



AFTER SPURS STAR TAKES ON FAN... **DIER: I FEARED FOR MY BRO**

DAVE KITSON'S VERDICT: PAGE 10 & SEE SUNSPORT



COVID-19 FLU CRISIS

FIRST VIRUS DEATH IN UK

Clean up...
GP centre
yesterday

By NICK McDERMOTT

A WOMAN of 75 yesterday became the first person in the UK to die from coronavirus.

Officials said she had not been abroad or had contact with other known sufferers.

It means she picked up the bug in Britain.

The patient, who had underlying health problems, died in hospital in Berkshire. Last

Continued on Page Five



MARKLE SPARKLE IS BACK

GULF IN SPEND GAP MAP



BRITAIN's most deprived and least productive regions have received the least amount of public spending over the past two decades, damning research has found.

Spending to boost productivity levels is lower in less productive areas, analysis of transport, science, housing and culture investment under successive governments showed.

In contrast, spending on this crucial infrastructure is higher in regions that are already more productive, the

By MATT DATHAN

research by the Onward think tank found.

The amount of spending per person in London on research and development – crucial to boosting productivity levels – was nearly twice the UK average since 2001.

The capital also got nearly three times as much investment in transport than the rest of England.

The analysis also warned that spending on affordable

housing will be five times as much in London than the rest of England by the end of the five-year period between 2016 and 2021.

The capital enjoyed nearly five times as much spending on culture as the rest of England in the past decade.

The research exposes why successive governments have failed to close the growing gap in living standards and productivity between the regions in the UK.

The report's author, Tory

MP Neil O'Brien, a former adviser to ex-Chancellor George Osborne and Theresa May, said the research laid bare the importance of Boris Johnson's agenda to close the geographical inequality gap.

He said: "For decades we have piled fertiliser on the parts of our economy that are already flourishing while refusing to water the seeds of growth elsewhere. The PM's mission to level up poorer parts of the country is vital."

The Sun Says – Page Ten



Frozen... fuel duty

Fuel tax hike 'will lose half Tory vote'

EXCLUSIVE
by MATT DATHAN

NEARLY half of Tory-voting drivers have vowed to ditch the party next time if fuel duty rises in Wednesday's Budget.

Only a quarter would vote Tory again if Chancellor Rishi Sunak ends the decade-long freeze.

Three in ten would do so "reluctantly", a survey by FairFuelUK found. Of 5,700 polled, 86 per cent would be "very angry" and the rest "irritated".

Boris Johnson made an election pledge not to hike the duty. But The Sun revealed that the Treasury was considering ending the freeze to raise £4 billion and bolster the Tories' green credentials.

FairFuelUK said: "To break that vow will lose them support from those voters who may have loaned them their votes."

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ipso. Regulated

'Justice tsar' vow

FAMILIES of murder victims will get extra help to fight for tougher jail sentences under a new plan from the Tory London mayoral hopeful.

Shaun Bailey will set up a new sentencing unit and tsar in City Hall in charge of helping families fight for justice.

If Mr Bailey wins the mayoral race in May, members of the public will get support to challenge sentences.

BREXIT TEAMS CLASH

TIRADE TALKS

From NICK GUTTERIDGE, in Brussels

BRITAIN is at loggerheads with Brussels after the first round of Brexit trade talks.

The two sides clashed on four crucial sticking points which could scupper a deal.

EU chief negotiator Michel Barnier yesterday revealed there were "very serious divergences" between them.

The Frenchman hit out at Britain's demand for yearly fishing quotas.

He also slammed PM Boris Johnson's refusal to sign up to legal guarantees to match EU rules, calling the issue "a question of trust".

And he revealed Britain's negotiator David Frost refused to commit to applying the European Convention on

Britain & Brussels deal impasse after Round One

Human Rights or accepting any role for euro judges.

The two sides also fought over the structure of the deal.

Mr Barnier warned: "If the UK's position doesn't move it will have an immediate and concrete effect on our level of cooperation."

He said the differences

were "very, very difficult". Downing Street played down its refusal to continue applying ECHR decisions, insisting it had nothing to do with the EU trade talks.

The PM's spokesman said: "How the UK gives effect to its longstanding strong human rights protections is a matter for the UK, an autonomous country."

British officials involved in the negotiations said there had been

"quite a degree of disagreement" on key issues.

They accused the EU of going "well beyond" the demands it makes of other countries and that any deal would have to "reflect reality".

A spokesman said: "In areas such as fishing, governance, criminal justice and 'level playing field' issues there are significant differences."

"The UK team made clear that on January 1 we would regain our legal and economic independence and the future relationship must reflect that."

A source said that talks on trade in goods and services plus on transport, energy, and access to EU programmes had gone more smoothly.

● **MINISTERS** have spent £4.4 billion preparing for our EU exit, a report shows. Most went on extra staff and new infrastructure, the National Audit Office said.

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Clash... Mr Barnier

A tunnel to Ulster

BORIS Johnson now wants to build a tunnel to link Scotland and Northern Ireland – instead of a bridge, his Scottish Secretary has revealed.

Alister Jack said a tunnel would avoid frequent closures in high winds. Unexploded World War Two bombs in the Irish Sea would also make building a bridge difficult.

No10 confirmed the PM is considering a tunnel rather than a bridge.

Johnson's baby wipe

By MATT DATHAN

THE PM reluctantly promised to help with nappy-changing when his new baby is born.

Asked by ITV This Morning hosts Phillip Schofield and Holly Willoughby whether he would get stuck in, he said: "I expect so."

He joked: "That was a very tricky question, there was nowhere to go on that one."

Don't panic – Pages 4&5

CHANNEL 4 'DOUBT'

NEW Culture Secretary Oliver Dowden refused to rule out selling Channel 4 yesterday.

Dowden, 41, said the future of public service broadcasting in Britain "can't stay as it is".

He told The Sun's Executive Editor Dan Wootton that any decision on Channel 4 must await the outcome of an Ofcom review.

Speaking on talk-RADIO Drivetime, Mr Dowden said: "We have to ask ourselves, how do we retain the value of public service broadcasting?"

BBC 'too biased' – Page Six



sky NEWS HD

WEATHER with NAZANEEN GHAFAR



TODAY: After a cold start, it will be dry with sunny spells. There is a risk of showers in the West, especially south-west England and south Wales. Northern and western Scotland and will be cloudy. It will be overcast in central areas later.

TONIGHT: Dry with clear spells for most. Scattered showers in north-west Scotland. Frost will develop in the East. Cloudy in the west with patchy rain in Northern Ireland

OUTLOOK: Grey but mostly dry in England and Wales and patchy rain later in north-western areas. Rain in Scotland and Northern Ireland, heavy later. On Sunday, it will be bright with scattered showers.

SAT 10°



SUN 10°



MON 9°



EVENS

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

				20
				13
				16
				15
13	12	27	12	

PUZZLES: PAGE 44

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Today's birthdays

PINK Floyd guitarist DAVID GILMOUR, 74, left, NBA great SHAQUILLE O'NEAL, 48, Kiwi soprano DAME KIRI TE KANAWA, 76, right, singer KIKI DEE, 73, and Elbow frontman GUY GARVEY, 46.

● **LAST night's Health Lottery numbers:** 4, 10, 17, 46, 48. Bonus ball: 11.

IRINA THE GREENER

By DOROTHY HOWBROOK

MODEL Irina Shayk pulls off a real trick in these pink and black undies — because they are actually green.

The Russian, 34, seen at Paris Fashion Week, *right*, and ex of Hollywood actor Bradley Cooper, 45, *below*, is the face of the Intimissimi Green Collection — an eco-friendly underwear range made from sustainable fabrics.



Picture: INTIMISSIMI



EAST-TINDERS

CHOOOSY BEALE!

Picky star's ad for ideal man

By FAY STRANG

EX-EastEnders star Hetti Bywater has advertised for a new man — and listed very specific requirements.

Hetti, 25, who played Lucy Beale in the soap, says he must be over 5ft 10in, have blue eyes and wear glasses.

He should also work in film or TV, be left wing, intelligent, kind and want to "conquer the world".

But she tells would-be suitors race and hair colour are irrelevant and adds: "Who said I was picky?"

Hetti posted her list titled "Dating Ad" on Instagram, on which she has 100,000 followers.

She urged chaps to direct message her if they fitted her specifications.

Hetti, who joined the BBC soap in 2012, was the fourth actress to portray

Ian Beale's only daughter, Lucy. The character was killed off in 2014 but featured in a flashback sequence in 2015. Hetti has since appeared in *Death In Paradise* and Sky show *Delicious*.

fay.strang1@thesun.co.uk

Star's dating ad

Dm if...

1. You have blue eyes (necessity)
2. Are 5ft10+
3. Work in film or fashion (other creative industries are acceptable).
4. Want to travel.
5. Are left wing.
6. Are intelligent.
7. Have banter.
8. Maybe wear glasses.
9. Are kind.
10. Want to conquer the world.



Suit your selfie... Hetti, also left, and her ad list

HONESTY IS THE BUST POLICY



SEE
PAGES
14 & 15

COVID-19 FLU CRISIS

TOLL RISES AS



Message...
PM on ITV
yesterday

By NICK McDERMOTT, SHAUN WOOLLER and KATE FERGUSON

BORIS Johnson yesterday urged Brits not to panic buy food and supplies as the number of coronavirus cases soared to 116 and patients with the bug were urged to stay at home.

The PM implored shoppers not to strip supermarkets bare, promising they would not go hungry in the crisis, which has claimed its first UK death. He reassured the nation that he will "keep the country fed".

Speaking on ITV's This Morning, he also said: "We will make sure that we give UK businesses the support that it needs."

Supermarket shelves across the country have been emptied by those stocking up on hand gels, toilet paper and tinned food.

Shortages of hand soap, disinfectants, baby wipes and cupboard staples such as rice and pasta have been seen in Tesco, Sainsbury's Asda and Morrisons stores.

Manufacturers have ramped up production to make sure shelves can be restocked.

Supermarkets have also noticed more and larger home delivery orders. Ocado has already warned customers they face delays of up to three days for deliveries amid "exceptionally high demand".

Boots and Superdrug have limited the number of hand sanitisers to two a customer.

Waitrose has also put a cap on the number of cleaning products a customer can order at one time.

Mr Johnson spoke out against panic buying as those with symptoms of the virus were urged to manage their sickness at home.

Meanwhile, the nation's top doctor warned the bug survives on public transport for three days.

Professor Chris Whitty, England's Chief Medical Officer, said droplets of the infection could remain on hard surfaces, such as bus and train hand rails, for up to 72 hours.

However, he said they would be "largely gone" within 48 hours.

He also warned half of all UK infections would probably happen during a three-week window, potentially overwhelming the NHS.

Prof Whitty said there was now a "slim to zero" chance of stopping a global pandemic.

Officials were moving their handling of the crisis from "containment" to "delay" as UK infections rose by 29 overnight. It could see victims told to remain at home if they felt well enough.

Plans now being considered in the event of an escalation of the outbreak include using medical students to treat the sick.

Older and vulnerable people will be among the first to be told to avoid busy places and self-isolate, to limit the impact of the virus.

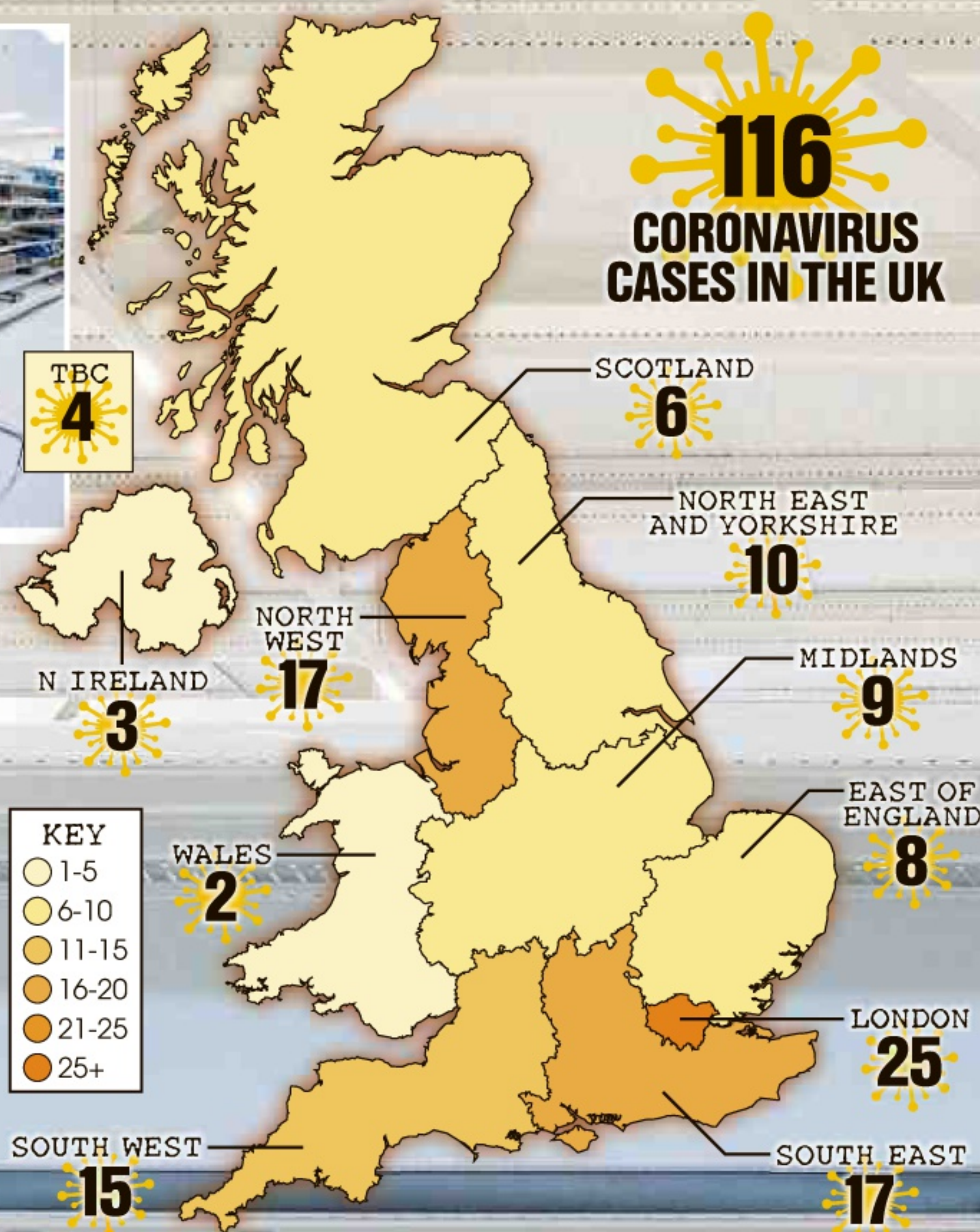
Health bosses also want recovered coronavirus victims to take shopping to OAPs and offer other help, as they are less likely to spread the bug.

Prof Whitty told the Commons Health Committee, it would be "wholly unrealistic" to expect the NHS to escape unscathed.

He said: "If you model the epidemic, we will get 50 per cent of all the cases over a three-week



Unhappy shopper... man is left with empty basket



Shop shelves being stripped

DON'T P

period and 95 per cent of the cases over a nine-week period.

"If all of those were spaced out on the NHS over two or three years, that would be easily manageable but it's the fact they are so heavily concentrated."

"If this goes to the top end of the range, there will be a period where the NHS has huge pressure on it."

Mr Johnson also admitted he was worried about his own elderly parents. Asked if he had prepared his dad Stanley, 79, the PM said: "He's usually in a state of readiness for anything."

But he added: "We're all worried. I'm thinking about both of my parents. But what SAGE (Scientific

Advisory Group for Emergencies) will be thinking about today, is what we can do to help those elderly and vulnerable groups."

In other developments, England's Six Nations rugby match against Italy on March 14 in Rome has been postponed. Italy's death toll yesterday climbed to 148, and its confirmed cases to 3,858.

Premier League clubs could play behind closed doors if the Government orders it. Everton's chief finance officer Sasha Ryazantsev said it was "quite likely" matches in England would be played without fans in the coming weeks.

An unnamed Corrie star, who recently returned from an affected

area, is in self-isolation after being advised to take two weeks off.

A source told The Mirror: "They aren't displaying any symptoms but were advised to self-isolate as a precautionary measure."

"We film six to eight weeks in advance so there has been room for manoeuvre. We've only had to write them out of a couple of scenes."

HSBC confirmed an employee at its Canary Wharf offices in London - where the number of cases hit 25 - has been diagnosed with it.

The disease has reached its most southern point in Britain, with a case confirmed in Cornwall.

Birmingham and Staffordshire have reported their first infections,

while two patients in Wigan and another at Sussex University near Brighton have also been infected.

Heathrow staff were rocked by their own scare after an infected passenger visited duty free shops.

The traveller flew from Terminal 3 last Thursday and has since been diagnosed.

Starbucks said it was "pausing the use of personal cups" because of coronavirus fears.

Businesses have been promised extra support in next week's Budget to cope with the outbreak.

Health Secretary Matt Hancock said there was a "range of options".

But he played down the prospect of widespread school closures or

KILLER DISEASE SPREADS



Masked up . . . two commuters on the Tube yesterday

FIRST VIRUS DEATH IN UK

Continued from Page One

night Prime Minister Boris Johnson said: "Our sympathies are very much with the victim and their family."

Cases of coronavirus in the UK have more than doubled in 48 hours. A total of 116 people have tested positive – 105 of them in England, two in Wales, six in Scotland and three in Northern Ireland.

Just two days ago there were 51 patients.

Officials said 18 of the confirmed cases have since recovered, while 45 were self-isolating at home.

The pensioner died at the Royal Berkshire Hospital in Reading. She was admitted on Wednesday evening and tested positive for Covid-19.

Health Secretary Matt Hancock said last night: "My sincere condolences to their family and loved ones. We will work tirelessly to protect the public from this disease."

Royal Berkshire NHS Trust said the victim had underlying health conditions and had "previously been in and out of hospital for non-coronavirus reasons". The nation's top



Hospital . . . where patient died

doctor Professor Chris Whitty said: "We believe they contracted the virus in the UK."

He added there is now a "slim to zero" chance of stopping a global pandemic.

Prof Whitty warned that half of all UK coronavirus infections are likely to happen during a three-week window – potentially overwhelming the NHS.

Last week a British tourist who had been on the Diamond Princess cruise ship, which was quarantined in Japan, died after contracting the virus.

...but PM urges Brits to stay calm

PANIC BUY!

the cancellation of events. He said it would "not have a clinical benefit at this stage but it would impose huge social and economic costs".

The bug has now reached 80 nations, with more than 98,000 cases and 3,356 deaths globally.

ITV also revealed travel companies were no longer advertising due to the outbreak.

The Grand Princess cruise ship, with about 2,500 passengers and 1,000 crew, is being held off the coast of California after a former passenger died from Covid-19.

Italy's Serie A footie will resume this weekend after a fortnight of postponements – but without fans. nick.mcdermott@the-sun.co.uk

SURGEONS IN SPREAD RISK

HUNDREDS of surgeons risk spreading Covid-19 across hospitals after attending a conference this weekend.

More than 700 are due in Birmingham for the annual meeting of the Association of Surgeons in Training.

They will be in close contact with each other for three days from today.

Infections expert Prof Paul Hunter said: "The risk is low but the consequences could be severe."

RIP-OFF GOODS BLITZ

By BEN LEO

GREEDY retailers have been told to stop ripping off worried Brits.

They were ticked off for raising prices by up to 700 per cent by watchdogs at the Competitions and Market Authority.

The Sun has also revealed 50p Lidl hand sanitisers were being offered on eBay for £40 each.

CMA chief Andrea Coscelli said: "We urge retailers to behave responsibly and not to make misleading claims or charge vastly

inflated prices. These obligations may apply to the public, too, if they resell goods on online marketplaces."

And CMA chair Lord Tyrie said: "We will do whatever we can to act against rip-offs and misleading claims using any or all of our tools."

"Where we can't act, we will advise government on further

steps they could take." Last week TV presenter Paddy McGuinness railed against a shop for whacking up the price of 99p hand sanitiser to £4.99.

Sales of the product rose 255 per cent last month, say researchers from Kantar which tracks supermarket purchases.

Sales of other kinds of liquid soaps rose by seven per cent, while ten per cent more was spent on household cleaners.

MPs get 3.1% rise

MPs will receive a pay rise of 3.1 per cent from next month, the Independent Parliamentary Standards Authority has said.

The increase will raise basic pay from £79,468 to £81,932 and follows Ipsa's decision in 2018 to adjust it at the same rate as public sector earnings.

Ipsa said the increase would bring MPs' pay "into line with the jobs they actually do".

The Sun Says — Page Ten

BROWN BACKS KEIR

Ex-PM Gordon Brown has backed Sir Keir Starmer for Labour leader, calling him a "Prime Minister of the future".

BBC 'TOO BIASED'

Minister blasts 'narrow, elitist urban outlook'



THE BBC fails to reflect the views of millions of Brits, the Culture Secretary said yesterday.

Oliver Dowden criticised the Corporation for its "narrow urban outlook".

And he said the Beeb was fast becoming seen as a biased news source lacking impartiality.

He spoke out amid calls Attack... Mr Dowden

By NATASHA CLARK

from ministers for the non-payment of the licence fee to be decriminalised.

The broadcaster could have to sell most of its radio stations, trim its website and fund more services under a shake-up being considered by the Government.

Mr Dowden, appointed in Boris Johnson's recent reshuffle, said: "The BBC needs to be closer to, and understand the perspectives of, the whole of the United King-

dom and avoid providing a narrow urban outlook."

He added that the Beeb must show a "diversity of thought and experience" rather than concentrating solely on elite voices who say the same thing and do not reflect the population.

He said: "This matters, because if you don't have that, you miss what's important to people."

And hinting at the Brexit vote, he added: "Some of our biggest institutions missed, or were slow to pick up, key political and

social trends in recent years." In his first public comments on the Beeb, Mr Dowden said it was vital for it to remain neutral.

He told the Media and Telecoms 2020 & Beyond conference: "Ultimately, if people don't perceive impartiality, then they won't believe what they see and what they read. They'll feel it is not relevant to them."

"In an age of fake news and self-reinforcing algorithms, the need for that genuine impartiality is greater than ever."



Sad... Leigh at door

Garden vanishes in floods

By ADAM BENNETT

A FAMILY fled their £400,000 new-build home as a flooded river swept their back garden away.

Horrified Leigh and Simone Adams raced to safety with daughter Ellie, seven, as the lawn, patio and its furniture vanished.

Foundations were exposed and the back door now opens on to a 10ft drop to the River Ebbw in Bassaleg, South Wales.

The estate by building giant Redrow was at first rejected by Newport council due to "flood risk and loss of natural floodplain" but approved on appeal to the Welsh Government.

Architect Leigh, 46, said: "Our house is not fit for purpose." The family, in a hotel at Redrow's expense, want a move to a new house on the estate.

Redrow said required flood defences helped save the estate's other 108 homes amid Storm Dennis last month, adding: "We're supporting the Adamses."

Poor get poorer

THE poorest are getting poorer, figures show.

Their average income dipped by 4.3 per cent from 2017/18 to 2018/19.

They were hit hardest by a freeze in income support and child benefit.

In the previous four years, income of the poorest fifth rose by 3.4 per cent, the Office for National Statistics said.

Across the population, average income was up to £29,600 in 2018/19 from £29,200 the year before.

But growth has stalled, climbing a measly 0.4 per cent a year since 2016/17.

ANDROID ALERT

A lack of Google security updates is putting 1 billion older Android phones at hacking risk, warns Which?



Torment... Princess Haya outside court

SHEIK'S KIDNAP SCANDAL

By NICK PARKER

THE billionaire ruler of Dubai had two of his daughters kidnapped and tortured and subjected his estranged wife to years of psychological torment, it can be revealed.

One was snatched from a Cambridge street in 2000, drugged and flown to Dubai where she remains in captivity.

Another was grabbed off the Indian coast in 2018, returned to the Middle East and tortured. She is under house arrest.

Sheik Mohammed al-Maktoum's sixth wife fled to Britain with her two young children last year, fearing for their lives.

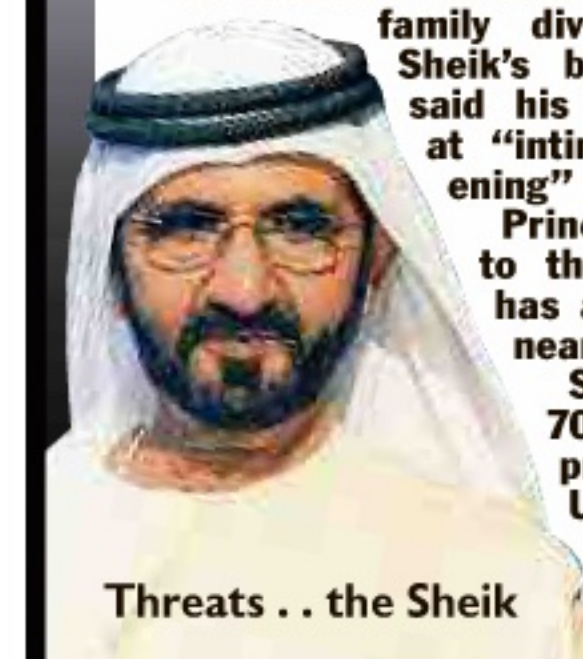
Princess Haya Al Hussein, 45, sought the protection of the British legal system.

Yesterday the High Court in London ruled in her favour in a Fact Finding Judgement.

Sir Andrew McFarlane, president of the family division, rejected the Sheik's bid for secrecy. He said his actions were aimed at "intimidating and frightening" his sixth wife.

Princess Haya is close to the Royal Family and has an £85million house near Kensington Palace.

Sheik Mohammed, 70, who is also vice president of the United Arab Emirates refused to appear.



Threats... the Sheik

The Sticky 'n' Sweet BBQ Chicken

Available until 24th March

Served after 11am. Participating restaurants. © 2020 McDonald's



Uniform only... school

School's dressing up book day ban

By ALEX WEST

A PRIMARY school barred children from dressing up for yesterday's World Book Day – to help hard-up families. Parents were told pupils had to wear “normal uniform” – but teachers were allowed costumes.

Maria Grimmer, head at St Nicholas Priory in Great Yarmouth, Norfolk, said the school wanted to be “inclusive for all”.

She said some parents saw the day as an “additional financial burden, as they feel the need to buy costumes”.

Parents backed the move, one saying the day should be about “the joy of books and getting into reading” and not wasting money dressing up.

But others who spent cash on costumes criticised the late notice.

VIP kids' costumes – P29

Drug link to kill toll

DRUGS and terrorism have driven a rise in killings, a report says.

The rate of murders and manslaughter in England and Wales soared by 39 per cent between March 2015 and the end of 2018, Home Office research found. It followed a downward trend from 2002 to 2014.

In London, knife killings doubled in 12 months from the year ending March 2017. The paper, Trends And Drivers Of Homicide, said drug-related cases accounted for half and terrorism for 15 per cent of the rise in killings.

The age of stream

VIDEO, music and game sales hit an all-time high last year, driven by rapid digital streaming growth.

Streaming made up 81.8 per cent of the entertainment market in 2019.

Overall sales were up 2.4 per cent to £7.8 billion, the Entertainment Retailers Association reported.

Video revenue from services such as Netflix and Amazon Prime rose 21.5 per cent to £2.1 billion. Music streaming increased 23.5 per cent to £1 billion.

The ERA's Kim Bayley reckoned: “The internet is quite simply the most dramatic revolution in entertainment retailing ever seen.”

NOT SO ROPEY

French climber Alain Robert, 57, has scaled the 475ft Agbar Tower in Barcelona without safety ropes in just 25 minutes.

EXCLUSIVE: STAR'S OUTRAGE

VICK: NO HOPE FOR WOMEN IN RADIO

DJ on Capital show 'bias'

By JOE KASPER and HANNAH HOPE

STRICTLY star Vick Hope claims she left her breakfast radio show after being sidelined by bosses – in favour of male co-host Roman Kemp.

She ended her three-year stint on Capital last month amid rumours of a bust-up between the pair.

And at radio's Arias awards bash in London on Wednesday night, Radio 1's Greg James welcomed co-host Emma B with the quip: “I'm proud to say I have a true radio legend with me tonight – unlike the Roman Kemp/Vick Hope scenario I'd like to name.”

Radio X's Chris Moyles has also claimed they do not get on.

But sources close to Vick, 30, insisted her problems were not with Roman, 27 – but station bosses.

She is said to have been frustrated when Roman starred on I'm A Celeb last year and little-known DJ Rob Howard joined her on Capital. A promo picture even showed Rob at the front of the line-up, with Vick to his side.

A source said: “Vick felt sidelined by producers from the beginning.”

“She wasn't allowed any say on the show or to interview big guests and all advertising from Capital's owner Global made it look like she didn't have a significant role on the station.”

“There was a huge London bus campaign which didn't even feature her. The final straw was when Roman was in the jungle and a random DJ was brought in as a lead replacement.”

“She believes after all her hard graft she should have been trusted to lead the show in his absence. She wants to focus on the future but is still friendly with Roman on a personal level.”

Vick – out fourth in 2018's Strictly when paired with Graziano Di Prima – said



CO-HOST RIFT

Capital Breakfast duo Vick and Roman

in an article a few months before quitting Capital: “I believe we work twice as hard as men. We are constantly moving for fear that if we stop it will all fall apart.”

“As I found out, if we go too fast, it can all fall apart anyway. It shouldn't be normal to be told that ‘radio is an old boys’ club, you'll learn to get used to it’.

“Or that your chances of nailing a TV gig are seriously enhanced by, frankly, gross flirtation with certain bosses.”

“It shouldn't be normal to seldom see a single female face in a managerial position or on the boards of big media companies.”

Sources close to Capital insist her gender was never an issue. An insider added: “There was never any problem with Vick being a woman whatsoever.”

“She's complained about other jobs, like saying it was a fix when she left Strictly. But that's her issue. Only she knows why.”

Global declined to comment.

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THIGH TUNES

Vick on Strictly.
Right, Greg



DUCHESS RETURNS TO UK



PROUD TO SUPPORT

The Sussexes, hand in hand, listen next to TV's Ross



WORDS OF LOVE

Meghan addresses the audience at last night's awards



CHEERS AND TEARS

Harry and Meghan applaud proposal, left



By MATT WILKINSON & RACHEL DALE

MEGHAN returned to Britain for the first time since Megxit yesterday to honour Armed Forces heroes with hubby Harry — and said: "It's nice to be back."

Despite bitter, pouring rain, the Duchess of Sussex received a warm welcome as she made her first public appearance for two months, linking arms with Harry, who held an umbrella for his wife.

Harry, 35, gave a speech at the Endeavour Fund Awards while Meghan, 38 — in a Victoria Beckham turquoise dress with blue suede heels — handed out awards.

Meghan told guests at the bash, held at Mansion House in Central London: "It's very nice to be back."

She said: "It's the third year I've had the incredible fortune of joining my husband here." Harry added: "A lot of you have told me you have my back. Let me tell you, I will always have yours."

In a possible reference to his royal position, he went on: "Being able to serve Queen and country is something we all are rightly proud of and it never leaves us. Once served, always serving."

Harry, who has been made to give up his official patronages after deciding to move to Canada, can retain his private links with organisations such as the Endeavour Fund, of which he is patron.

The charity supports service personnel keen to use challenges to help with their recovery and rehabilitation. The awards bring together hundreds of wounded, injured and sick personnel and veterans.

The ceremony was hosted by former Invictus Games medallist JJ Chalmers and saw four big awards handed out.

They included the Celebrating Excellence Award, which Meghan gave to amputee rower Lee Spencer, a former Royal Marine who holds 14 Guinness World Records. His wife Claire, 52, praised Harry's work for the charity.

She said: "I think he does an amazing job, as does she, and we should just let them live the life they want to live."

Harry and Meghan and fellow guest TV's Ross Kemp smiled and applauded as Danny Holland, who won the Recognising Achievement award, made a surprise proposal to his partner during the ceremony.

She quickly accepted, prompting cheers from the audience.

Meghan flew in from Canada this week leaving baby Archie behind. She will be at Monday's Commonwealth Day service at Westminster Abbey — the Sussexes' final event as senior royals.

matt.wilkinson@the-sun.co.uk



Fashion verdict by
**CLEMMIE
FIELDSEND**

MEGHAN was back in Blighty with a stylish bang as she wowed in a bold £980 blue dress by Victoria Beckham.

It was already sold out on some websites last night.

The fitted frock showcased her curves in all the right places. She added a pair of sharply pointed heels — creating a sleek, powerful outfit.

Earlier, Meghan wrapped up in a chic coat in camel, right. Let's hope she returns to fly the fashion flag again soon.



● MEG: NICE TO BE BACK
● HARRY: I ALWAYS SERVE

SINGING

IN
THE

TO SALUTE INJURED HEROES



**QUEEN
HAS BOND
WITH HARRY**
DAN
WOOTTON
PAGE 13

Brolly happy ...
smiling Meghan and
Harry arrive in the
rain last night



UP IN THE HEIR!



STICKY MOMENT

Kate looks shocked after mishitting a hurling ball

KATE'S IN THE HURLY-BURLY

KEEN hockey fan Kate had a bash at Irish sports yesterday — and gave the ball and her husband some stick.

The Duchess of Cambridge looked stunned after thwacking a ball skywards while hurling. She and William also tried Gaelic football and, in a match, her team beat William's at the Gaelic Athletic Association Club in Galway.

The prince also

By **MATT WILKINSON**

juggled three balls to entertain the children.

In Galway town centre, well-wishers lined the streets, left, to see the couple and Zara O'Connell, 11, gave William a lollipop for Charlotte.

Mum Edel O'Connell, 45, said: "William said Charlotte would love it as she loves sweets."

The Duke, 37, and Duchess, 38, also called at the town's Tig Coili pub where they talked sport with locals.

REIGN

THE **Sun** SAYS

Mind the gap

THE shocking economic gulf between London and the rest of Britain is starkly exposed by new statistics today.

Our worst-off, least productive regions, which should have been boosted by extra funding, have instead been starved of it for 20 years while billions were poured into an already booming capital.

It is true that plenty of towns and cities outside London **ARE** thriving. But even there, transport is in a woeful state compared with the capital's Tube, trains and buses. No wonder, when London has had three times as much transport funding as the rest of England.

It is great that the former Red Wall seats which handed the Tories power have forced them to prioritise our "left behind" regions. But it remains scandalous that instead of increasing their productivity, Labour and Tory Governments let them fall even further behind.

That divide has become a chasm which our new Chancellor must close.

Air disaster

FLYBE'S collapse is a tragedy for its workers and those at airports reliant on it. But it is right that taxpayers did not bail it out.

The firm was badly run, was operating on a wing and a prayer and was finally ruined when coronavirus – which has now claimed its first life in Britain – suddenly destroyed demand.

Some of its routes are vital to the economy. Those can be subsidised and offered to rivals under public service rules. Others will be snapped up too if enough passengers make them viable.

But Labour's call, for virtually any job losses anywhere to be rescued using public money, is the road to national ruin.

Pay scandal

FOR three years MPs and their rogue Speaker brought Parliament to its knees by refusing to honour the Brexit vote.

Some stuck two fingers up at their own Leave-voting electorates. And while many of the worst offenders were booted out in last December's election, plenty on the Labour benches survived.

