 1469 or send a cheque, made payable to Express Newspapers, to Express Offer EXP556, 14 Hadfield Street, Old Trafford, Manchester M16 9FG. Delivery is within 21 days.



Creature comforts

Keep hedgehogs snug in this charming little house fitted with a predator baffle guard to keep foxes and badgers at bay. The pitched, waterproof roof ensures the hedgehogs are cosy, while an accompanying guide sets out all you need to know about the creatures and how to keep them safe. To order for £29.99, plus £4.95 UK mainland p&p (£6.95, Northern Ireland), call 0871 664 2451 and quote 99218. Calls cost 12p a minute plus your network access charge.



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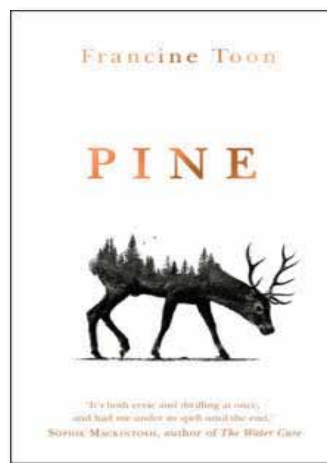
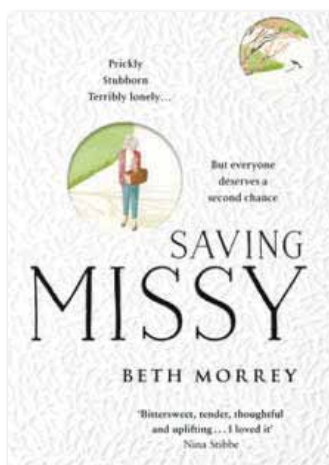
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(Puffin, £6.99)
5. **The Tiger Who Came To Tea**
by Judith Kerr
(HarperCollins, £6.99)



Charlotte Heathcote



Fiction of the

Saving Missy *****

by Beth Morrey (HarperCollins, £12.99)

Millicent Carmichael – alias Missy – is 79 and desperately lonely. She lives on her own in a vast London house, remembering the days when her children were small and Leo, her historian husband, was writing in his study. Prickly and stubborn, Missy knows her solitude is all her own fault, but by chance she meets two very different women who change her life.

Designer Sylvie is the sort of friend we'd all like to have, a can-do person who invites Missy for Christmas and declutters her house, while Angela is a straight-talking journalist who persuades Missy to look after a friend's dog for a few months. Beth Morrey says she wanted to write a book "that would make people cry in a happy way" and she's done just that. Her story of friendship, family secrets and hope is "up lit" at its best – and it's refreshing to see an elderly woman as the lead character.

Pine ****

by Francine Toon (Doubleday, £12.99)

Ten-year-old Lauren and her father Niall live in a remote Highland village surrounded by pine forest. Lauren's mother Christine disappeared without trace when she was a baby but Niall refuses to talk about it. One night, as Niall and Lauren are driving home after a Halloween celebration, a ghostly woman with wild hair and bare feet stumbles into the road. Niall takes her back to their house and puts her to bed but in the morning she has vanished. However, an old friend of Christine's tells Lauren that she sees her mother, who is "visiting to say there's trouble afoot." So is she a figment of Lauren's

imagination or has Christine returned to protect her daughter?

Francine Toon captures the wildness of Lauren's childhood, her desperation to fit into the close-knit community and her longing for her mother in an atmospheric tale of memory and loss, movingly told through a child's eyes.

The Mercies ****

by Kiran Millwood Hargrave (Picador, £14.99)

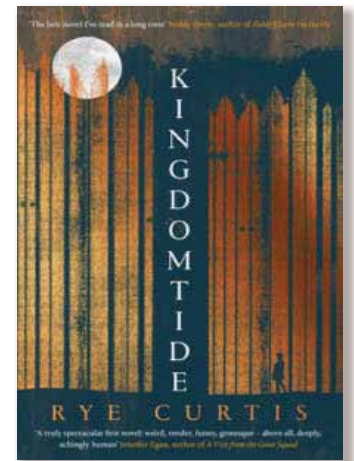
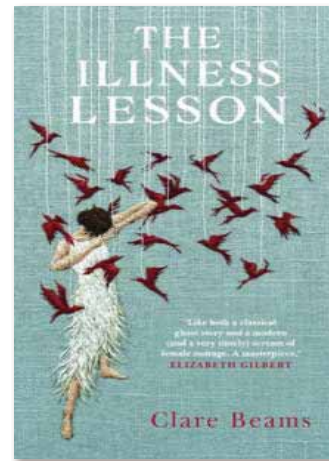
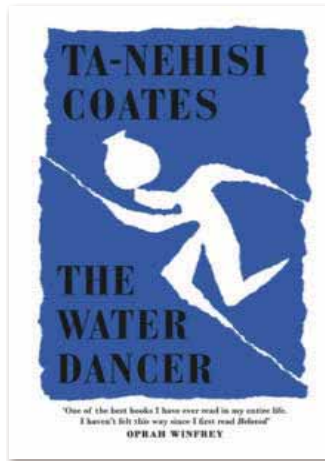
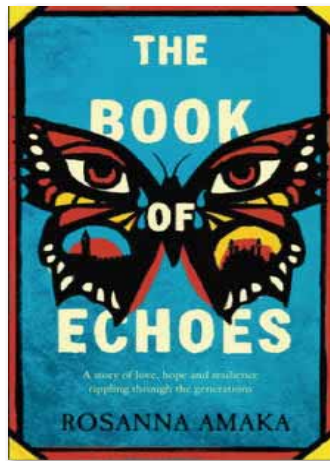
Kiran Millwood Hargrave made her name as a children's author, winning the 2017 Waterstones children's book prize for *The Girl Of Ink & Stars*. *The Mercies*, her first adult novel, is based on the events of 1617, when 40 fishermen from the remote Norwegian island of Vardo drowned in a storm.

The story is told from the view of the wives and daughters who witnessed the tragedy from the shore. After the deaths, the "bereaved, watchful women" rule the island for 18 months, until the sinister Absalom Cornet arrives to take control, accompanied by Ursa, his naive new bride. While Ursa grows to admire the Vardo women's independence and forms a close friendship with one of them, Absalom believes the island is beset by witchcraft and vows to stamp it out. A powerful story from an outstanding writer.

Nightingale ****

by Marina Kemp (4th Estate, £12.99)

At 24, Marguerite Demers leaves Paris to work as a live-in nurse in the village of Saint-Sulpice in the South of France. Her charge, Jerome Lanvier, is a cantankerous old man who was once a powerful businessman but is now frail



first order

Debut novels that will get everyone talking, reviewed by Emma Lee-Potter

and bedridden, rarely visited by his sons. Villagers like Brigitte Brochon find Marguerite aloof and mysterious and start gossiping about her. It's only Henri, Brigitte's husband, who shows her any kindness. But like Marguerite herself, Henri has a secret he's anxious to hide.

Marina Kemp's impressive first novel is a compelling read that perfectly conveys life in a small village riven by jealousy and prejudice.

The Book Of Echoes ***

by Rosanna Amaka (Doubleday, £12.99)

Rosanna Amaka began writing *The Book Of Echoes* 20 years ago to give voice to the community in Brixton, London, where she grew up. Her story is told by an enslaved 19th-century African woman whose spirit roams the Earth in search of the children she lost 200 years before. The quest takes her to 1980s Brixton, where teenager Michael is doing his best to stay out of trouble, and to Nigeria, where 11-year-old Ngozi leaves her village to work as a maid, with devastating consequences.

Eventually, Michael and Ngozi's worlds collide, but can they overcome the traumas of the past? Rosanna Amaka's dialogue falters occasionally but this is an absorbing first novel.

The Water Dancer ***

by Ta-Nehisi Coates (Hamish Hamilton, £16.99)

No one could say that Ta-Nehisi Coates' debut novel isn't ambitious. A leading commentator on racial politics in the US, he's a remarkable writer who's won awards for his journalism and essays. *The Water Dancer* is set in 19th-century Virginia and tells the story of Hiram Walker, son of a white plantation master and

a black slave. Hiram's mother is sold when he is nine and years later, as he struggles to recall her, he realises "she'd gone from that warm quilt of memory to the cold library of fact."

It transpires Hiram has extraordinary powers that enable him to travel long distances in a few seconds and when he is sold as punishment for trying to escape, he becomes involved in the underground war between slavers and the enslaved. This is a book of two halves – the first half is stunning but the second stretches credulity too far.

The Illness Lesson ***

by Clare Beams (Doubleday, £14.99)

When a mysterious flock of red birds descends on philosopher Samuel Hood's farm in 19th-century Massachusetts, he interprets it as a sign that he should open a school for teenage girls. His aim is to shape their intellectual development, but soon pupils show strange symptoms – rashes, seizures and verbal tics – and some start wandering outside at night. Samuel's daughter, Caroline, a teacher

at the school, is shocked when her father summons a sinister doctor to help, prompting her to question everything about the male-dominated world she and the girls inhabit.

An unsettling novel about the rights of women over their own bodies.

Kingdomtide ****

by Rye Curtis (4th Estate, £12.99)

On the first Sunday of Kingdomtide, a religious season observed by the Methodist church, 72-year-old Cloris Waldrip is stranded in the wilderness of the Montana mountains after a light aircraft crash – with only a Bible, walking shoes and a few sweets. A search party sets out, but hard-drinking ranger Debra Lewis is the only one who thinks Cloris is still alive. The two women tell their stories in alternating chapters, each with their own distinctive voice. But Cloris is the standout character who, despite her sheltered life, shows astonishing grit.

Rye Curtis may be only 30, but if this, his first novel is anything to go by, he's an author to watch.

To buy these books, see Express Bookshop on page 77

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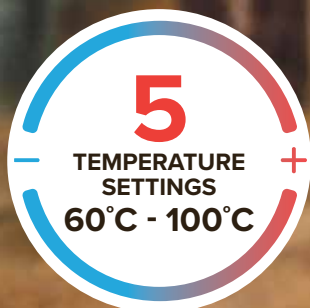
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Taking the shortcut across the park at sundown wasn't Jodie's best idea, but it was only a 10-minute walk and a taxi would take longer by road. She had worked late, as usual, and her nan was expecting her. Nan had twisted her ankle days before Jodie's parents set off on a cruise and Jodie had been charged with cooking her evening meals.

Dipping beneath a canopy of crackling autumn leaves, Jodie felt conspicuous in her bright red top. She could almost be stepping into one of the thrillers she liked to read, especially as the path twisted and turned so she couldn't see what was up ahead, or who was behind her. She picked up her pace, alert to every sound.

Squinting into the gloom, Jodie flinched when a man in grey sweats appeared on the path ahead. She pressed her chin to her chest before she could be caught in his steely gaze and as he passed, a shudder ran down her spine as if his bristly whiskers had grazed her flesh. Clutching her bag and increasing her pace, Jodie waited for her pulse to slow before chancing a look over her shoulder. He was gone.

It felt like an age before she spied the familiar silhouette of her nan's house on the edge of the park. She stretched her shoulders and was about to relax when heavy footfalls echoed through the trees behind her, moving fast, drawing closer. Jodie scanned the ground frantically for a makeshift weapon, but before she could decide if she had the nerve to pick up a nearby branch, the runner was upon her. He wore a dark tracksuit with go-faster stripes and a smile that broadened as he slid to a halt.

Jodie's fear transformed into shock that her childhood crush had recognised her. He was her nan's next door neighbour's son and had ignored her for years. "Hi, Woody."

"Evening, Red," he said, presumably because he couldn't recall her name. "You should watch yourself, there're some dodgy characters about."

"I'm fine."



Little Red

Taking a shortcut? Keep your eyes open and carry a big stick Story by Amanda Brooke

Jogging on the spot, Woody's concern for her safety wasn't enough to compete with his split lap times. "Fair enough. See you then."

Minutes later, Jodie made it out of the park. She was looking forward to spending the evening with her nan, whose reliance on a walking stick made her uncharacteristically frail. Her wit, however, was as sharp as ever and she made her granddaughter laugh so much that Jodie gave no thought to her journey home, or the man in grey, until it was time to leave.

When her nan insisted she take a taxi home, she didn't argue.

The following evening, Jodie had learnt her lesson and, en route to her nan's house, picked up a solid-looking branch as a precaution. She bumped into Woody again, who repeated his concerns without slowing this time, but she saw no one else. That sensation of being watched was nothing more than her imagination. Probably.

Nearing the end of the second

week, the days were noticeably shorter and Jodie no longer wended her way through the park at dusk, but long past sunset. The scattering of streetlamps were lonely islands of light in a vast sea of darkness, but she wouldn't be cowed. She had this, she told herself as she jabbed a pointed stick at the shadows, *Tomb Raider* style.

Reaching the edge of the park, Jodie dropped her weapon, but her hackles rose again as she neared her nan's house: the door was ajar.

Jodie paused on the threshold. "Nan? Are you OK?"

The response came as a clatter from upstairs.

Jodie tried again. "Nan?"

"Up here," came a voice that was barely audible.

As Jodie climbed the stairs, she strained her ears for something to explain why her heart thumped like a war drum, but the house remained silent as she edged towards her Nan's bedroom. With her feet planted firmly on the landing, she peered around the open door. At first glance, it

appeared that her Nan was in bed with the duvet pulled up over her nose. She had a towel wrapped round her hair and, as a result, most of her face was obscured.

"Come here, dear," the prone figure whispered.

Eyes darting around the room, Jodie's attention was drawn to a long thin crack in the dresser's mirror before her gaze settled on the walking stick propped against it. "I'm here," she said.

With a shout, the form lurking beneath the duvet leapt up, arms outstretched, eyes wide and crazed. Too late, the man in grey spied the walking stick in Jodie's hand. She struck out with a primeval scream and its heavy orb handle hit him square on his temple. The towel offered no protection and he crashed to the floor. She considered hitting him again, but he was out cold.

As she backed out of the room, Jodie called, "Nan, where are you?"

Following a faint noise, Jodie opened the door to the second bedroom. Her Nan was bound to a chair that had fallen on to its side when she tried raising the alarm, hence the clatter Jodie had heard. Thankfully, she was unhurt and Jodie phoned the police as she untied her. As she listened out for a siren, a voice rose up from downstairs.

"Hello?"

Gripping the walking stick, Jodie looked over the bannister. Woody had heard the scream from next door.

"Is everything OK, Red?"

Jodie glanced back at her nan, who had spent the last two weeks regaling her granddaughter with tales of protest marches. She was an incredible woman, and with a roll of her eyes, she made Jodie believe she didn't need a man to save her.

"There's been an intruder, but he picked the wrong house," Jodie called out. She winked at her nan as she added, "We've got this." 📞

Amanda Brooke's new novel, *The Widows' Club* (HarperCollins, £7.99), is out now. See Express Bookshop on page 77.

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"IT'S so lovely seeing a photograph of Chris and I away from set. I wanted to choose a photograph of the two of

us because it's so lovely that everybody still feels so warm to us as a TV couple, as it were.

I presented *The Big Breakfast* 27 years ago – and that's a long old time. I'm slightly overwhelmed that people still hold us in their hearts, really. Chris and I adored each other, and we still do. It's as lovely today as it was then. We have tremendous love and respect for each other.

Lots of people ask me why *The Big Breakfast* isn't on television any more. Everyone who made that show had fun but we were always very aware that the audience had to have fun, too. It was a very inclusive show.

I remember one morning Chris and I looked at each other and from deep within our hearts and souls, we said to each other, 'Oh my God, this is the best job in the world.'

It was all very unshowbizzy. There were no dressing rooms, just a curtain we got changed behind. There was no script, either, we just went with the flow and things would change all the time. They were very happy times and I have such happy memories.

After three and a half years, in 1997, I moved on to a huge Saturday night entertainment show called *Whatever You Want*. My mum died from lung cancer

about a week before I got the job and my friends were an amazing support. I remember my best friend was expecting her second child when my mum died. I'm so thankful that she was there at the funeral. That child is very precious to me because he very kindly waited a couple of weeks so that I could have her by my side.

My dad had been very ill with bowel cancer, too. It was a rather traumatic time and that's why Marie Curie means the world to me. They look after anybody with a terminal illness, offer a support line and have hospices, too. It's really important to be able to talk to people who are going through the same thing you are.

My dad had survivor's guilt. He stayed incredibly positive, but he was also mourning the loss of his beloved wife. At Marie Curie they understand and care and will be there for you and your family. People forget family members suffer as well – but you don't want anybody to know. You want to be strong for the person who is terminally ill.

We were told my mum had six months to live and she died six weeks later on Valentine's Day. Nobody can prepare you for that. I want to lend Marie Curie my support because there are people going through this every minute of every day.

Going through something like this makes you think about life and living in the moment. I've always been a bit of a Pollyanna. Life is about being positive and happy. I never apologise for enjoying life. I've always been like that, annoyingly so.



I lost my mum and it never gets better. It's a different way of life.

People are now talking about it more, but for the past 24 years, since her diagnosis, I've spent a lot of time learning about cancer and how important health, nutrition and our mental health is to help stave off cancer.

I'll be hosting Marie Curie's Brain Game this month, a black-tie quiz night which raises thousands every year.

Chris supports the charity, too. He gave £25,000 to the Swan

Song Project at a hospice in Bradford last year. I want everybody to do their bit. It's lovely to know you're helping out, even by buying a daffodil. We can all make a difference." ●

Gaby Roslin is supporting the Marie Curie Great Daffodil Appeal. Show your support by donating and wearing a daffodil pin to help Marie Curie be there for people with a terminal illness and their loved ones. Visit mariecurie.org.uk/daffodil.

My favourite photograph by Gaby Roslin

Presenter Gaby, 55, recalls barmy breakfast TV with Chris Evans and explains why Marie Curie means the world to her Words by Kirsten Jones

What to

This week's best new drama, films and entertainment shows *by Jennifer Kyte*



The Trouble With Maggie Cole

Wednesday, 9pm, ITV

Everyone knows a busybody neighbour like Maggie Cole. In this new series, nosy Maggie (Dawn French) causes chaos in her Cornish village after spilling all the gossip about residents while drunk on local radio. When she realises what she's done, Maggie is overcome with remorse and, with the help of her husband, played by Mark Heap, goes on a quest to apologise to each and every person she insulted on air. But she's in for some huge shocks along the way.

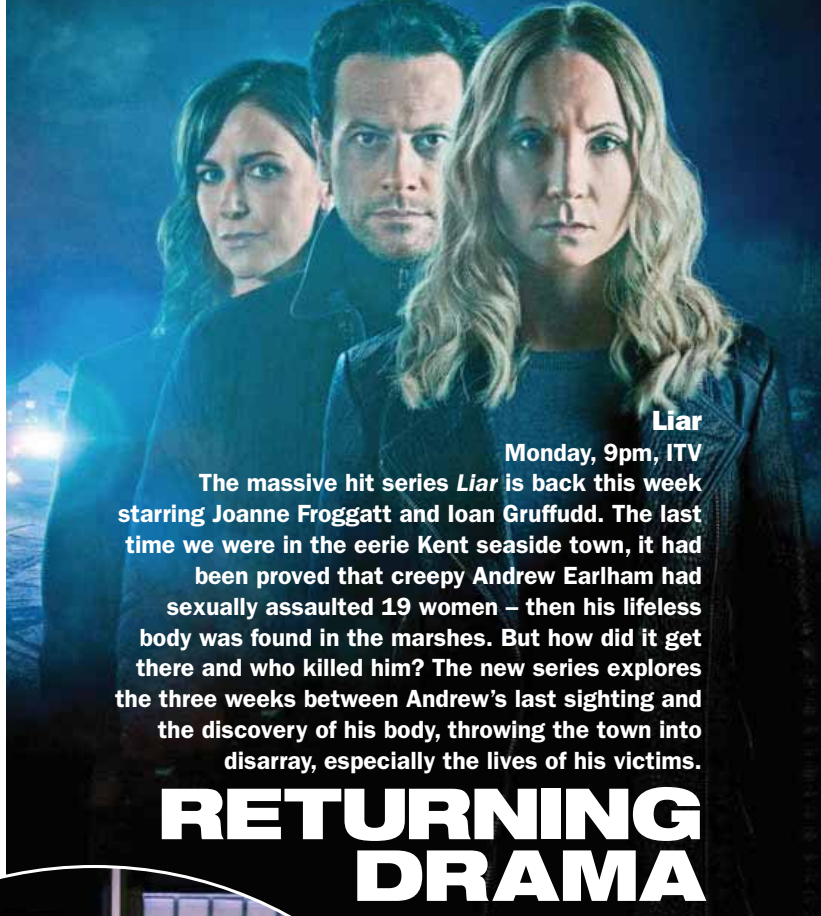


Noughts And Crosses

Thursday, 9pm, BBC1

Based on Malorie Blackman's bestselling books, this series explores a dystopian world divided by two classes, the Crosses, members of the ruling black elite and the Noughts, the underclass whites. The story follows the lives of Nought Callum and Cross Sephy as they fight for their love against the odds. It stars Paterson Joseph and Helen Baxendale.

watch



Liar

Monday, 9pm, ITV

The massive hit series *Liar* is back this week starring Joanne Froggatt and Ioan Gruffudd. The last time we were in the eerie Kent seaside town, it had been proved that creepy Andrew Earham had sexually assaulted 19 women – then his lifeless body was found in the marshes. But how did it get there and who killed him? The new series explores the three weeks between Andrew's last sighting and the discovery of his body, throwing the town into disarray, especially the lives of his victims.

RETURNING DRAMA



SHOW REVIVAL

Ready

Steady Cook

Monday-Friday, 4.30pm, BBC1

Get your green peppers and red tomatoes at the ready, our favourite daytime cooking game show is back. Rylan Clark-Neal takes over as host of *Ready Steady Cook*, which each week will see five chefs joined by two contestants to whip up culinary delights on a tight budget. Sustainability and local produce will be a major focus in this revamp.

BBC One

FREEVIEW 1 SKY 101 VIRGIN 101 FREESAT 101

6.00am Breakfast 7.40 Match of the Day (R) **9.00** The Andrew Marr Show **10.00** Politics England **10.30** The Big Questions **11.30** Wanted Down Under (R) **12.15pm** Bargain Hunt (R)

1.00 BBC News; Weather

1.15 Songs of Praise Aled Jones explores Kew Gardens.

1.50 Garden Rescue Makeover. (R)

2.50 Puss in Boots: The Three Diablos Animated short. (R)

3.00 Shrek 2 (2004/U) Animated adventure, featuring the voice of Mike Myers. ★★★★★

4.25 Blue Planet II Footage of baby turtles using debris as rafts. (R)

5.25 BBC News; Regional News

5.50 Countryfile Preserving Gwent Levels' fishing heritage.

6.50 Doctor Who (10/10) The Cybermen are on the march and as the last remaining humans are ruthlessly hunted down, Graham, Ryan and Yaz face a terrifying fight to survive. Civilisations fall and others rise anew, and for the trapped Doctor, nothing will ever be the same again. Last in series.

8.00 Antiques Roadshow Fiona Bruce and the team visit Battle Abbey in East Sussex, where a Beatles guitar with an enviable history turns out to be one of the most valuable items ever seen on the show.

9.00 Last Tango in Halifax (2/4) Alan and Celia's relationship comes under increasing strain, Ted's arrival from New Zealand raises questions and Raff is left speechless when a giraffe turns up at Far Slack Farm.

10.00 BBC News; Regional News

10.30 Match of the Day 2 Mark Chapman reviews the day's Premier League action, featuring Everton v Manchester United and Tottenham Hotspur v Wolverhampton Wanderers.

11.30pm Football Stars in Bad Cars Fulham teammates Tom Cairney, Steven Sessegnon and Marcus Bettinelli drive a £2,000 hatchback for the day and play games set by BBC Radio 1's Chris Stark via the car radio. The players then pass the car on to Norwich City, after giving it a makeover so that it is even more embarrassing to drive.

11.50 Weather for the Week Ahead

11.55pm-6.00am BBC News

BBC Two

FREEVIEW 2 SKY 102 VIRGIN 102 FREESAT 102

6.45am The Instant Gardener (R) **7.35** Celebrity Antiques Road Trip (R) **8.35** Countryfile (R) **9.30** Beechgrove Repotted **10.00** Saturday Kitchen Best Bites **11.30** Holiday of My Lifetime with Len Goodman (R)

12.00noon Scott of the Antarctic (1948/U) Fact-based drama, starring John Mills and James Robertson Justice. ★★★★★

1.45 Cycling: Track World Championships Jill Douglas presents coverage of day four at the Velodrom in Berlin.

4.30 Winter's Weirdest Events (R)

5.00 The World's Most Extraordinary Homes Israel. (R)

6.00 Back in Time for the Corner Shop Historical experiment. (R)

7.00 Russia with Simon Reeve The traveller's second leg of his journey across Russia takes him from southeast Siberia to the far south west and the majestic Caucasus Mountains. (R)

8.00 Top Gear (6/6) Paddy McGuinness, Freddie Flintoff and Chris Harris put the fire brigade, the police and the ambulance service to the test to see whose emergency vehicles are the fastest. Last in series.

9.00 Win the Wilderness: Alaska (6/6) The last two couples pay a visit to the empty property without Duane and Rena, to get a sense of what a new life in the wilderness would really be like. One pair immediately starts hatching grand plans, but tensions are beginning to emerge for their competitors.