Now they are rewarded with a pay rise to nearly £82,000 a year. Inflation is just 1.8 per cent. Their hike is 3.1 per cent.

How can that be justified?

They all but destroyed the reputation of the Commons. Now they are sitting pretty on salaries three times the national average, plus perks galore.

Far too few are worth anything like it.

Gastronauts

THE growing of lettuce in space is fantastic news for the historic manned Mars mission we may see within 15 years.

It means astronauts can munch fresh leaves, and maybe tomatoes and peppers, all the way to the Red Planet.

If they run out, there's always Mars bars.

AS SPURS ACE INVADES THE CROWD

I did a Dier. I felt good. That idiot in the stand won't be giving it out again



OH DIER
... official stops him

OVER
THE TOP
... barrier

EVEN a stopped clock is right twice a day – and Jose Mourinho was correct about Eric Dier.

The Tottenham boss said on Wednesday night: "He did what we professionals cannot do but probably every one of us would do."

Every professional who watched the Spurs midfielder clambering through the stand to confront a fan who had seemingly upset his brother will have identified with his frustration.

After a bad night, Mourinho's words were what the dressing room and the audience beyond needed to hear.

Two wrongs don't make a right but they certainly make for a lively day on Twitter.

A lot of players have since texted me with their own grisly endings to the story had their brother been involved. Most of what was suggested made Eric Cantona look like Gandhi.

Elsewhere, the fake outrage is as laughable as it is predictable.

Two guys squared up and then... well, nothing really happened.

I had mixed feelings. I was shocked, of course, that Dier hadn't washed his hands after playing the game, let alone worn a mask when he was about to get into somebody's face. Nike missed a branding opportunity there.

On the other hand, spotting an altercation way up in the stands while down on the pitch showed an awareness that hasn't always been obvious in Eric's game.

In the end it looked as if, like some of Spurs' penalty takers, Dier had second-



By DAVE KITSON

Former Reading FC striker

guessed himself in the run-up. By the time he had leapt the barrier and cleared more obstacles than a Grand National winner, he knew this was a bad idea.

As players and former players, we were with Dier every step of his ascent.

I didn't overly care what his gripe was, just that one of the idiots every stadium suffers from was about to get it back with both barrels.

After all, it's not as if Dier's response is without precedent. That tension has always been in the game.

In the past, broadcasters have generally turned the cameras away. Then mobile phones filled the void and now everybody is directing Fight Club.

Almost every player I know has had a run-in with a fan. One of my own experiences

echoes that of Dier in that it involved my family.

After a game for Reading at the Madejski Stadium a gentleman (I use the term loosely or maybe incorrectly) in the players' lounge announced to all present that I was a "useless piece of s***".

When I arrived into the lounge, the same guy immediately thrust a copy of the match-day programme at me and asked if I might sign it.

So many expletives

My mother had been listening to him the whole time. On the drive home she told me what had happened and tears filled her eyes.

I turned the car around and sped back. Fortunately for all of us, the man had left.

Of course, in the stadium things are typically hostile.

When I was at Portsmouth we played a Championship match away from home in a very hostile environment.

I won't give more detail as technically what happened was an assault... by me.

The tunnel brought us out through the home fans. The moment I emerged, the abuse started.

I had no idea there were so many expletives that worked well with the word "ginger".

One fella was incredibly creative. He vehemently abused me for 45 minutes. Heading



KICK... Eric. Right, Dier

in for half-time his insults became louder as I got to the tunnel. Something snapped in my head.

In mitigation, as my lawyer might have said, my career was going down the pan, the club was in administration and depression was crippling me.

If somebody was going to pay, it might as well be this guy. I walked to him and grabbed him around the neck. I felt good.

He didn't say a word. I could sense his courage draining out into a puddle at his feet.

He couldn't look at me. I said that I'd allow him to say one more thing if he wanted to. He waived the chance all too readily.

Then I realised that my teammate Greg Halford was standing behind me, all 6ft 5in of him.

We scraped a draw from the game. I won't tell you who scored the vital equaliser. OK, it was me.

At full-time, I ran straight to the tunnel to gloat but the guy had left the building.

The curious thing was that nobody in the crowd moved a muscle to help him.

Everybody pretended it wasn't happening. The guy was on his own and I think that surprised him more than anything.

One thing I know about Dier's adversary is that it's now highly unlikely he'll do this again.

Abusing people is easy from the cover of the crowd. When Eric waded in, only the stewards – who are paid to do so – jumped to the defence of the idiot who had been giving it out.

That should be the lesson.

HE FEARED FOR HIS BROTHER: SEE SUNSPORT



Healthy... Frankie

Parents' hell over sudden death lad

By RICHARD MORIARTY

THE parents of a healthy three-year-old boy have told of their devastation after he died inexplicably in his sleep.

Sarah Grogan and husband James put son Frankie to bed as usual but he was blue and unresponsive next morning.

Teacher Sarah, 36, performed CPR until medics arrived and took Frankie to hospital – but in vain.

Post mortem tests found he died of sudden unexplained death in childhood syndrome, which can strike up to the age of 18.

Sarah, of Timperley, Gtr Manchester, said: "Frankie was a healthy boy. That day was horrific. We were in total shock."

She and James, 38, have raised £20,000 for research into the syndrome, which has no known cause and kills more than 40 UK children a year.

Gasman £16k theft

A BRITISH Gas engineer stole a £16,000 Rolex watch while installing a smart meter in a home.

Cameron Beard was left alone by the owner for just ten minutes.

The Rolex – a 40th birthday gift for teacher Carolyn Walker, 59 – has not been recovered.

Beard, 26, who is no longer employed by the firm, admitted the theft in Uckfield, East Sussex.

He got an eight-month suspended jail term and was ordered to do 250 hours' unpaid work at Lewes crown court.

Beard, from Redhill, Surrey, must also pay £2,000 compensation.

Kids fat on cereal

SUGARY breakfast cereals are fuelling the child obesity epidemic, researchers have warned.

And parents let youngsters eat more than intended owing to confusing industry guidelines.

These include a lack of uniformity in nutritional values and serving sizes printed on packaging.

There has been little improvement in the nutritional value of cereals marketed to children, the US research found.

Last year a UK study showed almost half of breakfast cereals contain too much sugar – with supermarkets' own brands the worst offenders.

CAT X LAP



By DANIEL HAMMOND

CLINGY cat Ziggy has finally stopped sitting on her owners after they created a fake lap.

Rebecca and Alex May stuffed trousers and hid a heating pad in the lap, adding trainers and pillow.

Ziggy now snuggles into the lap while marketing consultant Rebecca, 29, and retouch artist Alex, 32, right, work from home in London.

Rebecca said: "Alex thought a decoy would be funny. I don't think he expected it to work!"



Why has Dec turned into a purple octopus?



biarreTV

FIND OUT ON PAGE 35

TIP OF ICEBERG



It's one giant leaf for mankind

FIRST LETTUCE IS GROWN IN SPACE

LETTUCE has been grown in space – raising hopes of man living on Mars.

By DANIEL HAMMOND

The salad crops were free of disease and even more nutritious than ones grown on Earth.

International Space Station astronauts who scoffed the leaves with an oil and vinegar dressing described them as "awesome".

Nasa will now try to grow peppers and tomatoes in the same conditions. The project aims to find fresh grub to feed manned missions to Mars.

It mirrors 2015 film *The Martian* in which Matt Damon's character

grows potatoes fertilised with poo on the Red Planet.

Dr Christina Khodadad, an expert at Florida's Kennedy Space Centre, said: "The ability to grow food safe for consumption will become critical for longer missions."

The red romaine lettuce, used in ancient Egypt as an aphrodisiac, were richer in potassium, sodium, phosphorus, sulphur and zinc. They also had anti-viral properties.

The Sun Says – Page Ten



Anyone for rocket salad?

MARS 'LIFE'

ORGANIC compounds discovered on Mars are a sign of "early life" there billions of years ago, scientists say.

The thiophenes are found on Earth in coal, crude oil,

and even white truffles. US experts say they could have formed on the Red Planet when it was warmer.

But it is possible they are a result of meteor impacts.

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DAD BOZ... BoJo waxwork

WHY TROLL BABY JOY?

CELEBRATING Boris Johnson and Carrie Symonds' impending arrival as some much-needed happy news for the country struck me as completely non-controversial.

After all, a high-profile pregnancy and cute baby being born at No10 always lifts our collective spirits, right?

Similar sentiments were expressed when Tony Blair and David Cameron said their wives were expecting while PM. The pregnancies of Kate and Meghan were widely celebrated, too.

But we are gripped by a nasty culture war driven by social media.

So after the happy announcement, Twitter once again became a hateful cesspit where apparently respectable professionals found despicable ways to slag off a young woman expecting her first baby, to a man she loves, and spout pathetic conspiracy theories.

Ironically, many were the same crew who have been banging on for weeks about the need to be kind to those in the public eye.

But those rules instituted by the London liberal keyboard warriors only apply if you have the same political views as they do.

If you are a Tory or a Brexiteer, or on the right or work for a popular newspaper, you are such an abhorrent human being in the eyes of the likes of Alastair Campbell and Jameela Jamil that you can be torn to shreds without a hint of irony from the perpetrators who are no better than abusive trolls.

THE idea that overweight people need reminding that they're the F-word (I refuse to call anyone, including myself, fat out loud) is nonsensical.

If you have been obese and still battle the bulge every day, you'll know that being the F-word is inside your head every minute.

That's why I embrace the idea put forward in the Pledge To Eradicate Weight Stigma, by Professor Francesco Rubino, from King's College London, that describing people as fat, overweight and obese is just as debilitating as a racial slur in 2020.

Skinny folk convincing themselves that overweight people are McDonald's-obsessed lazy slobs is offensive and wrong.

And that type of outdated approach does nothing to solve our obesity epidemic.

Queen has bond with Harry. He's like her beloved sister...a spare

THERE is an inherent sadness behind Sunday's heart-to-heart between the Queen and Prince Harry, which I detailed in *The Sun* earlier this week.

Partly because the four-hour, love-filled lunch over poached salmon and salad went so well.

Contrary to the belief of some royal commentators, the monarch is not overly concerned about not getting to see baby Archie, who will remain in Canada during Meghan's return next week and for the foreseeable future.

She is surrounded by great-grandchildren and various other babies who she gets to see quite enough of.

But Her Majesty is deeply saddened about the loss of the Duke as a regular fixture in her life.

Tears to the eyes

The length and tone of their first one-on-one since the Megxit summit shows just how deep the relationship between the Queen and Harry really runs.

She enjoys his company and the way they openly chat about life away from duty.

Perhaps the unbreakable bond was created that terrible week in the summer of 1997, when she put her reign at threat by insisting she would stay at Balmoral with "the boys" as they grieved for their mum.

Or maybe it's because she sees something of her beloved sister Princess Margaret in Harry, an irrepressible spare who never quite managed to cope with having to live in the constant shadow of their older sibling.

However it developed, the Queen does not spend that amount of time chatting happily and lovingly to just



LOVING...
the Queen
greet Harry

anyone – especially, as *The Sun*'s great royal photographer Arthur Edwards pointed out to me, when racing is on.

What makes the Sussexes' departure to Canada particularly difficult is that the Queen tried so hard to make them feel at home at Windsor, moving mountains behind the scenes to get the young family into a beautifully renovated Frogmore Cottage, providing them access to her team of chefs and even popping around as often as possible

for tea. But the Queen is nothing if not practical.

She has learned the lessons of the unifying exits of Princess Diana and the Duchess of York from *The Firm* and won't make the same mistake this time.

That's why she quite beautifully told Harry: "You are much loved and will always be welcomed back" – a line that brings tears to the eyes of a soppy old monarchist like me.

The Queen has not accepted that Megxit is

permanent and probably never will. Harry needs some time away to explore and live a life where he isn't playing second fiddle to his father – with whom relations remain strained – and brother.

Duty and the love of his country might just pull him back soon, she hopes.

But perhaps the Queen hasn't factored in the persuasiveness and passion of Meghan – a truly modern woman with very different plans for her husband and their "brand".

It's over to you, Chezza

SOMETHING Kinda Woohoo as Girls Aloud fans like me got fresh hope this week.

One of the main obstacles preventing the chart-topping band reuniting has been the feud between the lovely Nadine Coyle and some of the other members. But Kimberley Walsh met Nadine this week and they seemed to be getting

along just fine. Of course, the real battle will be getting Cheryl Tweedy on board.

Although with her last single peaking at No57, I think she might be willing to kiss and make up with Nads too. As the Pussycat Dolls have proven, there's nothing like an enormous cheque to help smooth over bitter relations.



Wootton's Week

Nando's

▼ **CORONAVIRUS** is no one's fault – it's one of those unexpected challenges sent to test the human race and our modern connected society in so many ways we couldn't have imagined.

But it does provide a necessary opportunity for a national debate about our dirty, unclean and germ-infested society and how important it is to clean up.

And if you run a restaurant, make sure hand sanitisers and soap are always available for customers and staff.

So Nando's, I'm going to call you out. As a very wealthy company you can afford to pay staff to make sure your restaurants are clean, rather than expecting staff to do it as a favour after their shifts, as a recent BBC investigation found.

Your company can also most certainly afford to buy different mops and cleaning equipment to be used in the toilets and the kitchen, which staff have said are currently not provided.

It's about having a basic respect for each other. We all want to be healthy and so much of that starts from being clean.



Dixie Chicks

▲ I'VE waited 14 long years for the greatest female band of all time to record new music.

And when they dropped mega comeback single *Gaslighter* this week, I understand why fans across the world spoke of bursting into spontaneous floods of tears.

It's an immediate anthem from the band who were so unfairly cancelled at their peak for criticising George W Bush and the Iraq War during a concert in London.

I hope they'll never be silenced again.

The BBC

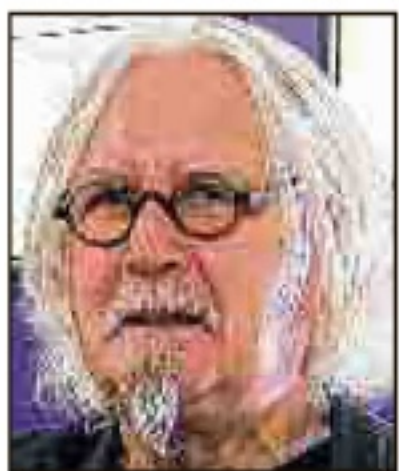
▼ **FOR** a man so convincingly thrashed by Donald Trump when competing to run for the US presidency, Jeb Bush certainly has reason to be wary of biased media coverage.

And on a trip to the UK he summed up perfectly why the BBC has lost the faith of those outside its London metropolitan Remoaning bubble.

He tweeted: "Every time I visit London, I am amazed how biased UK political coverage is by the BBC. Plus, they are incredibly rude to Conservative MPs. All paid for by UK taxpayers. I enjoy their world coverage but why the vitriol when it is about UK politics?"

I'll tell you why, Jeb. The BBC's international services are funded by advertising and commercial partners, rather than an enforced poll tax.

That makes them accountable overseas in a way they are not in the UK. But change is coming.



Battle... Connolly

Billy: I've had last laugh as stand-up

By **ELLIE HENMAN**

SIR Billy Connolly has quit stand-up comedy as he battles Parkinson's.

The comic, 77, was diagnosed in 2013.

Speaking yesterday, he said the disease "made my brain work differently, and you need a good brain for comedy".

He added: "I'm finished with stand-up. It was lovely – the first thing I was ever good at."

The Scottish comedian also told Sky News he wouldn't let the condition take over his life.

Sir Billy added: "I'm always being asked to go to Parkinson's things – like lunches. And I don't approve of it."

"I don't think you should let it define you, and all your pals be Parkinson's people."

"I don't think it's good for you. So I don't do it."

Brief's fox kill let-off

A BARRISTER who killed a fox with a baseball bat has escaped charges.

Jolyon Maugham, 48, tweeted that he found the animal trapped in chicken wire on Boxing Day. He was bombarded with angry responses.

The RSPCA visited but decided the fox died swiftly. Evidence of unnecessary suffering is needed to prosecute.

Animal Aid said it was disappointed that Mr Maugham, founder of a group that legally challenged Brexit, was not facing charges.

The group said: "It is shocking anyone would choose such actions."

Solarbury cathedral

ONE of Britain's best known cathedrals has been granted permission to install 92 solar panels.

Salisbury, which houses a copy of the Magna Carta, will put them on the roof of its cloisters.

They will be invisible to visitors to the 13th century building and generate enough electricity for eight homes, while cutting the cathedral's carbon dioxide emissions.

Wiltshire council accepted Historic England's say that the panels would not harm the cathedral's "heritage significance".

A cathedral spokesman said: "We are delighted."

LONG LOST LOVER

A romantic postcard D. H. Lawrence wrote to a future fiancée in 1910 has been found under a bed in Cheltenham.

IT'S TIME FOR MORE STARS TO BE



Chrissy Teigen

Kourtney Kardashian

Kelly Rowland



BEFORE

CHRISSY candidly admitted she is considering boosting her boobs a second time after having two children.

The 34-year-old model said: "I did my boobs when I was about 20 years old."

"It was more for a swimsuit thing. I thought, if I'm going to be posing, laid on my back, I want them to be perky."

"But then you have babies and they fill up with milk and deflate and now I am screwed."



BEFORE

THE eldest Kardashian sister is open about the implants she had when she was just 21.

But the 40-year-old reality star now admits she regrets going under the knife and wishes she had waited until she was older.

Mum of three Kourtney said: "I wish I never did it. I had great boobs."

"Now I'm going to have to get them redone at some point."



BEFORE

THE Destiny's Child singer told how Beyoncé's mum talked her out of a boob job at the age of 18.

But the mum of one had an op ten years later and hints she will have another one after she gives birth again.

Kelly, 39, wrote in her parenting guide: "I know I'm going to see someone (wink, wink) after I have my second kid. In the meantime, I just tried to enjoy my ability to feed my baby!"

ALL these women are natural beauties – but they admit to having had a little assistance to boost their assets.

Top model Chrissy Teigen yesterday became the latest celeb to reveal she had a boob job in her younger days to enhance her enviable curves.

But Chrissy isn't the only celeb who has confessed that their good genes had a helping hand from a good doctor.

KATY DOCHERTY reveals the women who are now upfront about their formerly breast-kept secret.

'It shouldn't be taboo any more'



By **LIZZIE CUNDY**

THE public know it's impossible for breasts to grow two cup sizes overnight, yet famous women would still protest they were all natural.

So I'm glad all these celebrities have come clean.

It doesn't have to be a taboo any more.

I had my boob job after my second son was born in 2000. It increased my confidence.

I was never ashamed to say I'd had an op and nor should anyone else be.

Surgery isn't for everyone, but lying is never the answer.

'Not right choice for everyone'

SUN Doctor CAROL COOPER says: "Surgery is, of course, safer than ever."

"But the truth is that boob jobs have possible complications such as pain, bleeding, infection, scarring, numbness of the nipple and implant rupture. Sometimes the implant hardens because its capsule shrinks."

"This can leave some women dissatisfied with their op – and even needing another round of surgery."

"And many implants need replacing after ten years."

"Just as concerning are the women who find that going under the knife hasn't boosted their confidence."

"Some issues with self-esteem or body image can't be fixed by even the most skilled plastic surgeon."

"I applaud those who have opened up about having had a boob job, but it is not the right choice for every woman."

Let's be upfront

HONEST ABOUT SURGERY, LIKE CHRISSY



Gisele Bündchen

Victoria Beckham

Iggy Azalea

Kaley Cuoco

BEFORE



ONCE dubbed "The Boobs From Brazil", catwalk queen Gisele felt unhappy with her lopsided breasts after feeding two children.

The 39-year-old supermodel went under the knife in 2015.

She said: "I felt very vulnerable. I can work out, I can eat healthy, but I can't change the fact that both of my kids enjoyed the left boob more than the right."

BEFORE



POSH, 45, denied having surgery then said in 2011 her "torpedo bazookas" were removed in 2009. The fashion boss is thought to have had one op after Brooklyn's birth in 1999 and another in 2006.

AFTER OP



BEFORE



RAPPER Iggy proudly boasted that she had surgery in 2014 to get bigger boobs.

The Fancy hitmaker admitted she was sick of padding her stage outfits to boost her flat chest.

Australian Iggy, 29, said: "I don't think you should be ashamed if you made a change to yourself, which is why I've spoken about the changes I've made, like with my breasts."

BEFORE



THE Big Bang Theory actress said having a boob job aged 18 was the "best decision" she has ever made.

Kaley, 34, told how she started to feel insecure about her body while appearing in US sitcom 8 Simple Rules.

She said: "I don't think you should do it for a man or anyone else."

"But if it makes you feel confident, that's amazing."

about boob jobs

Easter.
 Grandkids over.
 Sport and kids channels ☐ On
 Easy this.
 Bye kids!!
 Summer arrived.
 Premier League over.
 BT Sport ☐ Off
 Kids stuff ☐ Off
 Feet up. Movies ☐ On
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Bludgeoned... Odessa

'Killer' in severed head kiss for mum

By ROB PATTINSON

A KILLER took her mum's severed head from a carrier bag and kissed it, a court heard.

Odessa Carey, 36, was said to have bludgeoned her mother with a mallet and removed the head with scissors.

She then visited a pal's allotment where she took the head out of the bag and kissed it, it is said.

The body of her 73-year-old mother, also Odessa Carey, was found at her home in Ashington, Northumberland.

Her head was found under the sink at another house where her daughter was hiding in the loft.

Carey was charged with murder but is unfit to face court. A trial of facts is under way to decide whether she caused her mother's death.

The case continues at Newcastle crown court.

Badgers cull ends

THE intensive culling of badgers to combat TB in cattle is to be phased out.

It will be replaced over five years by more vaccination for livestock after a scientific breakthrough.

The cattle vaccine has to be tested before it can be licensed. More badgers — which can transmit TB and devastate herds — will be treated, too, said the Government.

The cull began in 2013. It has cut livestock infections by up to two-thirds, say ministers, but activists brand it inhumane.

More than 30,000 cattle with TB are slaughtered each year and culling will remain an option.

Lines lad 'knife kill'

A TEEN was stabbed to death by a county lines gang, who found their rivals' HQ, a court heard.

Taylor Williams, 18, was a "participant and a casualty" of the drugs trade, say prosecutors.

He is said to have fought knifeman Olamide Soyge then leapt from a window in Basingstoke, Hants. He died of stab wounds in hospital.

Terence Maccabee, 29, had four knife wounds. He and Soyge, 28, both of London, deny murder.

They and Paige Taylor, 23, deny possessing a knife and robbing drugs.

The Winchester crown court trial continues.

STAY CLASSY

An officials' letter awarding £1.5million to schools in Conwy warns councillors not to blow it on porn and prostitutes.

CHAOS AS AIRLINE FOLDS



STAFF WEEP OVER COLLAPSE THOUSANDS LEFT STRANDED



MANCHESTER

Passengers on a flight find out the airline is bust... then have to leave the plane



EXETER AIRPORT

Stewardess Katherine Densham is in tears at news yesterday

SHOCKED Flybe staff wept yesterday at news the airline had collapsed, putting 2,300 jobs at risk.

Flybe fell into administration after a fresh bid for financial support failed.

Thousands of customers were stranded as flights were grounded.

Flybe said the impact of the coronavirus outbreak was partly to blame for the collapse.

At the airline's base in Exeter, Devon, crew were in tears. Air host-

By ISAAC CROWSON

ess Katherine Densham was due to fly to London City Airport yesterday morning. She said: "I thought that we'd be saved, but not this time."

"We're just all really sad, I don't know what I'll do now."

Another member of staff added: "I was praying for a miracle."

Flybe's final flights landed on Wednesday evening before aircraft were seized by administrators. Model Rhian Sugden, 33, flew from

Rhian... on flight



Southampton to Manchester. She said: "There was no suggestion anything was wrong during the flight."

"I saw the news later that the airline had gone bust and couldn't help feeling sorry for the poor crew that had been so nice to us."

Flybe's website was shut down in the early hours and the airline sent out 2am texts to passengers warning them not to go to airports.

Travellers were also booted off planes after taking their seats.

Flybe was bought last year by a consortium including Virgin Atlantic, the Stobart Group and US hedge fund Cyrus Capital. It narrowly avoided going bust in January.

Economist Frances Coppola said: "If Flybe's only problem was

coronavirus, Branson and Stobart could have stumped up some cash."

"Truth is they wanted out of a loss-making investment and coronavirus is a convenient excuse."

BA and easyJet have offered Flybe staff free flights home and cheap tickets for Flybe ticketholders.

Flybe chief exec Mark Anderson said the company had made "every possible attempt" to avoid collapse but had been "unable to overcome significant funding challenges".

Transport Secretary Grant Shapps said: "We tried to do everything we could back at the turn of the year." No10 said discussions were taking place to see if some routes could be taken on by other airlines.

The Sun Says — Page Ten

ROUTES HOME

STRANDED Flybe passengers will have to make their own travel arrangements to get home.

Unlike with Monarch and Thomas Cook, the Government will not be putting on repatriation flights.

Ryanair and British Airways have announced rescue fares to help.

Anyone who booked a domestic flight is being offered free coach travel by National Express where it has a comparable route. Train firms

are offering free travel to Flybe customers and staff for the next week.

If you are due to travel and booked a Flybe flight using a credit or debit card, contact its issuer.

If you booked through a third party, speak to them immediately.

For Civil Aviation Authority advice go to its website caa.co.uk and click on its Flybe customers link.

By LISA MINOT, Travel Editor

'NO SURPRISE'

CORONAVIRUS may have been the final nail in the coffin for Flybe but its failure was no surprise.

The regional airline had been critical for months. Back in January, the Government had to step in when the carrier ran low on funds.

And cash injections from its new owners — a consortium led by Virgin Atlantic — were not enough to stave off the inevitable.

Despite being the largest regional

By LISA MINOT, Travel Editor

airline in Europe, it struggled to compete against low-cost carriers.

It was also hit by a double whammy of Air Passenger Duty on both legs on domestic flights.

Flybe will be mourned but with demand for flights falling since the start of the coronavirus epidemic, it may well not be the last airline infected by the climate of fear.

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Fight... Mr McConnell

Call trans birth man 'mother'

By JOHN STURGIS

A JUDGE was right to rule a transgender man who gave birth should be described as "mother" on a birth certificate, Government ministers insist.

Freddy McConnell, a multimedia journalist at The Guardian, wants to be registered as "father" or "parent".

He says forcing him to register as the mum breaches his human rights but he lost a High Court fight last year.

The country's top family court judge concluded anyone giving birth was legally a mother, regardless of their gender.

Mr McConnell launched an appeal. But lawyers for the Registrar General plus Home Office and Department of Health and Social Care ministers told the Court of Appeal it should be dismissed.

Ben Jaffey QC, leading the Government team, said "accurate public records" must be maintained. Case continues.

Slow-up on roads

DELAYS on major roads rose to an average of ten seconds a mile last year.

The hold-ups on motorways and main A roads were up one per cent on 2018, said the Department for Transport.

Smaller A roads fared even worse, with go-slows averaging 44 seconds a mile – up two per cent.

A ten-mile trip on a 60mph road took 11 minutes 35 seconds, against ten minutes in free-flow, the figures reveal.

The RAC said: "Drivers won't be surprised to hear congestion is worsening."

PROBATION SERVICE BLASTED

8 MISSED CHANCES TO STOP MONSTER



On loose... McCann on CCTV before an attack in North West

Free to go on rape spree

PROBATION staff missed eight chances to keep sex fiend Joseph McCann in jail.

Their bungles let the beast, 35, go free to carry out eight rapes in a two-week reign of terror last April, a damning report reveals.

The findings last night prompted the Government to order an independent inquiry into the "unacceptable failings".

And one victim told The Sun: "We are all devastated about this news. Where's the justice in this? This coward should not have even been walking the streets but was only doing so as a result of an outrageous and avoidable failure in the justice system."

Police warned in 2004 that McCann posed a "risk of sexual harm" to teen girls. He was jailed indefinitely in 2008 for aggravated burglary.

Parole was refused three times as he was "high risk", the 57-page report says.

He wrote letters in jail threatening to rape and calling himself "God".

But he was released in 2017, only to be arrested for burglary soon after.

By TOM WELLS and ANDY HALLS

It should have triggered an automatic prison recall so only a Parole Board could decide if he was safe to go free again. But probation staff failed to act then, as well as when he was remanded and when convicted. As a result, he got automatic release in February last year.

McCann, from Aylesbury, Bucks, attacked victims aged 11 to 71 in London, Watford and the North West two months later. He was caught hiding up a tree and jailed for life in December.

The other missed chances were:

- August 2018 – prison chiefs call senior probation officer over failure;
- November 2018 – two probation officials decide to meet to recall him but senior official goes absent;

- December 2018 – Hertfordshire's probation chief reviews it but fears it is too late without McCann legal fight;

- January 2019 – multi-agency meeting discusses recall but no action taken;

- December 2018 and January 2019 – concerned staff told it was "dealt with".

The Serious Further Offence review by the Ministry of Justice blamed individual mistakes and overworked staff. Two were fired and another demoted.

tom.wells@the-sun.co.uk



Beast... mugshot, shop CCTV and hiding up tree

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KATY'S BABIES, ONE AND TWO

KATY PERRY has confirmed she is pregnant with her first child – but there's no chance of her putting her feet up.

I told yesterday how she hinted she was expecting with fiancé **ORLANDO BLOOM**, below, during the release of the video to new song *Never Worn White*, left.

Now she has suggested a new album is arriving too. She said

on Instagram: "There's a lot that will be happening this summer. Not only will I be giving birth literally, but also figuratively to something you guys have been waiting for. 'So let's just call it a double whammy.'"

Katy is on her way to Australia to perform at the women's cricket T20 World Cup on Sunday and at a gig for people affected by bushfires.

GOT A STORY?

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



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RONAN 'N' ROB SONG FOR PAL

RONAN KEATING has recorded an emotional collaboration with **ROBBIE WILLIAMS** in tribute to his late **BOYZONE** bandmate **STEPHEN GATELY**.

He revealed Robbie called him in October, the tenth anniversary of Stephen's death, and told him how he had written a song about the singer on the day he died in 2009.

Speaking for the first time about *The Big Goodbye*, which is on his new album *Twenty Twenty*, Ronan said: "I got an email from Robbie saying, 'Mate, just saw you on Loose Women with the boys, you're looking well – but I can't believe it's ten years since Stephen died'."

"He sent me the song, and the moment I listened to it I was in tears. Robbie and I adapted the vocals so it worked as a duet. It's a deeply personal song for both of us."

The album, due out on May 1, also includes a duet with **SHANIA TWAIN** and a track on which **ED SHEERAN** plays guitar.

Ronan's bulging book of contacts has certainly paid off.

bizmeter



LADY GAGA is to play at Tottenham Hotspur Stadium in North London

on July 30 on her *Chromatica* Ball Tour. She also has gigs in Paris, Toronto, New Jersey and Boston. Some of the cash from tickets, on sale next Friday, will go to her *Born This Way* Foundation.



ENRIQUE IGLESIAS is struggling to nap after girlfriend **ANNA KOURNIKOVA** had their third child, a girl, in January.

The singer, who is to release his first album in six years in 2020, said: "I'm not sleeping but I'm having a great time. I mean, I wouldn't change it for nothing in the world."



ALANIS MORISSETTE had a go at artists who don't sing live during her gig at London's Shepherd's Bush Empire on Wednesday. She said: "Here's how to tell if someone is lip-synching, they look great. There's no way of hitting those notes without looking like a monster."



BRIT Award nominee **MICHAEL KIWANUKA** has been forced to postpone the rest of his UK tour due to acute viral laryngitis. He said: "I'm so sad as this tour was a dream come true for me. Your support for this music has been so much. All I wanted to do was give the best shows I could."



Camila Cabello



Anne-Marie



Michelle Keegan

biz ticker

● Lizzo has Bermuda,

SIMON BOYLE'S

Carre

MY TEAM: Howell Davies, Ellie Henman and Joe Kasper



SEQUIN
QUEEN
NADINE

NADINE COYLE put the sparkle into last night's Global Awards in this eye-catching sequin gown. The ex-GIRLS ALOUD singer had a wide grin as she walked the blue carpet alongside fellow 2019 I'm A Celeb contestant ROMAN KEMP, below.

Pop stars CAMILA CABELLO, DUA LIPA, right, and ANNE-MARIE, who performed at the radio awards bash in West London, looked picture-perfect, while actress MICHELLE KEEGAN stood out from the crowd in a bright pink suit.

This lot know how to make an entrance.

biz bit

SEA GIRLS released EP Under Exit Lights yesterday to celebrate selling out their April 23 gig at the Roundhouse, in Camden, North London. The Brit indie four-piece's single Ready For More has been backed by Radio 1.

biz bit

RICHARD OSMAN has sold the film rights to debut novel The Thursday Murder Club after a huge bidding war. He said: "It's a dream come true. I want a cameo as a surprisingly tall police officer."



Nicole's
rubber
band

THE PUSSYCAT DOLLS must have bulk-bought latex for their comeback. NICOLE SCHERZINGER wore this skin-tight outfit in Sydney, Australia, yesterday before defending the band's edgy choice of wardrobe on a television talk show. She said: "It takes courage to wear that stuff. We always do everything with confidence. We dance hard like warriors." They certainly do.

DAN MAY BE BOND FOR SIXTH TIME



LIKELY LADS... actors Jack, Richard and James

JAMES NORTON, RICHARD MADDEN and JACK LOWDEN are all in the frame to be the next James Bond – but they might have to wait.

Despite years of saying the upcoming No Time To Die would be his fifth and final outing as 007, DANIEL CRAIG appears to have had a change of heart. He has asked the PR team behind the next movie not to "aggressively market it as his final Bond". A well-placed movie source said: "I don't think Daniel is finished with James Bond, despite his previous claims. "He was in this same position four years ago after Spectre came out, where he said publicly and loudly that he was done and then, as time passed, he just wasn't.

Not a 'finale'

"There is something about this part that scratches an itch and he's not prepared to see it go to another actor yet. "It's all going to come down to how No Time To Die is received by the public and if it can become the highest-grossing film in the series. "If it does, I think Daniel will be good for one more movie. He's hedging that bet by asking for it not be marketed as a 'finale'." After 2015's Spectre he said he would "rather slash my wrists" than return to the role he first played in 2006's Casino Royale. Latest flick No Time To Die has been dogged by production problems and on Wednesday it was announced that its release had been put back from next month to November. At least the next film couldn't possibly run into as many difficulties as this one...

006
FOR
007?

pop at Tik Tok for removing vids of her in a swimsuit ● Chris Evans set to play lead in film about the infamous Triangle ● Miley Cyrus and Cody Simpson get matching trident tattoos

Fanatics jail toll up

THE number of right-wing extremists behind bars for terrorism offences has nearly doubled over two years.

Forty-one people were held in custody last year – up from 28 in 2018.

Six years ago there were only four cases.

The Home Office figures follow a decision by MPs to back a ban on membership of more right-wing terror groups.

Overall, there were 231 people in custody for terrorism-related offences in Britain last year.

The “vast majority” – 77 per cent (177) – were classed as holding Islamist-extremist views, the data report said.

Eco cars VAT plea

ELECTRIC vehicles should be made tax-free to boost sales, the motor industry has urged.

Demand for new cars is falling, with the Society of Motor Manufacturers and Traders blaming weak consumer confidence and confusion over fuel technology.

Sales of battery electrics and plug-in hybrids are rising but market share is only 5.8 per cent.

The society wants the 20 per cent VAT removed from them in the Budget.

That could cut the price of an average family battery-powered run-around by around £5,600, boosting sales and helping the environment.

FIGHT FOR £434M CARE FUND

GIVE IT BACK, SUNAK

Charity plea to No11

Plea... campaigners with petition at Downing Street last year. Below, Mr Sunak



SOME 70 charity chiefs today urge the Chancellor to support The Sun's Give It Back campaign.

They want Rishi Sunak to “give back” £434m cut from councils' social care and disabled kids budgets in the last decade.

The Disabled Children's

EXCLUSIVE by KATE FERGUSON

Partnership say hundreds of thousands of families are struggling due to a lack of respite care and equipment.

In a letter to Mr Sunak, they say: “We know how vital government's support is, and have seen your personal commitment to supporting disabled children.

“Using your first Budget to

fill the £434million funding gap and create a Disabled Children's Innovation Fund to support best practice would make a massive difference.”

Last year ministers announced a review into support for children with special educational needs and disabilities.

Stephen Kingdom, of the Disabled Children's Partnership, said: “The previous Chancellor pledged money for

schools but this won't help in the home. Families can't wait for the promised review. The Government must act now.”

The campaign says only four per cent of parents feel they get the right support.

And 53 per cent have had to give up jobs to care for a disabled child.

Contact the campaign at support.disabledchildrenspartnership.org.uk/en-gb/give-it-back



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Inventive... Justine

Mobile's rotary dial is a retro hit

By JAMES BEAL, US Editor

A SPACE engineer who hates smartphones has built a mobile featuring a rotary dial.

Justine Haupt, 34, spent three years creating the retro device.

The phone, which has a battery life of 30 hours, is 4in long, 3in wide and one inch thick.

Justine, an astronomy instrumentation engineer, in New York, used a 3D printer to create the case.

She wired up circuits and sourced a Trimline phone rotary dial.

The phone also takes a prepaid sim card.

Justine's invention has won admirers online.

She said: "There's a surprising number of people who have identified with my philosophy of not liking smartphone culture."

"I'm pleasantly surprised that those people are out there."

Rats hate to harm

RATS don't like to cause pain, a study has found.

They have a trait — known as harm aversion — similar to humans, say Dutch researchers.

It is linked to a region of rats' brains called the anterior cingulate cortex.

This same brain region has been found to light up in people empathising with the pain of others.

Study leader Professor Christian Keysers said: "We share a mechanism that prevents anti-social behaviour with rats."

He now hopes to use the science to work out how to treat human patients with psychopathic tendencies.

Skeggy's Jolly safe

THE Skegness Jolly Fisherman mascot has been saved from the axe.

The famous costume worn by volunteers in the resort faced health and safety problems.

A business group that had been finding volunteers claimed the outfit "unhygienic" and there was a shortage of people to wear it.

But the council has taken over responsibility for the 112-year-old character and says he is safe.

Councillor Tony Tye, who spent seven years wearing the costume, declared: "He'll be around a lot longer than you or I!"

FLOOREDBAND

A bust cable left tens of thousands of Sky and Virgin customers with no broadband in Hampshire and Dorset yesterday.

THE PEDICURE CHUMS



Poodles on parade... dogs line up at Crufts



Chic tsu... hair straighteners for finishing touch

HOW'S this for hair of the dog? A fluffy white poodle gets a final blush-up ready to compete at Crufts yesterday

The pampered pooch with its own make-up kit was one of thousands taking part at Birmingham's NEC yesterday.

This year, owners have been going to town with grooming — with one shih tsu getting a full blow-dry to look good. Mean-

By WILL BARKER

while, patriotic pups posed in their own union jack onesies.

The annual dog show usually attracts more than 160,000 people and 28,000 dogs from 44 countries.

But numbers looked considerably down on the first day over coronavirus fears.

STEPH & DOM HOTEL IS BUST

WE'VE HIT THE GOGGLE ROCKS



GOGGLEBOX stars Steph and Dom Parker's £5million hotel has gone bust.

The Salutation shut its doors in January, with 33 workers sent home.

The Parkers have Parkers... and hotel

EXCLUSIVE by STEPHEN MOYES

admitted the company running the Grade I-listed manor house will be liquidated and guests' deposits lost. The hotel in Sandwich, Kent, was being run by John and Dorothy Fothergill who leased it from the couple.

Dom said: "We are sorry to confirm that The Salutation Hotel Ltd, which has been

managing The Salutation, has indeed become insolvent.

"We are in discussions with other interested parties and we aim to have the hotel back up and running very soon, under new management."

Steph and Dom became Channel 4 favourites in 2013. They have owned the listed Edwin Lutens mansion in 3.7 acres since 2004.

Last week, Dom, 55, said the

couple wanted to sell it. He admitted: "We are just too old and exhausted and don't have the energy to run it any more."

The Salutation became a hotel in 2017 on the back of Gogglebox's popularity.

Its restaurant was run by Michelin-starred chef Shane Hughes, 43, while the gardening team won gold at the 2016 Chelsea Flower Show.

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THE Sun SAVERS



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Edited by GISELLE WAINWRIGHT

DEAL OF DAY



TO mark 25 years of stuffed crusts at Pizza Hut, a large stuffed-crust pizza, four dips, classic side and ice cream is just £17.99. Usually £33.06.

SAVE: £15.07

CHEAP TREAT



PICK up a half-price Easter egg at Tesco until Tuesday. The Maltesers egg is currently just 75p.

SAVE: 75p

My SunSAVERS fiver

CAROL GILL, from Huddersfield, says: "I am saving mine towards replacing my old watch for my 60th birthday as a present to myself."

● Send your Savers fiver stories to sunsavers.co.uk/fivers and get 28 codes, worth £5, if we print yours here. Please include your name and town.

The slice is right

THESE HOT PIZZA DEALS ARE TOPS

WHO doesn't love a Friday night in?

But if you are thinking of dialling up for a pizza, you might find yourself forking out a lot of dough.

We shelled out £1billion just on supermarket pizzas in 2019 – a rise of four per cent on the year before.

But you can enjoy a pan-tastic treat while slicing the price...

MEAL DEAL: If pizza is just the beginning of a feast, then grab yourself a meal deal.

I love the deals at Tesco, where you can get two pizzas, two sides and a dip stacker for just a tenner. It even includes desserts such as a chocolate fudge cake.

The pizzas are usually £5 each, so everything else works out as a freebie compared to buying single items. What's not to like?

QUIDS IN: Always check discount, cash-back and coupon websites for offers.

Using sites such as HotUKDeals and Quidco, you can save as much as 35 per cent on your order.

Quidco is offering £5 cashback at Pizza Hut when you sign up.

SAVE: £5

TRIPLE THREAT: What's better than one pizza? Three pizzas.

At Iceland, you can grab three Goodfella's pizzas for £5. Contrast that with getting takeaway from Domino's, where three small pizzas would set you back a hard-to-stomach £41.

SAVE: £36

TOPPING THE CLASS: Save dosh and keep the kids busy by going DIY with your pizza.

Asda's Create Your Own Pizza counter does a 10in base with any choice of toppings for just £2.30 – far cheaper, I'll bet, than your local takeaway pizza parlour.

● Prices correct at time of going to press. Deals and offers subject to availability.



EYES ON THE PRIZE... ready to tuck in

TOP SWAP



£55

LOOK your best for the races in a fascinator from the British Heart Foundation. This navy two-tone piece, below, is just £18.99, much cheaper than the similar one at Debenhams, above, £55.

SAVE: £36.01



£18.99

Reader's saving tip

KAREN MANNING, from Harwich in Essex, says: "Check out Amazon Warehouse for bargain buys. These are mostly returns but you get the same guarantees and you can find huge discounts."

● Share hints at sunsavers.co.uk/tips and get 28 codes, worth £5, if we print yours here. Please include your name and town.

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A RESEALABLE bag of 240 Tetley tea bags is half-price at The Co-op. Grab a bag for £3.50, down from £7.

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HIGHDI & LOFIA

By DOROTHY HOWBROOK

HERE'S the long and the short of it from Sofia Vergara and Heidi Klum on the red carpet.

Actress Sofia, 47, and model Heidi, 46, were both in black and white dresses — but of very different lengths.

They were launching a new series of America's Got Talent in Pasadena, California.

The pair join Simon Cowell, 60, on the judging panel. He arrived in Cuban heels to kick off the hunt for new talent.



Pilot biter let off jail

AN unruly mum who bit and scratched an airline pilot in a row over her child's buggy was spared jail yesterday.

Henrietta Mitaiare, 23, was convicted of assaulting Captain Guido Keel after a flight from Zurich landed at Heathrow.

He had stepped into a row between her and crew over why the stroller had to go in the hold.

Mitaiare, of South Kensington, West London, got four months' jail, suspended. Her mum, Mary Roberts, 53, of Fulham, South West London, was cleared of kicking the captain by Uxbridge JPs.

Roadkill relief bid

UNIVERSITY experts are trying to find ways to cut the slaughter of hedgehogs on Britain's roads.

It comes after rural hedgehog numbers halved between 2000 and 2018.

Urban populations are down by nearly a third.

Now, Lauren Moore is leading research at Nottingham Trent University.

She said: "The impact of roads on hedgehogs has not been investigated in this way before."

In 2016, wildlife charity People's Trust for Endangered Species estimated about 100,000 hedgehogs were killed on Britain's roads each year.

DRIVE RAGE

You can't arrest me, I work for the council

PR CHIEF COP RANT

A TOWN Hall PR boss launched a foul-mouthed rant at police after being arrested for drink-driving, saying: "You can't do that to me — I work for the council."

Julie Derbyshire, 57, went berserk at two officers after they found her drunk at the wheel of her Mercedes.

She demanded to know why she had been stopped before giving a fake name and date of birth.

The mum of one said she had drunk three glasses of wine — and then said she had a right to know who had shopped her under data protection laws.

She raged:

By RICHARD MORIARTY

"Why did you actually stop me? Under GDPR you have to disclose to me who these persons are. I work for the council."

Derbyshire, who works for Cheshire West and Chester Council, failed a breath test then began swearing at and abusing the officers. It was all recorded by their bodycams.

Tests showed Derbyshire, of Mere, Cheshire, was almost twice the alcohol limit. She

blamed her unruly behaviour on having an episode linked to diabetes. Stockport JPs convicted her of drink-driving and obstructing police and gave her a three-year ban.

It was Derbyshire's second drink-driving conviction.

Rant... PR chief Julie Derbyshire



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Our £4bn coffee bill

SPENDING on takeaway coffees in Britain is likely to top £4billion this year, a report suggests.

Eight in ten of us get our caffeine hit in cafés, fast food restaurants and supermarket outlets.

It means sales are now on course to hit a record high, according to market researchers at Mintel.

But tea is enjoying a resurgence with 43 per cent of us now buying cuppas – compared with 39 per cent a year ago.

Millennials – those aged 20 to 39 – are the biggest group of out-of-home tea drinkers, with half of them ordering it.

IT'S now too late to start collecting for our great Hols From £9.50. But if you already began, today's token and codeword are below. If you are collecting Sun Savers codes for your break, find today's on Page 24.

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



Girl films ma rage

A TERRIFIED girl secretly used her iPad to film herself being beaten by her drunken mum.

The 11-year-old was left home alone with her sister, four, while their mum, 35, went clubbing.

Her mum beat her on her return but the girl had her iPad set up.

The 18-minute recording caught her mum throttling her and scraping her stilettos on the girl's legs, Manchester Minshull Street crown court heard.

The mum, of Shaw, Gtr Manchester, admitted assault and cruelty and got a suspended jail term.

Her children are thought to be with foster parents.

HYGIENE QUEEN'S TIPS TO HELP

REMOTE CONTROLS



THESE are usually passed around so it's good to give them a wipe regularly with a cloth dabbed in distilled clear vinegar or a probiotic cleaner.

Keep the cloth as dry as possible so that you don't damage the remote's workings.

TRANSPORT

IF you can cycle or walk to work, that's far better than sitting on a bus or train with people sneezing and coughing. If you do have to use public transport, engage your core muscles and stand with your feet fairly wide apart to balance without holding on to a rail. Or wear gloves. If you share a car with anyone, it's a good idea to clean the steering wheel at the beginning and end of each journey, as they are often sneezed and coughed on, then we put on our hands on them.



LAUNDRY

THE NHS has long advised washing underwear, towels and bed linen at 60C. But if you're using a biological washing powder, then anything above 40C will kill off the dirt-eating enzymes so it's a waste of time. Tumble drying on high for more than 28min can kill harmful micro-organisms. Hanging your washing out on the line in direct sunlight – if you can find any at the moment – will also kill germs.



CROCKERY & UTENSILS

BILL KEEVIL, a prof in environmental healthcare at Southampton University, says coronavirus can survive for five days on stainless steel, glass, ceramics and plastics.

I would advise washing crockery and cutlery in the dishwasher at the highest temperature to kill as many germs as possible. If you haven't got a dishwasher, use a pair of thick rubber gloves and get the washing up water as hot as you can stand it.

Air-drying is safer than using a tea towel. Germs grow quicker on a wet surface but if you're washing and rinsing dishes in really hot water they should be OK.

CLOTHS & BRUSHES

THE easiest way to get cloths really clean is by putting them on the top shelf of the dishwasher. You can also put a damp cloth in the microwave on high for a couple of minutes but it must be damp or it may catch fire. Be careful when you take it out as it will be very hot. Brushes and cloths can be placed in a bowl with warm water and bleach and left for a few hours. Rinse afterwards.



TOYS

CHILDREN spread germs by sneezing and coughing on their toys then sharing them with others. Hard toys can be put in the dishwasher and soft toys can go in the washing machine and washed at 60C. You might think it's a good idea to avoid play dates and sharing toys with others until the coronavirus numbers start to settle down.



HOW DEEP CLEAN is your house?

By **AGGIE MacKENZIE**

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YOU STAY SAFE FROM CORONAVIRUS

PENS & PENCILS

JUST as with towels and mobile phones, it's best not to share pens around. Keep yours to yourself.

HANDLES & BANISTERS

IT is believed the virus could stay on door handles for up to nine days, so it's important to clean them regularly.

I would use a probiotic cleaning spray. It's the same theory as the probiotics we eat. These cleaning products contain 'good bacteria' that, when used, will colonise the surfaces, which means there is less space for harmful bacteria.

We don't know enough yet about how the coronavirus spreads, so it's good to be extra cautious and clean things such as door handles, drawer handles and banisters regularly.



MOBILE PHONES

ONE scientist has referred to our mobile phones as "portable petri dishes" because they can harbour germs from our hands and transfer them to our face. Don't share your phone with anyone. Wipe it at least twice a day with a cloth that has been dabbed in distilled clear vinegar.

MONEY

BANKNOTES and coins get passed around a lot and can harbour germs. Try to use contactless payments as much as possible.

PETS & MEALS

JUST make sure to be extra vigilant.

Wash your hands before cooking or eating anything, whether it's a meal or a snack, and after you have touched your pets.

HANDWASHING

AS soon as you get into the house you should wash your hands. Use lots of soap and hot water and fresh towels. If you're expecting visitors, maybe have a stash of paper towels that can be binned. Ideally, each family member should stick to their own towel. If that's not possible, then wash them every couple of days at 60C.

MOPPING, DUSTING, VACUUMING

WE don't know much about whether a virus can be spread from your floor or from dusty shelves.

But the coronavirus might encourage you into having a good old spring clean anyway.

To get rid of germs on a hard floor, you need to mop it with a light disinfectant or probiotic cleaner and make sure you get right into every nook and cranny.

Carpets are hotbeds of bacteria, dirt and dead skin cells, so you should vacuum regularly anyway. If

your vacuum cleaner has a bag then make sure you empty it often, as a full bag won't draw the dirt up as effectively.

For a really thorough clean, you could hire a carpet cleaner, such as a Rug Doctor, which can be hired from a lot of supermarkets.

With a dry duster, all you're doing is flicking the dust all over the place – you're just redistributing it.

You need to use a damp cloth to trap all the dust, then wash it once you've finished.



HOW coronavirus-friendly is your house? With cases rising in the UK, we all now know we should wash our hands while humming Happy Birthday twice.

But how else can we help limit the spread of germs? According to industry data firm Kantar, the global spread of covid-19 has led us to spend ten per cent more on cleaning products.

So KATE JACKSON asked hygiene queen Aggie MacKenzie, best known for Channel 4's *How Clean Is Your House?*, for her guide on how to make sure your homes are spotless.

For more information, visit Aggieslips.com

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Remembered... Wally

Poppies stalwart dies, 104

By BEN LEO

A WORLD War Two veteran believed to be Britain's oldest poppy seller has died aged 104.

Walter "Wally" Randall joined the Royal Army Service Corps in 1940 and served in Egypt, Libya and Italy.

He started helping with the Royal British Legion's Poppy Appeal in 1966 in his home town of Leighton Buzzard, Beds.

When he hit 103, he said: "I like to do my little bit to help the heroes."

"When someone puts money in but says, 'I've already got a poppy', it's very gratifying."

The Royal British Legion said it believed Walter, who died on Wednesday, was Britain's oldest poppy seller.

A spokesman said: "He was a remarkable man. He'll be greatly missed, but not forgotten."

Leighton-Linslade town council is considering how to honour him.

Compo to slaves

A BULLY who made a £60,000 profit by forcing two slaves to build him a pub has been ordered to repay just £5,800.

Traveller Michael Joyce, 61, coerced the vulnerable pair into working for nothing on the bar at a site near Oxford.

He appeared in a confiscation-of-assets hearing at the city's crown court, where he was sentenced to five years for modern slavery last August.

One of his victims said he cried himself to sleep over the abuse.

Music a stroke aid

MUSIC therapy helps to rehabilitate stroke patients, a study found.

Tunes lifted mood and concentration for patients.

Playing the keyboards, drums and hand-held percussion instruments, improved finger dexterity. The exercises seemed less clinical because the patients played music and got instant feedback through sound.

In the study, 139 patients out of 177 at Addenbrooke's Hospital, Cambridge found music "helpful" or "very helpful".

EXCLUSIVE

Terror crash 'drugs' driver



Scene... BMW hit wall on way to attack

HERO COP FURY

By MIKE SULLIVAN, Crime Editor

A DRIVER who crashed with police racing to the Streatham terror attack was allegedly high on drugs.

The woman, 22, was among six hurt when an unmarked BMW collided with her car and a van.

It is understood her saliva swab tested positive for cannabis.

She was treated for a head injury in hospital then taken into custody.

She supplied a blood sample and was released under investigation.

Two armed officers are being probed for alleged dangerous driving. They are on restricted duties and face the sack if the case against them is proved.

The BMW was written off after careering into a wall on February 2.

It was heading to Streatham High Road, South London, where Sudesh Amman, 20, left, stabbed

two people before he was shot dead by police.

Police representatives have questioned the need for the Independent Office for Police Conduct investigation.

Former Met detective Mick Neville said: "The probe must look to see if drug-driving played any part in the crash."



WOMBLES BID

A CROWDFUNDING campaign has been launched to put up a Wombles statue on Wimbledon Common.

Fans want a bronze statue of Womble Orinoco on a bench on the South West London common, where the litter-picking children's icons famously "lived".

Kate Robertson, daughter of Wombles creator Elizabeth Beresford, said: "It would be lovely to have the memory of my mother and The Wombles recognised."

Sun

A GARDENER who dug up a marble bust of Alexander the Great at a Surrey mansion has sold it for £320,000 at auction in Macclesfield, Cheshire.

SPOT



Wealthy... Elliott

'Burglar' killed by vigilante hit squad

By ROBIN PERRIE

A MILLIONAIRE led a vigilante gang who murdered a man they suspected of burgling his daughter's home.

Recycling boss Neil Elliott, 44, studied CCTV footage of the raid then recruited six pals to find those responsible.

His prime suspect was drug addict Michael Phillips, 39 – who had nothing to do with the raid.

But when Elliott's men found him they severely beat him and he died as paramedics treated him.

Elliott and six others, all of Hartlepool, Co Durham, denied murder.

Four were cleared at Teesside crown court.

Elliott was found guilty of manslaughter and got 15 years. Anthony Small, 39, got 12 for manslaughter. Lee Darby, 32, was convicted of murder and will do at least 23 years.

Cat thug on loose

FIVE cats have been battered to death with a weapon, police suspect.

A sixth moggy, also thought to have been attacked in the same town, was being treated.

It had been thought they were hit by cars.

But a vet who suspected they had been battered with an object alerted police in Brentwood, Essex.

PC Faye Matthams, who is investigating, said: "Cat owners in the area are going to be understandably concerned."

But she added the cause of the injuries had not been determined and inquiries were continuing.

From lag to potter

AN ex-con with one arm has taken up pottery.

Gary Fulton, 53, sells his creations at craft fairs, markets and in galleries.

He learnt pottery while serving two years in jail for money laundering.

The father of four said: "It's rustic but people seem to like what I make. It's a lovely feeling."

Gary joined the Army as a teenager and served in Northern Ireland.

In 2002, he lost the use of his right arm after a motorbike crash near his home in Hayle, Cornwall.

He said: "My life has never been dull and I'm hoping I can make something of the pottery."

BAD LADS

One in ten men think it is acceptable to display material of a sexual nature at work in Britain, a survey reveals.

I'M A CELEBREADY...



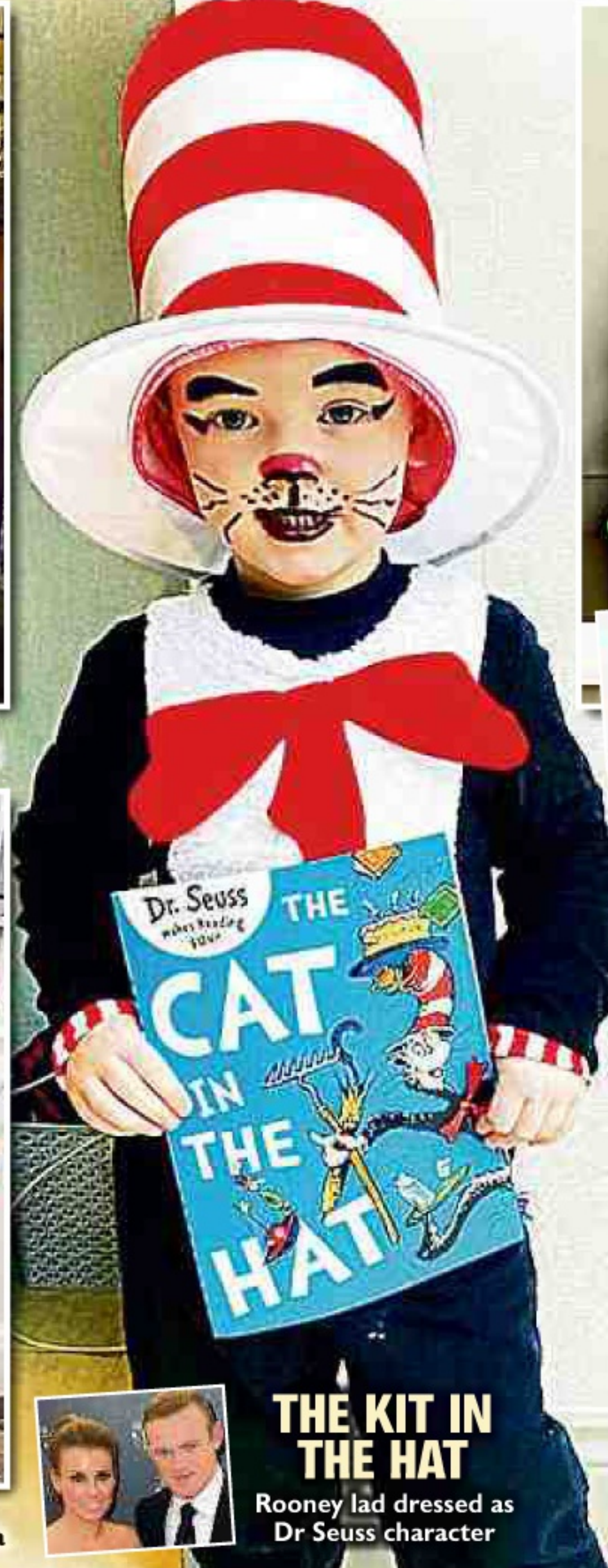
GRET EXPECTATIONS

Jo Whaley's daughter as Thunberg



ROALD DARLINGS

Rochelle Humes's Bing and Matilda



THE KIT IN THE HAT

Rooney lad dressed as Dr Seuss character



PETER PAN CITY

Raheem's children join celebration



By DOROTHY HOWBROOK

HOW'S this for a dressing-up kit? Wayne and Coleen Rooney's third son, four, dresses as the Cat in the Hat for World Book Day.

He was among scores of celebrities' children on Instagram.

Radio 2's Jo Whaley, 54, showed her girl as teenage climate change warrior Greta Thunberg.

Raheem Sterling's little ones were Peter Pan and George Pig.

Rochelle Humes, 30, shared a snap of her daughters as Matilda and Bing bunny.

Meanwhile, BGT judges Amanda Holden and David Walliams dressed up as Tinkerbell and the BFG.



FOOTIE ACE 'FAKE' I.D. QUIZ

RONNIE HELD OVER DODGY PASS(PORT)



FOOTBALL great Ronaldinho is being held for allegedly using fake papers to get into Paraguay.

The Brazilian World Cup winner, 39, and brother Roberto, 49, are not being allowed to

Search... and Ron

By JAMES BEAL, US Editor

leave their five-star hotel in the capital Asunción.

Police seized allegedly bogus Paraguayan passports in their names and a suspected fake Paraguayan ID card in a swoop on the resort following a tip-off.

A statement by state prosecutors said: "These documents are being analysed so their authenticity can be established. The two

brothers remain free to move around their suite...but will remain there under custody."

A 45-year-old man who travelled with them was held on suspicion of providing the papers.

Paraguay's interior minister Euclides Acevedo said the brothers denied wrongdoing and were co-operating with authorities.

He said of Ronaldinho: "I respect his sporting popularity but, no matter who you are, the

law still applies." Ex-Barcelona ace Ronaldinho, twice the World Player of the Year, is in Paraguay to campaign for underprivileged children.

He and his brother had their Brazilian passports seized last year after being convicted of building an illegal fishing platform in a conservation area. They reportedly agreed to pay more than £1million to get them back.

james.beal@the-sun.co.uk



Probe... Met police

Cop 'with neo-Nazi terror link' arrested

By MIKE SULLIVAN

A COP was yesterday arrested on suspicion of being a member of a banned neo-Nazi group.

The 21-year-old Met PC was held at his North London home by counter-terrorism officers from the force.

He is being quizzed in custody at a South London police station over allegations of belonging to a small extremist right-wing group.

The Met said the constable works within frontline policing.

A spokesperson said: "The arrest relates to suspected membership of a proscribed organisation linked to right-wing terrorism. Officers are also carrying out searches at the address in North London."

The Met's Directorate of Professional Standards has been informed of the arrest and was last night deciding whether to suspend him.



Complaints... theatre

Noisy tot moan at loud rock musical

By BEN LEO

THEATRE-goers whinged about a noisy baby at a super-loud performance of a hit musical.

Six people in the audience at We Will Rock You moaned about the baby, which was cooing a few rows in front.

One 54-year-old woman called it "a distraction".

Sarah Munday, of the Marlowe Theatre, Canterbury, Kent, said staff were aware of the baby "which made no - or very little - noise".

One local wrote: "I was sat behind that woman and her party."

"All show was whinge whinge whinge about a perfectly behaved baby that the parents had placed ear defenders on to protect it."

We Will Rock You is based on Queen songs including Radio Ga Ga, Bohemian Rhapsody and Killer Queen.

Reviewers have called it "ear-splittingly loud" and "decibel-busting".

REAL MILITARY WIVES TELL OF LOSS AND

'The girls sang at Dave's funeral'

SHERYL GODWIN found that singing in a choir helped her deal with the loss of her husband, Flight Lieutenant Dave Godwin.

He died in 2017, aged 54, leaving two sons, now 18 and 11, just before he planned to leave the military.

Sheryl, 51, from Staffs, said: "Being a military wife means you have to accept this is their job and make the most of it."

"There is no point counting down the days until they go, because that can be heartbreaking. I simply used to

tell myself, 'He is gone', and keep to a routine.

"You could find yourself feeling lonely, especially on Christmases and birthdays."

"Since my husband's death I'm still in survival mode. But I feel lucky to have such a massive group of friends and family around me."

"And the girls in the choir have been absolutely amazing. They sang at his funeral and that really was an emotional moment."

"I know that they and my friends are always there for me and I can ring at any time."

"I sing in the choir every Wednesday. It's two hours to myself. I immerse myself in the songs and enjoy a bit of normality."

"But we've been helped by an amazing charity, Scotty's Little Soldiers."

"They organise events for kids whose parent died during or after military service. My eldest is going on an Outward Bound course in summer."



LOSS... Sheryl Godwin and, inset, wedding to Dave

'I felt very alone before joining'

JENN FRENCH found out she was pregnant with twins Jack and Alfie while her husband Dave, a staff sergeant in the 39 Engineers, was posted in Afghanistan.

The mum of three lives near Elgin, in Moray, and is in the Lossiemouth Military Wives Choir.

Jenn, 33, said: "I found out I was pregnant two weeks after Dave left for Afghanistan for the first time."

"That was hard to face, becoming a first-time mum."

"I remember sitting in the hospital with all the dads look-

ing at their scan pictures and thinking, 'I have to wait for him to call me'."

"I was feeling very alone before I joined the choir and didn't think I had the time to go singing."

"But it was that bit of sanctuary I needed as a new mother."

"In the Military Wives choirs we have a core repertoire and sing a real variety of songs. At Lossiemouth we try to sing upbeat songs such as Don't Stop Me Now."

"I sang in the Usher Hall in Edinburgh, where I recorded Home For Christmas and Remember. You feel you have a purpose when you say, 'I recorded an album today'."

"A lot of people say, 'You married the military, what did you expect?' Well, I loved my husband, I don't want him to go to Afghanistan and I'm kind of sad."

"We do love and miss them and it's a big strain on our relationship."

"It's hard trying to explain to your children, 'Daddy is not going to die', when you are thinking, 'Am I lying, because he



PEACE... Jenn found choir was a sanctuary

WHEN Britain's service personnel went off to fight in Afghanistan, their loved ones waited anxiously for phone calls, live webchats or old-fashioned letters in "bluey" envelopes from the war zone, not knowing if they would return home.

Faced with this unbearable stress, ten years ago a group of women



GRANT ROLLINGS

vowed to support each other through song - and the first Military Wives choir was formed, on the Caterick Army base in North Yorks.

It was quickly followed by more

choral groups at two Devon racks, in Chivenor and Plympton, which were later documented in Gareth Malone's reality TV show Choir: Military Wives in 2011.

Two hit singles and four albums followed, and now their story has been turned into a film, *Military Wives*, starring Kristin Scott Thomas.



IN TUNE...

Kristin and Sharon, centre, in the film *Military Wives*, and "bluey" letters home from forces overseas

How blue

'I had an immediate sense of'

HAYLEY BOWLES was in the Chivenor choir almost from the start when the BBC's Gareth Malone came to teach them in 2011.

She lives near Barnstaple, in Devon, with husband Adrian, inset, who was a Royal Engineers warrant officer before he left the Army last May.

Hayley, 44, said: "Though we have six children now, when the choir began we had three. Just before my husband went to Afghan-

istan in 2011 I had a miscarriage and it was very emotional, so I didn't want to be in the choir."

"But when I joined I had an immediate sense of feeling better. Singing makes you feel good, it releases endorphins. From the very first time, that was it for me."

"We never expected the single to get to No.1. It was insane. After the



THERAPY... singing makes Hayley feel good

ND LONELINESS THAT GAVE BIRTH TO CHOIR

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Military
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Sharon Horgan and Jason Flemyng. The charity Military Wives Choirs now has 2,000 women singing at 74 British bases around the world.

Today we hear from five of the singers - including one whose choir sang at her husband's funeral.

●Military Wives is in cinemas from today.



VOCAL HEROES... the choir singing at the film's premiere in London last month



we became singers

'It took us ages to sing and not cry'

FORMER reservist Lauren Hayward is from a military family, with her dad and two uncles all serving in the RAF, while her partner Gareth Byrne is a lance corporal in the Royal Engineers.

She lives in Lossiemouth, where she has been part of the choir for three years.

Lauren, 29, said: "You don't have to be a military wife to join the choir. I was a military daughter."

"My dad served 30 years in the military, performing search and rescue missions. He hung out of the helicopter on a wire, so every day he wasn't

safe, but he loved that job.

"I sang on the Military Wives' Remember album, which was based on letters people had sent in the war."

"On one of the songs, We Will Remember Them, we spent ages learning to sing the words without crying."

"The lyrics 'She didn't know as she watched him go, if she would ever hold him in her arms again' are really emotional."

"When the men go to an active war zone, or even when they are peacekeeping, it's

never guaranteed that they're safe."

"Even though you pretend they're going to be fine, and it's their job, when you turn on the news and hear that there has been a bomb here or something has happened overseas, I instantly think, 'Are they going to have to be sent away again?'"



MILITARY DAUGHTER... Lauren's dad, inset, was in RAF



sftw

Read film critic Jamie East's review of *Military Wives* **PAGE 43**



FORCES SWEETHEARTS... Kristin Scott Thomas and Greg Wise in the *Military Wives* film

'feeling better'

the broadcast I had lots of friends saying, 'Oh my God, you're so brave', but this is just my reality. I am not brave, I fell in love with somebody and this is the situation I found myself in.

"Our son Sebastian didn't know his dad when Adrian came back from Afghanistan. He wouldn't go near him when he came back for quite a while."



CALMING... choir took Sharon's mind off worries

'The film gets the we-will-make-it-through spirit'

SHARON FARRELL was in the Catterick choir when it started ten years ago.

Her husband Charles, inset, who has just left the military, was a colour sergeant and infantry soldier and they have a 12-year-old son.

Sharon, 38, said: "The choir was an hour and a half to take our minds off the dangers facing loved ones who were serving."

"Our choir didn't work for the

BBC because they wanted to be able to film the soldiers as well as the wives and our men were already a month into the tour, so they took the idea down to Chivenor and Plymouth."

"The singing is therapy. We don't have auditions. I may sing in the wrong key at times but I have the ability to remember the lyrics. My husband always jokes, 'Haven't they kicked

you out yet?' The film gets the sense of camaraderie and the 'We will make it through' spirit. Catterick lost four gentlemen in Afghanistan - Lance

Sergeant David Walker, Colour Sergeant Alan Cameron, Lance Sergeant Dale McCallum and Lance Corporal Stephen Monkhouse."