10.00 The Ranganation Topical comedy show hosted by Romesh Ranganathan, in which a group of 25 members of the public get to have their say on the state of modern Britain. With guest Sara Pascoe. (R)

10.45 Frankie Boyle's Tour of Scotland The comedian travels from Oban to Glasgow, meeting up with a comic-book writer in Bannockburn, before exploring Glasgow's shameful past. (R)

11.15pm FILM Manchester by the Sea (2016/15) Drama, starring Casey Affleck and Michelle Williams. ★★★★★ **1.30am** Question Time (R) **2.30** Fraud Squad: The Hunt (R) **3.15** Holby City (R) **5.10-6.00am** This Is BBC Two

ITV

FREEVIEW 3 SKY 103 VIRGIN 103 FREESAT 103

6.00am CITV 7.30 Scrambled! **9.25** ITV News **9.30** Ainsley's Caribbean Kitchen. A tour of Dominica. (R) **10.30** Living on the Veg. Recipes for spicy cauli wings and miso glazed aubergine. **11.35** The Voice UK. Emma Willis hosts. (R)

12.55pm ITV News; Weather

1.05 Ant & Dec's Saturday Night Takeaway With Anne-Marie. (R)

2.35 FILM Uncle Buck (1989/12) A good-natured slob gets a taste of responsibility. Comedy, starring John Candy and Macaulay Culkin. ★★★

4.35 Celebrity Catchphrase Oti Mabuse, Judy Murray and John Thomson take part. (R)

5.30 ITV News; Weather

5.45 Regional News; Weather

6.00 Dancing on Ice Phillip Schofield and Holly Willoughby host the semi-final of the skating contest, in which the celebrities must each perform twice for the first time this series. Plus, a performance by Cirque du Soleil: Crystal.

8.00 McDonald & Dodds (1/2) Mystery drama set in Bath, where the wildly ambitious DCI McDonald finds herself paired with the shy, modest DS Dodds, who has languished on the shelf for most of his working life. However, it soon turns out that the unassuming sergeant has a hidden talent for puzzle solving. Their first case sees the pair looking into the shooting of a homeless man in the deserted mansion of a local industrialist. Jason Watkins and Tala Gouveia star as the detectives.

10.00 ITV News; Weather

10.15 Harry Redknapp's Sandbanks Summer Harry Redknapp welcomes John Barnes and Chris Kamara to Sandbanks, where they take to the water to see what the area has to offer from the sea. (R)

10.40 Car Crime: Caught on Camera Documentary looking at crashes, joy riders and brazen car thieves. (R)

11.35pm Heathrow: Britain's Busiest Airport Staff contend with drunken passengers, drugs and drones. (R)

12.00m't Home Shopping 3.00 Australian Wilderness with Ray Mears. Kakadu. (R) **3.25** ITV Nightscreen **5.05-6.00am** Judge Rinder (R)

Channel 4

FREEVIEW 4 SKY 104 VIRGIN 104 FREESAT 104

6.00am The King of Queens (R) **6.50** Everybody Loves Raymond (R) **7.40** The Big Bang Theory (R) **8.25** Beat the Chef (R) **9.30** Sunday Brunch. Guests include Tony Blackburn, Ricky Wilson and Matthew Morrison.

12.30pm The Simpsons (R)

1.55 Ice Age: Continental Drift (2012/U) Animated comedy sequel, with the voice of Ray Romano and Denis Leary. ★★★★★

3.35 The Secret Life of the Zoo (R)

4.35 A Place in the Sun A home on the Costa Calida in Spain. (R)

5.35 Channel 4 News Headlines.

6.05 George Clarke's Amazing Spaces A Cornish couple work to restore a luxury American trailer with an £800 budget. (R)

7.00 The Great Pottery Throw Down In the quarter-final, the five remaining throwers face two tough challenges, including producing two ginger jars around a pit fire. Back in the pottery, judges Sue Pryke and Keith Brymer Jones set the amateur potters a Scraffito challenge spot test. (R)

8.00 My Family and the Galapagos (4/4) As their stay on the Galapagos draws to a close, Monty Halls and his family find out what's being done to protect the islands and their wildlife from the threat of invasive animals. Last in series.

9.00 Homeland (3/12) Carrie arranges a meeting, Haqqani finds trouble at home and Saul cuts a deal. Thriller, starring Claire Danes, Maury Sterling and Mandy Patinkin.

10.05 Gogglebox The armchair critics share their opinions on what they have been watching during the week, as cameras capture their instant reactions and lively discussions from the comfort of their own homes. (R)

11.00pm FILM Paper Towns (2015/12) A teenager follows a series of clues to find a mysterious girl with whom he once enjoyed a night of adventures. Romantic mystery, starring Nat Wolff, Cara Delevingne and Austin Abrams. ★★★★★ **1.05am FILM** Stoker (2013/18) Thriller, starring Mia Wasikowska. ★★★★★ **2.40** Come Dine with Me (R) **3.35** Grand Designs (R) **4.30** Location, Location (R) **5.25** Cooking Up a Fortune (R) **5.50-6.30am** Countdown

Channel 5

FREEVIEW 5 SKY 105 VIRGIN 105 FREESAT 105

- 6.00am Milkshake!** Children's shows.
- 10.00 SpongeBob SquarePants**
- 10.15 The Loud House (R)**
- 10.25 Access** Showbiz news.
- 10.30 WWE Raw Highlights** Wrestling action with the superstars of WWE, including AJ Styles.
- 11.35 Friends** Four episodes. (R)
- 1.35pm Hailey Dean Mysteries: Dating Is Murder** (2017/PG) Crime drama, with Kellie Martin. ★★★
- 3.25 Hailey Dean Mysteries: 2 + 2 = Murder** (2018/PG) Premiere. Crime drama, starring Kellie Martin and Chad Lowe. ★★★
- 5.10 5 News Update** Round-up.
- 5.15 Balmoral: A Hidden History** A behind-the-scenes look at the secluded royal retreat. (R)
- 7.00 All the Queen's Horses** Exploring the Queen and her family's love of horses, with insiders adding tales of how this equine affection developed.
- 8.00 When All Inclusive Holidays Go Horribly Wrong** Holidaymakers discuss their dream breaks that turned into nightmares. They include a nurse whose family vacation was ruined by a construction site next to their hotel in Crete.
- 9.00 Rich Holiday, Poor Holiday** (2/4) Wealthy Cheshire entrepreneur Jude Cisse and her family experience a caravan break in Devon, but struggle to adjust to the lack of privacy the campsite provides. Meanwhile, the McQueens from Peckham, who survive on dad Jay's £450 a week bus-driver wage, head off to Jude's villa in Morocco.
- 10.00 Secrets of the Mega Cruise Ship** Documentary following life aboard the MSC Seaside, one of the biggest cruise ships in the world, uncovering the work of an army of people who keep the huge vessel afloat. (R)
- 11.30pm When Cruises Go Horribly Wrong & Other Travel Nightmares** A look at some of the most terrifying disasters in recent history, from horrifying dramas at sea to one of the worst air disasters in British aviation history. (R) **12.50am Access 1.00** The 21.co.uk Live Casino Show **3.00 Access 3.10** The Hotel Inspector: Checking In, Checking Out (R) **4.00** Tattoo Disasters UK (R) **4.45** House Doctor (R) **5.10** Nick's Quest (R) **5.35-6.00am** Wildlife SOS (R)

GOLD

6.00am Teleshopping **7.15** The Piglet Files **7.40** You Rang, M'Lord? **8.40** As Time Goes By **9.20** Only Fools and Horses **10.40** Only Fools and Horses Christmas Special **11.20** Only Fools and Horses **5.40pm** Only Fools and Horses Christmas Special **6.15** Only Fools and Horses. Double bill. **8.40** Dad's Army **9.20** The Royle Family. Double bill. **10.30** Harry Enfield and Chums **11.10** Upstart Crow. Triple bill. **1.20am** Black Books. Triple bill. **2.40** Harry Enfield and Chums **3.10** Marley's Ghosts **4.00-6.00am** Teleshopping

DAVE

6.00am Teleshopping **7.10** Hurricane Man **8.00** Steve Austin's Broken Skull Challenge **9.00** Red Bull Soapbox Race **10.00** Top Gear **11.00** Cops UK: Bodycam Squad. Double bill. **1.00pm** Drug Wars. Double bill. **2.00** Aussie Pickers **3.00** American Pickers **4.00** Room 101. Triple bill. **6.00** Red Bull Soapbox Race **7.00** Border Force: America's Gatekeepers. Double bill. **9.00** Have I Got a Bit More News for You **10.00** QI XL: Pubs – A Christmas Special **11.00** The Misadventures of Romesh Ranganathan **12.00m't** Mock the Week **12.40** Have I Got a Bit More News for You **1.40** Rhod Gilbert's Work Experience. Double bill. **3.00** The Misadventures of Romesh Ranganathan **4.00-6.00am** Teleshopping

DRAMA

6.00am Teleshopping **7.10** Doctor Finlay. Double bill. **9.00** The Bill. Four episodes. **12.30pm** Hetty Wainthropp Investigates. Double bill. **2.30** Cranford. Five episodes. **7.30** Miss Marple **10.00** The Casual Vacancy **11.20** The Last Post **12.40am** Hetty Wainthropp Investigates. Double bill. **2.40** The White Princess **4.00-6.00am** Teleshopping

YESTERDAY

6.00am Walking Through History: Nazi Occupation – Channel Islands **7.10** Walking Through History: King John's Ruin – Peak District **8.00** True Evil: The Making of a Nazi **1.00pm** Abandoned Engineering. Four episodes. **5.00** Murder Maps. Triple bill. **8.00** 'Allo! 'Allo! Triple bill. **10.20** Bangers and Cash **11.20** Abandoned Engineering **12.20am** War Factories **1.15** Walking Through History: Nazi Occupation – Channel Islands **2.10** Walking Through History: King John's Ruin – Peak District **3.00-6.00am** Teleshopping

ITV2

6.00am Teleshopping **7.00** Totally Bonkers Guinness World Records **7.10** You've Been Framed! Gold **7.40** The Ellen DeGeneres Show. Double bill. **9.15** Dress to Impress. Triple bill. **12.15pm** Celebrity Catchphrase **1.15** You've Been Framed! Gold: Top 100 Animals **2.20** **FILM** The Secret Life of Pets (2016/U) Animated adventure, featuring the voice of Louis CK. ★★★ **4.10** **FILM** Sing (2016/U) Animation, featuring the voice of Matthew McConaughey. ★★★ **6.20** **FILM** Rogue One: A Star Wars Story (2016/12) Sci-fi prequel, starring Felicity Jones. ★★★★★ **9.00** Ibiza Weekender **10.00** Family Guy. Triple bill. **11.30** American Dad!. Double bill. **12.25am** The Cleveland Show **12.55** The Stand Up Sketch Show **1.25** Timewasters. Double bill. **2.25** Don't Hate the Playaz **3.20** ITV2 Nightscreen **3.30-6.00am** Teleshopping

Variations

BBC1 WALES As BBC1 except: **10.00-10.30am** Politics Wales **1.50pm** Puss in Boots: The Three Diablos **2.05** **FILM** Shrek 2 (2004/U) Animated adventure sequel, with the voice of Mike Myers. ★★★★★ **3.25** Blue Planet II **4.25** Weatherman Walking: The Welsh Coast **4.55-5.25** Tudur's TV Flashback **5.45-5.50** BBC Wales Today **10.30-11.30pm** BBC Wales Live Debates. Jason Mohammad and Bethan Rhys Roberts present a weekly show featuring stories and in-depth interviews about what is happening in Wales and why it matters.

Sunday

MARCH 1



McDonald & Dodds, ITV, 8pm

ITV3

6.00am That's My Boy **6.30** Coronation Street **9.25** Emmerdale **12.45pm** Midsomer Murders. Double bill. **4.50** Agatha Christie's Poirot **6.00** Midsomer Murders **8.00** Paul O'Grady's Animal Orphans **9.00** Joanna Lumley's Trans-Siberian Adventure **10.00** Midsomer Murders **12.10am** Scott & Bailey. Double bill. **2.10** The Halcyon **3.00** Emmerdale **5.45-6.00am** ITV3 Nightscreen

BBC FOUR

7.00pm Natural World: Attenborough's Fabulous Frogs **8.00** The Science of Doctor Who **9.00** Britain's Lost Masterpieces **10.00** Britain's Outlaws: Highwaymen, Pirates and Rogues **11.00** Alan Bennett's Diaries **12.00m't** **FILM** The History Boys (2006/15) Comedy drama, starring Richard Griffiths and Stephen Campbell Moore. ★★★★★ **1.50** The Secret Life of Children's Books **2.20-3.20am** Britain's Lost Masterpieces

SKY ONE

6.00am Hour of Power **7.00** Monkey Life. Double bill. **8.00** Modern Family. Four episodes. **10.00** The Simpsons. Four episodes. **12.00noon** Magnum P.I. **1.00** NCIS: Los Angeles. Triple bill. **4.00** The Simpsons. Eight episodes of the animated comedy. **8.00** Magnum P.I. **9.00** Hawaii Five-0 **10.00** NCIS: Los Angeles **11.00** SEAL Team **12.00m't** S.W.A.T. **1.00** Brit Cops: Law & Disorder **2.00** NCIS: Los Angeles. Double bill. **4.00-6.00am** Air Ambulance ER. Double bill.

SKY ATLANTIC

6.00am Richard E Grant's Hotel Secrets. Double bill. **8.00** The British **9.00** Without a Trace. Seven episodes. **4.00pm** Blue Bloods. Five episodes. **9.00** Game of Thrones. Double bill. **11.20** The Outsider **12.30am** Oz **1.45** Life Itself: Special **2.00** The Outsider **3.10** The End **3.50** Dolittle: Special **4.00** Urban Secrets **5.00-6.00am** The British

SKY CINEMA PREMIERE

6.00am The Candidate (2018/15) ★★★★★ **8.15** The 2020 Top Ten Show **8.30** I Still See You (2019/15)

BBC2 WALES As BBC2 except: **6.00-7.00pm** Scrum V Sunday. Action from the PRO14. **10.00** Frankie Boyle's Tour of Scotland. The comedian travels from Oban to Glasgow. **10.30** Match of the Day 2. Mark Chapman is joined by studio guests to review the day's Premier League action, featuring Everton v Manchester United and Tottenham Hotspur v Wolverhampton Wanderers. **11.30** The Ranganation **12.15am** Live at the Apollo **1.00-1.30am** Grand Tours of Scotland **ITV WALES** As ITV except: **5.45-6.00pm** ITV News Cymru Wales. Headlines. **S4C 6.00am** Cyw **8.50** Penblwyddi Cyw **8.55** Pen-Blwydd Pwy? **9.00** Clwb Rygbi **11.15** Byd Pws

★★★ **10.15** UFO (2018/12) ★★★★★ **12.00noon** Godzilla: King of the Monsters (2019/12) ★★★★★ **2.15** Killers Anonymous (2019/15) ★★★★★ **4.00** The 2020 Top Ten Show **4.15** The Curse of La Llorona (2019/15) ★★★★★ **6.00** American Woman (2018/15) Drama, starring Sienna Miller and Christina Hendricks. ★★★★★ **8.00** Godzilla: King of the Monsters (2019/12) Fantasy adventure sequel, starring Vera Farmiga and Sally Hawkins. ★★★★★ **10.15** Killers Anonymous (2019/15) Premiere. Crime mystery thriller, starring Gary Oldman. ★★★★★ **12.00m't** UFO (2018/12) ★★★★★ **1.45** Extracurricular (2018/18) ★★★★★ **3.30** Hot Air (2018/15) ★★★★★ **5.30-6.00am** Final Score: Special

FILM4

11.00am Kung Fu Panda 2 (2011/PG) ★★★★★ **12.55pm** Anna and the King (1999/12) ★★★★★ **3.50** Back to the Future Part III (1990/PG) ★★★★★ **6.20** A Beautiful Mind (2001/12) Biopic, starring Russell Crowe. ★★★★★ **9.00** Daddy's Home 2 (2017/12) Having settled their differences, Brad and Dusty must deal with their intrusive fathers during the holidays. Comedy, starring Will Ferrell. ★★ **11.05** The Impossible (2012/12) ★★★★★ **1.15-3.40am** Force Majeure (2014/15) ★★★★★

TALKING PICTURES TV

6.00am Old Mother Riley, Headmistress (1950/U) ★★ **7.30** Scarlet Web (1954/15) ★★ **8.45** Life in Danger (1959/PG) ★★★★★ **10.00** Overseas Press Club – Exclusive! **10.30** Laurel & Hardy: Lucky Dog **10.50** The True Glory **12.35pm** Helter Skelter (1949/U) ★★★★★ **2.15** The Lady with the Lamp (1951/U) ★★ **4.20** Kipps (1941/U) ★★★★★ **6.00** Get Some In! **6.30** Terminus **7.10** Simon and Laura (1955/PG) Comedy, starring Peter Finch and Kay Kendall. ★★ **9.00** Sunday Night at the London Palladium **10.00** Are You Being Served? (1977/PG) Comedy based on the TV series, starring John Inman, Wendy Richard, Mollie Sugden and Frank Thornton. ★ **12.00m't** The Man Who Finally Died (1963/PG) ★★ **2.00** Lulu Belle (1948/12) ★★★★★ **3.45** The Force on Thunder Mountain (1977/U) ★★ **5.40-6.00am** Farnborough

12.00noon Yr Wythnos **12.30** Dan Do **1.00** Dechrau Canu Dechrau Canmol **1.30** Rygbi Pawb **2.10** Dudley ar Daith **2.40** Ffermio **3.40** **LIVE** Clwb Rygbi **5.25** Pobol y Cwm Omnibws **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol. Celebrating St David's Day. **8.00** Priodas Pum Mil. Trystan Ellis-Morris and Emma Walford help a couple from Pwllheli. **9.00** Bang. The discovery of a second body leads police to believe they are searching for a serial killer. **10.00** Pobol Port Talbot. The community of Port Talbot in the evening. **10.30-11.35pm** Corau Rhys Meirion. Rhys Meirion attempts to form a new choir in the Pen Llyn area made up of emergency services volunteers.

BBC One	BBC Two	ITV	Channel 4
FREEVIEW 1 SKY 101 VIRGIN 101 FREESAT 101	FREEVIEW 2 SKY 102 VIRGIN 102 FREESAT 102	FREEVIEW 3 SKY 103 VIRGIN 103 FREESAT 103	FREEVIEW 4 SKY 104 VIRGIN 104 FREESAT 104
6.00am Breakfast 9.15 Britain's Housing Scandal 10.00 Homes Under the Hammer (R) 11.00 Wanted Down Under (R) 11.45 NEW Saved on Camera. 12.15pm Bargain Hunt 1.00 BBC News; Regional News 1.45 Doctors Daniel and Zara have fun trying to keep a secret. 2.15 NEW Moving On (1/5) An ex-con fails to tell his new girlfriend he has a 7pm curfew. Drama, starring Tom McKay. 3.00 Escape to the Country 3.45 NEW Money for Nothing A rescued wooden clothes airer is given a new lease of life. 4.30 NEW Ready Steady Cook Rylan Clark-Neal hosts. 5.15 Pointless Low-scoring quiz. (R) 6.00 BBC News; Regional News	6.00am Flog It! (R) 6.45 Bargain Hunt (R) 7.30 Best Home Cook (R) 8.30 The Week in Parliament 9.00 BBC News at 9 10.00 Victoria Derbyshire 11.00 BBC Newsroom Live 12.15pm Politics Live 1.00 Hardball. Quiz. (R) 1.45 Best House in Town Properties in St Albans are judged. (R) 2.30 Terry and Mason's Great Food Trip A culinary journey. (R) 3.00 Red Rock Crime drama. (R) 3.45 The Great Interior Design Challenge Bedrooms. (R) 4.45 Portillo's State Secrets (R) 5.15 Flog It! From Dover Castle. 6.00 Richard Osman's House of Games With guest Miles Jupp. 6.30 Great British Railway Journeys Newry to Portadown. (R)	6.00am Good Morning Britain Sharon and Ozzy Osbourne invite Piers Morgan into their Los Angeles home to discuss Ozzy's life-changing diagnosis of Parkinson's disease. 9.00 Lorraine Entertainment news. 10.00 This Morning Celebrity chat and lifestyle features. 12.30pm Loose Women Interviews and topical studio discussion. 1.30 ITV Lunchtime News; Weather 1.55 Regional News; Weather 2.00 Judge Rinder Real-life cases. 3.00 Tenable Quiz show. (R) 4.00 Tipping Point Coin-drop quiz. 5.00 The Chase Gameshow. 6.00 Regional News; Weather 6.30 ITV Evening News; Weather	6.30am Cheers (R) 7.25 The King of Queens (R) 8.10 Everybody Loves Raymond (R) 9.10 Frasier (R) 10.10 Undercover Boss Canada (R) 11.05 Ramsay's Kitchen Nightmares USA (R) 12.05pm Find It, Fix It, Flog It (R) 1.05 Posh Pawn James test drives a motorbike worth £35,000. (R) 2.10 Countdown Gameshow. 3.00 A Place in the Sun A holiday home in Mijas, Spain. (R) 4.00 A New Life in the Sun: Where Are They Now? A B&B in France. 5.00 Come Dine with Me Diners from the Liverpool area compete. (R) 6.00 The Simpsons Homer wakes up to find he is made of Lego. (R) 6.30 Hollyoaks Warren is on the warpath after Liam's stunt. (R)
7.00 The One Show Presented by Alex Jones and Matt Baker. 7.30 Inside Out Documentary series focusing on topical stories of interest in your region. 8.00 EastEnders Keegan and Tiffany are stunned to bump into a burglar escaping from their flat. Suki's lies come close to unravelling during a conversation with Jean. 8.30 Spying on the Scammers – Panorama Rajiani Vaidyanathan reports on criminal call centres in India, tracking down one a scammer and hearing from British victims who have been conned. 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.	7.00 Coastal Path Paul Rose visits the north Cornish coast experiencing Padstow's 'Obby 'Oss festival and St Ives. (R) 7.30 Mastermind Specialist subjects of British breweries, the life and works of John Lennon, Lorenzo de' Medici and the Back to the Future trilogy. 8.00 Only Connect Victoria Coren Mitchell hosts as the Orwellians take on the Turophiles in the last quarter-final. 8.30 University Challenge In the sixth of the quarter-final matches, two more teams compete to make it to the next stage of the competition. Hosted by Jeremy Paxman. 9.00 Murder 24/7 (4/5) Detectives and specialists investigate a double stabbing in Colchester's homeless community that leaves Carl Hopkins dead.	7.00 Emmerdale April receives an unwelcome message, Tracy finds herself clashing with Cara, and Billy is offered a new job. 7.30 Coronation Street Daniel bags up Sinead's belongings for Beth, and Sarah and Bethany remain at loggerheads. 8.00 NEW St Davids – Britain's Smallest City 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. 8.30 Coronation Street The Barlows and Platts convene for Adam and Sarah's wedding. 9.00 NEW 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.	7.00 Channel 4 News Including sport reports and weather. 8.00 Starbucks & Nespresso: The Truth About Your Coffee – Dispatches Antony Barnett reports on young children working long hours in gruelling conditions in Guatemala picking coffee beans that are supplied to Starbucks and Nespresso. 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. 9.00 Prison (3/3) The concluding edition of the series explores the emotionally charged difficulties of being a mother in prison, with staff at Foston Hall believing that family contact is vital to reduce reoffending.
10.00 BBC News; Regional News 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. 11.05pm Young, Welsh and Pretty Minted Gonth makes a new friend who shares his passion for fast cars. 11.35 Live at the Apollo. Jon Richardson hosts an evening of stand-up, introducing routines by Sara Pascoe and Nathan Caton. (R) 12.20am A Question of Sport. Guests include Ellen White and Perri Shakes-Drayton. (R) 12.50 Weather for the Week Ahead 12.55-6.00am BBC News. Headlines.	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. Starring Steve Pemberton and Reece Shearsmith, with guest stars Maxine Peake and Phil Davis. 10.30 Newsnight The day's events, presented by Emily Maitlis. 11.15pm Hospital An 81-year-old has been left with a hole in his heart after suffering a heart attack, and faces a complex procedure. (R) 12.15am The Farmers' Country Showdown (R) 1.00 Countryfile (R) 2.00 Secrets of the Museum. A 1960s minidress is cleaned. (R) 3.00-6.30am This Is BBC Two	10.00 ITV News at Ten; Weather 10.35 Regional News; Weather 10.45 Tyson Fury: The Gypsy King The opening instalment of a three-part documentary following the boxer as he prepares for his rematch with Deontay Wilder for the WBC World Heavyweight title. The film provides an insight into the life of one of British sport's most flamboyant and controversial characters. (R) 11.45pm All Elite Wrestling: Dynamite The latest action. 12.35am Home Shopping 3.00 James Martin's French Adventure. The chef visits Marseille. (R) 3.50 ITV Nightscreen 5.05-6.00am Judge Rinder. Real-life cases. (R)	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. 11.00pm Emergency Helicopter Medics An appearance at a charity event is cut short by an emergency. (R) 12.00m't Ramsay's Kitchen Nightmares USA. The fiery chef comes to the aid of Anthony Trobiano, whose restaurant in Great Neck, New York, is failing. (R) 12.55 Hunted (R) 1.50 The Supervet (R) 2.45 Liberty. Anton Hjejele stars. (R) 3.55 Come Dine with Me (R) 4.50 Location, Location, Location (R) 5.50-6.30am Countdown (R)

(R) repeat ★★★★★ brilliant ★★★★ very good ★★★ good ★★ average ★ bad

Channel 5

FREEVIEW 5 SKY 105 VIRGIN 105 FREESAT 105

- 6.00am Milkshake! 9.15** Jeremy Vine
11.15 Paddington Station 24/7 (R)
12.10pm 5 News at Lunchtime
12.15 Nightmare Tenants, Slum Landlords (R) **1.10** Access
1.15 **Home and Away**
See 6.00pm. (R)
1.45 **Neighbours** See 5.30pm.
2.15 **Famous and Fatal** (2019/PG)
E Premiere. Crime thriller, starring Sarah Roemer. ★★★
4.00 **Friends** Double bill. (R)
5.00 **5 News at 5** The day's headlines.
5.30 **Neighbours** Finn struggles to subdue his anger. (R)
6.00 **Home and Away** Ryder needs to convince Colby of his innocence, but Jade has stacked things against him. (R)
6.30 **5 News Tonight** Headlines.
7.00 **Gallagher Premiership Rugby Highlights** Action from the 12th round of fixtures, including Harlequins v Exeter Chiefs and Bath v Bristol Bears. Followed by 5 News
8.00 **Traffic Cops** On the outskirts of Chesterfield, Jim Payne responds to a call for backup from PC Tom Strachan, who is surrounded by a mob following a report of dangerous driving. Followed by 5 News
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. The Duncan's captain is briefed by the captain of the Montrose – another Royal Navy ship in the region – who comes on board for an intelligence update on Iran.
10.00 **Monster Warship of WWI: The Mighty Dreadnought**
Charting the history of the turbine-powered, big-gun dreadnoughts, which revolutionised the rules of engagement on the high seas. (R)
11.05pm **FILM** **Run All Night** (2015/15)
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. ★★★
1.15am The 21.co.uk Live Casino Show. Interactive gambling. **3.15** The Hotel Inspector: Checking In, Checking Out (R) **4.00** Tattoo Disasters UK (R) **4.45** House Doctor (R) **5.10** Nick's Quest (R) **5.35-6.00am** Wildlife SOS (R)

GOLD

6.00am 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. Triple bill.
12.20pm 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. Triple bill. **6.20** The Good Life
7.00 Porridge **7.40** Dad's Army. Triple bill. **9.40** Live at the Apollo **10.40** Peep Show. Double bill.
11.40 Upstart Crow **12.20am** Black Books. Triple bill. **2.00** Peep Show **2.25** Live at the Apollo **3.15** Harry Hill's TV Burp **4.00-6.00am** Teleshopping

DAVE

6.00am Teleshopping **7.10** Cops UK: Bodycam Squad **8.00** American Pickers **9.00** Storage Hunters UK **10.00** American Pickers. Double bill.
12.00noon Cop Car Workshop **1.00** Top Gear
2.00 Border Force: America's Gatekeepers
3.00 Sin City Motors **4.00** Top Gear USA Special
5.00 Top Gear **6.00** Taskmaster **7.00** Room 101. Double bill. **8.20** Have I Got a Bit More Old News for You **9.20** Q! **10.00** The Misadventures of Romesh Ranganathan **11.00** Meet the Richardsons **11.40** Mock the Week **12.20am** Taskmaster **1.20** Jon Richardson: Ultimate Worrier
2.25 The Misadventures of Romesh Ranganathan **3.15** Zapped **4.00-6.00am** Teleshopping

DRAMA

6.00am Teleshopping **7.10** Soldier, Soldier. Double bill. **9.00** The Bill **10.00** Classic Holby City. Hospital drama. **11.00** Classic Casualty
12.00noon The Bill **1.00** Classic EastEnders. Double bill. **2.20** London's Burning **3.20** Monarch of the Glen **4.20** Bergerac **5.20** Bread **6.00** Hi-de-Hi! **6.40** As Time Goes By **7.20** Last of the Summer Wine **8.00** Dalziel & Pascoe **10.00** New Tricks **11.15** Waking the Dead **1.40am** The Bill **2.40** London's Burning **4.00-6.00am** Teleshopping

YESTERDAY

6.00am Ronnie Kray and the Perverter 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
12.00noon 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. Double bill. **12.40am** Nazi Victory: The Post-War Plan **1.40** Ronnie Kray and the Perverter Peer **2.35** David Attenborough's Natural Curiosities **3.00-6.00am** Teleshopping

ITV2

6.00am Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale **8.20** Coronation Street
9.20 Superstore. Double bill. **10.15** Dinner Date
11.15 Dress to Impress **12.15pm** Emmerdale **12.45** Coronation Street **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. Four episodes. **8.00** Two and a Half Men. Double bill. **9.00** Family Guy **9.30** **NEW** American Dad! Francine becomes a bodybuilder. **10.00** The

Variations

BBC1 WALES As BBC1 except: **6.30-7.00pm** BBC Wales Today **7.30-8.00** X-Ray. Lucy Owen visits Monmouth to find out how to make homes more flood resilient. **8.30** Flooded Out of My Home. The aftermath of the worst flooding to hit Wales in 40 years. **9.00-10.00** Hidden. Karl Lewis admits the accusations he brought against Ellis were false. **10.35** The Split. Hannah deals with the fallout from her anniversary party. **11.35** Spying on the Scammers – Panorama **12.05am** This Country **12.35** Live at the Apollo **1.20-6.00am** BBC News

Monday

MARCH 2



Liar, ITV, 9pm

Stand Up Sketch Show **10.30** Family Guy. Double bill. **11.30** American Dad! **11.55** The Cleveland Show **12.25am** Two and a Half Men. Double bill. **1.25** Hey Tracey! **2.05** Plebs. Double bill. **3.05** Totally Bonkers Guinness World Records **3.20** ITV2 Nightscreen **3.30-6.00am** Teleshopping

ITV3

6.00am 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 **12.40pm** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street. Double bill. **3.55** Midsomer Murders **6.00** Heartbeat **7.00** Agatha Christie's Poirot **8.00** Endeavour **10.00** Scott & Bailey **11.00** Inspector Morse. Double bill. **3.10am** ITV3 Nightscreen **3.30-6.00am** Teleshopping

BBC FOUR

7.00pm Beyond 100 Days **7.30** Francesco's Mediterranean Voyage **8.00** New Zealand: Earth's Mythical Islands **9.00** **NEW** Age of the Image. How the power of images has transformed the modern world. **10.00** The Accused: Damned or Devoted? – Storyville. Documentary. **11.15** Art of France **12.15am** Leonora Carrington: The Lost Surrealist **1.15** Rude Britannia **2.15-3.15am** New Zealand: Earth's Mythical Islands

SKY ONE

6.00am Monkey Life **7.00** RSPCA Animal Rescue **8.00** The Dog Whisperer **9.00** Stop, Search, Seize **10.00** Brit Cops: Law & Disorder **11.00** NCIS: Los Angeles **1.00pm** Hawaii Five-0 **3.00** MacGyver **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Flintoff: Lord of the Fries **9.00** **FILM** Men in Black II (2002/PG) Sci-fi comedy sequel, starring Will Smith. ★★ **11.00** Avenue 5 **11.35** Strike Back: Vendetta **12.35am** A League of Their Own **1.30** Road Wars **2.00** The Real A&E **3.00** Jett **4.00** Stop, Search, Seize **5.00-6.00am** Futurama. Double bill.

SKY ATLANTIC

6.00am Storm City **7.00** Without a Trace. Triple bill. **10.00** The West Wing **12.00noon** Blue Bloods

BBC2 WALES As BBC2 except: **11.15pm** **NEW** New Voices from Wales **11.25** Rugby Union: PRO14 Highlights **12.25-1.00am** Mum

ITV WALES As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **8.00-8.30** Wales This Week. Current affairs issues. **10.35** ITV News Cymru Wales **10.45** Sharp End **11.15** St Davids – Britain's Smallest City **11.45pm-12.35am** Tyson Fury: The Gypsy King **1.45pm-6.00am** Cyw **12.00noon** Newyddion S4C ar Tywydd **12.05** Ysgol Ddawns Anti Karen **12.30** Heno **1.30** Nyrsys **2.00** Newyddion S4C ar Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C ar Tywydd **3.05** Ysgol Ni: Maesincla **4.00**

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 **10.40** True Blood. Double bill. **1.00am** The L Word: Generation Q **2.10** Oz **3.25** Californication **4.00-6.00am** The West Wing

SKY CINEMA PREMIERE

6.00am The 2020 Top Ten Show **6.15** UFO (2018/12) ★★★ **8.00** Tell It to the Bees (2018/15) ★★★ **10.00** Hot Air (2018/15) ★★★ **12.00noon** The 2020 Top Ten Show **12.15** Godzilla: King of the Monsters (2019/12) ★★★ **2.30** Killers Anonymous (2019/15) ★★★ **4.15** American Woman (2018/15) ★★★ **6.15** UFO (2018/12) ★★★ **8.00** Godzilla: King of the Monsters (2019/12) ★★★ **10.15** Mapplethorpe (2018/18) ★★★ **12.10am** Killers Anonymous (2019/15) ★★★ **1.55** Extracurricular (2018/18) ★★★ **3.35** Mapplethorpe (2018/18) ★★★ **5.30-6.00am** The Hurricane Heist: The Eye of the Storm

FILM4

11.00am In Harm's Way (1965/PG) ★★★★★ **2.25pm** Millions Like Us (1943/U) ★★★★★ **4.35** Malta Story (1953/U) ★★★★★ **6.45** Bend It Like Beckham (2002/12) ★★★★★ **9.00** Die Hard 4.0 (2007/15) ★★★★★ **11.35** Journeyman (2017/15) ★★★★★ **1.25-3.45am** Queen and Country (2014/15) ★★★

TALKING PICTURES TV

6.00am The Case of Charles Peace (1949/12) ★★★★★ **7.45** Beautiful Rural Britain in the 1940s **7.55** The Sicilians (1964/U) ★★★★★ **9.15** The Foreman Went to France (1941/U) ★★★★★ **11.00** Richard Diamond **11.30** The Conquest of Everest (1953/U) ★★★★★ **1.05pm** Tower of Terror (1941/PG) ★★★★★ **2.45** The Happiest Days of Your Life (1950/U) ★★★★★ **4.25** Passport to Pimlico (1949/U) ★★★★★ **6.10** Time Without Pity (1957/PG) ★★★★★ **8.00** Danger UXB. Drama. **9.00** Special Branch **10.00** Plenty (1985/18) ★★ **12.30am** The Shakedown (1960/12) ★★★★★ **2.20** The Night Visitor (1971/15) ★★ **4.20** Ferry Pilot **5.00-6.00am** Rooms. Double bill.

Awr Fawr: Timpo **4.10** Nos Da Cyw. **4.15** Do Re Mi Dona **4.30** Digbi Draig **4.45** Cacawmwni **5.00** Stwnsh: Pat a Stan **5.05** Mwy o Stwnsh Sadwrn **5.25** Sgorio. Action from the JD Welsh Cup quarter-finals. **5.50** Ffeil **6.00** Cerys Matthews ar Goeden Faled. The musician examines Calon Lan and Ei Di'r Deryn Du. **6.30** Heno **7.30** Newyddion S4C ar Tywydd **8.00** Pobol y Cwm. Ffion tells Gaynor that she is pregnant. **8.25** Dan Do. Aled Samuel and Mandy Watkins visit three more homes. Last in series. **8.55** Newyddion S4C ar Tywydd **9.00** Ffermio. Agricultural issues. **9.30** Ein Byd: Cocen. Sion Jenkins follows a young woman through drug rehab. **10.00-11.45pm** Clwb Rygbi. Edinburgh v Cardiff Blues.

BBC One

FREEVIEW 1 SKY 101 VIRGIN 101 FREESAT 101

6.00am Breakfast 9.15 Britain's Housing Scandal **10.00** Homes Under the Hammer **11.00** Wanted Down Under (R) **11.45** Saved on Camera **12.15pm** Bargain Hunt (R)

1.00 BBC News; Regional News

1.45 Doctors Abz' life is turned upside down after a night out.

2.15 Jimmy McGovern's Moving On Drama, with Kacey Ainsworth.

3.00 Escape to the Country A Cambridgeshire home.

3.45 Money for Nothing An old radiogram and a chest of drawers are transformed.

4.30 Ready Steady Cook Akis Petretzikis and Anna Haugh create a meal in 20 minutes.

5.15 Pointless Low-scoring quiz. (R)

6.00 BBC News; Regional News

7.00 The One Show Another mix of nationwide reports, live studio-based chat and the usual mix of topical stories.

7.30 Match of the Day: The FA Cup Chelsea v Liverpool (kick-off 7.45pm). Gary Lineker presents all the action from tonight's fifth-round tie at Stamford Bridge. The Blues defeated Championship sides Nottingham Forest and Hull City in the previous rounds, while Liverpool overcame rivals Everton, before beating League One Shrewsbury Town in a replay while fielding the youngest side in the club's history. The sides met here in the Premier League in September, with the Reds prevailing 2-1. With analysis from Alan Shearer, Ian Wright and Glen Johnson.

10.00 BBC News; Regional News Followed by Lottery Update

10.35 Beauty Laid Bare (1/3) **New** Four members of the public investigate the secrets of the beauty industry, beginning by travelling to the Hollywood Hills to attend one of the world's biggest make-up conventions. They discover how social media is an important tool in the industry's marketing machine, and question the environmental impact of plastic packaging.

11.15pm The Truth About Takeaways Nikki Fox discovers what is really in takeaways, and what they do to our health. (R) **12.15am** Weather for the Week Ahead **12.20-6.00am** BBC News

BBC Two

FREEVIEW 2 SKY 102 VIRGIN 102 FREESAT 102

6.30am Money for Nothing (R) **7.15** Escape to the Country (R) **8.00** Spy in the Wild (R) **9.00** BBC News at 9 **10.00** Victoria Derbyshire **11.00** BBC Newsroom Live **12.15pm** Politics Live

1.00 The Super League Show

1.50 Best House in Town (R)

2.30 Terry and Mason's Great Food Trip From Devizes. (R)

3.00 Red Rock Crime drama. (R)

3.45 The Great Interior Design Challenge (R)

4.45 Portillo's State Secrets (R)

5.15 Flog It! Rochester Cathedral. (R)

6.00 Richard Osman's House of Games With Chizzy Akudolu.

6.30 Great British Railway Journeys From Belfast to Portrush. (R)

7.00 Top Gear Paddy McGuinness, Freddie Flintoff and Chris Harris put the fire brigade, the police and the ambulance service to the test to see whose vehicles are the fastest. Last in series. (R)

8.00 Back in Time for the Corner Shop (2/5) The Ardens get a taste of running a store in the 1920s, 30s and 40s, considered the golden age of the corner shop due to the plentiful availability of packaged food. However, rationing has a devastating impact on both the shop and the family's lives, with carrot lollies and mutton bacon proving less than enticing meals.

9.00 Murder 24/7 (5/5) A forensic search of a property gives the police a breakthrough in the search for the murderer, but also suggests the killing may have been self-defence. Last in series.

10.00 Better Things (9/12) Sam is at the Hamletville theatre festival trying out a new play for Broadway. Comedy drama, starring Pamela Adlon.

10.30 Newsnight Analysis of the day's events, with Emily Maitlis.

11.15pm Putin: The New Tsar Examining the story of Vladimir Putin's rise to power. Contributors include former confidante Sergei Pugachev, chess grandmaster Garry Kasparov, Jack Straw and William Hague. (R) **12.15am** Win the Wilderness: Alaska. Three of the couples are taken to a glacier system that is home to wolves and bears. (R) **1.15** Murder, Mystery and My Family (R) **2.00** Island Medics (R) **2.45-6.30am** This Is BBC Two

ITV

FREEVIEW 3 SKY 103 VIRGIN 103 FREESAT 103

6.00am Good Morning Britain

9.00 Lorraine Entertainment news.

10.00 This Morning A mix of celebrity chat and lifestyle features.

12.30pm Loose Women Topical debate from a female perspective.

1.30 ITV Lunchtime News; Weather

1.55 Regional News; Weather

2.00 Judge Rinder Real-life cases.

3.00 Tenable Five friends from Manchester who work in the telecoms industry take part. (R)

4.00 Tipping Point Coin-drop quiz.

5.00 The Chase Bradley Walsh presents as four contestants take on ruthless quiz genius the Chaser and secure a cash prize.

6.00 Regional News; Weather

6.30 ITV Evening News; Weather

7.00 Emmerdale Marlon feels guilty over April's recent bullying, and Billy is forced to keep the truth from Dawn.

7.30 Dr Ranj: On Call Dr Ranj Singh offers advice on how to spot and treat common illnesses and accidents. In this episode, he goes on call with the West Midlands Ambulance Service.

8.00 Love Your Garden The team creates an elegant garden with a fully equipped kitchen for a charity volunteer in Birmingham who makes cakes for injured members of the services.

9.00 Britain Underwater: Fighting the Floods A report from the communities that were hardest hit by the recent storms Ciara and Dennis. With behind the scenes access to the Environment Agency, as they work to stem flooding.

10.00 ITV News at Ten; Weather A fresh perspective on the major stories of the day.

10.30 Regional News; Weather

10.45 Tyson Fury: The Gypsy King The boxer enjoys some downtime after defeating Thomas Schwartz in Las Vegas, before preparing for his next contest against Otto Wallin. (R)

11.40pm Tenable A team of five family and friends answer questions about top 10 lists from the realms of pop culture and general knowledge, then try to score a perfect 10 in the final round to take home the prize money. (R) **12.30am** Home Shopping **3.00** The Home Game (R) **3.50** ITV Nightscreen

5.05-6.00am Judge Rinder (R)

Channel 4

FREEVIEW 4 SKY 104 VIRGIN 104 FREESAT 104

6.30am Cheers (R) **7.20** The King of Queens (R) **8.10** Everybody Loves Raymond (R) **9.10** Frasier (R) **10.10** Undercover Boss Canada (R) **11.05** Ramsay's Kitchen Nightmares USA (R) **12.05pm** Find It, Fix It, Flog It (R)

1.05 Posh Pawn A racing car. (R)

2.10 Countdown With Rory Bremner.

3.00 A Place in the Sun Property hunting in Manilva, Spain. (R)

4.00 A New Life in the Sun: Where Are They Now? Catching up with a bar owner in Spain.

5.00 Come Dine with Me (R)

6.00 The Simpsons Homer manages to upset a new neighbour. (R)

6.30 Hollyoaks Edward lets Marnie down gently when she comes on too strong. (R)

7.00 Channel 4 News Including sports reports and weather.

8.00 Nightmare Cruises: Going Overboard Examining cases where passengers on cruise ships fell overboard. The programme examines the chances of survival for someone adrift at sea, and if enough is being done to prevent further tragedies and investigate the reasons for the incidents when they occur.

9.00 24 Hours in A&E A teenager is rushed to hospital with a lacerated wrist after putting his hand through a pane of glass, an incident which leaves his father reflecting on his family history. Another patient discusses being diagnosed with a chronic condition that causes constant stomach pain, and a 76-year-old woman suffers severe shortness of breath and a tight chest.

10.00 The Windsors (2/6) Charles and Camilla agree to attend Kate's father's birthday celebrations, where rivalries flare up over who has bought him the best present.

10.35 Celebrity Crystal Maze With Anita Rani, Jeff Stelling, Hannah Cockcroft, AJ Pritchard and Tom Rosenthal. (R)

11.30pm Prison The difficulties of being a mother in prison. (R) **12.30am** Ramsay's Kitchen Nightmares USA (R) **1.20 FILM** What Richard Did (2012/15) Drama, starring Jack Reynor. ★★ ★★ **2.55** Come Dine with Me (R) **3.50** Grand Designs (R) **4.45** Location, Location, Location (R) **5.40** Kirstie's Vintage Gems (R) **5.50-6.30am** Countdown (R)

(R) repeat ★★★★★ brilliant ★★★★★ very good ★★★ good ★★ average ★ bad

Channel 5

FREEVIEW 5 SKY 105 VIRGIN 105 FREESAT 105

6.00am Milkshake! **9.15** Jeremy Vine
11.15 Paddington Station 24/7 (R)
12.10pm 5 News at Lunchtime
12.15 Nightmare Tenants, Slum Landlords (R) **1.10** Access
1.15 **Home and Away** See 6.00pm.
1.45 **Neighbours** See 5.30pm.
2.20 **A Wicked Vendetta** (2018/PG)  An ex-hostage negotiator investigates her daughter's abduction. Thriller, starring Katrina Begin. **★★★**
4.00 **Friends** Double bill. Monica dates a millionaire; Chandler dates Rachel's boss. (R)
5.00 **5 News at 5** The day's headlines.
5.30 **Neighbours** Finn is annoyed. (R)
6.00 **Home and Away** Mac has no choice but to reinstate Jade. (R)
6.30 **5 News Tonight** Headlines.

7.00 **M&S vs Waitrose: Which Is Better Value?** Examining the ongoing rivalry between these two supermarkets as they wage their daily war to attract the well-heeled shoppers of Britain. (R) Followed by 5 News Update
8.00 **Dogs Behaving (Very) Badly** (9/10) Graeme Hall helps to train three dogs that go overboard in protecting the family home, as well as a cavapoochon who loves to run faster than its owners can handle and does not know to respond to its own name. Followed by 5 News Update
9.00 **Ben Fogle: Make a New Life in the Country** (4/4) Ben meets a couple in the Malvern Hills who have given up successful careers in London to run their own brewery out of a refurbished chicken shed.

10.00 **My New Greek Life** (4/4) A couple who retired to Kefalonia struggle with being separated from family, and when Laura and Ross move their yacht to a new island, they face fierce weather.

11.05pm **Eamonn & Ruth Meet the Billionaires** The couple meet Dr Mohammad Zahoor and his wife Kamaliya in Kiev, Ukraine, to see how the extravagant billionaire couple have spent some of their fortune. (R) **12.05am** How to Have a Better Orgasm (R) **1.00** The 21.co.uk Live Casino Show **3.00** Access (R) **3.10** Hotel Inspector: Checking In, Checking Out (R) **4.00** Tattoo Disasters UK (R) **4.45** House Doctor (R) **5.10** Nick's Quest (R) **5.35-6.00am** Wildlife SOS (R)

GOLD

6.00am Teleshopping **7.35** You Rang, M'Lord? **8.35** The Good Life **9.15** Porridge **9.55** Hi-de-Hi!
10.35 Last of the Summer Wine. Triple bill.
12.35pm Keeping Up Appearances **1.15** Dad's Army **1.55** Hi-de-Hi! **2.35** The Good Life **3.15** Keeping Up Appearances **3.55** Dad's Army
4.35 Last of the Summer Wine. Triple bill of the sitcom. **6.35** The Good Life **7.15** Porridge. Prison comedy. **7.55** Dad's Army. Four episodes. **10.35** Mrs Brown's Boys **11.15** Peep Show. Double bill.
12.20am Mrs Brown's Boys **1.00** Dad's Army **1.35** Peep Show. Double bill. **2.40** Marley's Ghosts. Double bill. **4.00-6.00am** Teleshopping

DAVE

6.00am Teleshopping **7.10** Cops UK: Bodycam Squad **8.00** American Pickers **9.00** Storage Hunters UK **10.00** American Pickers **12.00noon** Cop Car Workshop **1.00** Top Gear **2.00** Cops UK: Bodycam Squad **3.00** Sin City Motors **4.00** Top Gear. Double bill. **6.00** Taskmaster **7.00** Room 101. Double bill. **8.20** Have I Got a Bit More News for You **9.20** Q! **10.00** Taskmaster **11.00** Hypothetical **12.00m't** Taskmaster **1.00** Have I Got a Bit More News for You **2.00** Jon Richardson: Ultimate Worrier **3.00** Zapped **3.35** The Indestructibles **4.00-6.00am** Teleshopping

DRAMA

6.00am Teleshopping **7.10** Soldier, Soldier. Double bill. **9.00** The Bill **10.00** Classic Holby City **11.00** Classic Casualty **12.00noon** The Bill **1.00** Classic EastEnders. Double bill. **2.20** London's Burning **3.20** Monarch of the Glen **4.20** Bergerac **5.20** Bread **6.00** Hi-de-Hi! **6.40** As Time Goes By **7.20** Last of the Summer Wine **8.00** Judge John Deed **10.00** New Tricks **11.20** Waking the Dead **1.50am** The Bill **2.55** London's Burning **4.00-6.00am** Teleshopping

YESTERDAY

6.00am The British Middle Class **7.10** Impossible Railways **8.00** Forbidden History **9.00** Secret Nazi Bases **10.00** Nazi Victory: The Post-War Plan **11.00** Underground Worlds **12.00noon** Impossible Railways **1.00** Secrets of Britain **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** Abandoned Engineering **9.00** The Two Ronnies. Double bill. **10.40** Porridge. Triple bill. **12.40am** Nazi Victory: The Post-War Plan **1.40** The British Middle Class **2.35** David Attenborough's Natural Curiosities **3.00-6.00am** Teleshopping

ITV2

6.00am Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale **8.20** Coronation Street. Double bill. **9.20** Superstore **10.15** Dinner Date **11.15** Dress to Impress **12.15pm** Emmerdale **12.45** Coronation Street **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. Four episodes. **8.00** Two and a Half Men. Double bill. **9.00** Family Guy **10.00** Plebs. Double bill. **11.00** Family Guy **11.30** American Dad! **12.25am** Two and a Half Men. Double bill. **1.25** Ibiza Weekender **2.25** Don't Hate the Playaz **3.15** Nightscreen **3.30-6.00am** Teleshopping

Variations

BBC1 WALES As BBC1 except: **11.30am** X-Ray **12.00noon** Saved on Camera **12.30-1.00pm** Bargain Hunt **6.30-7.00** BBC Wales Today **10.35** Young, Welsh and Pretty Minted. 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. **11.05** **NEW** Beauty Laid Bare **11.45** The Truth About Takeaways **12.45-6.00am** BBC News
BBC2 WALES As BBC2 except: **1.50pm** First Minister's Questions **2.40-3.00** Coast **11.15** New Voices from Wales **11.25pm-12.15am** Natural World

Tuesday

MARCH 3



Match of the Day Live: The FA Cup, BBC One, 7.30pm

ITV3

6.00am Classic Coronation Street. Double bill. **6.55** Classic Emmerdale. Double bill. **7.55** Heartbeat **8.55** The Darling Buds of May **10.00** That's My Boy **10.30** Inspector Morse **12.40pm** Heartbeat **1.45** Classic Emmerdale. Double bill. **2.50** Classic Coronation Street. Double bill. **3.55** Midsomer Murders **5.55** Heartbeat **7.00** Agatha Christie's Poirot **8.00** Midsomer Murders **10.00** Scott & Bailey **11.00** Inspector Morse. Double bill. **3.10am** Nightscreen **3.30-6.00am** Teleshopping

BBC FOUR

7.00pm Beyond 100 Days **7.30** The Yorkshire Dales **8.00** King Alfred and the Anglo-Saxons **9.00** Royal History's Biggest Fibs with Lucy Worsley **10.00** The Stuarts **11.00** Armada – 12 Days to Save England **12.00m't** Inside the Medieval Mind **1.00** Rhythms of India **2.00** Socrates: Genius of the Ancient World **3.00-4.00am** Royal History's Biggest Fibs with Lucy Worsley

SKY ONE

6.00am Monkey Life. Double bill. **7.00** RSPCA Animal Rescue. Double bill. **8.00** The Dog Whisperer **9.00** Stop, Search, Seize **10.00** Brit Cops: Law & Disorder **11.00** NCIS: Los Angeles. Double bill. **1.00pm** Hawaii Five-0. Double bill. **3.00** MacGyver **4.00** Modern Family. Double bill. **5.00** The Simpsons **5.30** Futurama. Double bill. **6.30** The Simpsons. Triple bill. **8.00** An Idiot Abroad 2 **9.00** Strike Back: Vendetta **10.00** **NEW** The Trip to Greece. Double bill. **11.00** A League of Their Own **12.00m't** Jett **1.05** Avenue 5 **1.40** The Heist **2.40** Hawaii Five-0. Double bill. **4.30** Stop, Search, Seize **5.30-6.00am** Futurama

SKY ATLANTIC

6.00am Storm City **7.00** Without a Trace. Triple bill. **10.00** The West Wing. Double bill. **12.00noon** Blue Bloods **1.00** CSI: Crime Scene Investigation **2.00** The West Wing. Double bill. **4.00** Without a Trace. Triple bill. **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Save Me **10.00** The L Word: Generation Q

ITV WALES As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales
S4C **6.00am** Cyw **12.00noon** Newyddion S4C ar Tywydd **12.05** Ffasiwn Mecanic **12.30** Heno **1.30** Ffermio **2.00** Newyddion S4C ar Tywydd **2.05** Prynawn Da **3.00** Newyddion S4C ar Tywydd **3.05** Corau Rhys Meirion **4.00** Awr Fawr: Peppa. **4.05** Y Brodyr Coala **4.20** Antur Natur Cyw **4.35** Sion y Chef **4.45** Deian a Loli **5.00** Stwnsh: Boom! **5.10** Seligo. **5.15** #FI **5.20** Cath-Od **5.30** Un Cwestiwn **5.50** Ffeil **6.00** Codi Pac. Geraint Hardy heads to Cardigan **6.30** Rownd a Rownd. The mystery surrounding Dani's return continues. **7.00** Heno **7.30** Newyddion S4C ar

11.10 Babylon Berlin **12.10am** Oz **1.20** **FILM** Game Change (2012/12) Fact-based drama, starring Julianne Moore. **★★★** **3.35** Californication **4.10-6.00am** The West Wing. Double bill.