"We had a remembrance concert for them. We had quite a few injuries too, which brought it all home."



tvguide Friday



6am Breakfast (S,HD)
9.15 Britain's Housing Scandal
 Last in the series. (S,HD)
10.00 Homes Under The Hammer
 Properties in Kent, Olton and London. (R,S,HD)
11.00 Wanted Down Under Revisited
 Catching up with Rob and Victoria Underwood. (R,S,HD)
11.45 Saved On Camera (S,HD)
12.15 Bargain Hunt From Liverpool Antique Centre. (S,HD)
1.00 BBC News At One (S,HD)
1.30 Regional News (S)
1.45 Doctors A chance encounter threatens Daniel and Zara's world. (S,HD)
2.15 Jimmy McGovern's Moving On
 A bereaved mother befriends a young homeless man. Last in the series. (S,HD)
3.00 Escape To The Country Jonnie Irwin is tasked with a property-searching mission in the Forest Of Dean. (R,S,HD)
3.45 Money For Nothing (S,HD)
4.30 Ready Steady Cook (S,HD)
5.15 Pointless Quiz hosted by Alexander Armstrong. (R,S,HD)
6.00 BBC News At Six (S,HD)
6.30 Regional News (S)



6.30 am Money For Nothing
 With Jay Blades. (R,S,HD)
7.15 Escape To The Country From Cambridgeshire. (R,S,HD)
8.00 Sign Zone: Winterwatch (R,S,SL,HD)
9.00 BBC News At 9 (S,HD)
10.00 Victoria Derbyshire (S,HD)
11.00 BBC Newsroom Live (S,HD)
12.15 Politics Live (S,HD)
1.00 Hardball (R,S,HD)
1.45 Best House In Town (R,S,HD)
2.30 Terry And Mason's Great Food Trip (R,S,HD)
3.00 Red Rock Paudge's vendetta becomes physical. (R,S,HD)
3.45 The Great Interior Design Challenge (R,S,HD)
4.45 Portillo's State Secrets
 Documents showing why Britain did not boycott the Berlin Olympics of 1936. (R,S,HD)
5.15 Flog It! From Kent. (S,HD)
6.00 Richard Osman's House Of Games With former winners Chizzy Akudolu, Miles Jupp, Amol Rajan and Ellie Taylor. (S,HD)
6.30 Great British Railway Journeys Michael Portillo visits the University of Glasgow's Officer Training Corps. (R,S,HD)



6am Good Morning Britain (S,HD)
9.00 Lorraine Entertainment and fashion news. (S,HD)
10.00 This Morning Celebrity chat and lifestyle features. (S,HD)
12.30 Loose Women Guest panellists engage in topical debate and celebrity interviews from a female perspective. (S,HD)
1.30 ITV Lunchtime News (S,HD)
1.55 Regional News (S,HD)
2.00 Judge Rinder Cameras follow criminal barrister Robert Rinder as he takes on real-life cases in a studio courtroom. (S,HD)
3.00 Tenable Five friends from North Yorkshire answer questions about top 10 lists, then try to score a perfect 10 in the final round. Quiz hosted by Warwick Davis. (R,S,HD) Then **Local Weather**
4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. (S,HD)
5.00 The Chase Quiz show hosted by Bradley Walsh. (S,HD)
6.00 Regional News (S,HD)
6.30 ITV Evening News (S,HD)



6.30 am Cheers (R,S,HD)
7.20 The King Of Queens (R,S)
8.10 Everybody Loves Raymond
 Two episodes. (R,S)
9.10 Frasier (R,S)
10.10 Undercover Boss Canada
 The president of Sodexo Canada aims to find out if his staff are over-stretched. (R,S,HD)
11.05 Ramsay's Kitchen Nightmares USA From New Jersey. (R,S)
12.00 C4 News Summary (S,HD)
12.05 Find It, Fix It, Flog It (R,S,HD)
1.05 Posh Pawnbrokers Two vintage saxophones and a Japanese helmet attract attention. (R,S,HD)
2.10 Countdown (S,HD)
3.00 Crufts 2020 Coverage from the NEC in Birmingham. (S,HD)
4.00 A New Life In The Sun: Where Are They Now? A vegan cafe in Spain hit by floods. Last in the series. (S,HD)
5.00 Come Dine With Me (R,S,HD)
6.00 The Simpsons Lisa discovers Bart's demented twin. (R,S)
6.30 Hollyoaks Toby is angry when he sees Romeo leaving his flat. Elsewhere, Yazz tells Sami about her hopes of getting her hearing back. (R,S,HD)



6am Milkshake!
9.15 Jeremy Vine (S,HD)
11.15 Nightmare Tenants, Slum Landlords A landlord discovers a couple are subletting his house. (R,S,HD)
12.10 5 News At Lunchtime (S,HD)
12.15 Paddington Station 24/7
 An unexploded bomb is found near the line in Teignmouth. (R,S,HD) Followed by **Access**
1.15 Home And Away (R,S,HD)
1.45 Neighbours (S,HD)
2.20 My Husband's Double Life
 A woman finds it is not just her marriage on the line after discovering her husband has another wife. Drama starring Amy Nuttall and Daniel Lapaine. (2018) ★★★ (S,HD)
4.00 Friends (R,S,HD)
4.30 Friends Ross and Rachel get back together. (R,S,HD)
5.00 5 News At 5 (S,HD)
5.30 Neighbours Mark asks Lucy on a date, but she is concerned about his religious ties. (R,S,HD)
6.00 Home And Away Mac breaks cover to get help for a rapidly deteriorating Bella. (R,S,HD)
6.30 5 News Tonight (S,HD)

BAG A NIFTY FIFTY

7.00 The One Show
 The usual mix of celebrity guests and stories, presented by Alex Jones. (S,HD)
7.30 MasterChef
 (5/24) 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 **9.30**. (S,HD)
8.30 EastEnders
 Shirley grows suspicious of Suki's behaviour and speaks to Jean, leading to an argument. As Gray and Kush set off for court, the solicitor subtly seeds doubts in his client's mind about the plea. Then, as Whitney's bail hearing arrives, Gray feels the pressure to deliver. But as tensions boil over, Whitney struggles to keep her cool. (S,HD)
9.30 MasterChef
 (6/24) 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. (S,HD)
10.00 BBC News At Ten (S,HD)
10.25 Regional News (S)
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. (S,HD)
11.35 Catchpoint For Sport Relief
 (1/2) Celebrity special edition of the game show, as Eboni Usoro-Brown and Darren Harriott take on Susan Calman and Johannes Radebe. Hosted by Paddy McGuinness. (R,S,HD) Then **Weather For The Week Ahead**
12.20-6am BBC News (S,HD)

7.00 Extreme Wales With Richard Parks
 (2/3) The endurance athlete explores Britain's deepest cave under the Brecon Beacons and attempts to overcome his fear of enclosed spaces. (R,S,HD)
7.30 Celebrity Antiques Road Trip
 (17/20) Loose Women co-hosts Nadia Sawalha and Kaye Adams join forces with experts Tim Medhurst and Anita Manning in the antique shops of Edinburgh and beyond. (R,S,HD)
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. (S,HD)
9.30 Qi
 (2/18) Nish Kumar, Holly Walsh and Cariad Lloyd join regular panellist Alan Davies and host Sandi Toksvig for an unconventional look at multiple organisms. (R,S,HD)
10.00 Mock The Week
 (10/13) 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,S,HD)
10.30 Newsnight
 With Kirsty Wark. (S,HD) Followed by **Weather**
11.05 PREMIERE The Beguiled
 The arrival of a wounded Civil War soldier brings jealousy and betrayal to a Southern girls' school. Period drama starring Colin Farrell and Nicole Kidman. (2017) ★★★★★ (S,HD)
12.35 Sign Zone: Spying On The Scammers – Panorama
 (R,S,SL,HD) **1.05-2.10am Doctor Who** (R,S,SL,HD)

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. (S,HD)
7.30 Coronation Street
 At Carla's instigation, Roy agrees to take Nina bat-watching with him, while Gary bumps into an old acquaintance. Elsewhere, Craig decides to take up running, and Aggie sets off for her first day back in a nursing job. (S,HD)
8.30 Vera
 (3/4) 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,S,HD)
10.25 ITV News (S,HD)
10.55 Regional News (S,HD)
11.10 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 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 local industrialist Max Crockett. Jason Watkins and Tala Gouveia star. (R,S,HD)
12.55 Teleshopping (HD) **3.00 Who's Doing The Dishes?** Rowland Rivron plays host. (R,S,SL,HD)
3.50-6am Nightscreen (HD)

7.00 C4 News (S,HD)
7.30 Crufts 2020
 Further coverage live from the NEC in Birmingham, where featured events include Flyball, Agility and Heelwork to Music. 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 is 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. With roving reporter Radzi Chinyanganya and commentators Jim Rosenthal, Graham Partridge, Frank Kane and Jessica Holm. (S,HD)
9.00 Gogglebox
 The households' instant reactions to shows including Liar and First Dates and BBC news coverage of the coronavirus. (S,HD)
10.00 The Last Leg
 Adam Hills, Josh Widdicombe and Alex Brooker are joined by guests John Bercow and Sara Pascoe for a comic review of the significant moments of the past seven days. (S,HD)
11.05 The Big Narstie Show
 (5/6) 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. (S,HD)
12.10 FILM 2 Guns Action adventure starring Denzel Washington and Mark Wahlberg. (2013) ★★★ (S,HD) **2.05 The Simpsons** (R,S)
2.55 Come Dine With Me (R,S,HD) **3.50 Grand Designs** (R,S,HD) **4.45 Location, Location, Location** (R,S,SL) **5.45-6am Kirstie's Vintage Gems** (R,S,HD)

7.00 Helicopter Pursuits: Caught On Camera
 (9/9) A compilation of police helicopter chases taken from the first three series of the documentary, featuring insane acts from behind the wheel committed by reckless individuals. (R,S,HD)
7.30 The Yorkshire Steam Railway: All Aboard
 (3/6) The annual steam gala is held with a record 15 locos coming from all over the country for a weekend steam spectacular. Piglet has high hopes for his beloved 9F engine. (S,HD)
8.30 Celebrity Britain By Barge: Then & Now
 (4/6) 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. (S,HD)
9.45 Con Air
 Honourably discharged Army Ranger sergeant Cameron Poe hitches a ride home on a maximum-security flight conveying some of America's deadliest criminals. When they hijack the plane in mid-flight, led by criminal mastermind Cyrus The Virus, Poe is forced to intervene. Meanwhile, US marshal Vince Larkin has an ongoing battle on the ground to prevent the plane from being blown to pieces. Action thriller starring Nicolas Cage, John Cusack and John Malkovich. (1997) ★★★★★ (S,HD)
12.05 Building The Billion Pound Mega Bridge (R,S,HD) **1.00 Access** (S,HD) **1.05 The 21.co.uk Live Casino Show** (S,HD) **3.05 Access** (S,HD) **3.10 Paddington Station 24/7** (R,S,HD) **4.45 House Doctor** (R,S,SL) **5.10 Nick's Quest** (R,S,SL) **5.35-6am Wildlife SOS** (R,S,SL,HD)

sky one HD

6am Monkey Life (R,S)
7.00 RSPCA Animal Rescue (R,S)
8.00 The Dog Whisperer (R,HD)
9.00 Stop, Search, Seize (R,S,HD)
10.00 Brit Cops: Frontline Crime UK
 Police officers deal with a domestic incident. (R,S)
11.00 NCIS: Los Angeles
 Two episodes. The agents investigate a bombing at a military charity event. Then, the team searches for a missing submarine carrying billions of dollars of cocaine. (R,S,HD)
1.00 Hawaii Five-0 Double bill. A pair of film-makers are killed. Then, the team investigates a suspicious plane crash. (R,S,HD)
3.00 MacGyver A group of students is stranded on a research ship in the Arctic Ocean. (R,S,HD)
4.00 Modern Family Two shows. Dylan introduces Phil and Claire to his mother. Then, Cam faces up to a school bully. (R,S,HD)
5.00 The Simpsons Homer goes on hunger strike. (R,S,HD)
5.30 Futurama Double bill. Fry is killed by a giant bee. Then, the team travels to a parallel universe. (R,S)

2 DAYS TO GO

6.30 The Simpsons
 (7, 8 & 9/21) Three episodes. Moe's bar is threatened with closure. Next, Homer choreographs the Super Bowl half-time show. Then, Bart fakes his own kidnapping. (R,S,HD)
8.00 The Simpsons
 Todd Flanders stops believing in God so Ned asks the Simpsons to look after his son for a while and help him rediscover his faith. (HD)
8.30 Modern Family
 The Dunphy home is bursting as Dylan's hippie mother moves in and Claire's stepdad threatens a visit. (HD)
9.00 Intelligence
 (5 & 6/6) Double bill. Jerry makes a confession that devastates Joseph and leads to him questioning their entire friendship. Then, an FBI agent shows up at GCHQ with an extradition order for Jerry. (HD)
10.00 The Late Late Show With James Corden: Best Of The Week
 Highlights of the talk show. (HD)
11.00 Avenue 5
 (7/9) Judd calls on Ryan to help him charm a passenger. (R,HD)
11.35 The Trip To Greece
 (1 & 2/6) Double bill. Comedy starring Steve Coogan and Rob Brydon. (R,HD)
12.45 Caught On Dashcam (R,HD)
1.40 Flintoff: Lord Of The Fries (R,S,HD) **2.35 The Force: Manchester** (R,S,HD) **3.30 Road Wars** (R) **4.00 Stop, Search, Seize** (R,S,HD) **5.00-6am Futurama** (R,S)

SKY SPORTS MAIN EVENT

6am LIVE Super Rugby. Crusaders v Reds. **8.00** Rugby Greatest Games **8.10 LIVE** Super Rugby. Waratahs v Chiefs. **10.10** Rugby Greatest Games **10.30** Football Centre **11.00 LIVE** European Tour Golf. The Commercial Bank Qatar Masters. **2.00 LIVE** PGA Tour Golf. The Arnold Palmer Invitational. **7.00 LIVE** EFL. Nottingham Forest v Millwall. **10.30** Sky Sports News At Ten **11.00** Live NBA: The Warm Up **12.00** Sky Sports News **3.30-6am LIVE** NBA. Los Angeles Lakers v Milwaukee Bucks.

SKY SPORTS PREMIER LEAGUE

6am Greatest Games **7.00** Debate **8.00** Best PL Goals **9.00** PL 100 Club **10.00** PL Years **12.00** Debate **1.00** PL Years **3.00** PL Best Goals 94/95 **4.00** Greatest Games **5.00** PL 100 Club **6.00** PL Legends **7.00** PL Preview **7.30** PL Match Pack **8.00** PL World **8.30** The Tyler Archives **9.00** PL Preview **9.30** PL Match Pack **10.00** PL World **10.30** The Tyler Archives **11.00** PL Preview **11.30** PL Match Pack **12.00** PL World **12.30** PL Preview **1.00** PL Years **3.00** Greatest Games **4.00** PL Best Goals 10/11 **5.00** Best PL Goals **5.30-6am** PL 100 Club

SKY SPORTS FOOTBALL

6am Greatest Games **6.45** SPFL Round-Up **7.00** Football's Greatest **7.30** Countdowns **8.00** Football Years **8.30** Greatest Games **8.45** One2Eleven **9.00** SPFL Round-Up **9.15** Greatest Games **9.30** EFL: Play Off Finals **10.30** Greatest Games **11.15** SPFL Round-Up **11.30** Football's Greatest **12.00** Countdowns **12.30** Football Years **1.00** SPFL Round-Up **1.15** Greatest Games **1.45** One2Eleven **2.00** EFL Play-Off Final **3.00** Football's Greatest **3.30** Countdowns **4.00** Football Years **4.30** EFL Play-Off Final **5.30** Greatest Games **5.45** SPFL Round-Up **6.00** Football Years **6.30** EFL Championship **7.00 LIVE** EFL. Nottingham Forest v Millwall. **10.30** EFL Cup **11.30** EFL Highlights **11.45** Greatest Games **12.00** Football Years **12.30** Greatest Games **1.00** Countdowns **1.30** Football Years **2.00** EFL: Championship Season Review 17/18 **3.00** EFL Play-Off Final **5.00-6am** League Cup Final

SKY SPORTS ACTION

6am LIVE Super Rugby. Crusaders v Reds. **8.00** Rugby Greatest Games **8.10 LIVE** Super Rugby. Waratahs v Chiefs. **10.10** Rugby Greatest Games **10.30** Sporting Records **11.00** Darts **11.30** Darts Show **12.00** Darts **3.30** Darts Show **4.00** Darts **4.30** NFL: America's Game **6.30** Rugby 7s **7.30 LIVE** Under-20s Six Nations Rugby Union. England v Wales. **9.45** Rugby Greatest Games **10.15** NBC's Pro-Football Talk **12.15** Darts **1.00** Super League **2.00** NFL: Greatest Games **3.30** Darts **3.45** Legends Of Darts **4.00** Sporting Records **5.00-6am** Sporting Greats

SKY SPORTS ARENA

6am Sporting Greats **7.00** Super League **8.00** Sporting Greats **9.00** Super League **9.15** Super League **9.30** Sporting Records **10.00** Boxing **11.00** Rugby 7s **12.00** Inside The NBA **1.00** NBA Heatcheck **2.00** NBA: Sounds Of The Finals 2016 **2.30** Super League **3.00** Hooked On Africa **3.30** Motorsport Mundial **4.00** NBA Classic Games **5.00** NBA **6.45** Bettfred Super League Highlights **7.00 LIVE** Super League. Warrington Wolves v Castleford Tigers. **10.15** Super League Gold **10.30** Super League **11.00** Live NBA: The Warm Up **12.00** Super League **12.15** NBA Action **12.45** NBA Champions **3.30-6am LIVE** NBA. Los Angeles Lakers v Milwaukee Bucks. Tip-off at 3.30.

BT SPORT 1

6am PSA Squash **7.30** Rugby Tonight **8.30** Hyundai A-League **9.30 LIVE** Hyundai A-League. Brisbane Roar v Western Sydney Wanderers. **11.30** FA Cup **1.00** Badminton Unlimited **1.30** FA Cup Highlights **2.00** Bundesliga Weekly **2.30** Ligue 1 Show **3.00** WWE **6.00** Rugby Tonight **7.00 LIVE** Gallagher Premiership Rugby Union. Worcester Warriors v Northampton Saints. **10.00** WWE **1.00 LIVE** WWE Friday Night SmackDown. See all your favourite Superstars in action. **3.00** Premier League Preview **3.30** Premier League Match Pack **4.00** Classic MOTD: Thrillers **5.00-6am** Fishing: On The Bank

BT SPORT 2

6am MotoGP Films **9.45** MotoGP **10.15 LIVE** MotoGP. Action from Free Practice 1 of the Grand Prix of Qatar. **12.15** Sport In Focus **12.30** MotoGP Films **1.30** MotoGP **2.00 LIVE** MotoGP. Action from Free Practice 2 of the Grand Prix of Qatar. **3.45** BT Sport Reload **4.15** Rugby Tonight **5.15** Ligue 1 Show **5.45** Premier League Match Pack **6.15** Bundesliga Weekly **6.45 LIVE** Bundesliga. SC Paderborn v FC Cologne. Kick-off at 7.00. **9.00** UEFA Champions League Magazine **9.30** The Emirates FA Cup Highlights **10.00** UFC Fight Camp **10.30** UFC Live **11.00** UFC: Inside The Octagon **11.30** UFC Countdown **12.30** Premier League Match Pack **1.00** Gallagher Premiership Rugby Union **2.30** BT Sport Reload **3.00** The Emirates FA Cup Highlights **3.30** Hyundai A-League **4.30** UFC Fight Camp **5.00** UFC: Inside The Octagon **5.30-6am** UEFA Champions League Magazine

BT SPORT 3

6am Ligue 1 Show **6.30** Bundesliga Weekly **7.00** WWE Raw Highlights **8.00** WWE NXT **9.45** Ladbrokes SPFL Highlights **10.00 LIVE** Hockey. Australia v Argentina. **12.00** Ligue 1 Show **12.30 LIVE** Hockey. Australia v Argentina. **2.30** The Emirates FA Cup **3.30** Hyundai A-League **6.30** Premier League Preview **7.00** Ligue 1 Show **7.30 LIVE** Ligue 1. Marseille v Amiens. **9.45** What I Wore **10.00** Premier League Preview **10.30** Poker **12.30** Hockey **2.30** Bundesliga **3.30** Ligue 1 **4.30** BT Sport Reload **4.45** Ladbrokes SPFL Highlights **5.00** Premier League Match Pack **5.30-6am** Premier League Preview

REGIONAL VARIATIONS

S4C 6am Cwyl **12.00** 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** Awr Newyddion S4C A'r Tywydd **3.05** Pridod Pum Mill **4.00** Awr Fawr: Olobobs **4.05** Jambori **4.15** Halbalw **4.25** Boj **4.40** Amser Maith Maith Yn Ol **5.00** Stwnsh: Gwboi A Twm Twm **5.10** Chwarter Cei **5.25** Y Barf **5.50** Ffeil **6.00** Dan Do **6.30** Heno **7.30** Newyddion S4C A'r Tywydd **7.55** LIVE Sgorio

10.00 Noson Lawen **11pm-12.05am** Bang
BBC ONE WALES As main BBC ONE except: **7.00-7.30pm** Six Nations Sin Bin **11.35** Young, Welsh And Pretty Minted
12.05am Catchpoint For Sport Relief **12.40-6am** BBC News
BBC TWO WALES As main BBC TWO except: **7pm** The One Show **7.30** Extreme Wales With Richard Parks **8.00-8.30** Saving Lives At Sea **11.05** New Voices From Wales **11.20**
FILM PREMIERE The Beguiled (2017) **12.50-1.05am** Coast

TONIGHT'S PICKS

Intelligence
Sky One, 9pm

JOSEPH (Nick Mohammed) is gutted to learn Jerry (David Schwimmer) has bedded Tuva. Chris fails her appraisal.

Greg James' Sport Relief
Heroes, BBC1, 10.35pm

GREG meets celebs who have done great things for the sports charity. David Walliams swam 140 miles of the Thames in 2012.

Wild Cuba: A Caribbean
Journey, BBC2, 8.30pm

WILDLIFE filmmaker Colin Stafford-Johnson encounters the tiniest bird on the planet, the bee hummingbird.

Celebrity Britain By Barge:
Then & Now, C5, 8.30pm

JENNIE BOND and **Anne Diamond** meet the ghost of William Burke, an 18th century villain who sold bodies for anatomy classes.



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FREEVIEW



JUST ONE LOOK, MORE4, 9pm

As Serge Leroux is released from prison, Eva begins to see some light in the dark mystery surrounding Bastien and his friends. Thriller starring Virginie Ledoyen. In French.

BBC FOUR freeview 9

7pm 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 **12.45** 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

ITV2 freeview 6

6am Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale **8.50** You've Been Framed! Gold **9.20** Superstore **10.15** Dinner Date **11.15** Dress To

Impress **12.15** Emmerdale **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 **9.00** FILM Ride Along (2014) **11.10** Family Guy **12.05** American Dad! **1.05** The Cleveland Show **1.30** Two And A Half Men **2.30** Plebs **3.20** Nightscreen **3.30-6am** Teleshopping

ITV3 freeview 10

6am Classic Coronation Street **6.55** Classic Emmerdale **7.55** Heartbeat **8.55** The Darling Buds Of May **10.00** That's My Boy **10.35** A Touch Of Frost **12.40** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.55** Midsomer Murders **5.55** Heartbeat **6.55** Poirot **8.00** Doc Martin **10.05** Scott & Bailey **11.05** A Touch Of Frost **3.00** That's My Boy **3.25** Nightscreen **3.30-6am** Teleshopping

ITV4 freeview 24

6am The Protectors **6.30** Quincy ME **7.35** Kojak **8.35** The Saint **9.40** Minder **10.45** The Professionals **11.45** Live Darts: UK Open **5.00** The Professionals **5.55** The Sweeney **7.00** Live Darts: UK Open **11.00** All Elite Wrestling: Dynamite **1.10** Minder **2.15** The Protectors **2.40** Nightscreen **3.00-6am** Teleshopping

E4 freeview 13

6am Hollyoaks **7.00** How I Met Your Mother **8.00** Baby Daddy **9.00** Mike & Molly **10.00** The Big Bang Theory **11.00** The Goldbergs **12.00** Brooklyn Nine-Nine **1.00** The Big Bang Theory **2.00** Baby Daddy **3.00** Mike & Molly **4.00** The Goldbergs **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Man With A Plan **8.00** The Big Bang

Theory **9.00** FILM The Inbetweeners Movie. Comedy starring Joe Thomas. (2011) **11.00** Rick And Morty **11.30** Mr Pickles **11.45** Robot Chicken **12.00** Rick And Morty **12.30** The Big Bang Theory **1.30** Brooklyn Nine-Nine **2.25** The Sex Clinic **3.25** The Big Bang Theory **4.15-6am** How I Met Your Mother

MORE4 freeview 18

8.55am A Place In The Sun: Winter Sun **9.45** A Place In The Sun: Summer Sun **11.50** Emergency Helicopter Medics **12.50** 999: On The Front Line **1.50** Escape To The Chateau: DIY **2.50** Four In A Bed **5.25** The Secret Life Of The Zoo **6.30** Crufts 2020 **7.30** Guy Martin: Last Flight Of The Vulcan Bomber **9.00** Just One Look **10.15** 24 Hours In A&E **12.20** Ramsay's Kitchen Nightmares USA **1.15** 24 Hours In A&E **3.25-3.50am** Food Unwrapped

5USA freeview 21

6am Teleshopping **8.00** Cruise TV With LoveitBookit **9.00** Criminals: Caught On Camera **9.25** CSI: NY **11.10** The Mysteries Of Laura **12.10** Law & Order **8.00** NCIS: New Orleans **10.00** Law & Order: Special Victims Unit **1.55** Law & Order: Los Angeles **3.50** Access **4.00-6am** Teleshopping

5STAR freeview 30

6am Teleshopping **7.00** High Street TV **8.00** 3rd Rock From The Sun **8.20** House **10.05** The Nightmare Neighbour Next Door **11.05** Nightmare Tenants, Slum Landlords **12.05** Can't Pay? We'll Take It Away! **3.00** Neighbours **3.30** Home And Away **4.00** House **6.00** Neighbours **6.30** Home And Away **7.00** Nightmare Tenants, Slum Landlords **8.00** Florida's Mega Sinkholes **9.00** FILM Hercules. Mythological adventure with Dwayne Johnson. (2014)

11.05 Impact Wrestling **1.00** Young, Dumb And Banged Up In The Sun **3.50** Access **4.00-6am** Teleshopping. Buying goods from home.

PICK freeview 11

6am Teleshopping **7.00** Motorway Patrol **8.00** Police Force: Australia **9.00** Nothing To Declare **10.00** Border Security: Canada's Front Line **11.00** Highway Cops **11.30** Caught Red Handed **1.00** Police Force: Australia **2.00** Border Patrol **3.00** Nothing To Declare **4.00** Border Security: Canada's Front Line **5.00** Stargate SG-1 **6.00** Star Trek: The Next Generation **7.00** Hawaii Five-0 **8.00** Elementary **9.00** Ross Kemp: Extreme World. The actor heads to the Philippines. **10.00** The Force: Manchester **11.00** The Force: Essex **12.00** Banged Up Abroad **1.00** Road Wars **2.00** Elementary **3.00** Elementary **4.00** Motorway Patrol **5.00-6am** Highway Patrol

DAVE freeview 19

6am Teleshopping **7.10** Cops UK: Bodycam Squad **8.00** American Pickers **9.00** Storage Hunters UK **10.00** American Pickers **12.00** 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 **8.20** Have I Got A Bit More News For You. Hosted by Alexander Armstrong. **9.20** Would I Lie To You? At Christmas **10.00** Red Dwarf **11.20** Meet The Richardsons **12.00** 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 **4.00-6am** Teleshopping

REALLY freeview 17

6am Fantasy Homes By The Sea **7.00** Cruise TV With LoveitBookit **8.00** Homes Under The Hammer

10.00 Celebrity Antiques Road Trip **11.00** Antiques Road Trip **1.00** Celebrity Fantasy Homes **2.00** Fantasy Homes By The Sea **3.00** French Collection **4.00** DIY SOS: The Big Build **6.00** Celebrity Antiques Road Trip **7.00** Antiques Road Trip **9.00** Destination Fear. Another visit to St Albans Sanatorium in Radford, Virginia. **10.00** Most Haunted **11.00** Ghost Adventures **1.00** Most Haunted **2.00** Teleshopping **4.00-6am** Antiques Road Trip

YESTERDAY freeview 25

6am 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 **12.00** 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. The battle to keep historic warplanes in the air. **9.00** Abandoned Engineering **11.00** Impossible Railways **12.00** Underground Worlds **1.00** Nazi Victory: The Post-War Plan **2.00** Secrets Of The Bible **3.00-6am** Teleshopping

SONY MOVIES freeview 32

6am Teleshopping **9.00** FILM Reverse Angle (2009) **10.55** FILM The Perfect Marriage (2006) **1.00** FILM Hunt For Truth (2016) **2.50** FILM Deadly Pursuit (2015) **4.40** FILM Catch And Release (2007) **6.50** FILM Playing For Keeps. Comedy starring Gerard Butler. (2012) **9.00** FILM Body Of Lies. Spy thriller starring Leonardo DiCaprio and Russell Crowe. (2008) **11.30** FILM I Am Wrath. Crime thriller starring John Travolta. (2016) **1.20** FILM Money Monster (2016) **3.25-4.20am** FILM Stepmom (1998)

ENTERTAINMENT

SKY ATLANTIC

6am The Guest Wing **7.00** Without A Trace **10.00** The West Wing **12.00** Blue Bloods **1.00** CSI: Crime Scene Investigation **2.00** The West Wing **4.00** Without A Trace **7.00** CSI: Crime Scene Investigation. The team investigates a suicide cult. **8.00** Blue Bloods. One of Erin's informants is murdered. **9.00** Babylon Berlin. Two episodes. New series. Gereon gets sent to investigate a deadly accident on a film set. Then, a witness steps forward with sinister information about Betty Winter's death. **11.00** Public Enemy **1.15** The Outsider **2.20** Without A Trace **3.10** Californication **4.20-6am** The West Wing

SKY WITNESS

6am Nothing To Declare **8.00** Paramedics **9.00** Blue Bloods **10.00** Criminal Minds **11.00** CSI: Crime Scene Investigation **12.00** Elementary **1.00** Blue Bloods **2.00** Law & Order **3.00** The Real A&E **4.00** Stop, Search, Seize **5.00** Border Security: Australia's Front

Line **8.00** Chicago Med. Dr Halstead's world is thrown into turmoil when a former patient resurfaces. **9.00** Chicago Fire. Firehouse 51 is hit with some shocking news, while Casey and Gallo hunt for a missing piece of equipment. **10.00** Chicago PD. The team turn their attention to an illegal arms dealer. **11.00** Law & Order: Special Victims Unit. The team targets a photographer. **12.00** CSI: Crime Scene Investigation **2.00** Blue Bloods **3.00** Shades Of Blue **4.00** Ghost Whisperer **5.00-6am** Brit Cops: Rapid Response

FOX

8am Republic Of Doyle **9.00** Bones **10.00** Bull **11.00** NCIS **12.00** Bones **2.00** The Mentalist **3.00** NCIS **4.00** Bull **5.00** Bones **6.00** The Mentalist **7.00** NCIS. Three episodes. **10.00** War Of The Worlds. Double bill. Sci-fi drama starring Gabriel Byrne. **12.00** Family Guy **1.00** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic Of Doyle **5.00-8am** Teleshopping

GOLD

6am Teleshopping **7.10** The Piglet Files **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 **12.40** Keeping Up Appearances **1.20** Porridge **2.00** Hi-De-Hi! **2.40** Keeping Up Appearances **3.20** Dad's Army **4.40** Last Of The Summer Wine **6.40** The Good Life **7.20** Porridge **8.00** Dad's Army **9.20** Mrs Brown's Boys **10.00** Sandylands. Les plots his escape from Sandylands. **10.40** Peep Show **11.50** All Round To Mrs Brown's **1.10** Dad's Army **1.50** Peep Show **2.45** The Rebel **4.00-6am** Teleshopping

COMEDY CENTRAL

6am Teleshopping **8.00** Will & Grace **10.00** The US Office **11.00** Friends **3.00** Bad Robots **5.00** Friends **9.00** Impractical Jokers **10.00** The Ricky Gervais Show **10.30** Bob's Burgers **11.30** South Park **1.00** The Daily Show **1.30** Bad Robots **2.35** South Park **3.25** Bad Robots **4.15-5am** The US Office

W

6.10am MasterChef Australia **7.30** Renovate My Home: Leave It To Bryan **8.00** Tipping Point **10.00** The Bill **11.00** Supremacy US **12.00** Tipping Point **2.00** My Dream Home **5.00** Sun, Sea And Brides To Be **6.00** Tipping Point **7.00** My Dream Home **8.00** Inside The Ambulance **9.00** 999 Rescue Squad **10.00** Should I Go Under The Knife? **11.00** Inside The Ambulance **12.00** One Born Every Minute **1.00** Great Ormond Street **1.50** Code Black **2.35** Renovate My Home: Leave It To Bryan **3.00-6.10am** Teleshopping

SKY COMEDY

6am Teleshopping **8.00** Everybody Hates Chris **9.00** Parks and Recreation **10.30** 30 Rock **12.00** The Mindy Project **1.30** Modern Family **2.30** Everybody Hates Chris **3.30** Parks and Recreation **5.00** 30 Rock **6.30** Modern Family **7.30** The Mindy Project **9.00** Veep. Selina campaigns to help US Marines being held hostage. **10.15** Sex And The City

10.50 The Tonight Show Starring Jimmy Fallon **11.50** The Late Late Show With James Corden **12.50** Entourage **1.25** Silicon Valley **2.35** Girls **3.45** 30 Rock **5.00-6am** Teleshopping

DISCOVERY

6am Combat Dealers **7.00** Robson Green: Extreme Fisherman **8.00** Kindig Customs **9.00** Jeremy Wade's Dark Waters **10.00** NASA's Unexplained Files **11.00** Wheeler Dealers **12.00** Gold Rush: Dave Turin's Lost Mine **1.00** Alaska: The Last Frontier **2.00** Combat Dealers **3.00** World War Two: The Complete History **4.00** Building Off The Grid **5.00** Wheeler Dealers **6.00** Fast N' Loud **7.00** Outback Truckers **8.00** Gold Rush. Parker's crew take big risks in Death Valley to keep things moving. **9.00** Curse Of The Bermuda Triangle **10.00** My Father, The Serial Killer: People Magazine Investigates **11.00** Ted Bundy: Mind Of A Monster **1.00** FBI Files **3.50** Kindig Customs **5.30-6am** How It's Made

MOVIES

SKY CINEMA PREMIERE

6am The 2020 Top Ten Show **6.15** The Counterfeiter (15, 2018) ★★★★★ **8.30** Straight Up (15, 2019) ★★★★★ **10.15** The Candidate (15, 2018) ★★★★★ **12.30** Brightburn (15, 2019) ★★★★★ **2.15** Godzilla: King Of The Monsters (12, 2019) ★★★★★ **4.30** UFO (12, 2018) ★★★★★ **6.15** Killers Anonymous (15, 2019) ★★★★★ **8.00** Brightburn (15, 2019) ★★★★★ **9.45** Godzilla: King Of The Monsters (12, 2019) ★★★★★ **12.00** The 2020 Top Ten Show **12.15** Hell Is Where The Home Is (18, 2018) ★★★★★ **1.55** Mapplethorpe (18, 2018) ★★★★★ **3.45-5.30am** Straight Up (15, 2019) ★★★★★