SKY CINEMA PREMIERE

6.00am Hot Air (2018/15) **★★★** **8.00** The Candidate (2018/15) **★★★★** **10.15** The 2020 Top Ten Show **10.30** Killers Anonymous (2019/15) **★★★★** **12.15pm** Godzilla: King of the Monsters (2019/12) **★★★** **2.30** Straight Up (2019/15) **★★★★** **4.15** UFO (2018/12) **★★★** **6.00** The 2020 Top Ten Show **6.15** Killers Anonymous (2019/15) **★★★** **8.00** Godzilla: King of the Monsters (2019/12) **★★★★** **10.15** Straight Up (2019/15) **★★★★** **12.00m't** Mapplethorpe (2018/18) **★★★** **2.00** UFO (2018/12) **★★★** **3.45** Extracurricular (2018/18) **★★★★** **5.30-6.00am** Monster Family: Special

FILM4

11.00am The Naked Truth (1957/U) **★★** **12.50pm** Rage at Dawn (1955/U) **★★** **2.40** The Longest Day (1962/PG) **★★★★** **6.20** The Core (2003/12) **★★★** **9.00** Gifted (2017/12) Premiere. A single man attempts to raise his child prodigy niece, but his formidable mother ruins his plans. Drama, starring Chris Evans and Lindsay Duncan. **★★★★** **11.05** Conan the Barbarian (2011/15) **★★★** **1.15-3.25am** A Dark Song (2016/15) **★★★**

TALKING PICTURES TV

6.00am Sons of the Sea (1939/U) **★★★** **7.30** The Lost Hours (1952/U) **★★** **9.00** Oh... Rosalinda!! (1955/U) **★★★★** **11.00** Richard Diamond **11.30** Sammy's Super T-Shirt (1978/U) **★★★★** **12.45pm** Make Mine a Million (1959/U) **★★★** **2.25** Mad About Men (1954/U) **★★★** **4.10** Another Man's Poison (1951/PG) **★★** **6.00** No Lady (1931/U) **★★★★** **7.20** Please Turn Over (1959/12) **★★★★** **9.00** Reilly: Ace of Spies **10.00** Mr Denning Drives North (1951/12) **★★★** **11.50** Tread Softly Stranger (1958/PG) **★★** **1.35am** The Party's Over (1965/12) **★★★** **3.25** Ghosts on the Loose (1943/U) **★★★★** **4.45** Sound Waves and Their Sources **5.00-6.00am** Rooms. Double bill.

Tywydd **8.00** Pobol y Cwm. Dai promotes Diane's erotic novel as autobiographical. **8.25** Rownd a Rownd. Fflur decides that she must tell Llew the truth about her illness. **8.55** Newyddion 9 ar Tywydd **9.00** Cynefin. Heledd Cynwal explores the market town of Tregaron and meets the last of the area's drovers. Iestyn Jones visits a raised bog, and Sion Tomos Owen visits the home of a 'swagman'. **10.00** Walter Presents: Yr Un Awyr. Lars gets invited into the home of Sabine's family, Juliane tells her father about Clara's symptoms, and the Stasi interrogates Tobias. In German. **11.00-11.35pm** Nyrsys. Student nurse Elen learns how to assist patients as they receive treatments.

BBC One

FREEVIEW 1 SKY 101 VIRGIN 101 FREESAT 101

6.00am Breakfast 9.15 Britain's Housing Scandal **10.00** Homes Under the Hammer (R) **11.00** Wanted Down Under (R) **11.45** Saved on Camera **12.15pm** Bargain Hunt (R)

1.00 BBC News; Regional News

1.45 Doctors Part two of two. Rob and Karen have to deal with some new developments.

2.15 Jimmy McGovern's Moving On (3/5) A former rugby league legend is blackmailed by his ex.

3.00 Escape to the Country (R)

3.45 Money for Nothing In Surrey.

4.30 Ready Steady Cook Culinary.

5.15 Pointless Low-scoring quiz. (R)

6.00 BBC News; Regional News

6.55 Party Political Broadcast By the Labour Party. (R)

7.00 The One Show Magazine show, with stories of interest from around the UK, plus celebrity guests in the studio. Presented by Alex Jones and Matt Baker.

7.30 Match of the Day: The FA Cup Sheffield Wednesday v Manchester City (kick-off 7.45pm). Gary Lineker presents all the action from the fifth-round tie at Hillsborough, which is followed by the draw for the sixth round. Wednesday have already defeated one Premier League side in Brighton & Hove Albion away in the third round, but face a daunting task against the holders, who scored four against both Port Vale and Fulham in their previous games in this season's competition. With analysis from Alan Shearer and Micah Richards.

10.00 BBC News; Regional News Followed by Lottery Update

10.35 Eating with My Ex (7/8) Tonight, Daisha is desperate to know why Luchiano left in the middle of the night, Andy wants to rekindle with ex-boyfriend Blair, and Demere thinks about forgiving James for moving on so quickly.

11.05pm Fight Dirty Two teams of housemates go up against each other to clean each others' homes. **11.35** Killing Eve. Villanelle lures Eve to Berlin by using the agent's name while carrying out the murder of a Chinese army colonel, and trails the MI5 officer. (R) **1.05am** Weather for the Week Ahead **1.10-6.00am** BBC News

BBC Two

FREEVIEW 2 SKY 102 VIRGIN 102 FREESAT 102

6.30am Money for Nothing (R) **7.15** Ready Steady Cook (R) **8.00** See Hear **8.30** Great British Railway Journeys (R) **9.00** BBC News at 9 **10.00** Victoria Derbyshire **11.00** BBC Newsroom Live **11.15** Politics Live **1.00pm** Hardball. Quiz. (R)

1.45 Best House in Town (R)

2.30 Terry and Mason's Great Food Trip Culinary tour of York. (R)

3.00 Red Rock Crime drama. (R)

3.45 The Great Interior Design Challenge Makeovers. (R)

4.45 Portillo's State Secrets (R)

5.15 Flog It! Historic venues. (R)

6.00 Richard Osman's House of Games With Miles Jupp.

6.30 Great British Railway Journeys Michael Portillo visits Stranraer and the Mull of Galloway. (R)

7.00 The Andrew Neil Show Interviews, discussion and analysis from Westminster, with Andrew Neil and guests.

8.00 Saving Lives at Sea (10/10) The RNLI volunteers race to rescue two teenagers stuck in mud before the incoming tide overwhelms them.

9.00 Tigers: Hunting the Traffickers Aldo Kane reports on the illegal tiger trade in South East Asia, with the endangered big cats trafficked for products including wine and glue made from their bones. He works alongside wildlife crime investigators, and uncovers shocking footage of breeding facilities and animals being fattened for slaughter. With fewer than 4,000 tigers left, this enterprise threatens to wipe the species out altogether.

10.00 Live at the Apollo Sarah Millican presents stand-up comedy from London's Hammersmith Apollo, introducing sets by Tom Allen and Arj Barker. (R)

10.30 Newsnight The day's events, presented by Emily Maitlis.

11.15pm Win the Wilderness: Alaska The two remaining couples pay a visit to the empty property without Duane and Rena, to get a sense of what their new life in the wilderness will really be like. (R) **12.15am** See Hear (R) **12.45** Universal Credit: Inside the Welfare State. Liverpool's Toxteth jobcentre. (R) **1.45** Hospital. Staff and patients are moved across Liverpool in the merge. (R) **2.45-6.30am** This Is BBC Two

ITV

FREEVIEW 3 SKY 103 VIRGIN 103 FREESAT 103

6.00am Good Morning Britain News and current affairs.

9.00 Lorraine Entertainment news.

10.00 This Morning Celebrity chat and lifestyle features.

12.30pm Loose Women Topical debate from a female perspective.

1.30 ITV Lunchtime News; Weather

1.55 Regional News; Weather

2.00 Judge Rinder Real-life cases are heard in a studio courtroom.

3.00 Tenable Quiz show. (R)

4.00 Tipping Point Coin-drop quiz.

5.00 The Chase Contestants Richard, Kati, Lisa and Geoff take part.

6.00 Regional News; Weather

6.25 Party Political Broadcast By the Labour Party.

6.30 ITV Evening News; Weather

7.00 Emmerdale Marlon feels betrayed, and Harriet is annoyed when Will breaks his promise.

7.30 Coronation Street Daniel resolves to prove his devotion to Bethany, and Tyrone's act of kindness misleads Jade.

8.00 Harry Redknapp's Sandbanks Summer Harry Redknapp welcomes Nick Knowles and Rita Simons to Sandbanks, where they pay a visit to the nearby British Beach Polo Championships.

8.30 Coronation Street Bethany realises the time has come to leave, Tyrone and Fiz unite against Jade, and Adam dupes Ali into revealing his fling.

9.00 The Trouble with Maggie Cole (1/6) Six-part drama following the lives of residents in the close-knit coastal resort of Thurlbury. Dawn French stars.

10.00 ITV News at Ten; Weather The day's major stories.

10.30 Regional News; Weather

10.45 Peston Political magazine show presented by Robert Peston, featuring major interviews with MPs, topical guests and cultural figures.

11.40pm Britain Underwater: Fighting the Floods A report from the communities that were hardest hit by the recent storms Ciara and Dennis. With behind the scenes access to the Environment Agency. (R) **12.30am** Teleshopping **3.00** Broadchurch. Ellie and Hardy start to investigate Trish's life and talk to her ex-husband Ian. (R) **3.50** ITV Nightscreen **5.05-6.00am** Judge Rinder. Courtroom kerfuffles. (R)

Channel 4

FREEVIEW 4 SKY 104 VIRGIN 104 FREESAT 104

6.30am Cheers (R) **7.20** The King of Queens (R) **8.10** Everybody Loves Raymond (R) **9.10** Frasier (R) **10.10** Undercover Boss Canada (R) **11.05** Ramsay's Kitchen Nightmares USA (R) **12.05pm** Find It, Fix It, Flog It (R)

1.05 Posh Pawn James is offered jewellery by Leee John. (R)

2.10 Countdown With Rory Bremner.

3.00 A Place in the Sun A Kent duo seek a home in France. (R)

4.00 A New Life in the Sun: Where Are They Now? In France, a bar owner gets in trouble.

5.00 Come Dine with Me (R)

6.00 The Simpsons Bart betrays his best friend Milhouse. (R)

6.30 Hollyoaks Edward prepares a dinner for Tony and Diane. (R)

7.00 Channel 4 News Headlines.

8.00 Kirstie and Phil's Love It or List It Kirstie Allsopp and Phil Spencer meet Christine Attwood and Tony Congdon in Purley, Croydon, who need help deciding whether they should sell or upgrade their home. The pair have been going back and forth for almost a decade about the future of their unusual bungalow – Tony loves the property and its location, but Christine longs to move closer to the coast. (R)

9.00 100 Kilo Kids: Obesity SOS Following young patients in the Bristol Royal Hospital for Children, Britain's leading childhood obesity clinic. Tommy, 14, is one of the clinic's heaviest patients, and despite 18 months of treatment, his weight is spiralling out of control.

10.00 Home (5/6) Peter tries to hold the family together, and Katy is consumed with self-loathing as she prepares for her misconduct hearing at school.

10.30 Gogglebox TV critiques. (R)

11.35pm First Dates Recruitment consultant Chloe sits down with 'geezer' Anthony, and actor Josh seeks a leading lady. (R) **12.30am** The Windsors. Charles and Camilla reluctantly attend Kate's father's birthday celebrations. (R) **1.00** Ramsay's Kitchen Nightmares USA (R) **1.50** My Family and the Galapagos (R) **2.45** Come Dine with Me (R) **3.40** Grand Designs (R) **4.35** Location, Location, Location (R) **5.35** Kirstie's Vintage Gems (R) **5.50-6.30am** Countdown (R)

Channel 5

FREEVIEW 5 SKY 105 VIRGIN 105 FREESAT 105

6.00am Milkshake! 9.15 Jeremy Vine
11.15 Paddington Station 24/7 (R)
12.10pm 5 News at Lunchtime
12.15 Nightmare Tenants, Slum Landlords (R) **1.10** Access

1.15 Home and Away See 6.00pm.

1.45 Neighbours See 5.30pm.

2.15 Secrets in a Small Town
(2019/PG) A vice-principal's daughter goes missing. Thriller, starring Kate Drummond. ★★★

4.00 Friends Double bill. Ross makes a sacrifice for Rachel; Joey's play gets terrible reviews. (R)

5.00 5 News at 5 The day's headlines.

5.30 Neighbours Paige reveals the truth after standing Mark up. (R)

6.00 Home and Away Tori learns that Leah is missing. (R)

6.30 5 News Tonight Headlines.

7.00 Secrets of the Royal Palaces Behind-the-scenes tales of the British monarchy's residences, with a royal butler recalling how he accidentally ended up dancing with the Queen. (R) Followed by 5 News

8.00 Health Foods: Are They a Con? Paul Connolly and Jean Johansson lift the lid on health foods and other products, meeting a Cheshire family who may be falling for some of the supermarket branding tricks. Followed by 5 News Update

9.00 Sarah Payne: 5 Mistakes That Caught the Killer
The murder of Sarah Payne, who was killed by Roy Whiting in 2000, and the mistakes he made that led to him being locked up for life. Featuring interviews with detectives, forensic experts and other crucial witnesses.

10.00 The Chocolate Challenge with The Hairy Bikers
The competition heats up as the semi-final gets underway, and the four remaining chocolatiers are tasked to create their own unique chocolate Easter egg and a multi-layered chocolate bar.

11.05pm Harvey Nichols: Britain's Poshest Department Store How the chain epitomised the champagne lifestyle of the rich and famous. (R)
12.05am The Woman Who Ate a House: PICA Syndrome **1.00** The 21.co.uk Live Casino Show **3.00** Access
3.10 The Hotel Inspector: Checking In, Checking Out (R) **4.00** Tattoo Disasters UK (R) **4.45** House Doctor (R) **5.10** Nick's Quest (R) **5.35-6.00am** Wildlife SOS (R)

GOLD

6.00am Teleshopping **7.10** The Piglet Files. Double bill. **8.00** As Time Goes By **8.40** The Good Life **9.20** Porridge **10.00** Hi-de-Hi! **10.40** Last of the Summer Wine. Triple bill. **12.40pm** Keeping Up Appearances **1.20** Porridge **2.00** Hi-de-Hi! **2.40** Dad's Army. Triple bill. **4.40** Last of the Summer Wine. Triple bill. **6.40** The Good Life **7.20** Porridge **8.00** Dad's Army. Double bill. **9.20** Mrs Brown's Boys **10.00** **NEW** Sandylands. Comedy drama, with Natalie Dew and Sanjeev Bhaskar. **10.40** Mrs Brown's Boys **11.20** Peep Show. Double bill. **12.30am** Mrs Brown's Boys **1.10** Dad's Army **1.50** Peep Show. Double bill. **2.50** Marley's Ghosts. Double bill. **4.00-6.00am** Teleshopping

DAVE

6.00am Teleshopping **7.10** Cops UK: Bodycam Squad **8.00** American Pickers **9.00** Storage Hunters UK **10.00** American Pickers **12.00noon** Timber Kings **1.00** Top Gear **2.00** Cops UK: Bodycam Squad **3.00** Sin City Motors **4.00** Top Gear. Double bill. **6.00** Taskmaster **7.00** Room 101. Double bill. **8.20** Have I Got a Bit More Old News for You **9.20** QI **10.00** Hypothetical **11.00** Dara O Briain's Go 8 Bit **12.00m't** Taskmaster **1.00** Have I Got a Bit More Old News for You **2.15** Jon Richardson: Ultimate Worrier **3.00** Zapped **3.35** The Indestructibles **4.00-6.00am** Teleshopping

DRAMA

6.00am Teleshopping **7.10** Soldier, Soldier. Double bill. **9.00** The Bill **10.00** Classic Holby City **11.00** Classic Casualty. Hospital drama. **12.00noon** The Bill **1.00** Classic EastEnders. Double bill. **2.20** London's Burning **3.20** Monarch of the Glen **4.20** Bergerac **5.20** Bread **6.00** Hi-de-Hi! **6.40** As Time Goes By **7.20** Last of the Summer Wine **8.00** Hetty Wainthropp Investigates **9.00** Ms Fisher's Modern Murder Mysteries **10.00** New Tricks **11.15** Waking the Dead **1.55am** The Bill **2.45** London's Burning **4.00-6.00am** Teleshopping

YESTERDAY

6.00am Ronnie Kray and the Pervert Peer **7.10** Secrets of the Railways **8.00** Forbidden History **9.00** Secret Nazi Bases **10.00** Nazi Victory: The Post-War Plan **11.00** Underground Worlds **12.00noon** Impossible Railways **1.00** Secrets of Britain **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** Impossible Engineering **9.00** Porridge. Triple bill. **10.55** Impossible Railways **11.55** Underground Worlds **12.55am** Nazi Victory: The Post-War Plan **1.55** Ronnie Kray and the Pervert Peer **3.00-6.00am** Teleshopping

ITV2

6.00am Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale **8.20** You've Been Framed! Gold: Full Throttle **9.20** Superstore. Double bill. **10.15** Dinner Date **11.15** Dress to Impress **12.15pm** Emmerdale **12.45** Funniest Ever You've Been Framed! Gold **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. Four episodes. **8.00** Two and a Half Men. Double bill. **9.00** Family Guy. Double bill. **10.00** Celebrity Juice **10.50** Family Guy **11.20** American Dad!

Variations

BBC1 WALES As BBC1 except: **6.30-6.55pm** BBC Wales Today **10.30** BBC Wales Live. Jason Mohammad and Bethan Rhys Roberts present a weekly show featuring stories and in-depth interviews about what is happening in Wales and why it matters. **11.05** Eating with My Ex **11.35** Fight Dirty **12.05am** Killing Eve. Villanelle lures Eve to Berlin. **12.45** Killing Eve **1.30-6.00am** News
BBC2 WALES As BBC2 except: **11.15pm** New Voices from Wales **11.25pm-12.15am** Snow Monkeys: Natural World. Natural history film examining the lives of Japanese macaques.

Wednesday

MARCH 4



The Trouble with Maggie Cole, ITV, 9pm

Double bill. **12.20am** Two and a Half Men **1.15** Timewasters. Double bill. **2.15** CelebAbility **3.00** Totally Bonkers Guinness World Records **3.25** ITV2 Nightscreen **3.30-6.00am** Teleshopping

ITV3

6.00am Classic Coronation Street. Double bill. **6.55** Classic Emmerdale. Double bill. **7.55** Heartbeat **8.55** The Darling Buds of May **10.00** That's My Boy **10.30** Inspector Morse **12.40pm** Heartbeat **1.45** Classic Emmerdale. Double bill. **2.50** Classic Coronation Street. Double bill. **3.55** Midsomer Murders **5.55** Heartbeat **7.00** Agatha Christie's Poirot. Double bill. **10.00** Scott & Bailey **11.00** Inspector Morse. Double bill. **3.10am** ITV3 Nightscreen **3.30-6.00am** Teleshopping

BBC FOUR

7.00pm Beyond 100 Days **7.30** The Yorkshire Dales **8.00** The Victorian House of Arts and Crafts **9.00** A Very British History **10.00** The Stuarts **11.00** Blood and Gold: The Making of Spain with Simon Sebag Montefiore **12.00m't** Treasures of Ancient Greece **1.00** Rhythms of India **2.00** The Victorian House of Arts and Crafts **3.00-4.00am** A Very British History

SKY ONE

6.00am Monkey Life. Double bill. **7.00** RSPCA Animal Rescue. Double bill. **8.00** The Dog Whisperer **9.00** Stop, Search, Seize **10.00** Brit Cops: Law & Disorder **11.00** NCIS: Los Angeles. Double bill. **1.00pm** Hawaii Five-0. Double bill. **3.00** MacGyver **4.00** Modern Family. Double bill. **5.00** The Simpsons **5.30** Futurama. Double bill. **6.30** The Simpsons. Five episodes. **9.00** SEAL Team **10.00** Avenue 5 **10.35** Intelligence. Double bill. **11.35** The Russell Howard Hour **12.35am** The Heist **1.35** Caught on Dashcam **2.30** The Force: Manchester **3.30** Road Wars **4.00** Stop, Search, Seize **5.00-6.00am** Futurama. Double bill.

SKY ATLANTIC

6.00am The Guest Wing **7.00** Without a Trace. Triple bill. **10.00** The West Wing. Double bill. **12.00noon** Blue Bloods **1.00** CSI: Crime Scene

ITV WALES As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.25** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales
S4C 6.00am Cyw **11.00** Dysgu Gyda Cyw: Yn yr Ardd **11.15** Peppa **11.20** Heini **11.35** Llan-ar-goll-en **11.50** Y Dywysoges Fach **12.00noon** Newyddion S4C ar Tywydd **12.05** Ceffylau Cymru **12.30** Heno **1.00** Llwybrau'r Eirth **2.00** Newyddion S4C ar Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C ar Tywydd **3.05** Noson Lawen **4.00** Cyw Byw. **5.00** Stwnsh: Y Brodyr Adrenalini **5.10** Henri Helynt **5.20** Bwystfil **5.30** CogInio **5.50** Ffeil **6.00** Adre. Nia Parry visits the home of actress and singer Tara Bethan. **6.25** Darllediad Gwleidyddol gan Lafur Cymru. Party political broadcast by

Investigation **2.00** The West Wing. Double bill. **4.00** Without a Trace. Triple bill. **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Angels in America. Double bill. **12.00m't** The End **12.35** Babylon Berlin **1.45** John Adams **3.25** Californication **4.00-6.00am** The West Wing

SKY CINEMA PREMIERE

6.00am The 2020 Top Ten Show **6.15** Tell It to the Bees (2018/15) ★★★ **8.15** UFO (2018/12) ★★★ **10.00** Straight Up (2019/15) ★★★★★ **11.45** Godzilla: King of the Monsters (2019/12) ★★★★★ **2.00pm** The 2020 Top Ten Show **2.15** The Counterfeiter (2018/15) ★★★★★ **4.30** Killers Anonymous (2019/15) ★★★★★ **6.15** Straight Up (2019/15) ★★★★★ **8.00** Godzilla: King of the Monsters (2019/12) ★★★★★ **10.15** The Counterfeiter (2018/15) ★★★★★ **12.30am** Mapplethorpe (2018/18) ★★ **2.20** Extracurricular (2018/18) ★★ **3.55** UFO (2018/12) ★★ **5.30-6.00am** Final Score: Special

FILM4

11.00am Death Drums Along the River (1963/PG) ★★ **12.45pm** The Gentle Sex (1943/U) ★★ **2.35** The Tin Star (1957/U) ★★★★★ **4.30** Kidnapped (1971/U) ★★ **6.50** Behind Enemy Lines (2001/12) ★★ **9.00** Taken (2008/15) Thriller. ★★ **10.50** American Assassin (2017/18) ★★★★★ **1.05-3.15am** Buffalo Soldiers (2001/15) ★★★★★

TALKING PICTURES TV

6.00am Inn for Trouble (1960/U) ★ **7.45** The Cuckoo Patrol (1967/U) ★★ **9.20** Cast a Dark Shadow (1956/PG) ★★ **11.00** Richard Diamond **11.30** We Joined the Navy (1962/U) ★★ **1.30pm** Treble One: A Tribute **1.55** Time, Gentlemen, Please! (1952/U) ★★ **3.35** Portrait of Clare (1950/PG) ★★ **5.25** Spring in Park Lane (1948/U) ★★ **7.15** Trouble in Store (1953/PG) ★★ **9.00** Rumpole of the Bailey. An elderly couple are blackmailed. **10.05** The Mirror Crack'd (1980/PG) Miss Marple mystery. ★★★★★ **12.10am** The Lost Continent (1968/12) ★★ **1.55** The Great Gabbo (1929/PG) ★★ **3.35** Minesweeper (1943/U) ★★ **5.00-6.00am** Rooms. Double bill.