SKY CINEMA COMEDY

6.45am Good Morning, Vietnam (15, 1987) ★★★★★ **8.55** The Favourite (15, 2018) ★★★★★ **11.05** Being Frank (15, 2018) ★★★★★ **1.05** Beethoven (U, 1992) ★★★★★ **2.45** Shanghai Noon (12, 2000) ★★★★★ **4.45** Shanghai Knights (12, 2003) ★★★★★ **6.50** The Favourite (15, 2018) ★★★★★ **9.00** Forgetting Sarah Marshall (15, 2008) ★★★★★ **11.00** Tropic Thunder (15, 2008) ★★★★★ **1.00** Being Frank (15, 2018) ★★★★★ **3.00-4.55am** The Wedding Guest (15, 2017) ★★

SKY CINEMA ACTION

6am The Guns Of Navarone (PG, 1961) ★★★★★ **8.45** The Hurricane Heist (12, 2018) ★★★★★ **10.45** Flight Of The Phoenix (12, 2004) ★★★★★ **12.45** Escape Plan 3 (15, 2019) ★★★★★ **2.30** First Blood (15, 1982) ★★★★★ **4.15** Rambo: First Blood Part II (15, 1985) ★★★★★ **6.00** The Bounty Hunter (12, 2010) ★★★★★ **8.00** Escape Plan 3 (15, 2019) ★★★★★ **9.45** First Blood (15, 1982) ★★★★★ **11.30** Rambo: First Blood Part II (15, 1985) ★★★★★ **1.15-3.15am** Rambo III (18, 1988) ★★

SKY CINEMA KIDS BOOKS

6.05am Sinbad: Legend Of The Seven Seas (U, 2003) ★★★★★ **7.40** The Pirates! In An Adventure With Scientists! (U, 2012) ★★★★★ **9.20** The Jungle Book (U, 1967) ★★★★★ **10.50** Harry Potter And The Order Of The Phoenix (12, 2007) ★★★★★ **1.10** Sinbad: Legend Of The Seven Seas (U, 2003) ★★★★★ **2.45** The Chronicles Of Narnia: The Voyage Of The Dawn Treader (PG, 2010) ★★★★★ **4.45** The Pirates! In An Adventure With Scientists! (U, 2012) ★★★★★ **6.20** Charlotte's Web (U, 2006) ★★★★★ **8.00** Harry Potter And The Order Of The Phoenix (12, 2007) ★★★★★ **10.30** Jumanji (PG, 1995) ★★★★★ **12.30** Zathura: A Space Adventure (PG, 2005) ★★★★★ **2.20** The Chronicles Of Narnia: The Voyage Of The Dawn Treader (PG, 2010) ★★★★★ **4.20-6am** Confessions Of A Teenage Drama Queen (PG, 2004) ★★

SKY CINEMA WOMEN IN FILM

6am Look Who's Talking (12, 1989) ★★★★★ **7.50** Eternal Love (15, 2018) ★★★★★ **9.40** Miss Bala (15, 2019) ★★★★★ **11.35** All About Nina (15, 2018) ★★★★★ **1.25** Becks (15, 2017) ★★★★★ **3.15** The Matrix (15, 1999) ★★★★★ **5.45** Where Hands Touch (12, 2018) ★★★★★ **8.00** Bridget Jones's Diary (15, 2001) Romantic comedy. ★★★★★ **9.50** Bridget Jones: The Edge Of Reason (15, 2004) ★★★★★ **11.55** Eternal Love (15, 2018) ★★★★★ **1.45** Blue My Mind (18, 2017) ★★★★★ **3.40-6am** Captain Marvel (12, 2019) ★★★★★

SKY CINEMA HITS

6.10am Boy Erased (15, 2018) ★★★★★ **8.15** King Arthur (12, 2004) ★★★★★ **10.25** Evan Almighty (PG, 2007) ★★★★★ **12.10** Armageddon (12, 1998) ★★★★★ **2.45** Instant Family (12, 2018) ★★★★★ **4.50** Enchanted (PG, 2007) ★★★★★ **6.45** Mortal Engines (12, 2018) ★★★★★ **9.00** Instant Family (12, 2018) ★★★★★ **11.00** Jurassic World: Fallen Kingdom (12, 2018) ★★★★★ **1.15** Halloween (18, 2018) ★★★★★ **3.10** Fast & Furious (12, 2009) ★★★★★ **5.05-7am** Enchanted (PG, 2007) ★★★★★

SKY CINEMA GREATS

7.05am The Last Samurai (15, 2003) ★★★★★ **9.50** Grease 2 (PG, 1982) ★★★★★ **11.50** Stand By Me (15, 1986) ★★★★★ **1.30** 2001: A Space Odyssey (U, 1968) ★★★★★ **4.00** Minority Report (12, 2002) ★★★★★ **6.30** Star Wars: Episode I – The Phantom Menace (U, 1999) ★★★★★ **9.00** Star Wars: Episode II – Attack Of The Clones (PG, 2002) ★★★★★ **11.25** Star Wars: Episode III – Revenge Of The Sith (12, 2005) ★★★★★ **1.50-4.05am** Die Hard With A Vengeance (15, 1995) ★★★★★

SKY CINEMA DISNEY

6.35am Tangled (PG, 2010) ★★★★★ **8.20** The Little Mermaid (U, 1989) ★★★★★ **9.50** Beauty And The Beast (U, 1991) ★★★★★ **11.20** Aladdin (U, 1992) ★★★★★ **1.00** Aladdin (PG, 2019) ★★★★★ **3.10** Beauty And The Beast (U, 1991) ★★★★★ **4.40** Tangled (PG, 2010) ★★★★★ **6.30** The Little Mermaid (U, 1989) ★★★★★ **8.00** Aladdin (PG, 2019) ★★★★★ **10.10** 101 Dalmatians (U, 1996) ★★★★★ **12.00** The Black Cauldron (U, 1985) ★★★★★ **1.30** Hercules (U, 1997) ★★★★★ **3.10-4.35am** The Sword In The Stone (U, 1963) ★★★★★

SKY CINEMA SUPERHERO

6.05am Avengers: Infinity War (12, 2018) ★★★★★ **8.35** Avengers: Endgame (12, 2019) ★★★★★ **11.40** Iron Man (12, 2008) ★★★★★ **1.50** Iron Man 2 (12, 2010) ★★★★★ **4.00** Avengers: Age Of Ultron (12, 2015) ★★★★★ **6.25** Avengers: Infinity War (12, 2018) ★★★★★ **9.00** Avengers:

Endgame (12, 2019) ★★★★★ **12.05** The Punisher (18, 2004) ★★★★★ **2.15-4.05am** Punisher: War Zone (18, 2008) ★★

SKY CINEMA SCI-FI/HORROR

6am Judge Dredd (15, 1995) ★★★★★ **7.45** Poltergeist (15, 1982) ★★★★★ **9.45** Flash Gordon (PG, 1980) ★★★★★ **11.45** Pet Sematary (15, 2019) ★★★★★ **1.45** Judge Dredd (15, 1995) ★★★★★ **3.30** Brightburn (15, 2019) ★★★★★ **5.15** Escape Room (15, 2019) ★★★★★ **7.00** Flash Gordon (PG, 1980) ★★★★★ **9.00** Pet Sematary (15, 2019) ★★★★★ **11.00** Brightburn (15, 2019) ★★★★★ **12.45** Escape Room (15, 2019) ★★★★★ **2.30-4.25am** Rabid (18, 2019) ★★★★★

SKY CINEMA THRILLER

6am Darkness Visible (15, 2019) ★★★★★ **7.50** The Old Man & The Gun (12, 2018) ★★★★★ **9.25** Accident (15, 2017) ★★★★★ **11.00** Papillon (15, 2017) ★★★★★ **1.15**

must watch

WHAT? Wild Cuba: A Caribbean Journey, BBC2, 8.30pm.

WHY? In the first of a two-part doc on wildlife in Cuba, we meet the world's smallest bird – the bee hummingbird, which is just 2.5in long.



biZarre TV

Email: andy.halls@the-sun.co.uk Twitter: @AndyBizarre
With Rod McPhee

biZ bit

GAME Of Thrones star **JACK GLEESON** is returning to screens for the first time since finishing as Joffrey in 2014. His part in **SARA PASCOE**'s new BBC2 comedy *Out of Her Mind* follows several years of stage work.

DONNA'S DOCTOR SHOCK

SOMETIMES even doctors and nurses get starstruck, just ask **DONNA AIR**.

The Split actress, who plays a celebrity who desperately wants to get away from an abusive husband in the BBC One drama, revealed an awkward moment during a smear test when she was asked about her famous friends.

Speaking on *White Wine Question Time* she said: "I was at the hospital and they started asking me about JOHNNY VAUGHAN and DAVID WALLIAMS. I'm going, 'Really, is this the time?! I'm feeling very exposed.'"

"Honestly, some people have no awareness."



'EXPOSED' ... Air

biZ bit

NOUGHTS & CROSSES' **MASALI BADUZA** went in on her day off to meet guest star **STORMZY**. She admitted on *This Morning*: "I didn't have any scenes with him but made sure I was on set that day. I was so excited to meet him."

JOHN HOT TO SCOT

AS *Dancing On Ice* wraps up this weekend, there is a new role coming up for judge **JOHN BARROWMAN**.

The former *Torchwood* star will appear in spring episodes of *Holby City* as visiting consultant **Drew Nicholson-Heath**.

His character shares some history with surgeon **Ange Godard**, played by **DAWN STEELE**.

The role will apparently see the Scots-American actor unleash his fantastic Scottish accent. What a chameleon that man is.

Back Bacon

HE nearly died after falling ill with pneumonia on a flight in 2018 and was placed in a coma.

But **RICHARD BACON** is now fighting fit and back to host a BBC1 show that sounds like something off Alan Partridge's dictaphone.

I'm told Richard will front a "half-reality, half-game show" series provisionally titled *This Is My House*.

It sees four contestants living under the same roof. One of them is the real homeowner, while the others will dress the same, use the same name and

RICHARD RETURNS AT HELM OF HOME GAME

even claim the same family – all to convince a panel of celebrities the house actually belongs to them.

Later, they will be interrogated face-to-face in a studio before the panel pick who they think the true homeowner is, with cash prizes up for grabs.

A TV source admitted: "The format is up there with *Monkey Tennis* but BBC bosses wanted Richard at the helm of it. They

think he has the right balance of charm and humour to front such a weird format.

"It's been described as *The Circle* meets *Through the Keyhole* meets *Would I Lie to You?*"

If the past few months of telly prove anything – and I'm looking at you here, *The Masked Singer* – the wackier the format, the more successful it will probably be.



CHARM ... host

OL PALS PLAN E4 BIG DAY

BEST buddies **BINKY FELSTEAD** and **OLLIE LOCKE** are reuniting on *Made In Chelsea*.

The duo, who appeared as original cast members nine years ago, will plan Ollie's wedding to his namesake **Gareth Locke**.

Ollie said: "I'm so excited that everyone has the opportunity to watch the process."

Binky added: "It feels like I've come home. To return with my best friend and his fiancé as we navigate the next stage of our lives is so exciting."

Their appearance will air on E4 next month.

Not since *Dirty Den* and *Bobby Ewing* has there been such a sensational TV comeback ...

I'M A CELEBRITY, GET ME OUTER SPACE



DEC ME TO YOUR LEADER ... pair as aliens



MARS ATTACK ... Emily

ANT and **DEC** look out of this world on tomorrow night's *Saturday Night Takeaway*.

The lads dressed up as extra-terrestrials as part of their *Men In Brown* mini-series on the show, in which they defend the planet from alien invasion. For their

parody of the *Men In Black* franchise, the duo disguised themselves and visited a secret bar in London where they found none other than **EMILY ATTACK** pulling pints.

And there was me thinking Emily had done rather well for herself since appearing on *I'm a Celebrity* ...

AD A SUPPER STAR

MAN V. Food presenter **ADAM RICHMAN** has landed a new travel and grub show on Dave, with the very appropriate title of *Supperman*.

In the series, which will air later this year, Adam meets star guests who tell him what meal they would want to eat if it were their last.

He then delivers a clever twist on each course.

Adam said: "In the past, I've been flying solo on all of my epic food journeys and the itinerary was based upon my tastes. But here I'm joined by fun, passionate, celebrity foodies."

I wouldn't mind being among them.



THE BEST MUSIC THE BIGGEST GUESTS

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BILLY CONNOLLY
SIENNA MILLER
SIR PAUL MCCARTNEY
LEWIS CAPALDI
KAISER CHIEFS
SNOW PATROL

THE CHRIS EVANS BREAKFAST SHOW with sky

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biZ ticker ► ● BBC and ITV to launch BritBox service in Oz ● Netflix hands fantasy drama *Ragnarok* second series

dear deidre

I answer
EVERY
letter

Head to thesun.co.uk/deardeidre to read more readers' letters. To find how my problem page works, see thesun.co.uk/deardeidrefaqs

So jealous over his younger ex

Dear Deidre

UNTIL my husband moved another woman into our home, I didn't know what jealousy was. Now it's taking over my life.

I am 55 and my husband is 57. We split up four years ago after 30 years of marriage and he had a sort of mid-life crisis.

He became rude and arrogant. He refused to change, so in the end I left him, though I thought we were only on a break for things to cool down.

I was shopping in town one day and spotted my husband with another woman. I asked a mutual friend about her and she confirmed that my husband was seeing someone.

When I asked my husband, he said she was fit and he was in love with her. She is 40 and a petite blonde.

That's when I got incredibly jealous. She came to my Zumba class and I would go out of my way to avoid her because I felt so inadequate.

My husband wine and dined

topic4today

I HEAR most days from single men and women who long to be in a relationship but have never managed to find that special someone. My e-leaflet *Finding The Love Of Your Life* offers simple steps to help with the search for love that lasts. Email me for a copy.

problems@deardeidre.org

her and took her on holiday to the places we used to go. She moved in with him and met some of our friends. I was so angry.

But after six months, my husband said things weren't working out between them and his new girlfriend wasn't right for him. He told her to move out.

We gradually became close again and decided we would try to mend our relationship.

I moved back in and we have been together for a few months now and things are good. But I know I am driving my husband

away with my obsession with this other woman. I constantly look at photos of her on Instagram.

I hate the fact she has lived in our house and used our things. She wanted my life and my husband let her have it.

My husband won't speak about her so my imagination runs riot. I know I need to sort this out because it isn't healthy.

DEIDRE SAYS: It would probably ramp up your jealousy even further if your husband fleshed out your imaginings with more facts. But he shouldn't think he can sweep the way he hurt you under the carpet.

Keep reminding yourself he chose to get back with you. She is history.

You can decide not to allow her to be part of your present and future. But it is only natural that you need to hear him say he regrets how his attitude towards you changed and that you are the one and only woman for him.

When you feel threatened, don't talk about her but ask him for a hug and to say: "I love you."

Stop looking at her on social media. Block out those mental images of them together with memories of your best moments with your husband.

My e-leaflet on Dealing With Jealousy explains more.

Dear Deidre

MY girlfriend's dad drinks heavily and more than once she had to call an ambulance.

He suffers with depression and my girlfriend's mum can't cope any more. My girlfriend is always with him on her days off work and I am worried she is taking on too much.

I am 24 and she is 23. We have been together for two years and our relationship is good. But I worry about her health and the effect her dad's drinking is having on us. I

have tried offering my help but my girlfriend struggles to talk about it, as she finds it so embarrassing.

DEIDRE SAYS: She is getting too drawn into her father's problems, which she will not be able to solve for him. Suggest she finds support via Al-Anon, which helps families of those with alcohol problems (al-anon.uk.org.uk, 0800 0086 811).

With their help, she can establish boundaries which should include days spent with you for both your sakes.

Dear Deidre

MY boyfriend and I used to have sex at least once a day but now it is virtually nonexistent. I don't know why.

I'm 26 and my boyfriend is 28. We have been together for four years. He started to distance himself six months ago and almost pushes me away if I try to initiate sex.

I am lucky if we have sex once or twice a month now. I keep asking him if there's a problem but he changes the subject. It's making me feel as

though he no longer fancies me. Is he cheating?

DEIDRE SAYS: That is not necessarily the case but he must see you need to know what is going on for him. Say you are worried about him and your relationship.

Work or family pressures can damp down our sex drive. Pushing you away suggests he feels defensive, so maybe has experienced erection problems.

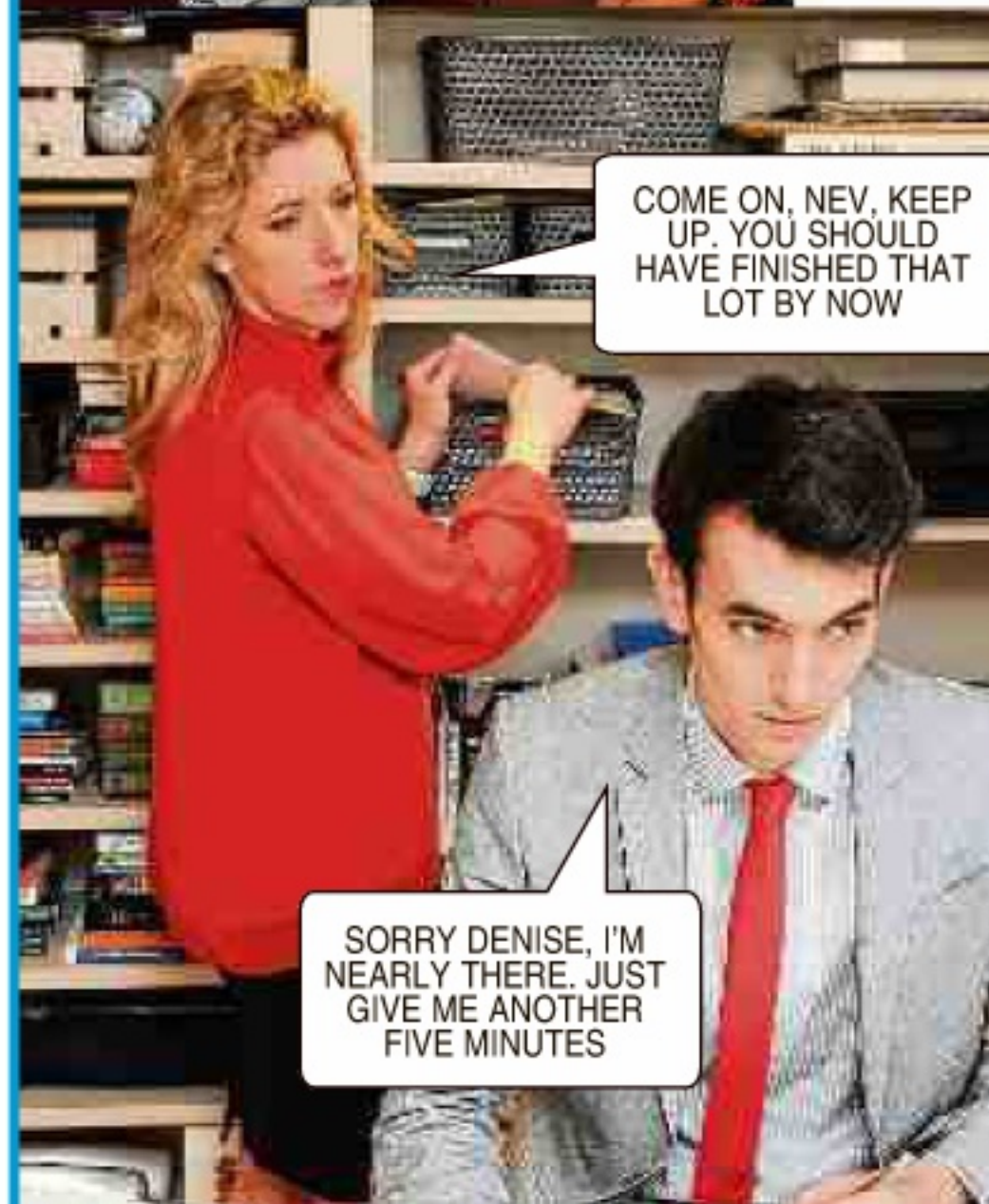
My e-leaflet on Reviving A Man's Sex Drive can help you sort this.

deidre's photo casebook

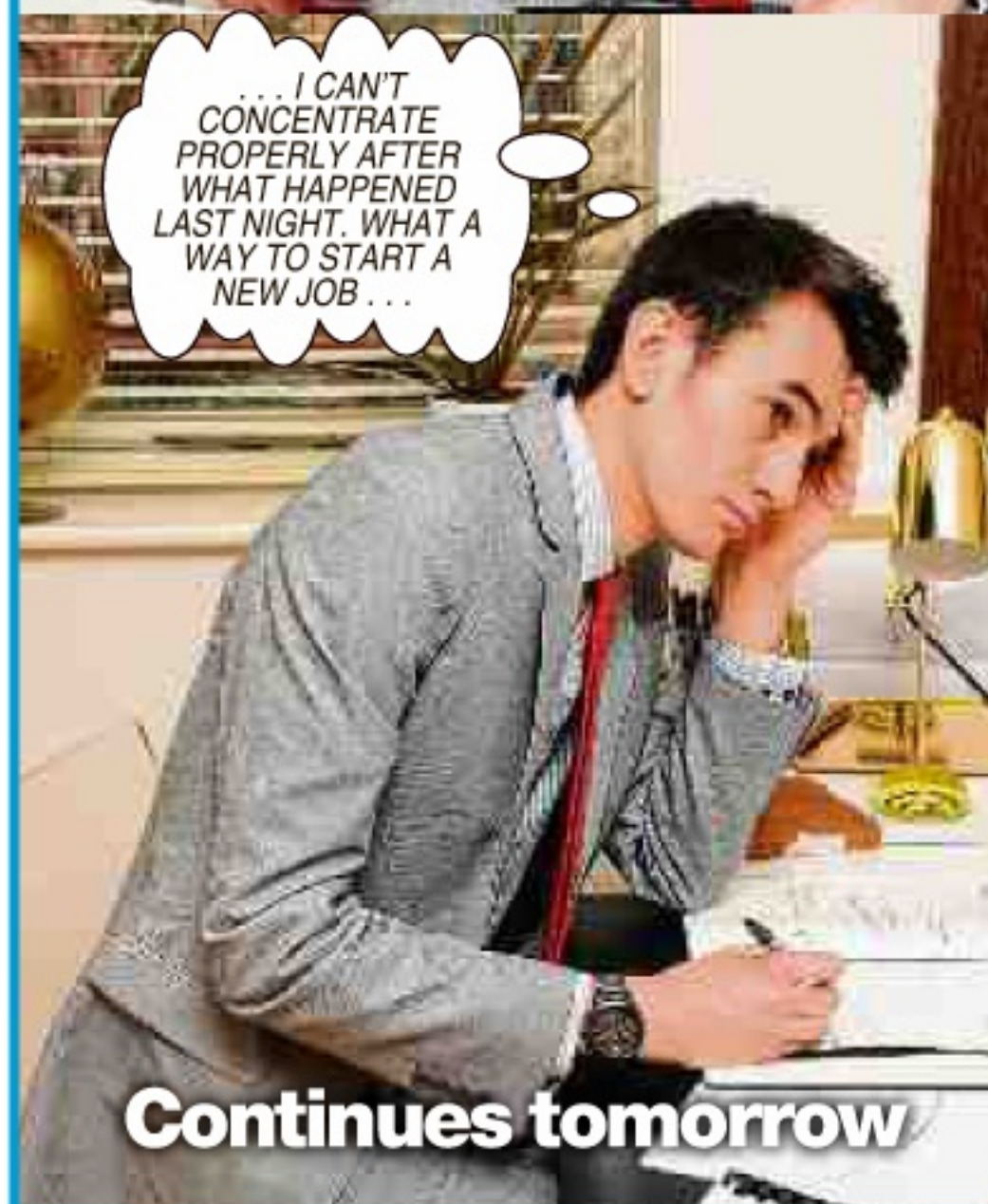
NEV'S NEW LODGINGS: DAY 5



NEV, PLEASE DON'T TELL YOUR MUM THAT HARRY HIT ME, WILL YOU? I JUST DON'T WANT TO WORRY PEOPLE



SORRY DENISE, I'M NEARLY THERE. JUST GIVE ME ANOTHER FIVE MINUTES



Continues tomorrow

HER SNUB FOR TUB BUBBLES SURPRISE

Dear Deidre

I PULLED out all the stops for my girlfriend at the weekend with a surprise dinner, wine, candles and a bubble bath. It didn't go to plan.

The dinner was fine but the bath idea fell flat. She said she wasn't in the mood. It's not the first time she's killed the mood and I was upset.

We live two hours' apart and meet up as much as we can given we have busy jobs and personal lives. It was the first chance we'd had in a long time for romance.

I'm 27 and she's 25. We've been together for six months.

Surely we can do better than just hooking up after boozing.

DEIDRE SAYS: The romantic overtures may have pressured her. Ask her to think out loud about the possible reasons and promise you will just listen.

Perhaps something is worrying her and is dampening her sex drive, or maybe the sex hasn't been as great for her as for you.

But it can be sorted. Read my e-leaflet *Has She Gone Off Sex?* for help.

I AM answering your problems live on ITV's This Morning from 10.30am. Call 0800 304 044.

IS 'RIGHT TIME' TO MARRY A FANTASY?

Dear Deidre

GETTING married means the world to me but my boyfriend says it isn't the right time – though we have been together for five years.

Four times he's watched me march down the aisle as a bridesmaid for friends who met their husbands after we got together. He doesn't seem to realise the effect it has had on me.

I am 24 and he is 28. I don't know what else he needs for the time to be right. I'm beginning to feel as though I am missing out. I want to be with him but he's being so thoughtful. I feel let down and undervalued.

DEIDRE SAYS: Are his objections really temporary or has he got reservations about marriage in general that won't change? You need to know what you are dealing with.

Tell him you two need to have an honest discussion. If his doubts are long-term – having grown up with unhappily married parents, for example – counselling could help.

The compromise these days could be a civil partnership, which shows commitment and gives legal protection without some of the baggage that can trouble people.

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Fabulous DAILY

Edited by
**JOELY
CHILCOTT**



YOU'VE HAD ONE BABY...WHY IS ANOTHER SO HARD TO CONCEIVE?

All I wanted was a second child. But getting pregnant again was real heartache

STRUGGLE... but Connie's baby is due soon following her IVF treatment

Picture: BONITA DIAS

IF you have had one child without any problems, surely you can have another.

Sadly, for some women that is not always the case.

While most of us are used to hearing about infertility, secondary infertility (SI) is not so widely understood.

Doctors define it as the inability to conceive or carry to term another child, having already given birth to one.

Infertility affects around 15 per cent of the population, SI just five per cent.

But while those who struggle to have a first child have access to medical help and emotional care, couples facing SI tend to receive less support, though the emotional toll can be significant.

Last month, actor Amy Schumer – mum to son Gene, nine months, with husband Chris Fischer – shared her experience of going through IVF to conceive.

She wrote on Instagram: "I'm a week into IVF, feeling really run-down and emotional. If anyone went through it and if you have any advice or wouldn't mind sharing your experience with me, please do."

"We are freezing my eggs and figuring out what to do to give Gene a sibling."

Office manager Connie Smith, 24, has also had help to conceive a second child. She was heartbroken when she discovered she was suffering from SI following the easy, natural conception of her first child in 2018.

Connie, who lives in Wigan with partner Robert Thomas, a 28-year-old business analyst, never guessed she would need IVF to have a second child.

She found many people didn't understand her emotional turmoil.

Connie says: "Infertility and 'IVF' were terms I always associated with older women. I never imagined they would be labels I'd carry around with me."

"When I met Robert in 2015, he had a six-year-old daughter from a previous relationship. So when I told him I wanted children of my own, he wasn't fazed by the thought of being a dad again. I was 21 when we started trying for our first baby."

"I always wanted a big family and didn't want to run the risk of waiting until I was older. Within a month, in April 2017, I was pregnant. We were both thrilled."

Their daughter Isla was born on January 22, 2018, and Connie recalls: "When the midwife put her in my arms for the first time, it was the most magical feeling. I knew there and

By JENNY FRANCIS

then that I was born to be a mum. I remember turning to Robert a month after the birth and saying I wanted another one. He felt the same."

So six weeks after having Isla, the couple started trying for their next child, assuming it would be just as easy.

Connie says: "I wanted my kids to be close in age. Friends had six-year age gaps between their siblings and never really connected with them, so I always planned a closer gap."

"But I wasn't getting pregnant. Every time I took a test and saw it go negative, I worried. My periods weren't coming as regularly as they had in the past and I felt bloated and uncomfortable."

'I was devastated, my world fell apart'

"I waited two months before seeing a specialist fertility counsellor and a gynaecologist on the NHS for a second opinion. They gave me a basic exam and told me I was worrying too much."

Eight months later, Connie asked to be referred to another NHS specialist, concerned there was more going on than she knew.

She says: "They told me my FSH level – the quality of a woman's eggs – was excellent. They all ignored my pleas for help, telling me I was young and healthy and already had a baby, so I shouldn't be worrying."

Over the next six months, Connie saw three other doctors on the NHS but each one dismissed her concerns.

She says: "In February 2019, I paid £800 to see a private fertility expert in London's Harley Street, where I was finally diagnosed with polycystic ovary syndrome, which meant I wasn't ovulating and had elevated hormones in my system."

"They told me it

causes infertility in some women. I was devastated. My world fell apart and I felt I was grieving for the loss of a child I'd not had yet."

Immediately, Connie and Robert began discussing other options, including IVF.

She says: "I told doctors I'd like to start treatment but because Robert now had two children and I was a mum, we wouldn't qualify for free NHS IVF treatment."

"I couldn't believe what I was hearing. I knew I was lucky to have a child but I loved being a mum and desperately wanted a sibling for my daughter."

"I felt depressed, lost and hopeless. It started to affect my mental health but when we researched private IVF treatment, we knew we would have to save for years."

"I eventually went back to my GP for help with my mental health and begged them to help me."

"They called in Robert and asked him whether he supported my claim. After another ten visits to assess me and Robert, they agreed to start me on preliminary IVF treatment through the NHS."

Connie was prescribed Clomid, a fertility drug that helps women with polycystic ovary syndrome produce more eggs each cycle. But her moods were dramatically affected.

She says: "I was trying to be the best mum to Isla and perform well at work but it was hard going through it all with little sympathy from co-workers and friends."

"Lots of them asked why I was bothering with it when I already had a child."

"The NHS wait for insemination was 17 weeks and they didn't want to put me on the list for ages, so in August 2019 I went back to the Harley Street clinic for assisted insemination, costing £2,000."

"I was told my chances were slim but in September, Robert and I watched as a pregnancy test turned positive."

"My GP confirmed I was two months pregnant. She was as shocked as me. I felt a heavy weight had been lifted."

"Our son is due next month and we can't wait to welcome him."

"I suffered huge amounts of pushback from GPs and specialists, with very little support from friends and colleagues."

"I was told I was overthinking the issue, that I should just enjoy my first child and stop being over-emotional."

"If you have infertility, you don't come against these opinions. While I absolutely appreciate the pain of not being able to have one baby, other people should understand the heartache of infertility after already falling in love with becoming a mum."



FAMILY TIES... Connie, Robert and Isla. Inset, Amy Schumer

What is Secondary Infertility?

PROF Charles Kingsland at CARE Fertility Liverpool says: "It's defined as an inability to conceive after a previous pregnancy – normally within a year. "SI is distressing and puzzling for patients – why is having a second or third child so difficult?"

"I usually advise if there is no pregnancy after a year of unprotected sex then see your GP."

"But don't worry, there's lots we can do to check general and gynaecological health to rule out any serious concerns."

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FabulousDAILY

PVC-SCEPTIC MODEL GIVES

SIMPLE FOOD BANANA CUSTARD TART



Serves eight

YOU NEED:

Plain flour, for dusting
500g block sweet shortcrust pastry, chilled
1 large free-range egg, beaten
½ tsp caster sugar
2-3 ripe bananas, peeled and cut into 1cm discs
250ml double cream
250ml Shaken Udder Top Banana! milkshake
8 large free-range egg yolks
1-2 tbsp sprinkles

METHOD: Preheat oven to 180C/160C fan/gas 4. Dust a work surface with flour and roll out pastry into a large circle 0.5cm thick.

Transfer the pastry to a 25cm-deep loose-bottomed tart tin, gently pressing it into the fluting and the corners. Trim off excess and prick the base all over. Place in freezer for 10 mins. Use the excess pastry to cut out shapes to decorate the tart with, place them on a baking tray, brush with beaten egg and sprinkle with sugar.

Line a pastry case with greaseproof paper and fill with uncooked rice or baking beans. Bake for 25 mins, remove paper and rice and return to the oven for 10-15 mins, with pastry shapes, until golden. Remove tart tin and shapes from oven and reduce the temperature to 140C/120C fan/gas 1.

Arrange banana discs on the bottom of the pastry case. Bring the cream and milkshake to the boil and beat the egg yolks in a separate large bowl. Add boiling cream mix gradually to the eggs, whisking all the time, then strain into a jug.

Pour custard into pastry case and bake for 35-40 mins. Remove tart from tin and put on a serving plate.

Scatter with sprinkles and decorate with pastry shapes. Serve warm.



VINYL RECORD
... Little Mix girls

IT'S an edgy look that often rubs wearers up the wrong way.

But PVC has slipped out of some treacherous territory and squeaked its way on to the catwalk.

French label Saint Laurent unveiled high-shine skintight trousers, glossy knee-high boots and patent pencil skirts at its show for Paris Fashion Week.

Meanwhile Kim Kardashian,

Lady Gaga and Little Mix are among the celebrity fans of the unforgiving look.

But can normal women pull off a wipe-clean wardrobe?

Here, SIOBHAN O'CONNOR picks out the best pieces on the High Street with the help of PVC sceptic Jude Rea, 33, a model from North London.

Jude gives her verdict on each look and on PVC overall. Will she be won over?

Pink patent top, £15, prettylittlething.com; pencil skirt, £36, Next; coat, £69, M&S; heels, £19.99, H&M; bag, £17.99, Pimkie at asos.com

Blue jumper, £28, greenvinyl.com; green vinyl skirt, £48, both asos.com; nude courts, £22, prettylittlething.com

Khaki leather-look dress, £38, asos.com; belt, £13.99, H&M; black patent boots, £50, prettylittlething.com

Easy and flattering

Cool and comfortable

Racy but not revealing

"This latex top is a lot more flattering than I thought it would be."

"The soft pink shade is easy to wear with anything and isn't tacky."

"Glossy fabrics are great for reflecting light, which is a good slimming trick."

"Paired with a smart skirt or trousers, this would make a great evening look."

"Pairing a more daring pencil skirt with a looser-fitting jumper is a good idea for balance."

"The combination makes this outfit cool and comfortable."

"I really like the waistline on this skirt too. It has a lip which means it doesn't sit super-tight on the waist, yet it still holds in your tum."

"When I think of latex boots, I picture Julia Roberts pulling them on in the film, Pretty Woman."

"Wearing them with a reserved fit-and-flare dress like this – instead of hot pants or a tiny skirt – makes the boots much more approachable."

"The outfit is a little more racy without being revealing."

HER VERDICT ON THE LATEST TREND

Can you shine in latex looks?