Welsh Labour. **6.30** Heno **7.30** Newyddion S4C ar Tywydd **8.00** Pobol y Cwm. Kelly leaves Cwmderi as a result of the strain of the past year. **8.55** Newyddion S4C ar Tywydd **9.00** Ysgol Ni: Maesincla. Following a group of boys who meet every morning at the Breakfast Club, and cameras follow the development of two pupils over a period of months. **10.00** Mwy o Sgorio. Reaction to the UEFA Nations League draw, with Nicky John joining Malcolm Allen and Dylan Ebeneze to discuss the stories from the ceremony in Amsterdam. **10.30-11.35pm** Priodas Pum Mil. Trystan Ellis-Morris and Emma Walford lend a helping hand to a crew of family and friends who are organising a wedding in Pwllheli.

BBC One

FREEVIEW 1 SKY 101 VIRGIN 101 FREESAT 101

6.00am Breakfast 9.15 Britain's Housing Scandal **10.00** Homes Under the Hammer **11.00** Wanted Down Under Revisited (R) **11.45** Saved on Camera **12.15pm** Bargain Hunt. From Newark. (R)

1.00 BBC News; Regional News

1.45 Doctors Karen tracks down Abz to get her to tell her the truth.

2.15 Jimmy McGovern's Moving On A middle-aged woman is forced to fight for her job.

3.00 Escape to the Country (R)

3.45 Money for Nothing

4.30 Ready Steady Cook Cooking.

5.15 Pointless Low-scoring quiz. (R)

6.00 BBC News; Regional News

6.55 Party Political Broadcast By the Green Party. (R)

7.00 The One Show Live magazine show featuring a mixture of reports, celebrity chat and stories of interest, presented by Alex Jones and Matt Baker.

7.30 EastEnders Gray's boss urges him to make Kush plead guilty – leading to a confrontation with Kat. Keegan blames Jack for his treatment by the police and Jean is determined to help Suki.

8.00 MasterChef John Torode and Gregg Wallace preside as six more hopefuls compete in the second heat, getting their first chance to win a MasterChef apron by serving up their signature dish.

9.00 Noughts and Crosses (1/6) **New** Drama set in a fictional world where black people rule over a white underclass, following two young people who are divided by their race but united by love.

10.00 BBC News; Regional News The latest news headlines and regional reports.

10.35 Question Time Fiona Bruce presents the topical debate from Tunbridge Wells, inviting the studio audience to question a panel of politicians and other guests on subjects that have made the headlines over the past week.

11.35pm Newscast; Weather Laura Kuenssberg, Chris Mason, Katya Adler and Adam Fleming present their weekly round-up from Westminster, delivering their usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. **12.10-6.00am** BBC News. Headlines.

BBC Two

FREEVIEW 2 SKY 102 VIRGIN 102 FREESAT 102

6.30am Money for Nothing (R) **7.15** Ready Steady Cook (R) **8.00** Great British Railway Journeys (R) **8.30** Lose Weight and Get Fit with Tom Kerridge (R) **9.00** News **10.00** Victoria Derbyshire **11.00** Newsroom **12.15pm** Politics Live

1.00 Hardball Quiz show. (R)

1.45 Best House in Town (R)

2.30 Terry and Mason's Great Food Trip In Worcestershire. (R)

3.00 Red Rock Crime drama. (R)

3.45 The Great Interior Design Challenge In Dorset. (R)

4.45 Portillo's State Secrets (R)

5.15 Flog It! From Nottingham. (R)

6.00 Richard Osman's House of Games With Chizzy Akudolu.

6.30 Great British Railway Journeys

7.00 MOTDx Jermaine Jenas is joined by Craig Mitch, Chelcee Grimes and Reece Parkinson to review the Premier League.

7.30 Villages by the Sea Ben Robinson examines the history of Clovelly in Devon, looking at its transformation from fishing harbour to romantic Victorian seaside resort. (R)

8.00 Secrets of the Museum (5/6) Frankenstein's monster is brought back to life at the V&A, and the curators discover photographs of the real Alice in Wonderland.

9.00 Hospital (4/8) The work of Alder Hey Children's Hospital, following eight-month-old Elsie about to have surgery due to serious kidney abnormalities and a 17-year-old with cerebral palsy as she reaches adulthood and leaves the hospital's care.

10.00 Vic & Bob's Big Night Out Chaotic comedy series with Vic Reeves and Bob Mortimer, featuring a welcome return for Novelty Island, and a special rendition of That's Magic. (R)

10.30 Newsnight Analysis of the day's events, with Kirsty Wark.

11.15pm Match of the Day: The FA Cup Derby County v Manchester United. **11.40 LIVE** SheBelieves Cup. USA v England (kick-off 12.00am). Coverage of the opening match for both nations at Exploria Stadium in Orlando, Florida. **2.15am** Confronting Holocaust Denial with David Baddiel (R) **3.15** Dom Does America (R) **4.00** Trust Me, I'm a Doctor (R) **4.30-6.30am** This Is BBC Two. TV previews.

ITV

FREEVIEW 3 SKY 103 VIRGIN 103 FREESAT 103

6.00am Good Morning Britain

9.00 Lorraine Entertainment news.

10.00 This Morning Celebrity chat and lifestyle features.

12.30pm Loose Women The panel put the world to rights once more.

1.30 ITV Lunchtime News; Weather

1.55 Regional News; Weather

2.00 Judge Rinder Real-life cases.

3.00 Tenable A team of five friends and family from Bromley compete in the quiz. (R)

4.00 Tipping Point Coin-drop quiz.

5.00 The Chase Martin, Lucy, Haroon and Karen take part.

6.00 Regional News; Weather

6.25 Party Political Broadcast By the Green Party.

6.30 ITV Evening News; Weather

7.00 Emmerdale Marlon makes a decision regarding his family.

7.30 Diet: Trust Your Gut? Tonight Actress Catherine Tyldesley investigates what people need to know to look after their digestive system.

8.00 Emmerdale Al has to work hard to get Ellis back onside. Will comes face to face with his past, and Cara is disappointed but supports Nate's decision.

8.30 How to Spend It Well **New** on Holiday New series. Phillip Schofield hosts this consumer travel show designed to help tourists get the best holiday for their money, beginning with a trip to the Mediterranean.

9.00 Tyson Fury: The Gypsy King (3/3) Fury finally has a rematch with Deontay Wilder confirmed, and parts ways with trainer Ben Davison.

10.00 ITV News at Ten; Weather A fresh perspective on the major stories of the day.

10.30 Regional News; Weather

10.45 Liar Andrew's body is found on the Kent marshes, but Laura once again finds herself drawn into his destructive path. Thriller, with Joanne Froggatt. (R)

11.45pm Dancing on Ice Phillip Schofield and Holly Willoughby host the semi-final of the skating contest, in which the celebrities must each perform two routines for the judges. Plus, a performance by Cirque du Soleil: Crystal. (R) **1.20am** Home Shopping **3.00** Diet: Trust Your Gut? Tonight (R) **3.25** ITV Nightscreen **5.05-6.00am** Judge Rinder (R)

Channel 4

FREEVIEW 4 SKY 104 VIRGIN 104 FREESAT 104

6.30am Cheers (R) **7.20** The King of Queens (R) **8.10** Everybody Loves Raymond (R) **9.10** Frasier (R) **10.10** Undercover Boss Canada (R) **11.05** Ramsay's Kitchen Nightmares USA (R) **12.05pm** Find It, Fix It, Flog It (R)

1.05 Posh Pawn James gets his hands on an E-type Jaguar. (R)

2.10 Countdown Gameshow.

3.00 NEW Crufts 2020 Highlights from the NEC in Birmingham.

4.00 A New Life in the Sun: Where Are They Now? Catching up with a fruit juice entrepreneur.

5.00 Come Dine with Me (R)

6.00 The Simpsons Homer is banned from driving. (R)

6.30 Hollyoaks Edward decides to make Diane jealous. (R)

7.00 Channel 4 News Including sports reports and weather.

8.00 Crufts 2020 Clare Balding presents further coverage from the NEC in Birmingham, featuring the Flyball, Agility and Heelwork to Music. Scarlett Moffatt visits the show and some WWE wrestlers pick their favourite dogs. Radzi Chinyanganya reports from around the showground, while topics under discussion include me and my dog, dogs in mental health and dogs that saved lives.

9.00 Hunted One of the fugitives is captured by the hunters, who subject her to devious psychological pressures to reveal her partner's whereabouts. Hayley misses her dog and risks returning to Wigan to intercept the pup – unaware her every move is being tracked.

10.00 First Dates Healthcare assistant Anthony wants to put his wild past behind him and bank manager-turned-performer Howard wonders if his date will recognise him.

11.00pm 24 Hours in A&E A patient discusses being diagnosed with a chronic condition. (R) **12.00m't** 100 Kilo Kids: Obesity SOS. Following young patients in Britain's leading childhood obesity clinic. (R) **1.00** Ramsay's Kitchen Nightmares USA (R) **1.50** Home (R) **2.15** Baghdad Central (R) **3.10** Starbucks & Nespresso: The Truth About Your Coffee – Dispatches (R) **3.35** Come Dine with Me (R) **4.30** Location, Location, Location (R) **5.25** Cooking Up a Fortune (R) **5.50-6.30am** Countdown

Channel 5

FREEVIEW 5 SKY 105 VIRGIN 105 FREESAT 105

6.00am Milkshake! **9.15** Jeremy Vine
11.15 Paddington Station 24/7 (R)
12.10pm 5 News at Lunchtime
12.15 Nightmare Tenants,
Slum Landlords (R) **1.10** Access

1.15 Home and Away
See 6.00pm. (R)

1.45 Neighbours See 5.30pm.

2.15 A Wedding to Die For (2019)
 Thriller, starring Christa B Allen
and Danielle C Ryan. **★★★**

4.00 Friends Double bill. (R)

5.00 5 News at 5 The day's headlines.

5.30 Neighbours Harlow reluctantly
attends Gary's welcome back
barbecue for Prue. (R)

6.00 Home and Away Robbo's
interview with Ouroboros
leader Des yields nothing. (R)

6.30 5 News Tonight Headlines.

**7.00 The Dog Rescuers with
Alan Davies** The comedian
returns, and assists vet Gwen
as she takes on the case of
Staffordshire bull terrier Annie,
who has a suspected broken
leg and a mystery lump. In
Carlisle, Inspector Sam tries
to save the life of a severely
beaten dog called Bruce. (R)
Followed by 5 News Update

**8.00 Britain's Naughtiest
Nursery** Day-to-day life
at a nursery for challenging
three-to-five year olds.
Followed by 5 News Update

9.00 10 Years Younger in 10 Days
(2/6) Presenter Cherry Healey
hosts the show in which a
group of experts transform
people's looks and lives.
Here she helps recovering
alcoholic Paulette, who has
been sober for six years.

10.00 Me & My Beautiful Face
Individuals with facial structures
different from the norm
discuss the psychological
challenges of their physical
realities, including presenter and
alopecia sufferer Gail Porter.

**11.05pm Billionaire Kids: Diamond
Lives** Documentary about the children
of wealthy families. (R) **12.05am**
Eamonn and Ruth: Blowing a Fortune.
The duo find out what Regent's Park
has to offer a multi-millionaire. (R)
1.00 The 21.co.uk Live Casino Show
3.00 Access **3.10** Paddington Station
24/7. Behind the scenes at the London
station. (R) **4.00** Tattoo Disasters UK (R)
4.45 House Doctor (R) **5.10** Nick's
Quest (R) **5.35-6.00am** Wildlife SOS (R)

GOLD

6.00am Teleshopping **7.10** The Piglet Files.
Double bill. **8.00** As Time Goes By **8.40** The
Good Life **9.20** Porridge **10.00** Hi-de-Hi! **10.40**
Last of the Summer Wine. Triple bill. **12.40pm**
Keeping Up Appearances **1.20** Porridge **2.00**
Hi-de-Hi! **2.40** The Good Life **3.20** Keeping Up
Appearances **4.00** Dad's Army **4.40** Last of the
Summer Wine. Triple bill. **6.40** The Good Life
7.20 Porridge **8.00** Dad's Army. Double bill.
9.20 Mrs Brown's Boys **10.00** Sandylands **10.40**
Mrs Brown's Boys **11.20** Peep Show. Double bill.
12.25am Lenny Henry's Race Through Comedy
1.30 Mrs Brown's Boys **2.05** Peep Show **2.30**
Marley's Ghosts **3.00** The Rebel **3.35** Harry
Hill's TV Burp **4.00-6.00am** Teleshopping

DAVE

6.00am Teleshopping **7.10** Cops UK: Bodycam
Squad **8.00** American Pickers **9.00** Storage
Hunters UK. Double bill. **10.00** American Pickers.
Double bill. **12.00noon** Timber Kings **1.00** Top
Gear **2.00** Cops UK: Bodycam Squad **3.00** Sin
City Motors **4.00** Top Gear. Double bill. **6.00**
Taskmaster **7.00** Room 101. Double bill. **8.20** Have
I Got a Bit More Old News for You **9.20** Q! **10.00**
Meet the Richardsons **10.40** Q! **11.20** Mock
the Week **12.00m't** Taskmaster **1.00** Have I Got a
Bit More Old News for You **2.10** Jon Richardson:
Ultimate Worrier **3.00** Zapped **3.35** The
Indestructibles **4.00-6.00am** Teleshopping

DRAMA

6.00am Teleshopping **7.10** Soldier, Soldier.
Double bill. **9.00** The Bill **10.00** Classic Holby City
11.00 Classic Casualty **12.00noon** The Bill **1.00**
Classic EastEnders. Double bill. **2.20** London's
Burning **3.20** Monarch of the Glen **4.20** Bergerac
5.20 Bread **6.00** Hi-de-Hi! **6.40** As Time Goes
By **7.20** Last of the Summer Wine **8.00** The
Inspector Lynley Mysteries **10.00** New Tricks
11.20 Waking the Dead **1.55am** The Bill **3.00**
London's Burning **4.00-6.00am** Teleshopping

YESTERDAY

6.00am Secrets of the Bible **7.10** Secrets of the
Railways **8.00** Forbidden History **9.00** Secret
Nazi Bases **10.00** Nazi Victory: The Post-War Plan
11.00 Underground Worlds **12.00noon** Impossible
Railways **1.00** Secrets of Britain **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** Bangers and
Cash **9.00** **NEW** Warbird Workshop. The
battle to keep historic warplanes in the air.
10.00 Narrow Escapes of World War Two
11.00 Impossible Railways **12.00m't** Underground
Worlds **1.00** Nazi Victory: The Post-War Plan **2.00**
Secrets of the Bible **3.00-6.00am** Teleshopping

ITV2

6.00am Teleshopping **7.00** The Ellen DeGeneres
Show **7.50** Emmerdale **8.20** Coronation Street.
Double bill. **9.20** Superstore. Double bill.
10.15 Dinner Date **11.15** Dress to Impress **12.15pm**
Emmerdale **12.45** Coronation Street. Double
bill. **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 **7.00** You've Been
Framed! Gold: Yearbook **8.00** Two and a Half

Variations

BBC1 WALES As BBC1 except: **6.30-6.55pm**
BBC Wales Today. The latest stories.

ITV WALES As ITV except: **1.55-2.00pm** ITV
News Cymru Wales **6.00-6.25** ITV News Wales
at Six **7.30-8.00** Hook's Line on England: A Six
Nations Special. Dot Davies gets James Hook's
views on the tournament so far. **8.30-9.00**
Coast & Country. Andrew Price explores the
coast and countryside of Wales. **10.30** ITV News
Cymru Wales **10.45** Diet: Trust Your Gut? Tonight.
Actress Catherine Tyldesley investigates what
people need to know in order to look after

Thursday

MARCH 5



Noughts and Crosses, BBC One, 9pm

Men. Double bill. **9.00** **FILM** Bridesmaids (2011/15)
Comedy, starring Kristen Wiig and Rose Byrne.
★★★ **11.35** Family Guy. Double bill. **12.30am**
American Dad! Double bill. **1.25** The Stand Up
Sketch Show **1.55** Two and a Half Men. Comedy.
2.25 CelebAbility **3.05** Totally Bonkers Guinness
World Records **3.30-6.00am** Teleshopping

ITV3

6.00am Classic Coronation Street **6.55** Classic
Emmerdale. Double bill. **7.55** Heartbeat **8.55** The
Darling Buds of May. Classic drama. **10.00** That's
My Boy **10.30** Inspector Morse **12.40pm**
Heartbeat **1.45** Classic Emmerdale **2.50** Classic
Coronation Street **3.55** Midsomer Murders
5.55 Heartbeat **6.55** Agatha Christie's Poirot
8.00 Lewis **10.00** Scott & Bailey **11.00** Inspector
Morse **1.15am** A Touch of Frost **3.00** That's My
Boy **3.25** Nightscreen **3.30-6.00am** Teleshopping

BBC FOUR

7.00pm Beyond 100 Days **7.30** The Yorkshire
Dales **8.00** The Real T-Rex with Chris Packham
9.00 The Day the Dinosaurs Died **10.00** The
Stuarts **11.00** Female Filmmakers: BBC Introducing
Arts **12.00m't** How We Built Britain **1.00** Rhythms
of India **2.00** Flights of Fancy: Pigeons and
the British **3.00-4.00am** Age of the Image

SKY ONE

6.00am Monkey Life **7.00** RSPCA Animal Rescue
8.00 The Dog Whisperer **9.00** Stop, Search, Seize
10.00 Brit Cops: Law & Disorder **11.00** NCIS: Los
Angeles **1.00pm** Hawaii Five-0 **3.00** MacGyver
4.00 Modern Family **5.00** The Simpsons **5.30**
Futurama **6.30** The Simpsons. Triple bill. **8.00**
A League of Their Own **9.00** The Heist **10.00**
The Force: North East **11.00** An Idiot Abroad 2
12.00m't Intelligence **1.00** Caught on Dashcam
2.00 The Late Late Show with James Corden:
Best of the Week **3.00** The Force: Manchester
4.00 Stop, Search, Seize **5.00-6.00am** Futurama

SKY ATLANTIC

6.00am The Guest Wing **7.00** Without a Trace.
Triple bill. **10.00** The West Wing. Double bill.

12.00noon 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** John Adams **10.20** The Sopranos
12.45am Public Enemy **1.50** Dolittle: Special
2.00 Richard E Grant's Hotel Secrets **3.00** Public
Enemy **4.10-6.00am** The West Wing. Double bill.

SKY CINEMA PREMIERE

6.00am The Candidate (2018/15) **★★★★**
8.15 The 2020 Top Ten Show **8.30** I Still See You
(2019/15) **★★★★** **10.15** The Counterfeiter (2018/15)
★★★★ **12.30pm** Godzilla: King of the Monsters
(2019/12) **★★★★** **2.45** Killers Anonymous (2019/15)
★★★★ **4.30** Straight Up (2019/15) **★★★★**
6.15 UFO (2018/12) **★★★★** **8.00** Godzilla: King
of the Monsters (2019/12) **★★★★** **10.15** Hell Is
Where the Home Is (2018/18) Horror. **★★★★**
12.00m't Killers Anonymous (2019/15) **★★★★**
1.45 Mapplethorpe (2018/18) **★★★★** **3.45** Hell Is
Where the Home Is (2018/18) **★★★★** **5.30-6.00am**
The Hurricane Heist: The Eye of the Storm

FILM4

11.00am The Way to the Stars (1945/U) **★★★★**
1.15pm A Night to Remember (1958/PG) **★★★★**
4.05 The Dam Busters (1955/U) **★★★★** **6.45**
Now You See Me (2013/12) **★★★★** **9.00** My Friend
Dahmer (2017/15) **★★★★** **11.10** Die Hard 2 (1990/18)
★★★★ **1.35-3.45am** Kill Your Friends (2015/18) **★★**

TALKING PICTURES TV

6.00am Flannelfoot (1953/PG) **★★★★** **7.25** Talking
Pictures With Rita Tushingham **7.55** Glad Tidings
(1953/U) **★★** **9.15** The Big Job (1965/U) **★★★★** **11.00**
Richard Diamond **11.30** Glimpses: Sheffield Anglers
in the 1960s **11.45** I Live in Grosvenor Square
(1945/U) **★★** **2.00pm** Rooms **2.30** Simon and
Laura (1955/PG) **★★** **4.20** Glimpses: Our London
4.35 Bond Street (1948/12) **★★★★** **6.45** The Four
Feathers (1939/U) **★★★★★** **9.00** Funny Man
10.00 Whistle Down the Wind (1961/PG) **★★★★**
12.05am The Ring (1952/U) **★★★★** **1.45** The First
Travelling Saleslady (1956/PG) **★★★★** **3.35** The
Blue Parrot (1953/PG) **★★** **5.00-6.00am** Rooms

a Rownd. Fflur decides that she must tell
Llew the truth about her illness. **7.00** Heno
7.30 Newyddion S4C ar Tywydd **8.00** Pobol y
Cwm. Jaclyn is angry with Gerwyn for doing
Dylan's dirty work. **8.25** Rownd a Rownd. Lowri
supports Dani after learning about Jac's affair.
8.55 Newyddion S4C ar Tywydd **9.00** Jonathan.
Rugby magazine, with Jonathan Davies, Nigel
Owens and Sarra Elgan, who are joined by
Geraint Rhys Edwards and Dyddgu Hywel. **10.00**
3 Lle: Eleri Sion. Cameras accompany presenter
Eleri Sion as she visits three important places
in her life – Aberaeron, London and Cardiff's
Millennium Stadium. **10.30** Hansh **11.00** Y Stiwdio
Gefn **11.30pm-12.05am** Mwy o Sgorio

BBC One

FREEVIEW 1 SKY 101 VIRGIN 101 FREESAT 101

6.00am Breakfast 9.15 Britain's Housing Scandal. Hoarding struggles. Last in series. **10.00** Homes Under the Hammer (R) **11.00** Wanted Down Under Revisited (R) **11.45** Saved on Camera **12.15pm** Bargain Hunt

1.00 BBC News; Regional News

1.45 Doctors An meeting threatens Daniel and Zara's world.

2.15 Jimmy McGovern's Moving On (5/5) A bereaved mother befriends a homeless man.

3.00 Escape to the Country (R)

3.45 Money for Nothing Jacqui Joseph transforms chairs.

4.30 Ready Steady Cook Sinead and her grandmother Jean compete.

5.15 Pointless Low-scoring quiz. (R)

6.00 BBC News; Regional News

7.00 The One Show The usual mix of celebrity guests and stories about people in extraordinary circumstances, presented by Alex Jones.

7.30 MasterChef Former participants Alex Rushmer, Dr Tim Kinnaird and Dhruv Baker join hosts John Torode and Gregg Wallace to help select those going through to the next quarter-final. More at 9.30pm.

8.30 EastEnders Shirley grows suspicious of Suki's behaviour and speaks to Jean. As Gray and Kush set off for court, the solicitor subtly seeds doubts in his client's mind about the plea.

9.30 MasterChef The second quarter-final sees the six talented heat winners return to fight for a place in Knockout Week, tasked by Grace Dent to produce a party-sharing plate.

10.00 BBC News; Regional News Followed by Lottery Update

10.35 Greg James' Sport Relief Heroes In the run-up to Sport Relief, the Radio 1 DJ meets up with his heroes of the charity event, including David Walliams, Eddie Izzard, Davina McCall, John Bishop and Zoe Ball.

11.35pm Catchpoint Sport Relief Special Paddy McGuinness hosts a celebrity special edition of the family-friendly gameshow, as netball star Eboni Usoro-Brown and stand-up Darren Harriott take on comedian Susan Calman and Strictly's professional dancer Johannes Radebe. (R) **12.15am** Weather for the Week Ahead **12.20-6.00am** BBC News

BBC Two

FREEVIEW 2 SKY 102 VIRGIN 102 FREESAT 102

6.30am Money for Nothing (R) **7.15** Ready Steady Cook (R) **8.00** Winterwatch (R) **9.00** BBC News at 9 **10.00** Victoria Derbyshire **11.00** BBC Newsroom Live **12.15pm** Politics Live **1.00** Hardball. Quiz show. (R)

1.45 Best House in Town (R)

2.30 Terry and Mason's Great Food Trip Exploring Kent. (R)

3.00 Red Rock Crime drama. (R)

3.45 The Great Interior Design Challenge A house in Bath. (R)

4.45 Portillo's State Secrets (R)

5.15 Flog It! The experts visit Kent.

6.00 Richard Osman's House of Games With former winners.

6.30 Great British Railway Journeys University of Glasgow's Officer Training Corps. (R)

7.00 Extreme Wales with Richard Parks The athlete explores Britain's deepest cave under the Brecon Beacons and attempts to overcome his fear of enclosed spaces. (R)

7.30 Celebrity Antiques Road Trip Nadia Sawalha and Kaye Adams join forces with experts Tim Medhurst and Anita Manning in the antique shops of Edinburgh and beyond. (R)

8.30 Wild Cuba: A Caribbean Journey (1/2) Colin Stafford-Johnson explores parts of Cuba few outsiders have seen, observing the bee hummingbird – the world's tiniest bird – and thousands of crabs migrating.

9.30 QI Nish Kumar, Holly Walsh and Cariad Lloyd join regular panellist Alan Davies and host Sandi Toksvig for an skewed look at multiple organisms. (R)

10.00 Mock the Week Angela Barnes, Ed Byrne, Kerry Godliman, Milton Jones, Chris Washington and regular panellist Hugh Dennis to take a comic look at the news. From November 2019. (R)

10.30 Newsnight Kirsty Wark with analysis of the day's national and international events.

11.05pm FILM The Beguiled (2017/15) Premiere. The arrival of a wounded Civil War soldier brings jealousy and betrayal to a Southern girls' school. Period drama, starring Colin Farrell, Nicole Kidman and Kirsten Dunst. ★★★

12.35am Spying on the Scammers – Panorama (R) **1.05** Doctor Who (R)

2.10-6.45am This Is BBC Two

ITV

FREEVIEW 3 SKY 103 VIRGIN 103 FREESAT 103

6.00am Good Morning Britain

9.00 Lorraine Entertainment news.

10.00 This Morning Celebrity chat and lifestyle features.

12.30pm Loose Women Topical debate from a female perspective.

1.30 ITV Lunchtime News; Weather

1.55 Regional News; Weather

2.00 Judge Rinder Real-life cases are heard in a studio courtroom.

3.00 Tenable Five friends from North Yorkshire answer questions about top 10 lists. (R)

4.00 Tipping Point Coin-drop quiz.

5.00 The Chase Bradley Walsh hosts as Steve, Vicki, Sam and Lita take on the Chaser.

6.00 Regional News; Weather

6.30 ITV Evening News; Weather

7.00 Emmerdale Will is forced to go back to his old ways, Vanessa receives a date for her surgery, and Victoria makes a huge decision for her and Luke.

7.30 Coronation Street Gary bumps into an old acquaintance, Nina joins Roy bat watching, and Craig decides to make some changes to his lifestyle.

8.30 Vera A murder at a remote cottage in Northumberland takes DCI Vera Stanhope back to a place full of childhood memories and reminds her of an unsolved case from earlier in her career. Delving into the local politics surrounding a controversial proposal to dig a quarry, she and her team find motives in the unlikely of places – until they realise that the truth could be hidden within the land itself. (R)

10.25 ITV News; Weather A fresh perspective on the major stories of the day, featuring national and international news, with reports and analysis from ITV's correspondents.

10.55 Regional News; Weather

11.10pm McDonald & Dodds Drama about chalk-and-cheese police partners solving crime on the streets of Bath, beginning with the murder of a homeless man. Jason Watkins and Tala Gouveia star, with a guest appearance from Robert Lindsay. (R)

12.55am Teleshopping **3.00** Who's Doing the Dishes? Rowland Rivron puts on a dinner party at his home as he plays mystery host to four strangers. (R) **3.50-6.00am** ITV Nightscreen

Channel 4

FREEVIEW 4 SKY 104 VIRGIN 104 FREESAT 104

6.30am Cheers (R) **7.20** The King of Queens (R) **8.10** Everybody Loves Raymond (R) **9.10** Frasier (R) **10.10** Undercover Boss Canada (R) **11.05** Ramsay's Kitchen Nightmares USA (R) **12.05pm** Find It, Fix It, Flog It (R)

1.05 Posh Pawnbrokers (R)

2.10 Countdown With Rory Bremner.

3.00 Crufts 2020 Coverage from the NEC arena in Birmingham.

4.00 A New Life in the Sun: Where Are They Now? A vegan cafe in Spain floods. Last in series.

5.00 Come Dine with Me Four hosts compete in Tyne and Wear. (R)

6.00 The Simpsons Lisa discovers Bart's demented twin brother hidden in the attic. (R)

6.30 Hollyoaks Toby is angry. (R)

7.00 Channel 4 News Headlines.

7.30 Crufts 2020 Further coverage live from the NEC arena in Birmingham, where featured events include Flyball, Agility and Heelwork to Music. Host Clare Balding guests include Love Island's Olivia Buckland and Alex Bowen, who talk about their French bulldog and the problems they have had concerning its health. There are also some advice on grooming and teeth brushing, legal responsibilities as a dog owner and whether working dogs at the Gundog Trials in Lincolnshire can also be seen as family pets.

9.00 Gogglebox The armchair critics share their opinions on what they have been watching during the week, capturing their instant reactions from the comfort of their own homes.

10.00 The Last Leg Adam Hills, Josh Widdicombe and Alex Brooker are joined by former Speaker of the House of Commons, John Bercow for a comic review of the significant moments of the past seven days.

11.05pm The Big Narstie Show Nile Rodgers, Fred Sirieix, Riz Ahmed, Ray BLK and Lolly Adefope join the grime legend and his comedian co-pilot Mo Gilligan for more music and chat.

12.10am FILM 2 Guns (2013/15) Action adventure, starring Denzel Washington and Mark Wahlberg. ★★★ **2.05** The Simpsons (R) **2.55** Come Dine with Me (R) **3.50** Grand Designs (R) **4.45** Location, Location, Location (R) **5.45-6.00am** Kirstie's Vintage Gems (R)

Channel 5

FREEVIEW 5 SKY 105 VIRGIN 105 FREESAT 105

6.00am Milkshake! **9.15** Jeremy Vine
11.15 Paddington Station 24/7 (R)
12.10pm 5 News at Lunchtime
12.15 Nightmare Tenants, Slum
Landlords (R) **1.10** Access
1.15 **Home and Away** See 6.00pm.
1.45 **Neighbours** See 5.30pm.
2.20 **My Husband's Double Life**
(2018/PG) Drama, starring
Amy Nuttall. ★★★
4.00 **Friends** Double bill. Phoebe
hears shocking news; Ross and
Rachel get back together. (R)
5.00 **5 News at 5** The day's headlines.
5.30 **Neighbours** Lucy is concerned
about Mark's religious ties. (R)
6.00 **Home and Away** Mac breaks
cover to get help for a rapidly
deteriorating Bella. (R)
6.30 **5 News Tonight** Headlines.

7.00 Helicopter Pursuits: Caught on Camera

A compilation of police chases
taken from the first three series
of the documentary, featuring
insane acts from behind
the wheel committed by
reckless individuals. (R)

7.30 The Yorkshire Steam Railway: All Aboard

(3/6)
The annual steam gala is held,
with a record number of 15
locos coming from all over the
country for a weekend steam
spectacular. Piglet has high
hopes for his beloved 9F engine.

8.30 Celebrity Britain by Barge: Then & Now

(4/6) On the
second part of the Scottish leg,
Bill Oddie, Jennie Bond, Anne
Diamond and Pete Waterman
join the Glasgow and Edinburgh
Union Canal, rising lock, stock
and barge up the Falkirk wheel.

9.45 Con Air

(1997/18) A parolee
hitches a ride home on a
maximum-security flight
conveying some of America's
deadliest criminals, and when
they hijack the plane in
mid-flight he is forced to
intervene. Action thriller,
starring Nicolas Cage, John
Cusack, John Malkovich,
Steve Buscemi, Ving Rhames
and Colm Meaney. ★★★★★

12.05am Building the Billion Pound
Mega Bridge (R) **1.00** Access **1.05** The
21.co.uk Live Casino Show **3.05** Access
3.10 Paddington Station 24/7: double
bill (R) **4.45** House Doctor. A flat in
Kensal Green. (R) **5.10** Nick's Quest (R)
5.35-6.00am Wildlife SOS (R)

GOLD

6.00am Teleshopping **7.10** The Piglet Files.
Double bill. **8.00** As Time Goes By **8.40** The
Good Life **9.20** Porridge **10.00** Hi-de-Hi! **10.40**
Last of the Summer Wine. Triple bill. **12.40pm**
Keeping Up Appearances **1.20** Porridge **2.00**
Hi-de-Hi! **2.40** Keeping Up Appearances **3.20**
Dad's Army. Double bill. **4.40** Last of the Summer
Wine. Triple bill. **6.40** The Good Life **7.20**
Porridge **8.00** Dad's Army. Double bill. **9.20** Mrs
Brown's Boys **10.00** Sandylands **10.40** Peep Show.
Double bill. **11.50** All Round to Mrs Brown's **1.10am**
Dad's Army **1.50** Peep Show. Double bill. **2.45** The
Rebel. Double bill. **4.00-6.00am** Teleshopping

DAVE

6.00am Teleshopping **7.10** Cops UK: Bodycam
Squad **8.00** American Pickers **9.00** Storage
Hunters UK **10.00** American Pickers. Double bill.
12.00noon Timber Kings **1.00** Top Gear **2.00**
Cops UK: Bodycam Squad **3.00** Sin City Motors
4.00 Top Gear **6.00** Taskmaster **7.00** Room 101.
Double bill. **8.20** Have I Got a Bit More News for You
9.20 Q! **10.00** Red Dwarf. Double bill. **11.20**
Meet the Richardsons **12.00m't** Taskmaster **1.00**
Have I Got a Bit More News for You **2.10** Jon
Richardson: Ultimate Worrier **3.00** Zapped **3.35**
The Indestructibles **4.00-6.00am** Teleshopping

DRAMA

6.00am Teleshopping **7.10** Soldier, Soldier.
Double bill. **9.00** The Bill **10.00** Classic Holby City
11.00 Classic Casualty **12.00noon** The Bill **1.00**
Classic EastEnders. Double bill. **2.20** London's
Burning **3.20** Monarch of the Glen **4.20** Bergerac
5.20 Bread **6.00** Hi-de-Hi! **6.40** As Time Goes By
7.20 Last of the Summer Wine **8.00** Murdoch
Mysteries **9.00** Death in Paradise **10.20** New
Tricks **11.45** Waking the Dead **2.10am** The Bill **3.10**
London's Burning **4.00-6.00am** Teleshopping

YESTERDAY

6.00am Secrets of the Bible **7.10** Secrets of the
Railways **8.00** Forbidden History **9.00** Secret
Nazi Bases **10.00** Nazi Victory: The Post-War Plan
11.00 Underground Worlds **12.00noon** Impossible
Railways **1.00** Secrets of Britain **2.00** Stonehenge:
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** Warbird Workshop
9.00 Abandoned Engineering. Double bill.
11.00 Impossible Railways **12.00m't** Underground
Worlds **1.00** Nazi Victory: The Post-War Plan **2.00**
Secrets of the Bible **3.00-6.00am** Teleshopping

ITV2

6.00am Teleshopping **7.00** The Ellen DeGeneres
Show **7.50** Emmerdale. Double bill. **8.50** You've
Been Framed! Gold **9.20** Superstore. Double bill.
10.15 Dinner Date **11.15** Dress to Impress **12.15pm**
Emmerdale. Double bill. **1.15** You've Been Framed!
Gold **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: Unleashed! **7.00**
You've Been Framed! Gold: Reloaded **8.00** Two
and a Half Men. Double bill. **9.00** **FILM** Ride
Along (2014/12) Police comedy, starring Ice
Cube and Kevin Hart. ★★ **11.10** Family Guy.
Double bill. **12.05am** American Dad! Double bill.
1.05 The Cleveland Show **1.30** Two and a Half

Variations

BBC1 WALES As BBC1 except: **6.30pm** BBC
Wales Today **7.00-7.30** Six Nations Sin Bin.
Gabby Logan and Gareth Thomas are joined
by Triple Grand Slam Winner Adam Jones, host
of DIY SOS Nick Knowles and Strictly Come
Dancing's Amy Dowden. **11.35** Young, Welsh
and Pretty Minted **12.05am** Catchpoint Sport
Relief Special **12.45-6.00am** BBC News

BBC2 WALES As BBC2 except: **7.00pm** The
One Show. The usual mix of celebrity guests
and stories about people in extraordinary
circumstances, presented by Alex Jones. **7.30**

Friday

MARCH 6



Wild Cuba: A Caribbean Journey, BBC Two, 8.30pm

Men. Double bill. **2.30** Plebs. Double bill. **3.20**
ITV2 Nightscreen **3.30-6.00am** Teleshopping

ITV3

6.00am Classic Coronation Street **6.55** Classic
Emmerdale **7.55** Heartbeat **8.55** The Darling Buds
of May **10.00** That's My Boy **10.35** A Touch of
Frost **12.40pm** Heartbeat **1.45** Classic Emmerdale
2.50 Classic Coronation Street. Double bill. **3.55**
Midsomer Murders **5.55** Heartbeat **6.55** Agatha
Christie's Poirot **8.00** Doc Martin. Double bill.
10.05 Scott & Bailey **11.05** A Touch of Frost.
Double bill. **3.00am** That's My Boy **3.25** ITV3
Nightscreen **3.30-6.00am** Teleshopping

BBC FOUR

7.00pm World News Today **7.30** Top of the
Pops: 1989 **8.00** Cilla at the BBC **9.00** Top of
the Pops: 1989 **9.30** Classic Albums: Carly Simon –
No Secrets **10.30** On Bass – Tina Weymouth!
11.30 Michael Kiwanuka at the 6 Music Festival
12.45am Girl in a Band: Tales from the Rock 'n'
Roll Front Line **1.45** Cilla at the BBC **2.45-3.45am**
Classic Albums: Carly Simon – No Secrets

SKY ONE

6.00am Monkey Life. Double bill. **7.00** RSPCA
Animal Rescue. Double bill. **8.00** The Dog
Whisperer **9.00** Stop, Search, Seize **10.00** Brit
Cops: Frontline Crime UK **11.00** NCIS: Los
Angeles **1.00pm** Hawaii Five-0 **3.00** MacGyver
4.00 Modern Family **5.00** The Simpsons **5.30**
Futurama. Double bill. **6.30** The Simpsons. Four
episodes. **8.30** Modern Family **9.00** Intelligence.
Double bill. **10.00** The Late Late Show with James
Corden: Best of the Week **11.00** Avenue 5 **11.35**
The Trip to Greece. Double bill. **12.35am** Flintoff:
Lord of the Fries **1.30** Caught on Dashcam
2.30 The Force: Manchester **3.30** Road Wars
4.00 Stop, Search, Seize **5.00-6.00am** Futurama

SKY ATLANTIC

6.00am The Guest Wing **7.00** Without a Trace.
Triple bill. **10.00** The West Wing. Double bill.
12.00noon Blue Bloods **1.00** CSI: Crime Scene
Investigation **2.00** The West Wing. Double bill.

Extreme Wales with Richard Parks. The endurance
athlete explores Britain's deepest cave.

8.00-8.30 Saving Lives at Sea. Documentary
telling the story of unpaid RNLI volunteers.
11.05 New Voices from Wales **11.15** **FILM** The
Beguiled (2017/15) Premiere. Drama, starring
Colin Farrell. ★★★★★ **12.45-1.05am** Coast

ITV WALES As ITV except: **1.55-2.00pm** ITV
News Cymru Wales **6.00-6.30** ITV News Wales
at Six **10.55-11.10pm** ITV News Cymru Wales

S4C **6.00am** Cyw **12.00noon** Newyddion S4C
a'r Tywydd **12.05** Arfordir Cymru: Sir Benfro
12.30 Heno **1.00** Y Fets **2.00** Newyddion S4C
a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C

4.00 Without a Trace **7.00** CSI: Crime
Scene Investigation **8.00** Blue Bloods **9.00**
NEW Babylon Berlin **11.00** Public Enemy
1.15am The Outsider **2.20** Without a Trace **3.10**
Californication **4.20-6.00am** The West Wing

SKY CINEMA PREMIERE

6.00am The 2020 Top Ten Show **6.15** The
Counterfeiter (2018/15) ★★★★★ **8.30** Straight Up
(2019/15) ★★★★★ **10.15** The Candidate (2018/15)
★★★★ **12.30pm** Brightburn (2019/15) ★★★★★
2.15 Godzilla: King of the Monsters (2019/12)
★★★★ **4.30** UFO (2018/12) ★★ **6.15** Killers
Anonymous (2019/15) ★★ **8.00** Brightburn
(2019/15) Superhero horror. ★★★★★ **9.45** Godzilla:
King of the Monsters (2019/12) ★★ **12.00m't**
The 2020 Top Ten Show **12.15** Hell Is Where the
Home Is (2018/18) ★★ **1.55** Straight Up (2019/15)
★★★★ **3.40** Mapplethorpe (2018/18) ★★
5.30-6.00am Monster Family: Special

FILM4

11.00am Malta Story (1953/U) ★★ **1.10pm** The
Gunfight at Dodge City (1959/PG) ★★ **2.50**
Waterloo Road (1944/PG) ★★ **4.25** Gallipoli
(1981/PG) ★★★★★ **6.35** The Host (2013/12) ★★
9.00 The Green Mile (1999/18) ★★★★★ **12.40-**
3.25am Brawl in Cell Block 99 (2017/18) ★★★★★

TALKING PICTURES TV

6.00am Grand National Night (1953/PG) ★★
7.35 Chipperfield's Circus with Mr Pastry **7.50** The
Time Of His Life (1955/U) ★★ **9.15** Tawny Pipit
(1944/U) ★★ **10.55** Glimpses: London River
Bus late 1940s **11.00** Richard Diamond **11.30** Eddie
Carroll & His Orchestra **11.50** Loser Takes All
(1956/PG) ★★ **1.40pm** 1958: SG Iron, Hull **2.00**
Rooms **2.30** An Inspector Calls (1954/PG) ★★★★★
4.10 Report On Litter **4.15** San Demetrio, London
(1943/PG) ★★ **6.15** The David Niven Show **6.45**
Wonderful Life (1964/U) ★★ **9.00** Hazell **10.00**
The Uncanny (1977/15) ★★ **11.45** Night of the
Demon (1957/PG) ★★★★★ **1.45am** The Big Game
(1995/PG) ★★ **3.45** Who Killed Frank Daniels?
(1932/PG) ★★ **5.00-6.00am** Rooms. Double bill.

a'r Tywydd **3.05** Proddas Pum Mil **4.00** Awr Fawr:
Olobobs **4.05** Jambori **4.15** Halibaw **4.25** Boj
4.40 Amser Maith Maith yn Ol **5.00** Stwnsh:
Gwboi a Twm Twm **5.10** Chwarter Call **5.25**
Y Barf **5.50** Ffeil **6.00** Dan Do. Aled Samuel
and Mandy Watkins visit a newly renovated
Victorian home. **6.30** Heno **7.30** Newyddion
S4C a'r Tywydd **7.55** **LIVE** Sgorio. The New
Saints v Barry Town United (kick-off 8.00pm).
Dylan Ebenezer presents coverage of the
Cymru Premier encounter at Park Hall. **10.00**
Noson Laven. Rhys ap William presents the
show from Swansea, with Huw Chiswell,
Angharad Brunn, Pwdin Reis, Sian Richards,
and Steffan Alln. **11.00pm-12.05am** Bang

BBC One

FREEVIEW 1 SKY 101 VIRGIN 101 FREESAT 101

- 6.00am Breakfast 10.00** Saturday Kitchen Live. Cookery show. **11.30** Gareth Thomas Sport Relief **12.00noon** Football Focus
- 1.00 BBC News; Weather**
- 1.15 Ready Steady Cook** Presented by Rylan Clark-Neal. (R)
- 2.00 Garden Rescue** Makeover show, with Charlie Dimmock. (R)
- 3.00 Money for Nothing** (R)
- 4.30 Final Score** A round-up of this afternoon's football results.
- 5.10 To Be Announced**
- 5.40 BBC News; Regional News**
- 6.00 Celebrity Mastermind** Famous faces take to the black chair.
- 6.30 The Greatest Dancer** Alesha Dixon and Jordan Banjo host the dancing contest.
- 7.55 Pointless Celebrities** Alexander Armstrong and Richard Osman present as famous faces take part in the general knowledge quiz in which they try to come up with the least likely correct answers to a series of questions posed to members of the public.
- 8.45 Catchpoint for Sport Relief** Paddy McGuinness hosts a new family-friendly gameshow combining physical fun and an exciting question mechanic, as contestants have to think fast as they answer questions while trying to catch balls of various sizes dropped from the studio ceiling, with a variety of entertaining rounds and a cash prize at stake.
- 9.20 Casualty** Hospital drama with the staff of Holby's Accident and Emergency department.
- 10.10 BBC News; Weather** Followed by Lottery Update
- 10.30 Match of the Day** Gary Lineker presents all the action from the latest Premier League fixtures, including Liverpool v Bournemouth at Anfield and Arsenal v West Ham United. The Reds were expected to move a step closer to the title with victory over the Cherries, while Arsenal were aiming to complete a double over their London rivals after beating them 3-1 at London Stadium in December.
- 11.55pm To Be Announced 2.00am** Weather for the Week Ahead
- 2.05-6.00am** BBC News. Headlines.

BBC Two

FREEVIEW 2 SKY 102 VIRGIN 102 FREESAT 102

- 6.30am The Dog Ate My Homework** (R) **7.00** The Dengineers (R) **7.30** Blue Peter (R) **8.00** Deadly 60 (R) **8.30 FILM Strange Magic** (2015/U) Animated fantasy musical. ★★ **10.30** Kangaroo Dundee & Other Animals – Part One: Natural World (R) **11.30** Lorraine's Fast, Fresh and Easy Food (R) **12.00noon** Hairy Bikers' Best of British (R)
- 1.00 All-Star Netball for Sport Relief** Clare Balding presents. (R)
- 2.00 The £100K House: Tricks of the Trade** Transforming homes. (R)
- 4.00 Kangaroo Dundee & Other Animals – Part Two: Natural World** Part two of two. (R)
- 5.00 To Be Announced**
- 6.00 Saving Lives at Sea** (R)
- 7.00 Wild Cuba: A Caribbean Journey** Colin Stafford-Johnson explores corners of Cuba that few outsiders have seen. In this authored odyssey, the natural magic of one of Earth's most intriguing countries is revealed. (R)
- 8.00 Great American Railroad Journeys** Michael Portillo examines the history of North America's rail networks, using Appleton's General Guide to the United States and Canada of 1879 to plot his course.
- 9.00 To Be Announced**
- 10.30 To Be Announced**
- 1.00am To Be Announced 2.25-6.45am** This is BBC Two. Preview of upcoming programmes from BBC Two.

ITV

FREEVIEW 3 SKY 103 VIRGIN 103 FREESAT 103

- 6.00am CITV 7.30 Scrambled! 9.25** ITV News **9.30** James Martin's Saturday Morning. The TV chef hosts a weekend chat show from his own home. **11.40** Living on the Veg. Vegan food ideas. (R)
- 12.40pm How to Spend It Well on Holiday** Consumer show. (R)
- 1.10 ITV News; Weather**
- 1.20 Regional News; Weather**
- 1.30 Six Nations** Ireland v Italy (kick-off 2.15pm). Coverage of the opening match from the fourth round of fixtures, which comes from Aviva Stadium.
- 4.15 Six Nations** England v Wales (kick-off 4.45pm). All the action from both teams' penultimate match of the championship, held at Twickenham.
- 7.00 Ant & Dec's Saturday Night Takeaway** The popular duo's entertainment show, featuring undercover pranks, surprises galore, star guests and a chance for a member of the audience to win the items advertised in one of last week's commercial breaks.
- 8.30 The Voice UK** Spinning-chair singing contest, in which celebrity coaches seek out the nation's best vocal talent. But there is a simple twist – with the four coaches selecting their teams through 'blind auditions', looks play no part in the selection process, meaning that each singer is chosen on vocal ability alone.
- 9.50 ITV News; Weather**
- 10.10 Pitch Perfect** (2012/12) A new student finds herself a social outcast during her first year of college, but soon acquires a new circle of friends in a band of misfits with a shared talent for singing. She joins their a cappella group and leads them to compete in the campus music competitions. Comedy, starring Anna Kendrick, Rebel Wilson and Elizabeth Banks. ★★★★★
- 12.20am Home Shopping 3.00** Rebound. Sean Fletcher hosts the quickfire quiz that tests the general knowledge of six contestants, who go head to head in a bid to walk away with a big cash prize. (R) **3.50-6.00am** ITV Nightscreen. Text-based service.

Channel 4

FREEVIEW 4 SKY 104 VIRGIN 104 FREESAT 104

- 6.00am Mike & Molly** (R) **6.20** Cheers (R) **7.15** Frasier (R) **8.15** Everybody Loves Raymond (R) **9.15** The Big Bang Theory (R) **10.05** The Simpsons (R) **12.00noon** The Dog House. A Liverpool family pick a pup from a litter of 10 German shepherd puppies. (R)
- 1.00 Four in a Bed** Five episodes. (R)
- 3.30 A Place in the Sun** Danni Menzies helps teacher Kim, who is looking for a holiday home in the Murcia region of Spain. (R)
- 4.30 Crufts 2020** Clare Balding presents further coverage, on the theme of Kids and Dogs, including live coverage of the Flyball semi-finals. With guests Sally Phillips and Ronni Ancona.
- 6.30 Channel 4 News** Headlines.
- 7.00 Crufts 2020** Clare Balding presents continued coverage from the NEC Birmingham.
- 9.00 To Be Announced**
- 11.15pm To Be Announced 1.10am** The Last Leg. Adam Hills, Josh Widdicombe and Alex Brooker are joined by former Speaker of the House of Commons, John Bercow for a comic review of the significant moments of the past seven days. (R) **2.00** The Big Narstie Show. Musician Nile Rodgers, Fred Sirieix from First Dates, actor and rapper Riz Ahmed, singer Ray BLK and comedian Lolly Adefope join the grime legend and his co-host Mo Gilligan. (R) **2.55** Hollyoaks. Omnibus. Chester-based soap. (R) **5.05-6.00am** Location, Location, Location. Kirstie Allsopp and Phil Spencer go house hunting in Northern Ireland, searching for a property in Bangor for a blind woman, and a home in Belfast for two busy doctors. (R)

(R) repeat ★★★★★ brilliant ★★★★ very good ★★★ good ★★ average ★ bad

Channel 5

FREEVIEW 5 SKY 105 VIRGIN 105 FREESAT 105

6.00am Milkshake! Including at:

7.10 Noddy: Toyland Detective (R) **7.20** Shane the Chef (R) **7.40** Ben and Holly's Little Kingdom (R) **7.55** Peppa Pig (R) **8.15** Butterbean's Cafe **8.30** Paw Patrol (R) **8.45** Nella the Princess Knight (R) **9.00** Wissper **9.05** Pirata & Capitano **9.25** Floogals (R) **9.35** Digby Dragon (R) **9.45** Shimmer and Shine (R) **10.00** SpongeBob SquarePants **10.15** The Loud House (R) **10.30** To Be Announced **11.00** Friends (R)

2.00pm Nightmare Tenants, Slum Landlords Four episodes. (R)

5.55 5 News Update

6.00 Warship: Life at Sea

Documentary about everyday life aboard HMS Duncan. (R)

7.00 To Be Announced

GOLD

6.00am Teleshopping **7.05** The Piglet Files. Double bill. **7.55** As Time Goes By **8.35** The Good Life **9.15** Porridge **9.55** The Two Ronnies **10.55** Only Fools and Horses. Fourteen episodes. **9.00pm** All Round to Mrs Brown's **10.20** Sandylands. Triple bill. **12.20am** Black Books. Triple bill. **2.00** The Royle Family **3.05** Black Books **3.30** The Piglet Files **4.00-6.00am** Teleshopping

DAVE

6.00am Teleshopping **7.10** The Hurting. Double bill. **8.00** Top Gear **9.00** Aussie Pickers **10.00** Storage Hunters UK. Double bill. **11.00** American Pickers **12.00noon** Cops UK: Bodycam Squad. Triple bill. **3.00** Border Force: America's Gatekeepers **4.00** Top Gear. Double bill. **6.00** Red Bull Soapbox Race **7.00** Would I Lie to You? Double bill. **8.20** Not Going Out **9.00** Not Going Out Christmas Special **10.00** Hypothetical **11.00** Have I Got a Bit More News for You **12.00m't** Dave Gorman: Modern Life Is Goodish **1.00** Not Going Out Christmas Special **2.00** Jon Richardson: Ultimate Worrier **2.50** Zapped **3.40** The Indestructibles **4.00-6.00am** Teleshopping

DRAMA

6.00am Teleshopping **7.30** Cadfael **9.00** Lovejoy. Double bill. **11.00** Sharpe **1.00pm** Auf Wiedersehen, Pet. Double bill. **3.00** Ms Fisher's Modern Murder Mysteries **4.00** Father Brown. Double bill. **6.00** The Brokenwood Mysteries **8.00** Murdoch Mysteries **9.00** Life on Mars. Double bill. **11.40** Kavanagh QC **1.05am** Hetty Wainthropp Investigates. Double bill. **2.55** The White Princess **4.00-6.00am** Teleshopping

YESTERDAY

6.00am Secrets of the Bible **7.10** The Diary of Anne Frank: A Tale of Two Sisters **8.00** Secret Nazi Bases **9.00** Deep Wreck Mysteries. Four episodes. **1.00pm** Expedition with Steve Backshall. Six episodes. **7.00** Big in America: British Hits in the USA **8.00** Duran Duran: There's Something You Should Know **9.00** The True Story of the Mary Celeste. The mystery of the deserted ship. **10.00** World's Greatest Palaces **11.00** Chris Tarrant: Extreme Railway Journeys **12.00m't** Impossible Engineering **1.00** The Diary of Anne Frank: A Tale of Two Sisters **2.00** Secrets of the Bible **3.00-6.00am** Teleshopping

ITV2

6.00am Teleshopping **7.00** Totally Bonkers Guinness World Records **7.15** The Ellen DeGeneres Show. Triple bill. **9.30** Dress to Impress. Double bill. **11.30** Celebrity Catchphrase **12.30pm** You've Been Framed! Gold: Top 100 Animals **1.35** **FILM** Animals United (2010/U) Animated comedy with the voices of James Corden and Stephen Fry. **★★ 3.30** **FILM** Cats & Dogs: The Revenge of Kitty Galore (2010/U) Comedy sequel, starring Chris O'Donnell. **★★ 5.10** **FILM** The Secret Life of Pets (2016/U) Animated adventure, featuring the voices of Louis CK and Eric Stonestreet. **★★★★ 6.55** **FILM** Uncle Buck (1989/12) Family comedy, starring John Candy and Macaulay Culkin. **★★★★ 9.00** **FILM** Fast & Furious 8 (2017/12) Action adventure sequel, with Vin Diesel and Charlize Theron. **★★★★ 11.35** Family Guy. Double bill.