PVC ME... Kim in catsuit



Silk scarf, £10, Monki; grey dress, £45, kitten heels, £42, Next; trench coat, £79.99, Bershka

Smart and stylish



Knitted top, £19.99, bag, £17.99, both Mango; blazer, £34.99, H&M; vinyl trousers, £45, Weekday; heels, £40, River Island

A sexy day dress

Grey long-sleeve top, £12.99, Bershka; vinyl dress, £40, jacket, £32, both asos.com; heels, £29, Topshop

"This overcoat was definitely not my cup of tea when I first spotted it on the hanger."

"Mainly because of the shine and bold colouring."

"But when paired with a simple, neutral dress, it looks both smart and stylish."

"This will definitely freshen up your outerwear."

"I would never have worn a PVC dress before."

"And I would most certainly never have thought to layer one with a long-sleeve knit underneath like this."

"But layering it totally transforms the dress."

"This still looks sexy but is much more appropriate for wearing in the day."

Love the loose fit

Jude's verdict

"PVC, latex and vinyl make me think of seedy shops and bondage. But I was surprised how wearable and comfy it is. Instead of being just for teens, if you pick the right pieces and layer with light knits in muted colours, it is age-appropriate. None of them were squeaky either!"

JUDE says: "I love this outfit. I don't own shiny trousers and never thought about buying a pair, yet these are surprisingly easy to wear."

"I had thought they would be hot, noisy and restrictive. But these are a slightly looser fit and are quite high-waisted, making them both movable and flattering."

BIN THESE RECYCLING MISTAKES

WHILE most of us make an effort to recycle, 78 per cent of us are still unaware of basic rules, according to a poll by Halo home-compostable coffee capsules. Here **MICHELE O'CONNOR** reveals common items people wrongly think can be recycled:

Takeaway coffee cups: Although made of paper, many are treated with a special coating (often wax) which makes them non-recyclable.

However, the protective sleeve that comes with the cup usually is – and is marked as such – so people toss the entire cup in the recycling without realising.

Receipts: Around half of the 11 billion annual receipts handed out are printed on shiny, thermal paper composed of more than one material. And they contain potentially harmful BPA and BPS chemicals. Put them in regular waste or, better still, opt for an email receipt if offered.

Soap dispensers: Some 44 per cent of us think we can put soap dispensers in with our recycling, according to a survey by the British Science Association. But while the bottle can be recycled, the pump dispenser top cannot.

Pringles tubes: Coined the "number one recycling villain", these tubes combine five different materials – a metal base, tear-off foil top, plastic lid, silver foil lining inside and a cardboard outer sleeve. Manufacturer Kellogg's has partnered with recycling company TerraCycle to set up public recycling collection points.

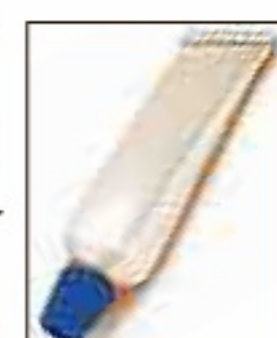
Toothpaste: These, sun cream and other squeezable tubes combine aluminium and various types of plastic, making it challenging for recycling plants to separate and process them. However, they can be taken to a TerraCycle scheme.

Crisp packets: These and other metallised plastic film products, such as baby food pouches, can't be recycled. Crisp manufacturer Walkers, however, has TerraCycle collection points. See walkers.co.uk/recycle.

Cotton wool: Cotton balls and make-up removal pads can't be recycled and can only be added to kitchen compost if the wool is 100 per cent cotton and hasn't been used to remove make-up. Don't try to flush away cotton wool as it expands when placed in water and can cause blockages. Put it in your general waste.

Wrapping paper: Try the scrunch test: Screw up discarded wrapping paper and check whether it holds the shape. If the paper remains crumpled, it can be recycled. If it unfurls or springs back, it is destined for landfill.

● **Local authorities may have different recycling rules. If in doubt, enter your postcode at recyclenow.com.**



letters @the-sun.co.uk

The page where you tell Britain what you think

IT'S great news that the brilliantly funny Spitting Image is to return. But make the most of the puppets, including Donald Trump, pictured. It will only be a matter of time before the politically-correct mob force it off our screens.

BRIAN ALDEN
Bristol

DAME Emma Thompson, who thinks this country is "a cake-filled misery-laden grey old island" has become an official citizen of Italy.

Surely she should be stripped of her title and have her British passport



taken away?

DEREK HOWCROFT

Chesham, Bucks

I COULDN'T agree more with Rod Liddle about Danny Baker. He is a natural broadcaster and his wit and wisdom are sadly missed. His sacking was another foot-shooting by our BBC - biased BBC.

ROY ADDINELL

Wolverhampton

THANK you to The Sun for the Books For Schools promotion. Children, parents and staff at our small

school, Belsay Primary in Northumberland, were thrilled to receive a fantastic box full of books.

SANDRA SLATER

Newcastle upon Tyne

I WAS interested to see Greggs sales topped £1billion for the first time partly thanks to its vegan sausage roll, pictured.

I wonder if customers realise one roll contains almost half an adult's daily saturated fat intake and a third of the recommended salt.

CHRIS JACKSON

New Milton, Hants



Fuel rise is plain foolish

£50 LETTER

ONE of the worst moves Rishi Sunak could make as the new Chancellor would be to raise fuel duty.

Out of all the things he has to decide on in the budget, an end to the ten-year freeze on fuel duty would be madness.

He should consider the fact that if the Government breaks its election pledge not to hike duty it won't sit well with the public.

Boris Johnson has stuck by all his pledges so far. It would be a grave error to overturn this one.

SUSAN DURRANT

Gateshead, Tyne and Wear

I AGREE with the campaign to keep fuel tax at its present level by pleading with the Chancellor not to put 2p on a litre.

But, revenue has to come from somewhere. Why not levy cyclists? They use the roads too.

ROY DAVIES

Northwich, Cheshire

IT would be outrageous if the Prime Minister were to allow the Chancellor to add a 2p fuel increase in next week's Budget.

The country's economy is already in a precarious situation with the spread of coronavirus and the possible disruption of businesses shutting down. A fuel duty rise is unacceptable.

BRIAN HENRY

Bury St Edmunds, Suffolk

WITH the threat of coronavirus growing I still see people ignoring the hand-washing rule.

My local pub has notices up for people to wash their hands but nothing changes.

Lots of people use the toilets and walk straight out without a thought of handwashing. How can we encourage or enforce handwashing? I do not know.

MIKE BREACH

Leyland, Lancs

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M.C.

A FEMALE nursery worker has sex with a 13-year-old boy and is convicted of sexual abuse. If she was a man she'd definitely be going to prison. So why shouldn't she?

PATRICK, Loughborough, Leics
WELL done, Priti Patel. The civil service and the judiciary need kicking. They constantly pass the buck. A strong hand is needed and dead wood sacked.
JOHN, Waltham on the Wold, Leics

WHY has the Government not said what it will do for the self-employed if they are unable to work because of the coronavirus?

They don't get any sick pay as it is. They too have rent, mortgages and bills to pay.

LINDA JONES

Teynham, Kent

IT is naive to think banning flights from infected countries will stop coronavirus spreading.

If you had to get somewhere and flights were not available, you would simply fly to a neutral location and get an onward flight to your original destination.

PETER LEWIS

Enfield, Middx

IN an effort to prevent coronavirus at sporting venues, why not discourage footballers from spitting on the pitch every ten sec-

onds? It does not happen in rugby, a far more physical sport.

BARRY MYATT

Manchester

EVERY update about the spread of the coronavirus seems to begin with "those travelling".

Is the clue to preventing this disease not staring us in the face? Suspend international travel for a bit. Businesses can conduct trade as usual using electronic communication.

How serious is Boris about countering this virus? Is he worried his honeymoon plans would be compromised?

JOANNA APPLEBY

York

IS the furore over the Home Secretary the last throw of the dice by the Brexit Remainers to make mischief for the Government?

Using lefty civil servants would be a masterstroke if it wasn't so obvious. I am waiting for Gina Miller to stick her oar in.

DAVE GREEN

Birmingham

WELL done for sticking by Priti Patel on the bullying call, Boris. She's doing a cracking job and weeding the garden of the real bullies who don't want to toe the line and now are sulking.

RAY BURNSIDE

Manchester

WINNING the Lottery is sometimes not all it is cracked up to be although millions of us wish it could be us.

Gillian Bayford appears to have had a series of ups and downs since her £74million win. Money doesn't buy happiness.

ANNA HAMMETT

Ness, Cheshire

THE British public know how important it is who resides in the White House.

But must we be subjected to hour after hour of news coverage of the circus that passes for politics in America?

ALAN EASTHAM

Brierfield, Lancs

Mystic Meg

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ARIES March 21 - April 20



Any rules you have written for yourself, get ready to amend them as the moon celebrates adventure and individuality. The more creative you can be, the better. Your chart backs a bold move into more romantic, less routine love. A regular trip to a local store reveals a world you can enter very soon.

TAURUS April 21 - May 21



A strong strand of reliability runs through your chart for you to build everything upon. Whatever else you do today, be sure to keep your promises. Two views on one journey may seem miles apart but keep talking to discover so many points in common. Names linked to the sea are lucky.

GEMINI May 22 - June 21



You are famous for seeing both sides of a situation but right now, someone special needs you to have their back. So let yourself lean in one direction and say out loud those words that have been waiting quietly. Love is a magical mystery, as a last-minute trip proves. Single? Look for music-themed jewellery.

CANCER June 22 - July 22



You are a successful mix of shrewd sense and spontaneity. Nobody quite knows what you will do next. This intensifies life decisions on every level. A food-based event introduces two people who are meant to be together, as partners in business or pleasure. A one-word text says it all.

LEO July 23 - August 23



When daring and caring combine in your sign, the result is off the scale. Others turn to you for support but do allow enough time for your own interests and needs. You must be your own best friend and biggest supporter. A date on a theatre poster or a music ticket can be part of your destiny.

VIRGO August 24 - September 22



When you see the same face - familiar or a celebrity - three times, it is a sign you must go deeper and really be honest about where you are heading. Trying to be kind without telling the truth can take you in a difficult direction. A book or show about nature opens the door to a rewarding new world of work.

LIBRA September 23 - October 23



You are ready to review your inner codes on work, love and family, including what you think is right and why. You sense it is time to set changes in motion and break a routine that has started to feel like a restriction. In love terms, you are hard to read but this makes partners even keener to impress you.

SCORPIO October 24 - November 22



There is a real forward thrust in your chart and it asks you to be clear in your mind what the next challenge should be. That way, you can focus your energy instead of scattering it. A discussion linked to cars or commuting stirs a skill you forgot you have. Love is bonded by two-way truths.

SAGITTARIUS November 23 - December 21



A long, loud laugh that lights up any room is part of your future. This can be in a love role or as a life supporter. Whatever gap you need to fill, they have that ability. You are ready to push your own skills further, too. A sports match is the central occasion for two groups, or two names, to start becoming one.

CAPRICORN December 22 - January 20



If your money motives feel a bit muddled, this is the time to explore them and create space around a decision you are not yet sure about. Resisting the temptation to blame others, in love or at home, keeps discussions and minds open. A five-person group is ready to change in ways that benefit you.

AQUARIUS January 21 - February 18



You have great go-between skills and the ability to grasp every opinion that makes you a natural listener and learner. As information flows freely around you, fixed decisions seem more flexible. Mercury helps you be more selfish when you need to be, shaking up bonds that have grown complacent.

PISCES February 19 - March 20



You have a healthy helping of independence in your chart and if you need to go your own way, you will. A time of relying on others' influence is over and in all situations your own strength counts most. Resist any chance to rush romance. Letting love take its time helps a bond move on to the next level.

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Something

● MOVIES ● GAMES ● MUSIC ● BOOKS

for
the

Weekend

By SIMON COSYNS

WHEN he was three, Marcus King first set eyes on his dad's old Epiphone El Dorado acoustic guitar — and there was no going back.

"I remember strumming it and being hooked from that moment," says the child prodigy turned blues sensation from Greenville, South Carolina.

"Music became my babysitter, my best friend, my first love."

Now 23, but with an astonishing amount of experience for his tender years, Marcus stands on the brink of the big time.

It's as if he has mainlined the DNA of The Allman Brothers, Stevie Ray Vaughan and Aretha Franklin yet come up with a sound that is fresh, vital and original.

He talks freely about how music has a profound and positive effect on his soul. "It makes me feel safe and it helps things make sense," he says in his soft Southern tones.

"There's a cacophony of terrible news and negative attitudes going on in the world. The vibrations can get too much.

"But my mental health issues, the manic episodes I've had, are calmed down by one thing — and that's music.

"Man, for me it's the only force that won't give you negative feedback. It will love you implicitly and accept whatever you need to say to it."

After three albums with The Marcus King Band, which he formed at school aged 15, the dude with flowing red locks and big smile is spreading his wings.

His recent first solo album, called El Dorado naturally, confirms his growing list of friends in high places.

It's produced by The Black Keys' Dan Auerbach and features session men who worked with Elvis Presley and Dusty Springfield.

Marcus has also caught the ear of blues guitar god Eric Clapton and tours in support of one of America's biggest box-office draws, Chris Stapleton.

The new album serves as a showcase for his jaw-dropping guitar dexterity, his sweet, soulful voice and his rapidly maturing songwriting.

I catch up with him the afternoon before his gig in Amsterdam this week and his insights are as heart-on-sleeve as his songs.

We pick up the story of the young Marcus learning the ropes from his father Marvin, a fellow blues traveller, and his grandfather Bill, a country guitarist who played with Charley Pride.

"I was probably two or three when I first started plucking around," he says. "And I was four or five when I got my first miniature scaled guitar."

The little boy found himself

surrounded by music "in church on Sundays and when my dad, my grandfather and my uncles were all playing. I was mesmerised". Before he reached ten,

Marcus was performing with his father in front of audiences and though he was constantly honing his guitar skills, something was missing — his voice.

He says until his teens, "everything that troubled me in my life, I was able to take to the guitar to express myself".

"Then, when I was in middle school, a really dear friend — her name was Hallie — passed away in a car accident. She was 13.

"The only way I knew to take the pain away was music but I guess I didn't feel I was fully expressing myself. I thought I needed to add another element, so that's when I started writing and singing."

Marcus's school years took on a familiar pattern: Lack of focus in classes, plenty of dope-smoking with his mates and a typical "series of unfortunate happenings and heartaches" that go with being a teenager.

At the same time, however, he was being embraced by Greenville's music scene, a bustling city of 400,000 people in the foothills of the Blue Ridge Mountains.

"From the time I was about 14, local artists were sneaking me into shows or acting as my chaperones," he explains.

"I ended up playing with 40, 50 and 60-year-old dudes in funk, jazz and soul clubs. I was playing grown folks' music!

"Then I started booking my own gigs, three or four at a time. I hired my bass player, who was old enough to drive me around.

'Line-up feels like home'

"I loved that circuit so much but, at a certain point, I knew I had to break out. Once I left school, I was able to fly as far away as I could from that town."

At 15, he formed The Marcus King Band, with whom he has made three fine albums — Soul Insight (2015), the self-titled follow-up (2016) and Carolina Confessions (2018) — and staged hundreds of shows.

King says of his blues brothers: "Man, I tell it this way. You never want to go on the road with somebody that's not funny. Those guys make me laugh for hours and that chemistry carries on to the stage.

"We've gone through a few changes but I'm so happy with the line-up. This feels like home, like family.

"My bass player Stephen, my drummer Jack and my trumpeter Justin have been with me for six or seven years."

King loves the fact his bandmates give him honest, straight opinions.

"If you're surrounded by yes men, you start putting out s**t," he says. "You need real people on your team."

With his intoxicating blend of jam-band blues, searing guitar

Continued on next page



IN STUDIO
... with Dan Auerbach

the BIG
INTERVIEW

MARCUS KING

Music became my babysitter,
my best friend, my first love

the BIG FILM

PIXAR has done it again. Onward, the tale of elves on a quest, starring Tom Holland and Chris Pratt, tugs at the heartstrings.



the BIG GAME

METRO Redux is the latest big game to 'Switch' to handheld devices and the first-person shooter is a real nerve-jangler.



The BIG ALBUM

THE Shires — Britain's biggest country music stars — are back with new album Good Years and planning to crack America.



the BIG READ

ANDREW EWART's debut novel Forget Me sees Hannah trying to revive hubby Euan's memory following a car crash.



s f t w

MUSIC

TOP 5
GIGS

ORLANDO WEEKS – Sat, The Stoller Hall, Manchester, stollerhall.com; **BRYAN FERRY** – Sat, Palace Theatre, Manchester, ticketmaster.co.uk;

MASSIVE ATTACK, THOM YORKE, NENEH CHERRY – May 24, All Points East Music Festival, Victoria Park, London, allpointseastfestival.com

From previous page

solos, Southern rock, gospel and an occasional hint of country twang, he's very much his own man.

But it's also clear that he's a student of the blues and soul greats. "I was inspired by anything I could get my hands on," he says.

"Whatever was happening on the radio in the early 2000s was pretty god-awful but I had access to a lot of blues cassettes and records.

"The first time I got exposed to James Brown was a pretty monumental moment for me. Cold Sweat, with the horns, just blew me away.

"That led me to Otis Redding, Sam Cooke and Aretha Franklin. We can stop right there because Aretha is the queen. Her phrases, her runs, her conviction rocked me to my core."

Marcus says he "was very shy and reserved", not obvious frontman material, but seeing old footage of those legendary performers "working a room with just a microphone" gave him courage.

Then, of course, there are the guitar heroes who have helped define his direction. "I look up to Stevie Ray Vaughan and Jimi Hendrix," he tells me.

"Bridge Of Sighs (British blues singer/guitarist) Robin Trower was the first record I bought on my own. When I first started smoking weed under the black light in my room, I played it."

'I felt like a thief'

Like many Americans from different generations, the British "invasion" of the States has had a huge impact on Marcus.

"When I was about 12, I put up a large British flag in my room. It's still there, in fact."

He adds: "I was doing a gig in Paris the other night and they brought me (Free guitarist) Paul Kossoff's guitar to play, so that was pretty heavy. The Beatles and Led Zeppelin were big for me, The Yardbirds and Blind Faith."

Now, however, Marcus is wary of too much influence. "I quit listening to guitar players altogether because I didn't want to sound like anyone else," he confesses. "I just wanted to listen to saxophones, so I got into John Coltrane."

This brings us to his solo album, recorded with Dan Auerbach at the Black Keys man's Easy Eye Sound in Nashville and ranging from the raucous rock of The Well to the becalmed country soul of Wildflowers & Wine.

It's called El Dorado for three reasons, the first being his dad's old guitar. Then there's his big brown early Eighties Cadillac El Dorado, as seen on the record's cover.

The third explanation is that Marcus's adopted home town of Nashville, the Tennessee capital known as Music City, has become his own mythical "city

EXCLUSIVE
INTERVIEW

MARCUS
KING
El Dorado

★★★★★

1. Young Man's Dream
2. The Well
3. Wildflowers & Wine
4. One Day She's Here
5. Sweet Marion
6. Beautiful Stranger
7. Break
8. Say You Will
9. Turn It Up
10. Too Much Whiskey
11. Love Song
12. No Pain

I loved The Beatles and Led Zep ... I put up a British flag

of gold" where he can realise his dreams.

He says: "I was reconnected with the guitar. It was given to someone in the family and, because of that person's track record, I thought I'd never see it again."

"My father hadn't realised how much it meant to me but he was able to track it down and give it back. At the same time, I'd bought my car and moved to Nashville. It all seemed connected to El Dorado."

"I felt like a thief when I got that car, man!" he cries. "I got it from an estate sale in Pennsylvania with such a good deal, I couldn't pass it up."

The album's opening song is the wistful Young Man's Dream with the lines: "Left my home when I was 17/Feet were dirty but my soul was clean."

Marcus says: "It's my coming-

of-age story from when I left school and left home at 17 and all the things that have happened since."

Working with producer Auerbach proved a happy experience for Marcus, who likens it to "a first date".

"Me and Dan work right together and have a really strong respect for the craft. We don't feel that we're bigger than it. We see each other as pawns in a big game."

"We share the same work ethic, which is 'nose to the pavement'."

"We'd start early in the morning and keep going until late at night. After three days, we'd cut 18 songs."

Another of Marcus's key connections is all-conquering country rock superstar Chris Stapleton, who he's supported on tour and will do again later

this year. Marcus pays him an affectionate tribute: "Chris is an inspiration for a guy like me, just to see him standing there, singing and playing guitar."

"The amount I move around on stage makes me seem like Mick Jagger compared to him, but he moves his audience and it's so beautiful to watch. He's such a sweet man, so kind and hospitable on the road."

Finally, I ask Marcus to shed light on his hopes for the future. "My main goal is to play large enough venues and make it enough of a career to tour completely comfortably."

"Living out of a suitcase right now is hard."

He is now looking forward to spending more time with his girlfriend in Nashville and their big yellow Labrador Ziggy.

"And I'd also love gigs where we bring our families and our family dogs!" he laughs.

Q
&
A
THE SHIRES

We tried to unlearn the Nashville 'twist'

THE Shires are travelling the world flying the flag for British country music – and doing such a good job that last year they won Best International Act at the CMAs.

Now in the run-up to the release of their fourth album, Good Times, Crissie Rhodes and Ben Earle tell JACQUI SWIFT about growing success and famous fans.

GOOD Years sums up how it's been for the Shires but what inspired the album name?

CRISSIE: We certainly have had some good years so far and that's really what inspired the title. It's the title of one of the songs on our new album and it basically summed up the whole album.

What was the starting point for Good Years and how did it shape the album's direction?

BEN: We had around 60 songs to choose from so it's hard to remember exactly! Crazy Days though, as a heartfelt piano ballad felt like a throwback to our very early days together. It was written in the shed at the end of my garden at midnight with a glass of whisky resting on the piano. The lyrics feel like a conversation, and the honesty of that song definitely set the tone for a lot of the songs that came after.

How has this moved on from your previous album both sonically and lyrically?

BEN: There's a reflective feel to the album. We had a quieter year where we spent time at home and got a bit of perspective after the whirlwind of releasing three albums in five years. It was great to have that year with our loved ones, and we don't think it's just a coincidence that lyrically there's a lot of big themes in the songs. Sound wise, we wanted to go back to a slightly more organic, acoustic sound, but there are still the big uptempo songs so we can have fun at our live shows.

Did you approach writing this album any differently?

BEN: We definitely tried to unlearn a lot of things in the writing process and go back to basics. Writing in Nashville a lot over the years, we've picked up so much, but sometimes there's a temptation to always try to be clever – get that Nashville "twist" on a lyric. There are a few songs on Good Years where we've just said it how it is.

Why do you think you work so well together?

BEN: In a lot of ways we're very different. Crissie comes from a performing background and I started out as a songwriter. We've learned so much from each other and still do. After seven years together, what has never changed though, is how much we just love singing together. We feel almost telepathic sometimes. It's a really special feeling!

Ed Sheeran is a huge fan of yours – what other famous fans have you met along the way?

CRISSIE: I fan-girled Lewis Capaldi at Niall Horan's gig at Brixton Academy, while he was still slightly unknown, right before he absolutely blew up. His response was that he loved the Shires. I totally wasn't expecting that response!

How important was it to be the first UK artist to win Best International Act at the CMAs?

BEN: It is the biggest validation of what we do, to be recognised by the CMA. You don't get any bigger in country than the CMA. It also confirms the belief we had when we first met, that country could and should be more popular in the UK. We are so proud to have won the award, for UK country and us.

You have the tour beginning in May – what are you looking forward to?

CRISSIE: Playing the new songs live. Every step of the process of creating a new album is exciting, from writing the songs to recording, but being up on stage and seeing our fans' reactions is the most special. It's also incredibly exciting to be playing 25 shows all over England, Scotland and Wales. We really are covering some ground this time.

How important is it to have success in the US?

BEN: To have success in the US has been our dream from day one. We know history is littered with UK acts trying (and failing) to break the US, and as far as we're aware no UK act has ever broken into the country market. But the fact it's never been done before spurs us on even more.

■ Good Years is out on March 13

NEW RELEASES

JONATHAN WILSON

Dieix Blur

HE spent his early years in North Carolina, decamped to LA's trendy Laurel Canyon but now we find him reconnecting with his roots.

Wilson's previous efforts have employed a hazy psychedelic rock vibe but album No4 for British indie label Bella Union is a more intimate, country-tinged affair.

Recorded at Cowboy Jack Clement's fabled Sound Emporium in Nashville with some ace musicians including co-producer Pat Sansone of Wilco, the album is an understated, beautifully crafted gem.

Among its pleasures is the yearning Oh Girl which seems to effortlessly shift through the gears while 69 Corvette is a touching remembrance of his formative years.

By revisiting the past, Wilson has moved forward with one of his best efforts.

SC

★★★★



LAUV

How I'm Feeling

THE debut album from the US singer-songwriter is confirmation of his pop-visionary status and willingness to open his heart.

Already a platinum-selling artist with appearances on hits like BTS's Make It Right, this album is a showcase of his multi-faceted talent.

Tattoos Together and I'm So Tired are gentle ballads, rich with melody and emotional heartbreak.

Tracks like Drugs & The Internet and F**k, I'm Lonely show him in the midst of a quarter-life crisis wrestling with love and loneliness.

Collaborators include BTS on Who and LANY on the beautiful Mean It – just one of the ten singles already released from the album.

Among the 21 tracks there are inevitably some forgettable moments but when it's good – and it often is, it's almost perfect pop.

JS

sftw
DJ PLAYLIST
with ROGER SANCHEZ

HEAD over to thesun.co.uk/music to listen to an exclusive playlist from Roger Sanchez, with a selection of tracks from the Strictly Rhythm back-catalogue, as the revered label celebrates its 30th anniversary.

You can also read what Roger, *inset*, has to say about each track.

The playlist features music from Ultra Nate, Barbara Tucker, Armand van Helden, The Funk Junkees, River Ocean and many more.

MARK GWINNETT



s f t w MOVIES

TOP 5 FILMS THIS WEEK

1 The Invisible Man
2 Sonic The Hedgehog
3 Parasite

4 Dark Waters
5 Dolittle

●launchingfilms.com

SHARON HORGAN and Kristin Scott Thomas lead the charge in this Brit drama loosely based on the real story of a group of military wives coming together to support each other and find a fresh identity.

In the real world it was choirmaster Gareth Malone who helped propel the group to fame.

But here it is the ladies themselves that form the choir that takes them from the barracks all the way to the Royal Albert Hall.

Directed by Peter Cattaneo, who also gifted us The Full Monty, viewers have some degree of comfort that this is in good hands.

It hits all the right beats and takes us through the same course of emotional peaks and troughs that we're used to – which is both its saving grace and Achilles' heel.

We're so familiar with what is required of us, we know within a few minutes what



MILITARY WIVES (12A) 112mins ★★★★★

woman with a stiff upper lip – but when has she ever been anything else?

Despite the film's familiar heartbeat – and perhaps because I live deep in Surrey Army territory and see first-hand how hard it is for the families of soldiers – this film really struck a chord with me.

A D minor (the saddest of all chords) obviously.

Sharon Horgan is perfectly pithy and Kristin Scott Thomas is, well, a posh

THIS unbearably tense drama based on a real-life prison-break in 1979 South Africa provides Harry Potter star Daniel Radcliffe with his best role by far since hanging up the boy wizard's robe.

Radcliffe, resplendent in a Sirius Black beard and wig, plays Tim Jenkin, jailed for distributing pamphlets on behalf of the African National Congress. With two other inmates, he meticulously plans his escape.

Patience, the gang memorise the shape of each key dangling from a warden's chain and hand-craft replicas from scraps of wood.

The subject of apartheid is touched on only briefly.

This is a straightforward escape movie, simple as that, while the presence of a caricatured guard wheezing and harrumphing his way slowly through the prison corridors is a bit daft.

Even so, this is right up there with something like Ben Affleck's Argo, also based on a true story, and it



ESCAPE FROM PRETORIA (12A) 106mins ★★★★★

boasts visual flourishes of a sort you might expect from Breaking Bad creator Vince Gilligan.

If your favourite part of The Shawshank Redemption was seeing how Andy dug his tunnel, you will love this.

Knowing it happened for real only makes it more entertaining. Cigar tubes up the bum, intricately carved pieces of wood and terrifying droplets of sweat on the floor make for a gripping movie. My heart is still in my mouth.

BOOKS

Edited by
NATASHA HARDING

FORGET ME

Andrew Ewart, £8.99

WHEN Euan skips the red light at a level crossing, it ends in disaster. His wife Hannah manages to flee the car – but he doesn't.

He survives, but is in a coma for months and loses his memory.

Why did Euan stay on the train track that day, and will experimental medical treatment unlock his memories?

As the couple face a whole new life, the past is snapping at their heels.

An extremely good debut.

★★★★



FOUL IS FAIR

Hannah Capin, £7.99

ELLE, Jenny, Summer and Mads own every LA party, but everything changes on the night of Elle's 16th. They crash a St Andrews Prep knees-up where some boys spike her drink and assault her.

But they picked the wrong girl – and Elle and co vow vengeance.

Elle changes her name to Jade Khanjara and transfers to St Andrews. No one sees through her new-girl innocence as she gets bloody revenge on the boys.

A tale of power and retribution – Macbeth for Gen Z.

LILY LOWE

★★★★



ALL THAT'S DEAD

Stuart MacBride, £7.99

AFTER a year off recovering from being stabbed, Inspector Logan McRae is back at work in Aberdeen – and dropped straight into the deep end.

Public debate over Scottish nationalism is raging and Prof Wilson, an outspoken anti-independence campaigner, has gone missing, leaving a bloody crime scene.

Caught between the criminals and senior officers more interested in covering their backs, McRae struggles to herd the eccentric coppers towards the truth.

BILL TODD

★★★★



GAMES

By DEREK BROWN

METRO REDUX

Switch, £44.99

ANOTHER tasty game has gone portable, adding to a top Switch library.

Metro has a great story. You were born in the Moscow underground when everyone took shelter after a nuclear war.

It's 2033, you're 20 and things are scary. This first-person shooter with limited ammo has real nerve-jangling moments. I like big games on the handheld but this struggles and feels very dark. ★★



AT THE MOVIES Jamie East



Onward? One word: Wonderful

DVD OF THE WEEK

SORRY WE MISSED YOU (15)
99mins: Bleak but brilliant drama from director Ken Loach, a spiritual sequel to his 2016 award-winner I, Daniel Blake. There are flashes of grim humour to leaven the Kafka-esque plight of a family struggling to get by on zero-hours contracts... but not many. Beautifully played, quietly devastating, though not one you'll turn to again and again after the pub.

★★★★
CHARLIE WRIGHT



CLEARLY aimed at a younger audience than, say, Toy Story and Up, this fantasy quest from Pixar lacks their depth but more than makes up for it in heart.

Ian and Barley Lightfoot (Tom Holland and Chris Pratt, respectively) are elf brothers in a fantasy world where magic was once an everyday skill.

On Ian's 16th birthday, he receives a gift set aside for him by his father, who died before Ian was born.

It is a magic staff that can bring his dad back to life for 24 hours so they can finally meet.

The spell goes wrong, however, leaving only his father's legs

ONWARD

(U) 102mins

★★★★

resurrected. So the brothers go on a quest against the clock to get the rest of him back. This has more in common with Pixar's Zootropolis than a Monsters, Inc – and is likely to appeal most to viewers under 12.

Pairing Marvel's Spider-Man (Holland) with Star-Lord (Pratt) as the two brothers is savvy and their chemistry shines through.

Admittedly, the plot is paper-thin – find the thing that leads to the other thing, which points the way to another thing – albeit with the weirdness of two kids walking around with their dead dad's legs in

the hope of a few hours together before he dies again.

But it works, if you can imagine Weekend At Bernie's meets Ghost.

I had assumed I would sit this one out emotionally. But then, at the last hurdle, I dissolved into a puddle of Pixar tears (not for the first time). Onwards joins Up and Coco in a rather wonderful sort-of-trilogy.

Here are three stories, beautifully told, dealing with the complex emotions around death and grief. Not only that, it is done in a way that will appeal to kids, parents and pensioners, without ever feeling ghoulish or glib.

THAT is the art of storytelling. They got to me once again.

Lovely stuff.

FILM OF THE WEEK

ALSO OUT THIS WEEK

THE PHOTOGRAPH, 12A, 106mins – A photograph found in her dead mother's safety-deposit box sends a woman on a romantic journey.

FANTASY ISLAND, 15, 109mins – An appalling cliché-ridden remake of Seventies TV series Blumhouse's Fantasy Island from the makers of The Invisible Man.

TONI MORRISON: THE PIECES I AM, 12A, 120mins – A documentary about the literary giant, tackling her views on race, America and humanity.

puzzles

BRAINBUSTER

Find the word that finishes the first phrase and starts the second.

1. LEICESTER ? ROOT
2. SEA ? BLOCK

SUNMOJI

What's the female name?