Variations

BBC1 WALES As BBC1 except: **5.50-6.00pm** BBC Wales Today. The latest headlines.

BBC2 WALES As BBC2 except: **5.30-6.00pm** Celebrity Antiques Road Trip. Famous faces embark on the cross-country, treasure-hunting challenge. Last in series. **9.30-10.00** QI XL. Quiz in which points are awarded for interesting – if not necessarily correct – answers. **10.15-10.30pm** Amazing Hotels: Life Beyond the Lobby. Giles Coren and Monica Galetti join the staff working in some of the most unusual hotels around the world, learning the tricks of the trade.

Saturday

MARCH 7



Catchpoint for Sport Relief, BBC One, 8.45pm

12.35am American Dad! Double bill. **1.30** Ibiza Weekender **2.35** The Stand Up Sketch Show **3.05** Totally Bonkers Guinness World Records **3.20** ITV2 Nightscreen **3.30-6.00am** Teleshopping

ITV3

6.00am That's My Boy **6.25** Lewis **8.05** Agatha Christie's Marple **10.05** Coronation Street **1.00pm** Midsomer Murders. Five episodes of the drama. **11.00** Foyle's War. Foyle helps a man sentenced to hang for treason. Last in series. **1.05am** Scott & Bailey **1.55** Long Lost Family **2.45** That's My Boy **3.10** ITV3 Nightscreen **3.30-6.00am** Teleshopping

BBC FOUR

7.00pm Rick Stein's Long Weekends **8.00** South Pacific **9.00** Hidden. Crime drama. **9.55** Clive James: Postcard from Miami **10.50** Clive James: Postcard from Chicago **11.45** The Selector and EOB at the 6 Music Festival **12.45am** Top of the Pops: 1989. Double bill. **1.45** South Pacific **2.45-3.45am** Rick Stein's Long Weekends

SKY ONE

6.00am Monkey Life. Four episodes. **8.00** Modern Family. Double bill. **9.00** What's Up TV **9.30** To Be Announced **10.30** **LIVE** Soccer AM. Presented by John Fendley and Jimmy Bullard. **12.00noon** **LIVE** Women's Six Nations Rugby Union **2.15** PL Greatest Games **2.30** Best PL Goals: Chelsea v Arsenal **3.00** Gillette Soccer Saturday **5.00** The Simpsons. Five episodes. **7.30** Modern Family **8.00** A League of Their Own. With Aaron Ramsey and Romesh Ranganathan. **9.00** **FILM** Men in Black II (2002/PG) Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones. **★★ 11.00** Hawaii Five-0 **12.00m't** NCIS: Los Angeles **12.55** Strike Back: Vendetta **1.50** The Heist **2.45** Jett **4.00-6.00am** The Real A&E. Four episodes.

SKY ATLANTIC

6.00am Richard E Grant's Hotel Secrets **7.00** The British **8.00** To Be Announced **9.00pm** **FILM** Real Women Have Curves (2002/12) Comedy drama, starring America Ferrera. **★★★★ 10.40** To Be Announced **4.00-6.00am** Fish Town. Double bill.

ITV WALES As ITV except: **1.20-1.30pm** ITV News Cymru Wales. Reports from the region.

S4C 6.00am Cyw **8.00** Stwnsh Sadwrn. Fun, games and competitions. **8.20** Pat a Stan. Adventures with the two friends. **8.55** Bwystfil **9.15** Seligo. Slapstick series about a group of funny blue men. **9.20** Larfa **9.25** Pigo dy Drwyn. Two teams go head to head in a series of snot-tastic games including zorbing, bungee ropes and a Velcro wall. **10.00** Am Droi The best routes for walking in Wales, inviting people to display their favourite locations. Last in series. **11.00** Nyrsys. Documentary following Wales' most experienced nurses. **12.00noon** Trysorau'r Teulu. Investigating and valuing people's

SKY CINEMA PREMIERE

6.00am The 2020 Top Ten Show **6.15** Straight Up (2019/15) **★★★★ 8.00** Killers Anonymous (2019/15) **★★★ 9.45** Godzilla: King of the Monsters (2019/12) **★★★★ 12.00noon** The 2020 Top Ten Show **12.15** Brightburn (2019/15) **★★★★ 2.00** We Die Young (2019/15) **★★★ 3.45** UFO (2018/12) **★★★ 5.30** The 2020 Top Ten Show **5.45** Godzilla: King of the Monsters (2019/12) **★★★ 8.00** Brightburn (2019/15) Superhero horror, starring Elizabeth Banks. **★★★★ 9.45** We Die Young (2019/15) Drama, starring Jean-Claude Van Damme. **★★★★ 11.30** Hell Is Where the Home Is (2018/18) Horror. **★★★★ 1.15am** Mapplethorpe (2018/18) **★★★ 3.15** Extracurricular (2018/18) **★★★★ 5.00** Final Score: Special **5.30-6.00am** The Hurricane Heist: The Eye of the Storm

FILM4

11.00am The Pink Panther Strikes Again (1976/PG) **★★★★ 1.05pm** Shrek Forever After (2010/U) **★★★★ 2.50** Kung Fu Panda 2 (2011/PG) **★★★★ 4.40** Mary and the Witch's Flower (2017/U) **★★★★ 6.55** Gifted (2017/12) Drama, starring Chris Evans. **★★★★ 9.00** Die Hard 4.0 (2007/15) Action thriller sequel, starring Bruce Willis and Timothy Olyphant. **★★★★ 11.35** Drag Me to Hell (2009/15) Horror, starring Alison Lohman. **★★★★ 1.30-3.30am** Juan of the Dead (2011/15) **★★★**

TALKING PICTURES TV

6.00am Jack London (1943/PG) **★★★★ 8.00** Duel in the Jungle (1954/PG) **★★★★ 10.00** Walk a Tightrope (1964/PG) **★★★★ 11.35** The Conquest of Everest (1953/U) **★★★★ 1.10pm** The Birthday Present (1957/U) **★★★★ 3.10** Captain Boycott (1947/PG) **★★★★ 5.10** The Day the Earth Caught Fire (1961/PG) **★★★★ 7.10** We Dive at Dawn (1943/U) Second World War adventure, starring John Mills. **★★★★ 9.10** Over the Hill (1993/PG) Melodrama, with Olympia Dukakis. **★★★★ 11.15** Plenty (1985/18) **★★ 1.45am** This Week of Grace (1933/U) **★★★★ 3.35** When You Come Home (1948/U) **★★★★ 5.25** The David Niven Show **5.55-6.00am** Glimpses: The Lake District in 1955

antiques. **2.00** Cynefin. Heledd Cynwal, Iestyn Jones and Sion Tomos Owen explore Bro Ffestiniog. **3.00** Creaduriaid Gwyllt Affrica. The wildlife of Africa. **4.00** Waliau'n Siarad. Aled Hughes and Sara Huws visit places of interest. **5.00** **LIVE** Clwb Rygbi. A look back at this weekend's rugby action in the PRO14. **7.15** Newyddion a Chwaraeon **7.30** Heno Nos Sadwrn. Saturday night edition of the magazine programme, featuring stories from all over Wales. **8.00** Can i Gymru **10.00** Dim Byd. Satirical series taking aim at the many weird and wonderful shows that find their way onto the small screen. **10.30** Lwp: Curadur **11.00-11.35pm** Hansh. Tunes, comedy and fresh faces.

BEST RADIO of the week

1 - 7 March

SUNDAY

RADIO 1 (FM: 97.6-99.8MHz)
5.00am Weekend Early Breakfast.
7.00 Matt And Mollie. 10.00 Radio 1 Anthems. 11.00 Jordan North. 1.00pm Dev And Alice. 4.00 Life Hacks. 6.00 The Official Chart First Look On Radio 1. 7.00 Radio 1's Chilliest Show. 9.00 Radio 1's Rock Show With Daniel P Carter. 11.00 BBC Music Introducing On Radio 1 With Huw Stephens. 1.00am Radio 1's Residency. 3.00 Radio 1 Comedy — Tap End Revisited. 3.40 BBC Radio 1 And 1Xtra's Stories. 4.00-6.30am Adele Roberts.

RADIO 2 (FM: 88-91MHz) 6.00am Good Morning Sunday. 9.00 Sunday Love Songs. 1.00 Mel Giedroyc. 1.00pm Elaine Paige. 3.00 Sounds Of The 70s. 5.00 Alan & Mel. 7.00 WhatsOnStage Awards 2020. 10.00 Swing & Big Band. 11.00 Don Black. 12.00m't Phil Williams. 3.00-5.00am Sounds Of The 60s. **RADIO 3 (FM: 90.2-92.4MHz)** 7.00am Breakfast. 9.00 Sunday Morning. 12.00noon Private Passions. 1.00 R3 Lunchtime Concert. 2.00 The Early Music Show. 3.00 Choral Evensong. 4.00 Jazz Record Requests. 5.00 The Listening

Service. 5.30 Words And Music. 6.45 Sunday Feature. 7.30 Drama On 3: A Streetcar Named Desire. 9.25 R3 In Concert. 11.00 Nordic Sounds. 12.00m't Classical Fix. 12.30-6.30am Through The Night. **RADIO 4 (FM: 92.4-94.6 MHz)** 5.30am News Briefing. 5.43 Bells On Sunday. 5.45 Profile. 6.00 News. 6.05 Something Understood. 6.35 On With Farm. 6.57 Weather. 7.00 News. 7.10 Sunday. 7.54 R4 Appeal. 7.57 Weather. 8.00 News. 8.10 Sunday Worship. 8.48 A Point Of View. 8.58 Tweet Of The Day. 9.00 Broadcasting

House. 10.00 The Archers. 11.15 Desert Island Discs. 12.00noon News. 12.01 (LV) Shipping. 12.04 Nature Table. 12.30 The Food Programme. 12.57 Weather. 1.00 The World This Weekend. 1.30 The Day Of Two Sins. 2.00 Gardeners' Question Time. 2.45 The Listening Project. 3.00 Drama: The Pallisers. 4.00 Bookclub. 4.30 Conversations On A Bench. 5.00 File On 4. 5.40 Profile. 5.54 Shipping. 5.57 Weather. 6.00 News. 6.15 Pick Of The Week. 7.00 The Archers. 7.15 Reluctant Persuaders. 7.45 Dangerous Visions:

Dark Vignettes. 8.00 Feedback. 8.30 Last Word. 9.00 Money Box. 9.25 R4 Appeal. 9.30 Analysis. 10.00 The Westminster Hour. 11.00 The Moth Radio Hour. 11.50 A Point Of View. 12.00m't News. 12.15 Thinking Allowed. 12.45 Bells On Sunday. 12.48 Shipping. 1.00 As BBC World Service. 5.20-5.30am Shipping. **RADIO 5 LIVE (MW: 909/993 kHz)** 5.00am 5 Live Science. 6.00 Sunday Breakfast. 9.00 Pienaar's Politics. 10.00 Laura Whitmore. 11.30 The Squad With Nick Bright. 12.30pm 5 Live Sport. 2.00 Premier

League Football. 4.00 5 Live Sport. 4.30 EFL Cup Football 2019-20. 6.30 6-0-6. 8.00 Peter Allen. 10.00 Stephen Nolan. 1.00-5.00am Up All Night. **RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz)** 6.00am Brainwaves. 6.30 New Every Sunday. 7.00 Our Story. 7.30 The Kitchen Cafe. 8.00 Good Morning Scotland. 10.00 Sunday Morning. 12.00noon Sportsound. 5.00 Take The Floor. 7.00 Jazz Nights. 9.00 Classics Unwrapped. 11.00 Iain Anderson. 1.00-6.00am As Radio 5 Live.

MONDAY

RADIO 1 (FM: 97.6-99.8MHz) 6.30am Greg James. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Nick Grimshaw. 5.45 Newsbeat. 6.00 Nick Grimshaw. 7.00 Radio 1's Future Sounds With Annie Mac. 8.00 Radio 1's Power Down Playlist With Annie Mac. 9.00 Rickie, Melvin And Charlie. 11.00 Radio 1's Indie Show With Jack Saunders. 1.00am Radio 1's Drum & Bass Show With Rene LaVice. 3.00 Radio 1's Chill Mix. 3.30 Radio 1's Workout Anthems. 4.00-6.30am Early Breakfast With Adele Roberts.

RADIO 2 (FM: 88-91MHz) 5.00am Vanessa Feltz. 6.30 The Zoe Ball Breakfast Show. 9.30 Ken Bruce. 12.00noon Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Sara Cox. 7.00 Jo Whaley. 9.00 The Blues Show With Cerys Matthews. 10.00 Trevor Nelson's Rhythm Nation. 12.00m't OJ Borg. 3.00-5.00am Sounds Of The 70s With Johnnie Walker. **RADIO 3 (FM: 90.2-92.4MHz)** 6.30am Breakfast. 9.00 Essential Classics. 12.00noon Composer Of The Week: Price. 1.00 Radio 3 Lunchtime Concert.

2.00 Afternoon Concert. 4.30 Early Music Now. 5.00 In Tune. 7.00 In Tune Mixtape. 7.30 Radio 3 In Concert. 10.00 Music Matters. 10.45 The Essay: Women Writers To Put Back On The Bookshelf. 11.00 Night Tracks. 12.30-6.30am Through The Night. **RADIO 4 (FM: 92.4-94.6 MHz)** 5.30am News Briefing. 5.43 Prayer For The Day. 5.45 Farming Today. 5.58 Tweet Of The Day. 6.00 Today. 9.00 Start The Week. 9.45 (LV) Daily Service. 9.45 (FM) Book of the Week: Guest House For Young Widows. 10.00 Woman's

Hour. 11.00 Out Of The Ordinary. 11.30 Loose Ends. 12.00noon News. 12.01 (LV) Shipping Forecast. 12.04 Apeirogon. 12.18 You And Yours. 1.00 The World At One. 1.45 The Californian Century. 2.00 The Archers. 2.15 Drama: This Thing Of Darkness. 3.00 Round Britain Quiz. 3.30 The Food Programme. 4.00 OK, Boomer! 4.30 The Digital Human. 5.00 PM. 5.54 (LV) Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.30 Nature Table. 7.00 The Archers. 7.15 Front Row. 7.45 The Book Of Strange New

Things. 8.00 Class Talk. 8.30 Analysis. 9.00 Peach Fuzz. 9.30 Start The Week. 9.59 Weather. 10.00 The World Tonight. 10.45 Book at Bedtime: Apeirogon. 11.00 Night Vision. 11.30 Today In Parliament. 12.00m't News And Weather. 12.30 Book of the Week: Guest House For Young Widows. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30am Shipping Forecast. **RADIO 5 LIVE (MW: 909/993 kHz)** 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 9.00 Your Call. 10.00 The

Emma Barnett Show. 1.00pm Nihal Arthanayake. 4.00 5 Live Drive. 7.00 5 Live Sport. 7.45 5 Live Sport: FA Cup Football 2019-20. 10.30 Sarah Brett. 1.00-5.00am Up All Night. **RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz)** 6.00am Good Morning Scotland. 9.00 Mornings. 12.00noon Lunchtime Live. 1.30 Clever About Cash. 2.00 Afternoon Show With Janice Forsyth. 4.00 Drivetime. 6.00 Get It On With Bryan Burnett. 8.00 Vic Galloway. 10.00 Iain Anderson. 12.00-6.00am As Radio 5 Live.

TUESDAY

RADIO 1 (FM: 97.6-99.8MHz) 6.30am Greg James. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Nick Grimshaw. 5.45 Newsbeat. 6.00 Nick Grimshaw. 7.00 Radio 1's Future Sounds With Annie Mac. 9.00 Rickie, Melvin And Charlie. 11.00 Radio 1's Indie Show With Jack Saunders. 1.00am Annie Nightingale. 3.00 Radio 1's Movie Mixtape. 4.00-6.30am Early Breakfast With Adele Roberts. **RADIO 2 (FM: 88-91MHz)** 5.00am Vanessa Feltz. 6.30 The Zoe Ball Breakfast Show. 9.30 Ken Bruce. 12.00noon Jeremy Vine. 2.00

Steve Wright In The Afternoon. 5.00 Sara Cox. 7.00 Jo Whaley. 9.00 The Jazz Show With Jamie Cullum. 10.00 Trevor Nelson's Rhythm Nation. 12.00m't OJ Borg. 3.00-5.00am Pick Of The Pops. **RADIO 3 (FM: 90.2-92.4MHz)** 6.30am Breakfast. 9.00 Essential Classics. 12.00noon Composer: Price. 1.00 R3 Lunchtime Concert. 2.00 Afternoon Concert. 5.00 In Tune. 7.00 In Tune Mixtape. 7.30 Radio 3 In Concert. 10.00 Free Thinking. 10.45

The Essay: Women Writers To Put Back On The Bookshelf. 11.00 Night Tracks. 12.30-6.30am Through The Night. **RADIO 4 (FM: 92.4-94.6 MHz)** 5.30am News Briefing. 5.43 Prayer For The Day. 5.45 Farming Today. 5.58 Tweet Of The Day. 6.00 Today. 8.31 (LV) Yesterday In Parliament. 9.00 The Life Scientific. 9.30 One To One. 9.45 (LV) Daily Service. 9.45 (FM) Book of the Week: Guest House For Young Widows. 10.00 Woman's Hour. 11.00 OK, Boomer! 11.30 Art Of Now: North Korea. 12.00noon News. 12.01

(LV) Shipping Forecast. 12.04 Apeirogon. 12.18 Call You And Yours. 12.57 Weather. 1.00 The World At One. 1.45 The Californian Century. 2.00 The Archers. 2.15 Drama: The Antisocial Network. 3.00 Short Cuts. 3.30 Costing The Earth. 4.00 Law In Action. 4.30 A Good Read. 5.00 PM. 5.54 (LV) Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.30 The Hitchhiker's Guide To The Galaxy: Hexagonal Phase. 7.00 The Archers. 7.15 Front Row. 7.45 The Book Of Strange New Things. 8.00 File On 4. 8.40 In Touch.

9.00 Inside Health. 9.30 The Life Scientific. 10.00 The World Tonight. 10.45 Book at Bedtime: Apeirogon. 11.00 Liam Williams — Ladhood. 11.30 Today In Parliament. 12.00m't News And Weather. 12.30 Book of the Week: Guest House For Young Widows. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30am Shipping Forecast. **RADIO 5 LIVE (MW: 909/993 kHz)** 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 9.00 Your Call. 10.00 The Emma Barnett Show. 1.00pm Nihal

Arthanayake. 4.00 5 Live Drive. 7.00 5 Live Sport. 7.45 5 Live Sport: FA Cup Football 2019-20. 10.30 Sarah Brett. 1.00-5.00am Up All Night. **RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz)** 6.00am Good Morning Scotland. 9.00 Mornings. 12.00noon Lunchtime Live. 1.30 Our Story. 2.00 The Afternoon Show With Janice Forsyth. 4.00 Drivetime. 6.00 Get It On With Bryan Burnett. 8.00 Another Country With Ricky Ross. 10.00 Roddy Hart. 12.00-6.00am As Radio 5 Live.

WEDNESDAY

RADIO 1 (FM: 97.6-99.8MHz) 6.30am Greg James. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Nick Grimshaw. 5.45 Newsbeat. 6.00 Nick Grimshaw. 7.00 Radio 1's Future Sounds With Annie Mac. 9.00 Rickie, Melvin And Charlie. 11.00 Radio 1's Indie Show With Jack Saunders. 1.00am Benji B. 3.00 Radio 1's RnB Anthems. 4.00-6.30am Adele Roberts. **RADIO 2 (FM: 88-91MHz)** 5.00am Vanessa Feltz. 6.30 The Zoe Ball Breakfast Show. 9.30 Ken Bruce. 12.00noon Jeremy Vine. 2.00 Steve Wright. 5.00 Sara Cox. 7.00 Jo

Whaley. 9.00 The Folk Show. 10.00 Trevor Nelson's Rhythm Nation. 12.00m't OJ Borg. 3.00-5.00am Pick Of The Pops. **RADIO 3 (FM: 90.2-92.4MHz)** 6.30am Breakfast. 9.00 Essential Classics. 12.00noon Composer: Price. 1.00 R3 Lunchtime Concert. 2.00 Afternoon Concert. 3.30 Choral Evensong. 4.30 New Generation Artists. 5.00 In Tune. 7.00 In Tune Mixtape. 7.30 R3 In Concert. 10.00 Free Thinking. 10.45 The Essay: Women Writers To Put Back On The Bookshelf. 11.00 Night Tracks. 12.30-6.30am Through The Night.

RADIO 4 (FM: 92.4-94.6 MHz) 5.30am News Briefing. 5.43 Prayer For The Day. 5.45 Farming Today. 5.58 Tweet Of The Day. 6.00 Today. 8.31 (LV) Yesterday In Parliament. 9.00 Only Artists. 9.30 The Curious Cases Of Rutherford & Fry. 9.45 (LV) Daily Service. 9.45 (FM) Book of the Week: Guest House For Young Widows. 10.00 Woman's Hour. 10.55 The Listening Project. 11.00 Class Talk. 11.30 Alexei Sayle's Imaginary Sandwich Bar. 12.01pm (LV) Shipping Forecast. 12.04 Apeirogon. 12.18 You And Yours.

12.57 Weather. 1.00 The World At One. 1.45 The Californian Century. 2.00 The Archers. 2.15 Drama: Two Households. 3.00 Money Box Live. 3.30 Inside Health. 4.00 Thinking Allowed. 4.30 The Media Show. 5.00 PM. 5.54 (LV) Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.30 Mark Watson Talks A Bit About Life. 7.00 The Archers. 7.15 Front Row. 7.45 The Book Of Strange New Things. 8.00 The Moral Maze. 8.45 Lent Talks. 9.00 Costing The Earth. 9.30 Only Artists. 9.59 Weather. 10.00 The World

Tonight. 10.45 Book at Bedtime: Apeirogon. 11.00 Ken Cheng: Chinese Comedian. 11.15 Cracking Up. 11.30 Today In Parliament. 12.00m't News And Weather. 12.30 Book of the Week: Guest House For Young Widows. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30am Shipping Forecast. **RADIO 5 LIVE (MW: 909/993 kHz)** 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 9.00 Your Call. 10.00 The Emma Barnett Show. 1.00pm Nihal Arthanayake. 4.00 5 Live Drive.

7.00 5 Live Sport. 7.45 5 Live Sport: FA Cup Football 2019-20. 10.30 Sarah Brett. 1.00-5.00am Up All Night. **RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz)** 6.00am Good Morning Scotland. 9.00 Mornings. 12.00noon Lunchtime Live. 1.30 Brainwaves. 2.00 The Afternoon Show With Grant Stott. 4.00 Drivetime. 6.00 Get It On With Bryan Burnett. 8.00 The Quay Sessions With Roddy Hart. 10.00 Classic Scottish Albums. 10.30 Debate Night. 11.30 Debate Night Extra. 12.30-6.00am As Radio 5 Live.

THURSDAY

RADIO 1 (FM: 97.6-99.8MHz) 6.30am Greg James. 10.00 Clara Amfo. 12.45pm Newsbeat. 1.00 Scott Mills. 4.00 Nick Grimshaw. 5.45 Newsbeat. 6.00 Nick Grimshaw. 7.00 Radio 1's Future Sounds With Annie Mac. 9.00 Rickie, Melvin And Charlie. 11.00 Radio 1's Indie Show With Jack Saunders. 1.00am Radio 1's Soundsystem With Toddla T. 3.00 Radio 1's Rap Anthems. 4.00-6.00am Radio 1's Weekend Early Breakfast. **RADIO 2 (FM: 88-91MHz)** 5.00am Vanessa Feltz. 6.30 The Zoe Ball Breakfast Show. 9.30 Ken Bruce.

12.00noon Jeremy Vine. 2.00 Steve Wright In The Afternoon. 5.00 Sara Cox. 7.00 Jo Whaley. 9.00 The Country Show With Bob Harris. 10.00 Trevor Nelson's Rhythm Nation. 12.00m't OJ Borg. 3.00 Tracks Of My Years. 4.00 The Craig Charles House Party Mixtape. 4.30-5.00am Huey Morgan's Lounge'n' Mix. **RADIO 3 (FM: 90.2-92.4MHz)** 6.30am Breakfast. 9.00 Essential Classics. 12.00noon Composer Of The Week: Price. 1.02 Radio 3 Lunchtime Concert. 2.00 Afternoon Concert. 5.00 In Tune. 7.00 In Tune

Mixtape. 7.30 Radio 3 In Concert. 10.00 Free Thinking. 10.45 The Essay: Women Writers To Put Back On The Bookshelf. 11.00 Night Tracks: The Archive Remix. 11.30 Unclassified. 12.30-6.30am Through The Night. **RADIO 4 (FM: 92.4-94.6 MHz)** 5.30am News Briefing. 5.43 Prayer For The Day. 5.45 Farming Today. 5.58 Tweet Of The Day. 6.00 Today. 8.31 (LV) Yesterday In Parliament. 9.00 In Our Time. 9.45 (LV) Daily Service. 9.45 (FM) Book of the Week: Guest House For Young Widows. 10.00 Woman's Hour. 11.00 From

Our Own Correspondent. 11.30 Out Loud. 12.00noon News. 12.01 (LV) Shipping Forecast. 12.04 Apeirogon. 12.18 You And Yours. 12.57 Weather. 1.00 The World At One. 1.45 The Californian Century. 2.00 The Archers. 2.15 Drama: Game Over. 3.00 Ramblings. 3.27 Radio 4 Appeal. 3.30 Bookclub. 4.00 The Film Programme. 4.30 BBC Inside Science. 5.00 PM. 5.54 (LV) Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.30 The Archers. 7.00 The Archers. 7.15 Front Row. 7.45 The Book Of Strange New Things.

8.00 Law In Action. 8.30 The Bottom Line. 9.00 BBC Inside Science. 9.30 In Our Time. 10.00 The World Tonight. 10.45 Book: Apeirogon. 11.00 The Allotment — Talking To The Bees. 11.30 Today In Parliament. 12.00m't News. 12.30 Book of the Week: Guest House For Young Widows. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30am Shipping Forecast. **RADIO 5 LIVE (MW: 909/993 kHz)** 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 9.00 Your Call. 10.00 Emma Barnett. 1.00pm Nihal

Arthanayake. 4.00 5 Live Drive. 7.00 5 Live Sport. 10.00 Question Time Extra Time. 1.00-5.00am Up All Night. **RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz)** 6.00am Good Morning Scotland. 9.00 Mornings. 12.00noon First Minister's Questions. 12.45 Lunchtime Live. 1.30 The Kitchen Cafe. 2.00 The Afternoon Show With Grant Stott. 4.00 Drivetime. 6.00 Get It On With Bryan Burnett. 8.00 Travelling Foot. 10.00 Natasha Raskin Sharp. 12.00-6.00am As Radio 5 Live.

FRIDAY

RADIO 1 (FM: 97.6-99.8MHz) 6.00am Best New Pop. 6.30 Weekend Breakfast With Matt And Mollie. 10.00 Radio 1 Anthems. 11.00 Maya Jama. 12.45pm Newsbeat. 1.00 Dev And Alice. 4.00 The Official Chart Show With Scott Mills. 5.45 Newsbeat. 6.00 Radio 1's Party Anthems. 7.00 Radio 1's Dance Party. 9.00 Pete Tong. 11.00 Danny Howard. 1.00am Radio 1's Essential Mix — Jamie Xx. 3.00 Radio 1's Drum & Bass Mix. 3.30 Annie Mac In The Mix. 4.00-5.00am Wind Down.

RADIO 2 (FM: 88-91MHz) 5.00am Vanessa Feltz. 6.30 Zoe Ball. 9.30 Ken Bruce. 12.00noon Jeremy Vine. 2.00 Steve Wright. 5.00 Sara Cox. 7.00 Scott Mills' Golden Hour. 8.00 Friday Night Is Music Night. 10.00 Sounds Of The 80s. 12.00m't Annela Rice. 2.00 The Country Playlist. 3.00 CMA Country Music Festival 2019. 4.00-6.00am Huey Morgan. **RADIO 3 (FM: 90.2-92.4MHz)** 6.30am Breakfast. 9.00 Essential Classics. 12.00noon Composer: Price. 1.00 R3 Lunchtime Concert. 2.00 Afternoon Concert. 4.30 The

Listening Service. 5.00 In Tune. 7.00 In Tune Mixtape. 7.30 R3 In Concert. 10.00 The Verb. 10.45 The Essay: Women Writers To Put Back On The Bookshelf. 11.00 Late Junction. 1.00-7.00am Through The Night. **RADIO 4 (FM: 92.4-94.6 MHz)** 5.30am News Briefing. 5.43 Prayer For The Day. 5.45 Farming Today. 5.58 Tweet Of The Day. 6.00 Today. 8.31 (LV) Yesterday In Parliament. 9.00 Desert Island Discs. 9.45 (LV) Daily Service. 9.45 (FM) Book of the Week: Guest House For Young Widows. 10.00 Woman's Hour. 11.00 Forum

Internum. 11.30 Teatime. 12.00noon News. 12.01 (LV) Shipping. 12.04 Apeirogon. 12.18 You And Yours. 12.57 Weather. 1.00 The World At One. 1.45 The Californian Century. 2.00 The Archers. 2.15 Drama: A Fair Shot. 3.00 Gardeners' Question Time. 3.45 Short Works. 4.00 Last Word. 4.30 Feedback. 4.55 The Listening Project. 5.00 PM. 5.54 (LV) Shipping. 5.57 Weather. 6.00 News. 6.30 The Now Show. 7.00 The Archers. 7.15 Front Row. 7.45 The Book Of Strange New Things. 8.00 Any Questions? 8.50 A Point

Of View. 9.00 The Californian Century. 10.00 The World Tonight. 10.45 Book: Apeirogon. 11.00 A Good Read. 11.30 Parliament. 11.55 The Listening Project. 12.00m't News. 12.30 Book of the Week: Guest House For Young Widows. 12.48 Shipping. 1.00 As BBC World Service. 5.20-5.30am Shipping. **RADIO 5 LIVE (MW: 909/993 kHz)** 5.00am Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 8.30 Robbie Savage. 9.00 Your Call. 10.00 Chiles On Friday. 1.00pm Elis James And John Robins.

3.00 Kermode And Mayo's Film Review. 5.00 5 Live Drive. 7.00 5 Live Sport: The Friday Football Social. 9.30 That Peter Crouch Podcast. 10.00 Stephen Nolan. 1.00-5.00am Up All Night. **RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz)** 6.00am Good Morning Scotland. 9.00 Mornings. 12.00noon Lunchtime Live. 1.30 Breaking The News. 2.00 The Friday Afternoon Show. 4.00 Drivetime. 6.00 Sportsound. 8.00 The Friday Afternoon Show. 10.00 Ashley Storrie. 1.00-6.00am As Radio 5 Live.

SATURDAY

RADIO 1 (FM: 97.6-99.8MHz) 5.00am Weekend Early Breakfast. 7.00 Matt And Mollie. 10.00 Radio 1 Anthems. 11.00 Maya Jama. 1.00pm Dev And Alice. 4.00 Radio 1's Classic Dance Anthems With Mistajam. 5.00 Today's Dance Anthems With Mistajam. 6.00 Future Dance Anthems. 7.00 1Xtra's Takeover. 9.00 1Xtra's Rap Show With Tiffany Calver. 11.00 Diplo And Friends. 1.00am Radio 1's Asian Beats With Kan D Man & DJ Limelight. 3.00 Danny Howard's Club Mix. 4.00-5.00am Radio 1's Chillout Anthems.

RADIO 2 (FM: 88-91MHz) 6.00am Sounds Of The 60s With Tony Blackburn. 8.00 Angela Scanlon. 10.00 Graham Norton. 1.00pm Pick Of The Pops. 3.00 Rylan On Saturday. 6.00 Liza Tarbuck. 8.00 The Rock Show. 9.00 Paper Cuts. 10.00 The Craig Charles House Party. 12.00m't Ana Matronic's Dance Devotion. 2.00 Sounds Of The 20th Century. 3.00 Radio 2 In Concert — Liam Gallagher. 4.00-6.00am Angela Scanlon. **RADIO 3 (FM: 90.2-92.4MHz)** 7.00am Breakfast. 9.00 Record Review. 11.45 Music Matters.

12.30pm This Classical Life. 1.00 Inside Music. 3.00 Sound Of Cinema. 4.00 Music Planet. 5.00 J To Z. 6.30 Opera On 3 From The Met. 10.00 New Music Show. 12.00m't Freeness. 1.00-7.00am Through The Night. **RADIO 4 (FM: 92.4-94.6 MHz)** 5.30am News Briefing. 5.43 Prayer For The Day. 5.45 The Curious Cases Of Rutherford & Fry. 6.00 News And Papers. 6.07 Ramblings. 6.30 Farming Today This Week. 6.57 Weather. 7.00 Today. 8.51 (LV) Yesterday In Parliament. 9.00 Saturday Live. 10.30 The Patch. 11.00 The Week In

Westminster. 11.30 From Our Own Correspondent. 12.00noon News. 12.01 (LV) Shipping Forecast. 12.04 Money Box. 12.30 The Now Show. 12.57 Weather. 1.00 News. 1.10 Any Questions? 2.00 Any Answers? 2.45 One To One. 3.00 Drama: Love Henry James: The Turn Of The Screw. 4.00 Weekend Woman's Hour. 5.00 Saturday PM. 5.30 The Bottom Line. 5.54 Shipping Forecast. 5.57 Weather. 6.00 Six O'Clock News. 6.15 Loose Ends. 7.00 Profile. 7.15 Saturday Review. 8.00 Archive on 4: National Service: The True Story. 9.00 Drama:

Take-Away. 9.45 Annika Stranded. 10.00 News And Weather. 10.15 The Moral Maze. 11.00 Round Britain Quiz. 11.30 Conversations On A Bench. 12.00m't News And Weather. 12.30 Short Works. 12.48 Shipping Forecast. 1.00 As BBC World Service. 5.20-5.30am Shipping Forecast. **RADIO 5 LIVE (MW: 909/993 kHz)** 5.00am 5 Live Boxing. 5.30 Robbie Savage. 6.00 Saturday Breakfast. 9.00 Scott Mills And Chris Stark. 11.00 Fighting Talk. 12.00noon 5 Live Sport. 3.00 5 Live Sport: Premier League Football 2019-20.

5.00 Sports Report. 6.00 6-0-6. 8.00 Kermode And Mayo's Film Review. 9.00 Stephen Nolan. 12.00m't All Hail Kale. 12.30 Hooked. 1.00-5.00am Up All Night. **RADIO SCOTLAND (FM: 92.4-92.7MHz, MW: 810 (Dumfries 585) kHz)** 6.00am Clever About Cash. 6.30 Out Of Doors. 8.00 Good Morning Scotland. 10.00 Shereen. 11.30 Breaking The News. 12.00noon Off The Ball. 2.00 Sportsound. 5.30 Off The Ball. 7.00 Take The Floor. 9.00 Pipeline. 10.00 Billy Sloan. 1.00-6.00am As Radio 5 Live.



Mindy Hammond

Every week in S Magazine

With a swagger that would put Kim Kardashian to shame, a handsome stallion captures hearts at Hammond Towers Illustration by Susan Hellard

It's no secret I have a great love of horses. In fact, Richard often moans their resting state is somewhere above him in the pecking order (although I know many ladies who would seriously disagree with him – I don't always smell of horse poo).

Much as I love my equine pets, I try not to submerge myself in horse world, unless I am presented with a golden opportunity while the cat (or should that be Hamster) is away.

Richard was off filming in a rather exotic location and, as our thoroughbred broodmare, Temptress, was in dire need of a new suitor, he agreed I could go stallion hunting – in Ireland.

Bengo (my partner in racehorse crime) booked the flights and, although his glamorous better half, Juliet, and I felt a little sleep-deprived at our 4.30am departure, our hearts lifted on arrival at the sight of our friend and Dubliner, Charlie. He rolled up in his Mercedes ready to act as chauffeur along with his sidekick, the adorable, six-month-old tan-coloured puppy Lester, who should be employed as an ambassador for the cavalier King Charles spaniel, and who Juliet instantly renamed, "love drop".

With Charlie at the wheel, we sped across to the heart of the country and what seemed like a never-ending selection of racehorse studs.

Our two-day excursion was filled with appointments to view some of the finest racing stallions, and with brochures in hand, we waited as the crème de la crème were walked from their luxurious boxes to parade across manicured yards and stand for our appreciation. We observed them in walk, saw a few of them rear (they know they're special) and exchanged notes. Mine mostly read, "big stride", "rangy", "sturdy" or, most often, "nice face".

We broke for lunch, digesting what we had seen while sipping

the most delicious glasses of Guinness (well, you have to) and were treated to some truly fine company before poor Charlie, who had missed out on lubrication, herded us back to our chariot and a very excited Lester ready for our afternoon viewing.

There was bound to be a disagreement... Bengo knew I was desperate for Temptress to have a grey baby, and although I really liked several of the boys we'd seen during the day, I couldn't help but be drawn to the dapple-grey dandies. So when we sat down for pre-supper drinks with Bengo's great friends, Harry and Lizzie, who had kindly offered to put us up for the night (oh, did I mention, they own a stud, too... doesn't everyone?), the talk turned to stallions. I sniggered as Harry and his stud manager agreed with me on a particularly handsome dapple grey (which caused much eye-rolling from Bengo.)

But our trip wasn't over yet and after Harry recommended another grey we shouldn't miss (deep sighing from Bengo), we filled up on Lizzie's soda bread for breakfast and set off. This time, we were given a special treat – a tour of the hallowed Ballydoyle training facility. Wow! Just wow. After nipping in to see the final couple of studs on our itinerary, and with the rolling hills of Tipperary and Kilkenny and the wide-open space of the Curragh in our minds, we waved farewell to the Punchestown Racecourse with a promise to return soon and headed back to Dublin for our return flight home.

Bengo and I had made a shortlist of three. Although my original favourite grey stallion was among them, there was one other that stole the show. He was a bay, but a bay with a difference. Of all the stallions we met, he was the one who stood out from the crowd. He walked with such a swagger, he would put Kim Kardashian to shame. And when I thought of Temptress, her ears pricked in anticipation, there was really no other choice.

When Richard asked me how it all went via a long-distance phone call, I had to explain how we made our decision. He was slightly concerned, "Hold on, so you chose a stallion based on the way its bum wiggles. What happened to breeding history and form guides?" But as I told him, "Haven't you heard, all great movers are great lovers?"

Their date is being fixed and I'm just hoping Temptress will live up to her name. Her beau is not just a great mover, he's quite a gigolo and definitely not marriage material, so she'd better paint her toenails and practise her best moves ready for her hot date. I hope she doesn't fall too hard for his Irish charm... 



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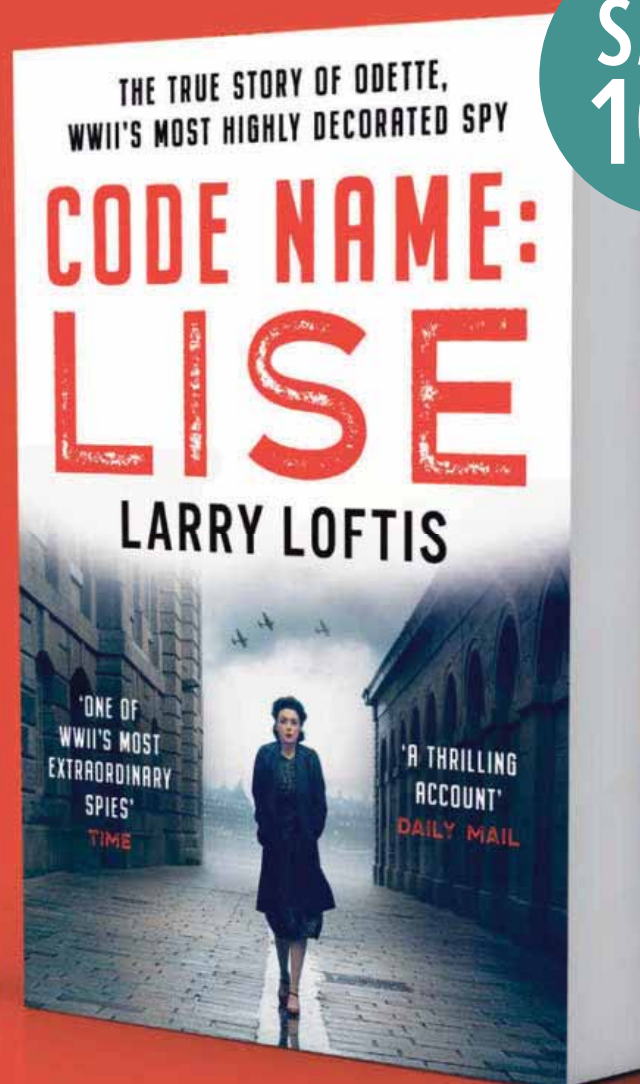
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Eva Mendes, Pisces, March 5, 1974

Russell Grant

What does this week hold for you?

Gemini MAY 22 - JUN 21

Making an impulsive decision could lead to regret, especially if you upset someone without meaning to. The moment you realise you have hurt their feelings, you'll apologise. You aren't playing around with their emotions as they think.

Call one of my dedicated astrologers for a more in-depth reading on ☎ 0905 789 3903*

Scorpio OCT 24 - NOV 22

Something that is drawn to your attention will force you to look back into the past. Some experiences will be remembered with a mixture of pleasure and pain. Look to the future and find opportunities that fill you with excitement.

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Cancer JUN 22 - JUL 23

Some areas of your life seem to be going nowhere. You no longer enjoy work that requires endless repetition. You would welcome a change but it will be up to you to take the initiative. Start looking for a job that fills you with joy.

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Sagittarius NOV 23 - DEC 21

A friend or colleague is keen to join you in a project that will benefit you both in different ways. You've worked well together before and it will make good sense for you to join forces and get this venture underway.

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Aries MAR 21 - APR 20

A last minute switch of plans could put you in a position of authority. Taking on a new role will be a great use of your leadership ability. If you play your cards right, you will be offered a permanent position. You have a lot to be grateful for.

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Leo JUL 24 - AUG 23

A new relationship will be everything you could ask for. You want to please everyone and this could inspire you to give in to every sudden whim. Normally, you like to take relationships slow but this one makes you excited.

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Capricorn DEC 22 - JAN 20

A colleague will ask you to cover for them because they're feeling under the weather. Normally, you wouldn't mind but this is becoming a habit. Don't feel guilty if you tell them no because you have enough to do.

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Taurus APR 21 - MAY 21

Watch for the chance to branch out in new directions. A colleague will criticise your talents but you won't take this lying down. Be ready to put up a fight. There's no sense in being polite with someone who is trying to upset you.

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Virgo AUG 24 - SEPT 23

Think carefully if anyone asks for your opinions. People will appreciate your diplomatic skills in tense situations and they, too, will be watching their words. By remaining calm and drawing on logic you will be able to avoid an argument.

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Aquarius JAN 21 - FEB 19

A neighbour's kindness will help you deal with a situation you could never have handled on your own. You've always been friendly towards them and they will be happy to have this chance to do something for you.

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Libra SEPT 24 - OCT 23

Legal and financial matters will go better than expected. Some good news concerning your career or a special aim will give your self-esteem a boost, and quite possibly, your income, too. This is a good time to sign a contract.

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Pisces FEB 20 - MAR 20

Talks connected with the future will lead to some positive agreement. A team effort will be successful as you will find it easy to remain focused on mutual goals. You should all be justifiably proud of this achievement.

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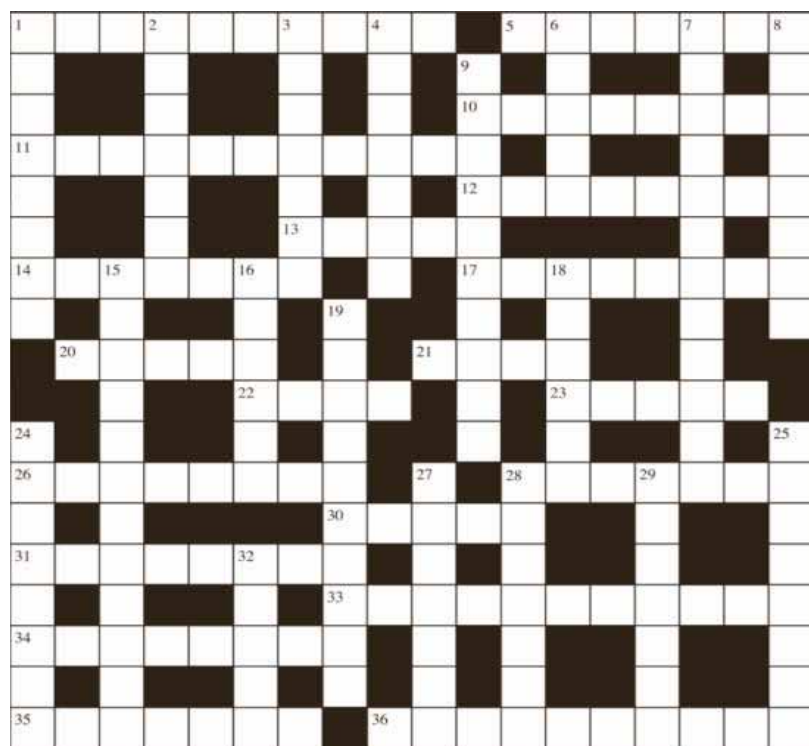
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Winners will be announced in the Sunday Afternoon section of Sunday's newspaper in two weeks

SOLUTION FOR FEBRUARY 23

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E	O	E	O	E	E	V	A	E	E	E	E	E	E	E	E	E
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S	I	P	E	P	N	N	A	E	E	E	E	E	E	E	E	E
V	E	R	N	E	A	R	A	M	A	I	C	S	A	C	K	
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T	E	T	E	A	T	E	T	E	N	R	B					
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O	L	E	C					A	I	R	F					
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ACROSS

- 1 A republic in South Asia, the capital of which is Dhaka (10)
- 5 Formerly, a toast or salutation made to a person during festivities (7)
- 10 Hermia's lover in the Shakespeare play, *A Midsummer Night's Dream* (8)
- 11 A brilliant blue variety of a rare mineral, used as a gemstone (5,6)
- 12 Novelette by Daphne du Maurier which inspired a 1963 Alfred Hitchcock film of the same name (3,5)
- 13 The seat of government of Bolivia (2,3)
- 14 Jimmy __, 20th-century American entertainer who referred to his nose as "the schnozzola" (7)
- 17 An arboreal fruit-eating mammal of Central and South America (8)
- 20 Ancient Greek stringed instruments (5)
- 21 A strengthened underground position in which missile systems are sited for protection against attack (4)
- 22 In the Old Testament, an ancient kingdom east of the Dead Sea (4)
- 23 A hard-wearing fabric whose name refers to a French city (5)
- 26 A rented room or rooms in which to live, especially in another person's house (8)
- 28 A small square tile of stone, glass, etc used in mosaics (7)
- 30 and 7 Down. Jane Austen novel featuring Elizabeth Bennet and Mr Darcy (5,3,9)
- 31 Relating to ships, navigation or sailors (8)
- 33 Private estate in Staffordshire which became a theme park in 1980 (5,6)
- 34 A type of well which uses pressure to force water to flow upwards (8)
- 35 Dandie __, breed of small terrier with a long coat and drooping ears (7)
- 36 The NASA space shuttle which broke apart after liftoff in January 1986 (10)

DOWN

- 1 Strong wooden or metal posts on wharfs or quays, used for securing mooring lines (8)
- 2 Large ape with long arms, black fur and a black face; it inhabits the forests of central West Africa (7)
- 3 A sudden disastrous collapse or defeat; rout (7)
- 4 **A rough dry cider, especially brewed in the West Country in England (7)**
- 6 Passageway separating seating areas in a theatre, church, etc (5)
- 7 See **30 Across**
- 8 Plant of the delphinium genus, with spikes of blue, pink or white flowers (8)
- 9 A swift, intensive military attack, especially using tanks supported by aircraft (10)
- 15 An English ceramic manufacturing company founded in Vauxhall, London, in 1815 (5,7)
- 16 Abel __, 17th-century Dutch navigator whose discoveries included New Zealand (6)
- 18 A long, thin, ribbon-like strip of pasta, used especially in Chinese and Italian cooking (6)
- 19 To transfer an organ or tissue from one person to another (10)
- 24 American actor whose films included 1953's *Shane*, 1949's *The Great Gatsby* and 1946's *The Blue Dahlia* (4,4)
- 25 Any of a set of posts supporting a rail or coping (8)
- 27 A painting or carving on two panels, usually hinged like a book (7)
- 28 Sir John __, English artist most famous for his illustrations in Lewis Carroll's *Alice* stories (7)
- 29 The Earl of __, photographer and documentarian who was married to Princess Margaret from 1960 to 1978 (7)
- 32 A mound of stones which marks a boundary, a route across rough ground or the top of a mountain (5)

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