We've got all your favourite brain teasers

PAGE 2 EVENS SOLUTION: Line 1 7193 Line 2 2461 Line 3 1582 Line 4 3246

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

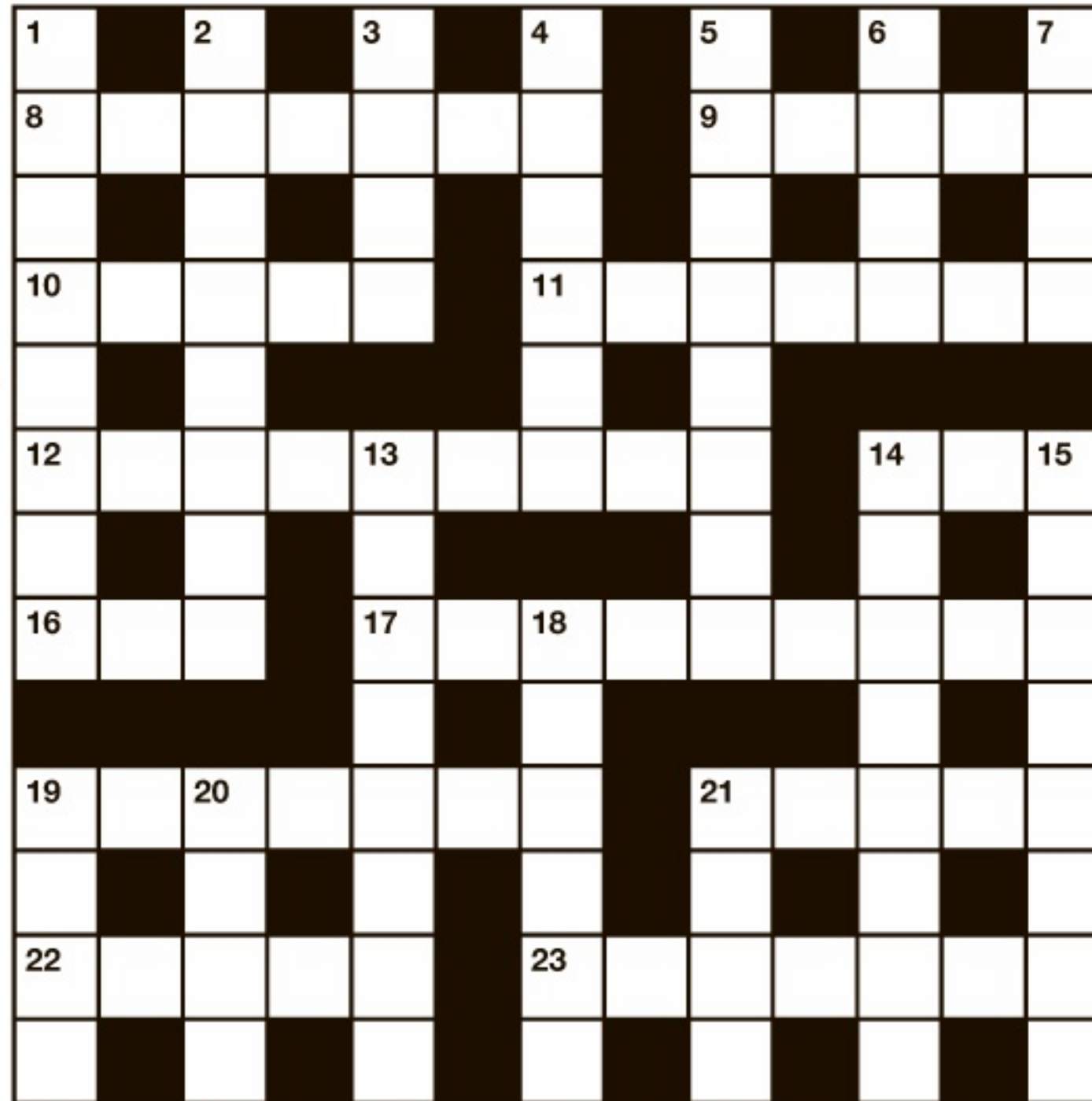
Cryptic clues

ACROSS

- 8 Stand for Left and Centre, not Right (7)
9 Beams reflected, sweeping back and forth? (5)
10 Domestic newspaper (5)
11 Work with uranium, fast becoming rich (7)
12 Bats are able to develop (9)
14 Water barrier used by armada maybe (3)
16 Born in Tyrone enclave (3)
17 Small sailor on books, old and crippled (9)
19 Enraged possibly! (7)
21 Company incorporating Soviet principles? (5)
22 Scope hidden in hydrangeas (5)
23 Unsophisticated not having paintings? (7)

DOWN

- 1 Ben Gould played with club (8)
2 Busy outside at start (8)
3 Bad end, Yankee to refute (4)
4 Article Olga edited in the country (6)
5 Reprocessed argentine causes bickering (8)
6 Heard hero in lounge (4)
7 Black rodent finds horrible kid (4)
13 Interested spectator ripped rev's robe (8)
14 North Sea region the French backed? Nonsense (8)
15 Shame: duo brought about chaos (8)
18 EP band released is sort of potty (6)
19 Account about Israeli port (4)
20 Group in silence gathered round north (4)
21 Smart artist leaving clergyman (4)



Coffee time

ACROSS

- 8 Reading desk (7)
9 Aircraft tracker (5)
10 Cleaner (informal) (5)
11 Luxurious (7)
12 Complicated (9)
14 Hydroelectric power station (3)
16 Maiden name indicator (3)
17 Damaged maliciously (9)
19 Made irate (7)
21 Set of beliefs (5)
22 Mountain chain (5)
23 Without guile (7)

DOWN

- 1 Blunt instrument (8)
2 Make operative (8)
3 Repudiate (4)
4 Portuguese-speaking republic (6)
5 Heated discussion (8)
6 Doing nothing (4)
7 Badly-behaved child (4)
13 Watcher (8)
14 Comic verse (8)
15 State of uproar (informal) (8)
18 Hospital receptacle (6)
19 Land measure (4)
20 The Jets or the Sharks, e.g. (4)
21 Adorable (4)

Check today's answers before midnight by calling 0906 757 7142 for Across and 0906 757 7143 for Down. Calls cost 80p per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0844 576 8120

WORD WORKOUT



THIS is the world's best brain teaser. Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter A, write A in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.
YESTERDAY - ACROSS: Gauze, Bone, Rate, Their, And, God, Step, Else, Notable, Acid, Lake, Yam, Nor, Arrow, Crux, Halt, Every. DOWN: Joint, Get, Err, Ethos, Equator, Assay, Denim, Glean, Defer, Pod, Ell, Carry, Koala, Axe, Why.

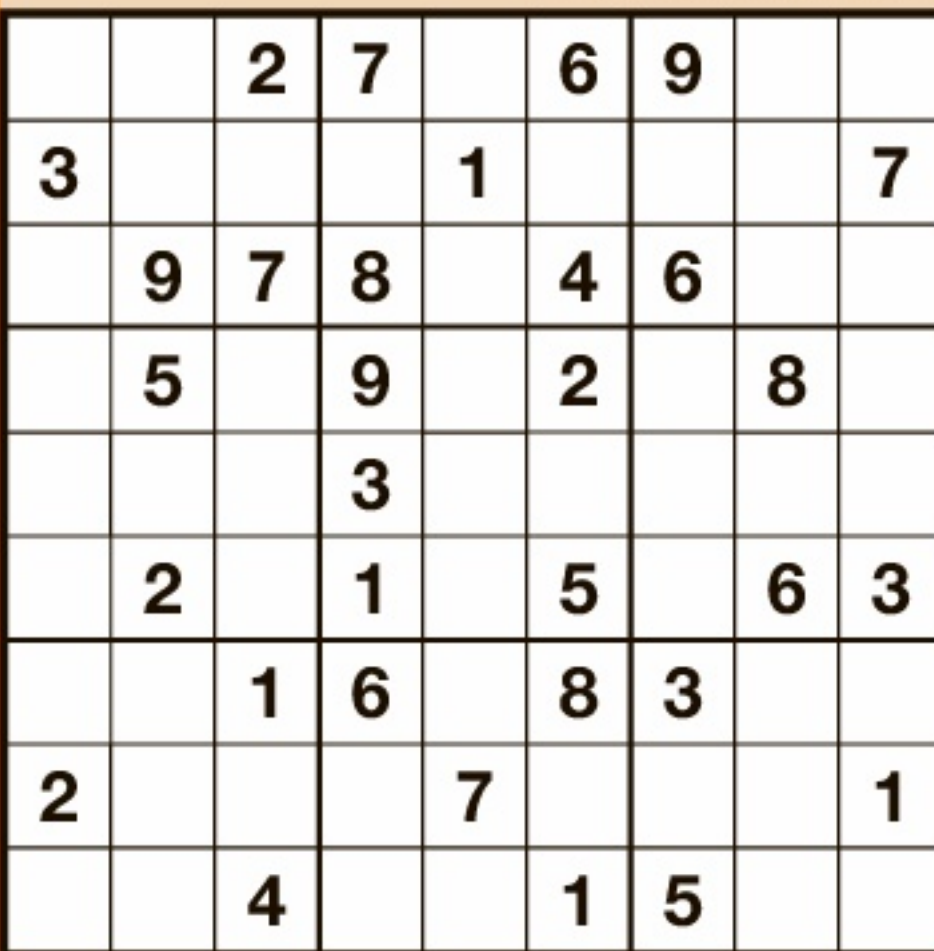
For 4 Extra Clues Call 0901 322 5002 or text SUNWORD to 84901.

Calls cost 75p plus your telephone company's network access charge. Texts cost £1 plus your standard network rate.

DOUBLE **Sun** DOKU

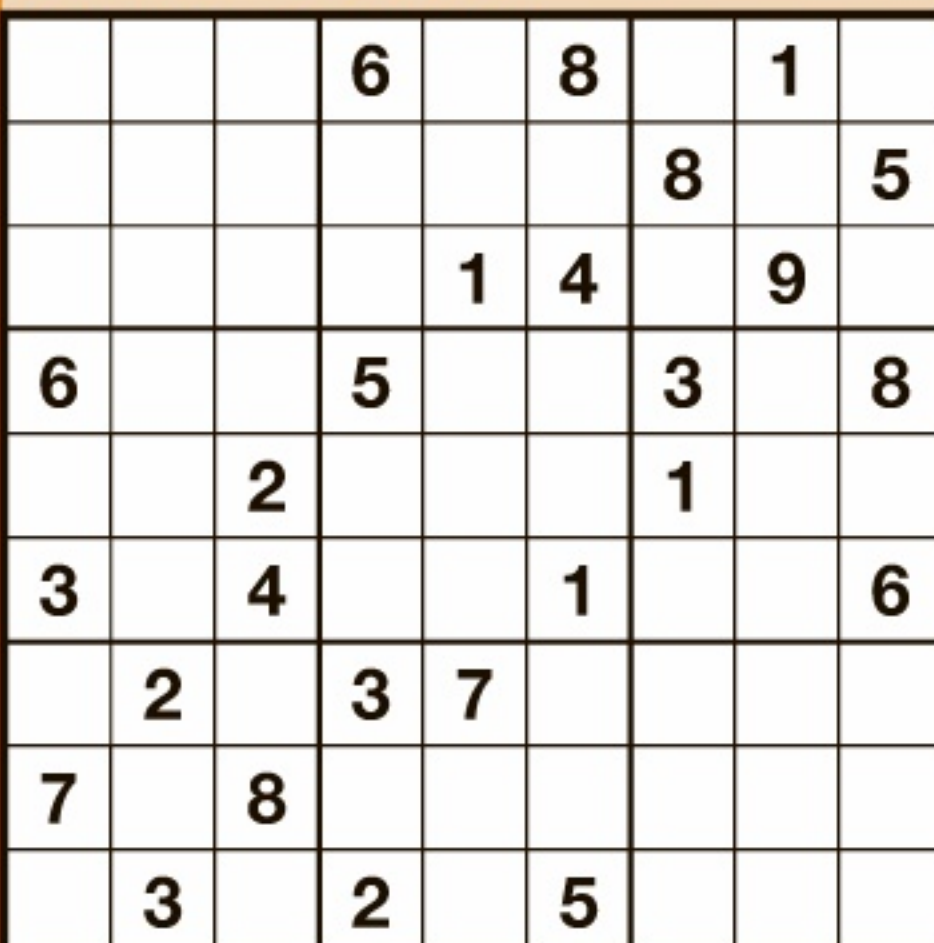
TODAY'S TEASER

CALL 0906 757 7112 FOR CLUES OR SOLUTION (80PPM)



TODAY'S TOUGHIE

CALL 0906 757 7113 FOR CLUES OR SOLUTION (80PPM)



Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary).
Helpline: 0333 202 3390 (9am-5.30pm).
Service provider: Spoke, W1B 2AG

WORDSEARCH

Find seven things associated with babies in the grid. Words can run forwards, backwards or diagonally. Solution below.



NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2018 was 69.2%



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a TV actor:



- 1 & 5 Disney character who wears a sailor shirt and cap
2 & 3 Ecuadorian footballer who played at Manchester United for ten years before joining LDU Quito in 2019
4 & 9 Actress best known for playing Emma Reid in the BBC soap Doctors (second and fourth letters of surname)
6 & 10 Partner of Boris Johnson, who moved into 10 Downing Street with him in July 2019
7 & 8 Actor and comedian; star of Murder In Successville and BBC One sitcom King Gary (second and third letters of surname)

● Yesterday: US politician JOE BIDEN (Jason Durr, (Paul) Oakenfold, (Ed) Balls, (Georgie) Hermitage, (Nikki) Sanderson). Another Name Game in The Sun tomorrow.
■ If you can't wait until tomorrow for the answers, just call 0901 322 5001. Calls cost 75p plus your telephone company's network access charge.

SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals.

Words from Collins Concise Dictionary.
BRILLIANT: 30. EXCELLENT: 26. GOOD: 21. GREAT SCORE FOR KIDS: 17.

YESTERDAY: Alimony, amyl, anomy, asylum, family, famously, filmy, flamy, flay, flays, flimsy, foamy, fummy, infamy, inlay, inlays, inly, lays, limy, loamy, lousy, lysis, mainly, manly, many, mislay, moly, mously, mousy, myna, myosin, naifty, noisy, nosily, nosy, oily, only, simony, slay, slimy, soya, unify, unlay, unlays, unsay, yuan, yulan.
Ten-letter word: Infamously.

Check today's answers by calling 0906 757 7145 before midnight. Calls cost 80p per minute plus your telephone company's network access charge.

YESTERDAY'S SOLUTIONS

Teaser



Toughie



Two-Speed Crossword

ACROSS: 1 Dog-ma 4 G-able-R 8 A-lad-d-in 9 NE-pal 10 Armad-i-ll-o 11 Era 12 A-f-raid 14 Fe-line 17 Rat 19 Ebullient 22 Hen-n-a 23 Ken-N-Ed-Y 24 Matador 25 R-og-ue.
DOWN: 1 Dram-a 2 Grammar 3 A-ided 4 Gent-l-e 5 Man-hole 6 L-apse 7 Release 12 A-bra-ham 13 Ire-land 15 Iceberg 16 Bunker 18 Tenet 20 Liner 21 Thyme.

Today's Solutions



Numbercrunch: 38, 102, 204
Brainbuster: 1. Square, 2. Breze
Sunmoji: Megan

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Plays the melody of:
'The Wind Beneath
My Wings'

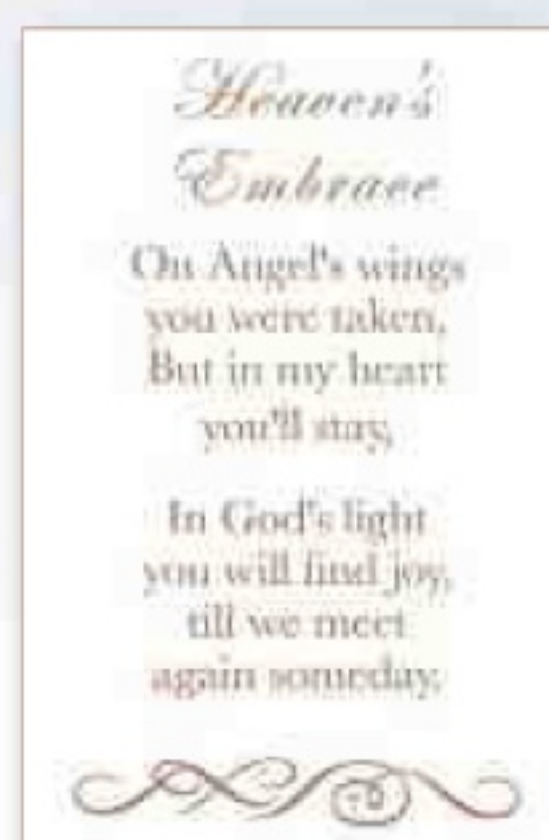
Actual size of product
is approx. 5.75 inches
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The new VAX Blade 3 comes with a revolutionary VAX ONEPWR battery that gives you up to 40 minutes runtime and in boost mode, twice the runtime of the best-selling cordless vacuum.** With an innovative design and specially engineered floorhead, you can move from carpets to hard floors with ease and with no loss of suction^Δ – even when the dirt bin is full. That's the cleaning performance of the best-selling corded uprights* in the freedom of a high performance, cordless vacuum cleaner. Plus, with the new removable VAX ONEPWR battery, you can charge separate to the product and even swap out for another battery so you're ready to clean whenever you need.

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Removable Battery

* UK market data, Jan 2019 - Dec 2019 (by sales volume), when tested on carpet and hard floor according to IEC 62885-2:2016 clauses 5.2 and 5.3. Tested in Boost Mode.

** UK market data Jan 2019 - Dec 2019 (by sales volume), when tested on hard floor. Δ Tested according to IEC 62885-2:2016 clause 5.7 and 5.9. For further information email claimsinfo@vax.co.uk. Orders before 5pm Monday-Friday will be next day delivery. Outside of these times, orders will be despatched next working day. Offer only while stocks last.

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ITV: WE'VE AD IT OVER VIRUS FEARS

Winners ...
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couple Paige
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Finley Tapp



TV advertising revenue has slumped because of coronavirus, ITV has warned.

Business has been hit by travel companies pulling campaigns as people scrap holiday

plans. ITV predicted income could fall by a tenth in April and admitted it has already felt the pinch.

That's despite the success of shows such as Love Island, right.



BOND ROCKS MOVIE CHAIN

THE postponement of the new James Bond film No Time To Die from April to November has hit movie chain **CINEWORLD**.

Its shares slumped 15 per cent as investors feared coronavirus would hit audiences. Analyst Michael Hewson of **CMC MARKETS** said: "If your punters stay in and watch **NETFLIX** because of lingering contagion concerns, then you have a problem."

JOHN LEWIS BLOW

Knowingly under bonused

By **SIMON READ**

JOHN LEWIS workers have been handed a bonus bombshell.

Used to annual payouts of up to 20 per cent, staff face a cut for the seventh year running – to just two per cent.

That's the lowest bonus at the store – slogan Never Knowingly Undersold – since 1953 when there was no payout.

The blow came after profits at the retail group, which is owned by its staff, shrunk by a quarter to £123million last year. The department stores actually posted a £37million loss.

And there was more bad news after bosses announced three **WAITROSE** branches are to be axed and threatened further store



Troubled ... a John Lewis store

closures. New chair Sharon White, who took over last month, warned the chain would be "right-sizing" its store estate and slimming down its head office.

She said: "This will require a transformation in how we operate as a partnership."

The three Waitrose stores being axed are at Helensburgh, Argyll and Bute, Four Oaks, West Midlands, and Waterlooville, Hants.

DOMINO'S TUMBLES

DESPITE opening 32 new stores last year, profits at Domino's Pizza fell 14 per cent to £75million.

The takeaway chain is looking for a new top team as boss David Wild is set to stand down this year.

CLOSING PRICES

BARCLAYS down 3.86 at 134.68	MORRISONS up 1.45 at 185.20
BP down 5.95 at 416.70	SHELL down 43.80 at 1,694.80
CENTRICA down 0.84 at 75.50	ROYAL MAIL up 1.20 at 165.60
HSBC down 5.00 at 507.20	SAINSBURY down 0.50 at 212.20
LLOYDS down 1.37 at 47.00	TESCO up 0.10 at 240.90
M&S down 4.30 at 157.55	
RBS down 7.45 at 160.80	

● Full list of prices in tomorrow's paper



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Jobspot

VOLVO has 130 apprenticeship vacancies nationwide for retail network trainees. Roles include service technician and positions in customer service. Find out more and apply at bit.do/volvjobs.

LADIES FIRST AT WORK

SUNDAY is International Women's Day. And those with a close-knit support network of other women are more likely to have career success, a Harvard Business Review study found. Here, leadership coach Dr Diana Theodoros of theatre4 business.com shares her tips for supporting other women.

- Help women own their achievements. Women have a habit of crediting "we" for their achievements rather than "I". If you notice colleagues doing this, help them to take the correct course. Own your achievements!
- Initiate coffee or lunch. Share a personal story to show who you are outside work and invite new female colleagues to do the same. Creating trust helps to forge a network.
- Encourage emotions. Women are discouraged from showing emotion when giving talks. By encouraging it, others are likely to drop the corporate mask.
- Act as mentors to more junior women colleagues. Encourage them to imagine what they can create and value their capabilities.
- Create a "mini board" with female colleagues. Start a small but diverse group across your industry to act as an advisory resource where you can share your challenges. Get a range of perspectives and experiences to help you take action.

Jobspot

CARE specialist **ANCHOR HANOVER** is recruiting for 37 apprentices with roles in care, catering, housekeeping, HR, customer service and business administration. Apply at anchorhanover.org.uk/careers.

Sunemployment

Edited by Jane Hamilton

The section that helps you find work

thesun.co.uk/sunemployment
Twitter: @Sunemployment**PLAN BE AT FAIR**

THERE'S fresh hope today for airline staff hit by FlyBe's collapse. Manchester Airport is hosting a jobs fair with more than 1,000 positions on offer from 25 employers. Roles range from airport staff to cabin crew, security officers, baggage handlers, customer service and engineering.

Brad Miller, Chief Operating Officer at Manchester Airport, said: "The number and variety of positions advertised at the event

clearly demonstrates that the airport's growth is providing a catalyst for job creation. "We are determined that our neighbouring communities will see the full benefit." The event takes place at the Emirates Old Trafford cricket stadium on Thursday, March 12, from 10am to 3pm. Visit manchesterairport.co.uk/jobs-fair to book your one-hour time slot.

A HEAD START

MORE than a quarter of working women have no senior female role model at their employer, a report from Hilton has found.

But aptly, hair colourist Four London has four female bosses who set up the company nine years ago. They boast Claudia Winkleman and Nigella Lawson among their clients. Co-owner Maleeka Robb

said: "We struggled to be taken seriously at first."

"Four young women running a business was seen as a recipe for disaster. But we have proved them wrong. We are four strong women. But first and foremost, we are friends."

Four London is recruiting apprentice hairdressers. To apply, email manager@fourlondon.com.



PALS... Maleeka, left, and co-founders

DOGS take centre stage this week at the world-famous pedigree pet show Crufts in Birmingham.

One in four of us own a dog and jobs relating to our pooches are worth more than £4billion to the economy.

As well as roles as kennel staff, breeders, trainers, re-homers and vet staff, there has been a huge boom in less traditional posts.

These include groomers, dog accessory designers and "doggy day-care" staff.

While many of the jobs are for modest pay and can involve long hours, job satisfaction is high, meaning the job market is very competitive.

Often, staff go on to set up their own businesses and some have developed successful franchises.

Bill Lambert of the Kennel Club said: "Just as with owning a dog, there are many benefits to working alongside our canine companions."

"Research shows dogs can help to lower stress, as well as keeping us active and sociable."

"There are plenty of different ways for dog lovers to pursue a career alongside their four-legged friends."

"Young people considering a career with dogs might want to join the Young Kennel Club, which encourages involvement in all aspects of canine activities while developing lifelong friendships."

● Lean more about working with dogs at tiny.cc/4l9ukz and tiny.cc/up9ukz.

DOG TRAINING IS A TREAT

PAW-FECT... Louise with her dance partner Troy

Heel, stay, sit. vacant

SO FUR... SO GOOD

TRAINER Louise Ince runs canineperformers.co.uk and will compete with her pet Troy at the World Dog Dancing Championships in France later this year.

Louise, 48, from Hextable in Kent, said: "I began as a receptionist at a local vet. I took my dogs to training classes and began helping out. Next, I tried agility with my dogs before discovering Heelwork To Music, known as 'dancing dogs'."

"People watched me training in the park and asked how they could get their dogs to do the same, so I set up classes and the business was born."

"Heelwork To Music is popular because of the relationship that shines through when a handler and dog perform together. People like teaching their dogs tricks."

"I've taught all over the UK and seeing people getting a connection with their dog gives me a buzz. I am a Kennel Club-accredited instructor at Advanced level and I am also an Association of Pet Dog Trainers Member, so there are plenty of qualifications you can work towards."

"If you love dogs and people and can help them to connect, you should consider a job working with dogs."

THE Sun Classified

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As we all know, the first ever depiction of St George and the Dragon on the Sovereign was designed by Benedetto Pistrucci, and to honour his legacy, we have engaged his great, great, great niece, Angela Pistrucci to design a wonderful, modern-day variation of the much loved legend.

Angela is an acclaimed artist and sculptor in her own right and has subsequently reached back through history to produce an extraordinary image that takes your breath away.

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GOING: STANDARD

5.30 FILLIES HANDICAP (Class 5); winner £3,429; 7f. (6 runners)

- (1) 513 DANCING RAVE 35 (P;D) D O'Meara 4-9-7. D Nolan
- (2) 3-67 I LOVE YOU BABY 39 (CD) M Appleby 4-9-3 L Morris
- (3) 7-77 REPONSE EXACTE 18 (H) J Mackie 4-9-2 B McHugh
- (4) 221 SONNET ROSE 9 (B,T;D) C Allen 6-9-2(5ex) W Carver (5)
- (5) 0-48 JAVELIN 44 (B;CD) W Muir 5-9-1. B Curtis
- (6) 256 SHAMAMEYA 34 D M Simcock 4-8-13 ... S Donohoe Shamameya ● 99, I Love You Baby 98, Javelin 97.

6.00 HANDICAP (6); winner £2,782; 7f. (12 runners)

- (1) 5-63 DERRY BOY 18 (B) P Evans 4-9-7. R Ryan
- (2) 553 ZEBULON 20 R Carr 6-9-7. JP Sullivan
- (3) 4-07 LATENT HEAT 9 A Carroll 4-9-6. B Curtis
- (4) 2167 ROBDELIGHT 15 (V;D) G Kelleway 5-9-6 T Eley (5)
- (5) 0-09 STREET POET 29 (P,T;CD) M Herrington 7-9-6. T Eaves
- (6) 027 KENTUCKY KINGDOM 78 H Evans 4-9-5 D Costello
- (7) 29-6 ALL RIGHT 14 D P Quinn 4-9-4. L Morris
- (8) 17-8 DECONSO 28 (CD) C Kellett 4-9-4. F Norton
- (9) 4-77 ISHEBAYORGREY 21 (H;CD) I Jardine 8-9-0. P Mulrennan
- (10) 80-2 AMELIA R 35 R Crags 4-8-12. P Muir (5)
- (11) 00-4 KING CITRIC 47 M Loughnane 5-8-10. H Doyle
- (12) 882 HANATI 42 (P,T;C) B Ellison 4-8-8. B Robinson Latent Heat ● 99, Amelia R 98, Hanati 97.

7-2 Hanati, 4 Zebulon, 5 Amelia R, 6 Derry Boy, 10 Latent Heat, 12 Kentucky Kingdom, Ishebayingrey, Robsdelight

6.30 HANDICAP (6); winner £2,782; 7f. (12 runners)

- (9) 572 CHLOELLIE 23 (BF,D) J R Jenkins 5-9-7 L Edmunds
- (12) 456 RED BRAVO 53 (D) M Loughnane 4-9-7. B McHugh
- (1) 1640 KODILINE 9 (B;CD) P Evans 6-9-6. R Ryan
- (7) 3-94 SWINGING EDDIE 20 G Tuer 4-9-6. S James
- (10) 4-07 SCORCHED BREATH 20 (P;T) R Menzies 4-9-5. S Donohoe
- (8) 0-28 CHETAN 42 (D) A Carroll 8-9-4. B Curtis
- (2) 8-13 BRIGAND 57 (D) J Butler 5-9-4. D Keenan (3)
- (4) 0-01 FALSE ID 43 (CD) R Thompson 7-9-1. D Costello
- (3) 2125 WATHEER 7 (P;CD) R Fell 5-8-13. C Rodriguez
- (5) 4546 AIR OF YORK 24 (P;CD) G Harris 8-8-11. L Morris
- (11) 410 SYPHONY 204 J Unett 4-8-9. H Doyle
- (12) 5058 DODGY BOB 35 (V;D) M Mullineaux 7-8-8. P Dennis Watheer ● 99, Scorched Breath 98, Chetan 97.

7-2 Swinging Eddie, 4 Chloellie, 5 Brigand, 7 Watheer, 8 Red Bravo, 10 Scorched Breath, Chetan, 12 Kodiline

7.00 NOVICE STAKES (5); winner £3,429; 1m 1f. (6 runners)

- (5) 1 FAIR STAR 32 (CD) B Ellison 4-9-9. B Robinson EDWIN HILL A Brown 4-9-2. D Keenan (3)
- (3) 34-3 HILL HOLLOW 41 D M Simcock 4-9-2. C Shepherd
- (2) 78- KHAZAF 333 R Carr 5-9-2. JP Sullivan
- (1) 6- COURTEVA 30 S Drinkwater 5-8-11. H Doyle
- (4) 3 SILENT WITNESS 27 (T;E) Walker 4-8-11 L Morris Hill Hollow ● 99, Fair Star 94, Silent Witness 85.

7.30 HANDICAP (6); winner £2,782; 1m 1f 104yds. (11 runners)

- (9) 902- GUVENOR'S CHOICE 125 (CD) G Tuer 5-9-9. S James
- (8) 346- KINGS ROYAL HUSSAR 52 A King 4-9-8. M Harley
- (3) 6153 AL OZZDI 14 (C) R Fell 5-9-7. B Curtis
- (5) 6-56 ROLLER 14 (P;CD) M Loughnane 7-9-7. D Costello
- (4) 1-57 ICONIC CODE 11 (P) K Dalgleish 5-9-7. B Sanderson (3)
- (10) 7-19 BEATBYBEATBYBEAT 11 (V;CD) A Brittain 7-9-6. H Russell (7)
- (7) 0-91 DAAFR 14 (CD) A Brittain 4-9-6. C Hardie
- (11) 4537 JOUVERT 29 (H) P Evans 4-9-5. C Lee
- (6) 8-70 THE GAME OF LIFE 29 M Herrington 5-9-5. T Eaves
- (12) 233 THUNDERAD 28 (BF) A Carroll 4-9-0. J Doyle
- (1) 700 CORAL QUEEN 49 (P) R Crags 9-8-8. P Muir (5) Kings Royal Hussar ● 99, Al Ozzdi 98, Beatbybeatbybeat 97.

3 Daafr, 7-2 Al Ozzdi, 6 Thunderad, 7 Kings Royal Hussar, 8 Roller, 10 Guvenor's Choice, Beatbybeatbybeat

LONG SHOT OF THE DAY

FREEDELIVERY (3.25 Ffos Las) won well on his last run around here and has come quickly down the weights.

RACING RESULTS

■TODAY'S jumps cards at Sandown and Leicester were abandoned due to waterlogging. Tomorrow's Imperial Cup at Sandown is subject to a midday inspection today.

CARLISLE

2.15: 1 ECHO EXPRESS Mr L Hodgins (8-1); 2 Barnay (11-4 jfav); 3 The Pine Martin (11-4 jfav), 8 ran. 7/4; 7L N Richards. T: £15.20; £3.10, £2.10, £1.40. Ex: £43.70. Trifecta: £71.71. Trifecta: £212.30. CF: £28.90.

2.50: 1 MANETTI Lucy Alexander (8-1); 2 Upton Harry (6-4 fav); 3 Etilla De Sivola (7-2), 4 ran. 2/4; 3/4. N Alexander. T: £14.80. Ex: £20.30. Trifecta: £74.60. CF: £20.45.

3.25: 1 SKIDAW TARA R Day (12-1); 2 Glittering Love (13-2); 3 First Account (4-6 fav), 4 ran. 2/4; 6L N Richards. T: £12.40. Ex: £23.40. Trifecta: £63.40. CF: £62.38.

4.00: 1 UP HELLY AA KING G Cockburn (7-2); 2 Real Armani (evens fav); 3 Divine Port (20-1), 6 ran. 6/4; 27L N Alexander. T: £3.80. Ex: £1.60, £1.20. Ex: £9.50. Trif: £51.10. CF: £7.38.

4.35: 1 CRACKING DESTINY C Bewley (6-5 jfav); 2 Mint Condition (6-5 jfav); 3 Shaws Bridge (4-1), 8 ran. 1/4; 17L A Whillans. T: £2; £1.10, £1.10, £1.10. Ex: £2.70. Trif: £6.10. CF: £3.15.

5.10: 1 RIPSTICK C O'Farrell (5-1); 2 Skipping On (10-3); 3 Charlie Snow Angel (14-1), 6 ran (Mah Meta Bob 2-1 fav); 2/4; 1/4. J Walton. T: £5.80; £2.30, £2.50. Ex: £21.60. Trifecta: £126.80. CF: £20.81.

5.45: 1 LANTY SLEA R Day (5-4); 2 Honda Fifty (4-5 fav); 3 The Gap (20-1), 3 ran. 38L N Richards. T: £1.90; £2.40. Trifecta: £2.40. CF: £2.55. NR: Grumpy Mcgrumpface. PLACEPOT: £322 QUADPOT: £52.80

SOUTHWELL

2.00: 1 RED JASPER B Curtis (10-1); 2 Light Lily (8-11 fav); 3 Rulers Kingdom (7-1), 6 ran. 1/4; 11. M Appleby. T: £15.40; £4.10, £1.10. Ex: £24. Trifecta: £96.90. CF: £17.70.

2.35: 1 SHOOT TO WIN D Fentiman (7-1); 2 Mesmeric (5-2 fav); 3 Dande (4-1), 12 ran. 2/4; 4/4. T Easterby. T: £7.50; £2.10, £1.90. Ex: £22.60. Trifecta: £92.86. CF: £22.86.

WINCANTON

1.50: 1 BORN IN BORRIS H Cobden (11-2); 2 Hollymount Holly (5-6 fav); 3 Little River Bay (8-1), 13 ran. 1/4; 7L C Tizzard. T: £6.10; £2.20, £1.10, £2.70. Ex: £19.10. Trifecta: £39.20. CF: £11.07. NR: Akardashian, Just Tara.

2.25: 1 BUCKHORN GEORGE Jonjo O'Neill Jr. (10-1); 2 Mickey Buckman (11-2); 3 Call Simon (16-1), 12 ran (Sending Love 10-11 fav), shd; 12L C Tizzard. T: £13.80; £1.70, £1.40, £3.50. Ex: £40.60. Trif: £342.70. CF: £64.85.

3.00: 1 GOODGIRLTERESA Mr J Newman (16-1); 2 No No Tonic (7-1); 3 Streets Of Fire (16-1); 4 En Coeur (40-1), 17 ran (Dr Oakley 11-10 fav), 7/4; 1/4; 22L Kayley Woolcott. T: £25.80; £3.40, £1.60, £3.30, £14.40. Ex: £168.40. Trif: £1883.41. Trif: £1430.60. CF: £125.32. NR: Espressino.

3.35: 1 PUTDECASHONTHEDASH T Bellamy (9-4 fav); 2 Hit The Highway (15-2); 3 Mr Magill (9-1), 11 ran. 5/4; 4/4. K Burke. T: £2.70; £1.40, £2.30, £2.80. Ex: £22.10. Trifecta: £129.44. Trif: £289.20. CF: £19.76. NR: Deewhy.

4.10: 1 EARTH MOOR R Johnson (4-1); 2 Collooney (6-1); 3 Darsi In The Park (7-1), 11 ran (Midnight Midge 7-2 fav), 6/4; 3/4. P Hobbs. T: £4.30;

EACH-WAY THIEF

NICKNAME EXIT (3.55 Ffos Las) is at home in the mud and champ Richard Johnson is up for the first time. Have an ew double with **CLONDAW WESTIE** (5.00 Ffos Las). His good run in heavy at Leicester proves he still has a race in him.

TEMPLEGATE

- 5.30Sonnet Rose
- 6.00Latent Heat
- 6.30Brigand
- 7.00Fair Star
- 7.30Thunderad
- 8.00Charlie D (nb)
- 8.30One One Seven

TOM PEPPER

- 5.30Dancing Rave
- 6.00Zebulon
- 6.30Kodiline
- 7.00Silent Witness
- 7.30Daafr
- 8.00Charlie D
- 8.30Arzaak

■TIC-TAC: L-H tight Tapeta track of 1m, with a 330yd run-in. ■DRAW: Little effect. ■LEADING TRAINERS (2015-2020): P Evans 80-691, M Appleby 63-639, T Dascombe 62-412, M Loughnane 58-663. THIS SEASON: A Carroll 10, A Brittain 7. ■TOP JOCKEYS (2015-2020): L Morris 154-1257, M Harley 55-332, S Donohoe 54-441, F Norton 45-402. THIS SEASON: B Curtis 12, L Morris 10. ■LONGEST TRAVELLER: Iconic Code (7.30), Round trip of 542 miles. ■FIRST RUN SINCE WIND OP: Kentucky Kingdom (6.00). ■LIVE ON SKY SPORTS RACING

8.00 HANDICAP (4); winner £5,208; 1m 6f. (8 runners)

- (7) 2-41 CHARLIE D 6 (P,T;C,D) T Dascombe 5-10-1(5ex). L Morris
- (3) 7-23 FEARLESS WARRIOR 34 (H) E J Houghton 4-9-6. G Doble (5)
- (8) 319- BLUE MEDICI 69 (C) M Loughnane 6-9-6. H Doyle
- (4) 68-9 NEVER SURRENDER 34 J Butler 6-9-2 D Keenan (3)
- (5) 08-1 GLAN Y GORS 16 (T) D Thompson 8-8-13. C Lee
- (5) 715 RUNNING CLOUD 30 (H;CD) M Loughnane 5-8-13. D Costello
- (2) 621 HOOFLEPUFF 27 (B;C) B Ellison 4-8-10. B Curtis
- (1) 78-4 ZABEEL STAR 14 (C) K McLintock 8-8-9. Doubtful Hooflepuff ● 99, Blue Medici 98, Fearless Warrior 97.

2 Charlie D, 7-2 Hooflepuff, 6 Fearless Warrior, Glan Y Gors

Sun Racing FORM

CHARLIE D (10-0) 9-4 made all, clear 2f out, ridden 1f out, stayed on strongly, unchallenged, bt Harbour Front (9-2) 2/4 (7 ran) (Southwell 1/4m hcup (4) £5,208 AW). FEARLESS WARRIOR (8-9) 3-1 tracked leaders, effort 2f out, led 1f out, headed run-in, kept on, 3rd of 11 (btn 7/4) to All Yours (9-7) (Kempton 2m hcup (3) £9,338 AW). BLUE MEDICI (9-3) 9-1 9th of 15 (btn 6/4) to Pirate King (9-5) (Lingfield 1/4m hcup (4) £5,208 AW). NEVER SURRENDER (9-5) 20-1 prominent 2f, held up, outpaced 2f out, ridden, 9th of 10 (btn 7/4) to Olympic Conqueror (9-2) (Kempton 1/4m hcup (5) £3,752 AW). GLAN Y GORS (9-12) 11-1 led 1f out, ran on, bt Archive (9-5) 7/4 (7 ran) (Newcastle 1/4m hcup (5) £5,072 AW). RUNNING CLOUD (9-9) 7-2 led 5f out, headed and edged left 1f out, weakened, 5th of 9 (btn 3/4) to Political Policy (9-9) (W'hampton 1/4m hcup (5) £3,429 AW). HOOFLEPUFF (9-2) 10-3 led 1f out, bt Central City (9-9) 1/4 (9 ran) (W'hampton 1/4m hcup (5) £3,429 AW). ZABEEL STAR (9-1) 18-1 held, 4th of 11 (btn 8/4) to ice Pyramid (9-12) (Newcastle 1/4m hcup (5) £3,429 AW).

8.30 HANDICAP (6); winner £2,782; 5f. (11 runners)

- (5) 3452 IT MUST BE FAITH 15 (V;C,D) M Appleby 10-9-7 E Parkinson (7)
- (1) 780- KRYSTALLITE 339 (P;CD) S Dixon 7-9-7 J Fisher (5)
- (2) 15-0 SEPAHI 57 (P;C,D) S L Keightley 4-9-7. J Gordon
- (4) 4-52 ARZAAK 9 (B;D) C Wallis 6-9-5. L Edmunds
- (7) 097 ARSAAF 28 (H;CD) M Wigham 5-9-5. F Norton
- (6) 7553 SOLAR PARK 15 (V;C) M Attwater 4-9-3. L Morris
- (4) 1-66 ONE ONE SEVEN 20 (CD) A Brittain 4-9-1. C Hardie
- (10) 226 OUR MAN IN HAVANA 18 (CD) A Carroll 5-9-0. B Curtis
- (11) 0846 DAZACAM 6 (CD) S Barclay 6-8-13. D Costello
- (8) 426 INDEPENDENCE 24 (BF,CD) C Barham 7-8-12. J Haynes
- (13) 715 RED ALLURE 25 (B;CD) M Mullineaux 5-9-9. B McHugh Sepahi ● 99, Arzaak 98, Awsaaf 97.

3 Arzaak, 4 It Must Be Faith, 6 Dazacam, Our Man In Havana

NEWCASTLE

4.55: 1 DARK HEART P J McDonald (1-3 fav); 2 Agreed (9-4); 3 Chenille (66-1), 4 ran. 4/1; 15L M Johnston. T: £1.40. Ex: £1.50. Trif: £1.70. CF: £1.35.

5.30: 1 STREET LIFE Connor Murtagh (10-11 fav); 2 Superiory (7-1); 3 Comeatshoo (3-1), 6 ran. 2/4; 7/4. R Fahey. T: £1.90; £1.30, £1.80. Ex: £8. Trifecta: £19.10. CF: £8.36.

6.00: 1 TATHMEEN C Hardie (5-1); 2 Young Tiger (8-1); 3 Foxy Forever (9-1), 8 ran (Jonboy 2-1 fav), 2/4; 7/4. A Brittain. T: £6.60; £1.70, £3.20. Ex: £43.50. Trif: £353.18. Trif: £434.50. CF: £44.78. NR: Aloysius Lilius.

6.30: 1 EQUIANO SPRINGS JP Sullivan (6-1); 2 Mia Mento (11-4); 3 Glenamoy Lad (7-2), 7 ran (I Know How 5-2 fav), 7/4; 2L T Tate. T: £6.50; £2.60, £2.20. Ex: £21.20. Trif: £65.99. Trif: £111.40. CF: £22.51. NR: Insurplus.

7.00: 1 HARRY GEORGE B Robinson (5-2 jfav); 2 Mango Chutney (3-1); 3 Perfect Soldier (14-1), 8 ran (Hunters Step 5-2 jfav), 1/4; h d. B Ellison. T: £3.10; £1.10, £1.40, £3.90. Ex: £7.30. Trif: £86.04. Trif: £100.50. CF: £10.51. NR: Dancing Speed, Margaret J.

7.30: 1 PERUVIAN SUMMER J Mitchell (9-1); 2 Ayr Poet (20-1); 3 Don't Be Surprised (11-4 fav), 9 ran. 1/4; 7/4. Kevin Frost. T: £11; £3.50, £5.20, £1.20. Ex: £22.10. Trifecta: £625.81. Trif: £1399.40. CF: £166.52.

8.00: 1 CLASS CLOWN P Dennis (6-1); 2 Velma (7-1); 3 Gweodre (12-1), 11 ran (Got The T Shirt 5-2 fav), h d; 7/4. T D Barron. T: £6; £2.40, £2.20, £3.40. Ex: £42.40. Trif: £503.77. Trif: £504.10. CF: £48.77.

8.30: 1 LONGROOM G Lee (7-2 fav); 2 Marietta Robusti (20-1); 3 Van Gerwen (12-1), 11 ran. 7/4; 4/4. P Midgley. T: £4.80; £2.60, £4.80. Ex: £101.70. Trifecta: £787.12. Trifecta: £1155.20. CF: £83.19.

PLACEPOT: £83.80 Q/POT: £49.60

2GM

CHELTENHAM COUNTDOWN 4 DAYS TO GO

SWEATIN' 'N BETTIN'

By TOM PEPPER

CHELTENHAM bosses and bookies are in a sweat as they wait on the Government to hear if the Festival will go ahead.

Boris Johnson has said it should be 'business as usual' – but the next level of precautions to limit the spread of coronavirus, called the 'delay stage', are thought to be imminent.

One measure in that delay stage could include the cancellation of big sporting events – and there are few bigger than the Cheltenham Festival.

Another increase in virus cases has led Cheltenham officials to announce new plans to be put in place for the Festival, which will

Track chiefs and bookies still in a Festival lather

mean more wash basins and toilets at the course and readily-available hand sanitisers.

They have also appealed to racegoers **NOT** to travel if they have a high temperature, cough or breathing issues.

The standard high-risk list of countries released by the Government has been highlighted.

A public health notice released

by Cheltenham said: "Do not travel to the Festival if you have any of the following symptoms: A cough, high temperature or shortness of breath and if you have been to or through any high-risk country in the last 14 days.

"To protect yourself and others, please don't travel.

"The measures are being taken to safeguard everyone's well-being." The

cost to racing, hotel, pub and betting industries would be in the region of £800million if the four-day meeting was called off.

A bookmaking insider said: "To lose the Festival would be a disaster."

There are also fears more rain on the opening day will turn the ground heavy.

That would suit horses like **Cornerstone Lad** (left) who ploughed through mud to KO Buveur D'Air in the Fighting Fifth and is 33-1.

The rain could prompt Gordon Elliott to switch **Envoi Allen** from the Ballymore to the shorter Supreme Novices' Hurdle.

He said: "There's every possibility I'll switch him to the Supreme. The rain is a big worry. I'll walk the track on Sunday morning but I don't think he wants a slog over 2m5f."



CHELMSFORD

2.00 TOTEPLACEPOT FIRST BET OF THE DAY CLASSIFIED STAKES (Class 6); winner £3,170; 1m 2f. (8 runners)

- (4) 463629 CARVELAS 8 (P;CD) J R Jenkins 11-9-0. David Probert 95
- (2) 750-838 HARD TOFFEE 8 (CD) L Allan 9-9-0. Shane Kelly 94
- (3) 4304643 N OVER J 29 M Appleby 5-9-0. George Rooke (5) 93
- (7) 0900-32 OFFICER DRIVEL 13 (H;V) S Best 9-9-0. Dougie Costello 98
- (6) 700-093 PAGEANT MASTER 11 (T,V) M Appleby 4-9-0. Raul Da Silva 72
- (8) 108880- ROCKSETTE 150 (P;D) A West 6-9-0. Robert Havlin 91
- (3) 80/0-8 SEA SISTER 14 O Murphy 4-9-0. Grace McEntee (5) 78
- (1) 27-1774 TELEKINETIC 11 A Carroll 5-9-0. Tom Marquand ● 99

BETTING: 2 N Over J, 11-4 Officer Drivel, 11-2 Telekinetic, 6 Carvelas, 10 Pageant Master, 12 Hard Toffee, 20 Sea Sister, 25 Rocksette

WHERE FAVOURITES FINISHED AND 2019: No corresponding meeting.

Sun Racing FORM

CARVELAS (9-2) 7-1 weakened, 9th of 12 to Aleatoric (9-0) (Chelmsford 1m 5f classified (6) £2,846 AW). HARD TOFFEE (9-4) 20-1 held up, never dangerous, 8th of 12 (btn 13) to Bird To Love (8-11) (Chelmsford 1/4m hcup (6) £2,846 AW). N OVER J (9-8) 6-1 bumped start, not much room 2f out, stayed on final furlong, 3rd of 11 (btn 2/4) to Dazzling Darren (8-0) (Chelmsford 1/4m classified (6) £2,846 AW). OFFICER DRIVEL (9-0) 9-2 led 7f out, headed final furlong, 7/4 by New-

2.35 GOOD FRIDAY SPRING COUNTRY FAIR MAIDEN FILLIES' STAKES (5); £4,140; 1m 2f. (7 runners)

- (1) 2 FESTIVE LOVE 34 M Bell 3-8-7. Hayley Turner 97
- (2) 7- LAKE LUCERNE 85 J Gosden 3-8-7. Martin Dwyer 70
- (4) MARGUERITEDEVALOIS J Gosden 3-8-7. Kieran O'Neill ●
- (5) 8-MAXIMIZE 85 P Chapple-Hyam 3-8-7. Nicola Currie 72
- (7) MY GIRL MAGGIE M Johnston 3-8-7. Joe Fanning ●
- (6) 4-RUBY SHIELD 202 R Fahey 3-8-7. Sean Davis (3) 84
- (3) 2 SCHERZO 20 R Fahey 3-8-7. Callum Shepherd ● 99

BETTING: 2 Festive Love, 5-2 Scherzo, 3 Margueritevalois, 10 My Girl Maggie

Sun Racing FORM

FESTIVE LOVE (8-9) 3-1 kept on final furlong, not quite reach winner, btn 7/4 by No Nay Bella (8-9) (14 ran) (Kempton 1m nov (5) £3,881 AW). LAKE LUCERNE (9-0) 14-1 7th of 12 (btn 13) to Indie Angel (9-0) MAXIMIZE (9-0) 33-1 8th (btn 14) (Chelmsford 1m nov (4) £5,531 AW). RUBY SHIELD (9-0) 9-1 rear, late headway to go 4th over 1f out, 4th of 7 (btn 9/4) to Alpen Rose (9-0) (Doncaster 1m mdn (5) £3,429 soft).

3.10 PETER ANDRE LADIES' DAY HANDICAP (6); value to the winner £3,170; 6f. (11 runners)

- (10) 270-733 BROUGHTON EXCELS 9 (BF;CD) S C Williams 5-9-9. Hayley Turner 97
- (2) 5/33-65 TOMSHALFBROTHER 15 R Cowell 4-9-9. Tom Marquand 94
- (6) 7000-11 KRAZY PAVING 24 (B;CD) O Murphy 8-9-7. Grace McEntee (5) 98
- (4) 446512 MAID MILLIE 8 (P;D) J Chapple-Hyam 4-9-6. Stefano Cherchi (7) 97
- (1) 746-626 VINCENTO COCCOTTI 14 (P;C,D) P Chamings 8-9-5. Hector Crouch 97
- (11) 613033 DEEDS NOT WORDS 11 (P;CD) R Brisland 9-9-4. George Rooke (5) 94
- (7) 897-233 INDIAN AFFAIR 10 (T;D) C Wallis 10-8-13. William Carson 98
- (8) 590-296 REBECKE 24 L Mongan 4-8-12. Daniel Muscutt ● 99
- (9) 347-595 WILD FLOWER 24 (B;C,D) L McLantern 8-8-12. Kieran O'Neill 87
- (4) 984-465 ALASKAN BAY 36 R Guest 5-8-12. Rob Hornby 97
- (13) 8208-96 ISLAY MIST 10 (B) L Carter 4-8-12. Gavin Ashton (7) 85

BETTING: 11-4 Krazy Paving, 3 Broughton Excels, 7 Maid Millie, 8 Indian Affair, 10 Vincenzo Coccotti, Tomshalfbrother, Alaskan Bay, 14 Deeds Not Words

Sun Racing FORM

BROUGHTON EXCELS (9-5) 4-1 fav handy, stayed on closing stages, 3rd of 11 (btn 1/4) to Englishman (9-5) (Kempton 6f hcup (6) £3,105 AW). TOMSHALFBROTHER (9-12) 7-1 held, 5th of 6 (5) to Kath's Lustre (9-4) (Chelmsford 5f hcup (6) £2,846 AW). KRAZY PAVING (8-11) 15-8 fav led over 1f out, stayed on, bt Watheer (9-0) nk INDIAN AFFAIR (9-0) 4-1 held up, headway 1f out, ran on, 3rd (btn 2/4) WILD FLOWER (9-0) 20-1 one pace, 5th (btn 3/4) REBECKE (9-0) 25-1 6th (3/4) (9 ran) (Chelmsford 6f classified (6) £3,493 AW). MAID MILLIE (8-6) 7-2 rear,

FFOS LAS JUMPERS

2.15 BRITISH STALLION STUDS EBF MARES' NH NOVICES' HURDLE (Class 4); winner £3,769; 2m 4f. (5 runners)

1	7-18122	MARTHA BRAE 14 (P*)	W Greatrex 5-11-4	Adrian Heskin	099
2	67-6P6	APPLE BANK 36 P	Bowen 6-10-12	James Bowen	73
3	35-1242	LEGENDS RYDE 15 (T,B,F)	J Snowden 5-10-12	Gavin Sheehan	96
4	62P	MISS JEANNE MOON 15 N	Mulholland 6-10-12	Robbie Dunne	81
5	8-33352	PRECIOUS ELEANOR 29 H	Daly 5-10-12	Richard Johnson	94

BETTING: 4-5 Martha Brae, 15-8 Legends Ryde, 13-2 Precious Eleanor
WHERE FAVOURITES FINISHED and 2019: No corresponding meeting.

Sun Racing FORM

MARTHA BRAE (11-4) 2-1 led until last, one pace, btm 3/4 by White-hotchillifili (1-4) (9 ran) (Exeter 2m 1f nov hdlc (4) £3,549 heavy).

APPLE BANK (10-3) 100-1 prominent until weakened 7th, tailed off, 6th of 7 (well btm) to Pileon (11-8) (Ffos Las 2 1/2m nov hdlc (4) £3,899 heavy).

LEGENDS RYDE (11-2) 5-2 jf pushed along in 3rd 2 out, kept on, btm 1 1/4 by Miss Honey Ryder (11-2) MISS JEANNE MOON (11-2) 14-1

2.50 WYNNEYS BIRTHDAY BOX MARES' NOVICES' HCAP CHASE (4); winner £4,289; 2m 3f. (7 runners)

1	83-33U1	MASSINI'S DREAM 43 C	Williams 9-12-7	Jack Tudor	(5) 98
2	245-633	ARIAN 27 (P,T)	J Flint 8-12-6	Robbie Dunne	97
3	6545P11	MISS ZIP 15 (B)	E Williams 7-11-12	Adam Wedge	98
4	753-669	BEE CROSSING 49 (P)	M Scudamore 9-11-9	Tom Scudamore	90
5	56533P	MADERA MIST 50 T	Vaughan 6-11-8	Alan Johns	99
6	1/44-75	KAPGA DE LILY 10 (BF)	V Williams 7-11-7	Charlie Deutsch	92
7	68PU706	LEAVE MY ALONE 22 (T)	R Ford 7-10-8	Richie McLernon	85

BETTING: 15-8 Miss Zip, 5-2 Massini's Dream, 11-2 Arian, 13-2 Kappa De Lily

Sun Racing FORM

MASSINI'S DREAM (11-8) 4-1 headway 6th, led last, but very intense (11-6) 1/4 (8 ran) (Fakenham 2m 7f cond hcap hdlc (5) £4,265 good to soft).

ARIAN (11-5) 10-3 chased leader until 4 out, faded, 3rd of 7 (btm 15) to Destined To Shine (11-8) (Uttoxeter 2m nov hcap ch (4) £4,289 heavy).

MISS ZIP (11-1) 7-2 in touch, ridden 2 out, led last, held on, but Clondaw Fiker (9-11) 2l (7 ran) (Sedgefield 2m 5f nov hcap ch (4) £4,289 heavy).

BEE CROSSING (11-12) 10-1 every chance, faded, 9th of 12 (btm 32) to Kingstom Mimosa (9-9) (Chepstow

handy, weakened quickly and pulled up 2 out (15 ran) (Huntingdon 2m 5f mdn hdlc (4) £4,224 heavy).

MISS JEANNE MOON pulled up latest, earlier (10-5) 25-1 effort 3 out, ridden last, ran on, btm 8l by Normandy Soldier (10-5) (16 ran) (Hereford 2 1/2m nov hdlc (4) £4,159 soft).

PRECIOUS ELEANOR (11-11) 8-1 driven 2 out, ran on, btm 1 1/4 by Geta-way Mag (11-9) (16 ran) (Doncaster 2m 3f hcap hdlc (4) £3,769 good).

2m 3f hcap ch (5) £2,989 heavy). MADERA MIST pulled up latest, earlier (11-1) 8-1 two lengths down when left in lead and hampered 2 out, headed last, plugged on, 3rd of 10 (btm 5l) to Sigurd (10-3) (Wetherby 3m nov hcap ch (4) £4,614 soft). KAPGA DE LILY (11-5) 4-1 jf fav every chance, held, 5th of 10 (btm 27l) to Talkingpicturestv (10-3) (Catterick 2m 3f hcap hdlc (5) £3,369 heavy). LEAVE MY ALONE (10-8) 33-1 kept on one pace, 6th of 9 (well btm) to Cavalry Scout (10-2) (Leicester 2 1/2m nov hcap ch (4) £4,809 heavy).

3.25 MILFORD WATERFRONT NOVICES' HCAP HURDLE (5); value to the winner £2,859; 2m. (11 runners)

1	F-15950	ANOTHER TUOCO 28 (P*)	W Greatrex 7-12-1	Richard Johnson	84
2	29-6777	FRAU GEORGIA 33 (T)	N Mulholland 6-11-12	Tom Scudamore	91
3	066	KERB LINE 45 J	Scott 7-11-11	Nick Schofield	80
4	-207010	FREEDELIVERY 50 (CD)	T Vaughan 6-11-9	Alan Johns	98
5	767	TWPSYN F9 (V)	P Evans 4-11-7	James Davies	88
6	4/442P	BIG CHIP AND PIN 32 (BF)	C Williams 8-11-7	Jack Tudor	(5) 82
7	4234F2	VANDERBILT 62 (B,H)	M Gillard 6-11-7	Theo Gillard	(7) 99
8	439-70P	KHANISARI 36 (T*)	E Williams 6-11-4	Conor Ring	(3) 92
9	67P0	ARCTIC SNOW 57 (T)	E Williams 4-11-1	Adam Wedge	82
10	5026853	TIMASSINI 59 (P)	E Williams 5-11-0	Isabel Williams	(7) 96
11	056PP	FINVARRA 41 (H,T)	E Williams 5-10-13	Mitchell Bastyan	(5) 81

BETTING: 5-2 Vanderbilt, 5 Timassini, 11-2 Big Chip And Pin, 7 Twpsyn, 8 Kerb Line, Frau Georgia, Another Tucco, 14 Freedelivery

Sun Racing FORM

ANOTHER TUOCO (11-8) 10-1 led 5th until next, handy, weakened 2 out, 15th of 16 (well btm) to Imperial Elysian (11-8) (Kempton 2m 5f hcap hdlc (4) £4,094 good to soft).

FRAU GEORGIA (11-0) 66-1 always rear, never on terms, 7th of 9 (well btm) to Vienna Court (11-5) (Taunton 2m nov hdlc (3) £7,083 soft).

KERB LINE (11-4) 33-1 held up rear, plugged on run-in, 6th of 16 (btm 18l) to Gustavian (11-4) (Exeter 2m 1f mdn hdlc (4) £4,094 heavy).

FREEDELIVERY (10-8) 25-1 held up, pushed along 5 out, reminders 4 out, 11th of 12 (well btm) to Strong Glance (11-12) (Market Rasen 2m 3f cond hcap hdlc (4) £6,498 soft).

TWPSYN (10-7) 33-1 faded, 7th of 12 (btm 37l) to Allart (11-4) (Ludlow 2m nov hdlc (4) £4,224 soft).

BIG CHIP AND PIN pulled up latest, earlier (11-5) 7-1 headway 3 out, every chance, btm 3/4 by Espalion (11-6) (15 ran) (Chepstow 2m 3f nov hcap hdlc (5) £3,119 good to soft).

VANDERBILT (10-9) 15-2 headway 3 out, kept on, btm 2/4 by Itsonlyrock-roll (12-0) (16 ran) (Wincanton 1m 7f hcap hdlc (4) £4,874 soft).

KHANISARI pulled up latest, earlier (10-12) 40-1 1st of 11 (btm 45l) to Knight Destroyer (11-8) (Taunton 2m hcap hdlc (4) £4,809 heavy).

TIMASSINI (10-8) 6-1 held up, headway 3 out, ridden last, 3rd of 13 (btm 16l) to Minnie Escape (10-12) (Taunton 2m hcap hdlc (5) £4,159 soft).

BOX CLEVER

■ **TRAINERTRACE:** CHELMSFORD 3.10 Rebecke L Carter to L Mongan. FFOS LAS 5.00 More Buck's P Bowen to M Bowen, 5.00 Sir Mangan D Skelton to A Hill. WOLVERHAMPTON 6.00 King Citric F Birrane to M Loughnane, 6.30 False Id F Watson to R Thompson, 6.30 Red Bravo C Hills to M Loughnane. ■ **HOT TRAINERS:** A Britain 7 winners from 15 runners; H Daly 3 from 8; O Murphy 4 from 17; J Gooden 4 from 16. ■ **HOT JOCKEYS:** C Hardie 9 winners from 22 rides; D Nolan 4 from 10; R Johnson 4 from 13; G Rooke 8 from 22; T Marguard 7 from 28. ■ **COLD TRAINERS:** D P Quinn 4 from 10. ■ **COLD JOCKEYS:** J Gordon 74; M Harley 53. ■ **WOLVERHAMPTON:** J Gormley rides Zabeel Star (8.00) for K McLintock, 10 winners from 35 rides, 29%. FFOS LAS R Johnson rides Nickname Exit (3.55) for H Oliver, 8 from 28, 29%. CHELMSFORD J Hart rides Papa Stour (4.45) for S C Williams, 4 from 9, 44%. H Turner rides Broughton Excels (3.10) for S C Williams, 13 from 48, 27%.

ABC CHECK: C-Chelmsford, F-Ffos Las, W-Wolverhampton

Air Of York 6.30W	Bob Ford 5.00F	De Little Engine 3.40C	Heavenly Promise 3.55F	Kings Royal Hussar 7.30W	More Buck's 5.00F	Robbsdelight 6.00W	Swinging Eddie 6.30W
Al Asel 3.40C	Brigand 6.30W	Decomo 6.00W	Hedgeinator 3.55F	Kodiline 6.30W	Mount Wellington 3.40C	Rockett 2.00C	Swiss 3.40C
Al Ozdi 7.30W	Broughton Excels 3.10C	Deeds Not Words 3.10C	Hill Hollow 7.00W	Krazy Paving 3.10C	My Girl Maggie 2.35C	Roller 7.30W	Symphony 6.30W
Alaskan Bay 3.10C	Bullington Boy 4.45C	Definitely Vinnie 3.55F	Hoopfullup 8.00W	Krystallite 8.30W	N Over J 2.00C	Royal Dynasty 3.40C	Telekinetic 2.00C
All Right 6.00W	Call Me Sid 4.30F	Derry Bob 6.00W	I Love You Baby 5.30W	Lac Sacre 3.55F	Never Equalled 4.30F	Ruby Shield 2.35C	The Game Of Life 7.30W
Amsel 6.00W	Carvelas 2.00C	Doddy Bob 6.30W	Iconic Code 7.30W	Lake Lucerne 2.35C	Never Surrender 8.00W	Rumour Of War 8.00W	Thunderbolt 4.45F
Another Tucco 3.25F	Cavok 3.55F	Edwin Hill 7.00W	Independence Day 8.30W	Late Heat 6.00W	Nickname Exit 3.55F	Saint Dalina 4.30F	Thunderbolt 7.30W
Apple Bank 2.15F	Charmant/Rebord 4.45C	Fair Star 7.00W	Indian Affair 3.10C	Leave My Alone 2.50F	Officer Drivel 2.00C	Samphire Coast 4.45C	Timassini 3.25F
Aqua Duce 5.00F	Charlie D 6.00W	False Id 6.30W	Ishebayorgy 6.00W	Legends Ryde 2.15F	Our One Seven 8.30W	Scherzo 2.35C	Tinkers Hill Tommy 5.00F
Arctic Snow 3.25F	Chetan 6.30W	Fearless Warrior 8.00W	Islay Mist 3.10C	Long Call 4.45C	Our Man In Havana 8.30W	Scorched Breath 6.30W	Tomshalfbrother 3.10C
Arian 2.50F	Chloellie 6.30W	Festive Love 2.35C	It Must Be Faith 8.30W	Madera Mist 2.50F	Papa Stour 4.45C	Sea Sister 2.00C	Too Many Diamonds 5.00F
Arzak 8.30W	Clondaw Westie 5.00F	Finvarra 3.25F	J'ouvert 7.30W	Maid Millie 3.10C	Poucor 4.30F	Sepahi 8.30W	Torchica 4.45C
Astra Via 4.30F	Colwood 4.15C	Frau Georgia 3.25F	Jac Brown 4.30F	Margueritevalois 2.35C	Precious Eleanor 2.15F	Shamameya 5.30W	True Belief 3.40F
Awsard 8.30W	Coral Queen 7.30W	Freedeliver 3.25F	Javellin 5.30W	Martha Brae 2.15F	Pres 3.55F	Silent Witness 7.00W	Twpsyn 3.25F
Baltic Prince 3.40C	Courtsvea 7.00W	Glan Y Gors 8.00W	Kappa De Lily 2.50F	Maximize 2.35C	Red Allure 8.30W	Solar Park 8.30W	Vanderbilt 3.25F
Barntown 4.30F	Cruising Bye 3.55F	Grenadier Guard 4.15C	Kerb Line 3.25F	Miss Jeanne Moon 2.15F	Red Bravo 6.30W	Sonnet Rose 5.30W	Vexed 4.15C
Beattybeattybeat 7.30W	Cry Wolf 4.15C	Gunvor's Choice 7.30W	Khanisari 3.25F	Miss Zip 2.50F	Red Devil Star 5.00F	Steel Native 3.55F	Vincenzo Coccotti 3.10C
Big Crossing 2.50F	Dadfr 7.30W	Hard Toffee 2.00C	King Citric 6.00W	Misty Mail 3.55F	Reponse Exacte 5.30W	Street Port 6.00W	Watheer 6.30W
Big Chip And Pin 3.25F	Dancing Rave 5.30W	Havana Rocket 4.45C		Mochalov 3.40C			Wild Flower 3.10C
Blazing Tom 3.55F	Dazacam 8.30W						Zabeel Star 8.00W
Blue Medici 8.00W							Zebulon 6.00W

GREYHOUND TIPS AND RETURNS

■ **HOVE:** 10.36 Ballyreagan Socks (6-4-1) 10.51 Shoemaker Billy (1-3-2) 11.06 Boderan Chip (4-2-6) 11.21 Insane Lenny (nb) (1-6-4) 11.36 Fosbury's Jump (nap) (5-3-4) 11.52 Clairkeith Raven (2-1-3) 12.06 Badmeetswell (1-4-3) 12.21 Sizzlers Sprog (1-2-3) 12.36 Yaseco Cassini (4-5-2) 12.54 Bulletproof Azaf (2-3-4) 1.07 Dream To Night (2-4-1) 1.22 Seasons Flash (4-1-6) 1.37 Gemini Spirit (1-2-3) 1.57 Insane Cyclist (5-4-6) ■ **KINSLEY:** 11.03 Strides Kitty (1-4-6) 11.19 Grumpy Moo (2-3-4) 11.34 Footfield Nemo (1-2-5) 11.48 Popular Bowser (6-4-5) 12.04 Alpine Muse (6-4-1) 12.18 Drifting King (nb) (6-1-5) 12.33 Fenagh Blonde (6-3-1) 12.48 Millwood Jerry (2-6-4) 1.04 Kilbreedy Hulk (nap) (4-1-5) 1.19 Go Happy Go (6-5-2) 1.33 Opal (2-6-1) 1.51 Someoneyouloved (6-3-4) ■ **SWINDON:** 11.11 Ballomat (nb) (5-3-2) 11.26 Knockmehilli Jim (1-6-5) 11.41 Boherash Prevail (2-3-6) 11.56 Champ Guy Ynap (4-3-6) 12.11 Peeper Bangor (2-5-1) 12.26 Penrynne Conor (3-1-6) 12.42 Nannys Well (2-5-1) 12.57 Riverside Coral (5-6-2) 1.12 Saleen Steph (4-2-6) 1.27 Moreton Magpie (6-4-1) 1.44 Minercraft Foe (6-3-5) 1.59 Moreton Madras (2-1-3) ■ **NEWCASTLE:** 2.08 Moyer Charm (nap) (1-3-5) 2.27 Alwick Mecca (5-6-2) 2.47 Azuril Torpedo (nb) (6-3-1) 3.07 Saint Eagle (2-1-3) 3.27 El Favor (6-5-3) 3.47 Bertha Champs (2-5-5) 4.07 Waterrill Buffalo (5-4-6) 4.27 Wazokie Ranger (6-1-3) 4.46 A Bit Of Mayhem (4-6-1) 5.06 Woodburn Wahine (6-2-1) 5.22 Till Linnet (3-1-6) 5.39 Power Ahead (1-4-5) 5.56 Target Tweed (2-3-4) 6.11 Fidelity (3-5-2) ■ **CRAYFORD:** 2.12 Sweet Tooth (4-5-1) 2.32 Freely Saraffina (5-2-3) 2.52 Fake Or Fortune (5-3-4) 3.11 Out Shack (1-2-5) 3.29 Our Little Buddy (4-1-6) 3.49 Shes Total Magic (4-1-5) 4.09 Acting School (2-5-4) 4.29 Kilbreedy Tess (nap) (6-5-2) 4.48 Rogue Mustang (6-1-4) 5.08 Whats Demil Opal (nb) (2-3-1) 5.28 Paws Of Stone (5-3-1) 5.44 Clongel Gift (5-1-3) 6.02 Savana (2-5-6) 6.53 Kenton Ten (6-1-4) 9.08 Signature Callum (6-4-1) 9.26 Droopys Aofe (4-3-1) 9.41 Savana Me Daddy (5-6-1) 9.56 Swift Bullett (2-1-5) 10.13 Comeoneyoubees (1-3-5) 10.30 Slaneyside Izzy (6-3-2) ■ **NOTTINGHAM:** 6.22 Carnys Gold (2-4-1) 6.39 Act Of Kindness (nb) (2-1-4) 6.55 Frosties Emma (nap) (6-2-5) 7.09 Killata Pearl (5-3-1) 7.26 Helens Beauty (1-6-3) 7.42 Salacres Sasha

GOING: HEAVY

TEMPLEGATE

2.15	Martha Brae
2.50	Kappa De Lily
3.25	Timassini
3.55	Heavenly Promise
4.30	BARNTOWN (nap)
5.00	More Buck's

TOM PEPPER

2.15	Martha Brae
2.50	Kappa De Lily
3.25	Kerb Line
3.55	Pres
4.30	Jac Brown
5.00	Clondaw Westie

■ **TIC-TAC:** L-H course of 1m 4f. Six flights and nine fences per circuit. ■ **TOP TRAINERS** (2015-2020): E Williams 42-303, P Bowen 32-218, T Vaughan 13-127, D Hamer 12-77. THIS SEASON: T Vaughan 6, E Williams 6, P Bowen 4. ■ **TOP JOCKEYS** (2015-2020): A Wedge 33-174, T Scudamore 19-126, G Sheehan 15-62, R Johnson 13-94. THIS SEASON: A Wedge 6, G Sheehan 5, T Scudamore 5. ■ **LONGEST TRAVELLER:** Sir Mangan (5.00) & Clondaw Westie (5.00) trained at Aston Rowant. Round trip of 382 miles. ■ **FIRST RUN SINCE WIND OFF:** None. ■ **JACKPOT:** 1-6. ■ **LIVE ON SKY SPORTS RACING**

3.55 PHIL BESSANT CHARTERED MANAGEMENT ACCOUNTS HANDICAP CHASE (4); £4,289; 3m. (12 runners)

1	/3P4-1P	CAVOK 35 (P*)	D B Pauling 8-12-0	Luca Morgan	(7) 96
2	P1F-217	LAC SACRE 49 (B,T,CD)	J Flint 11-11-13	Ben Jones	(3) 96
3	11/432	HEDGEINATOR 516 (P,D)	R Stephens 10-11-12	Tom O'Brien	92
4	63-P922	STILL BELIEVING 83 (D)	E Williams 12-11-11	Adam Wedge	97
5	8912822	PRES 7 (D)	C Gordon 6-11-9	Tom Cannon	97
6	2111262	HEAVENLY PROMISE 53 (CD)	F O'Brien 9-11-4	Paddy Brennan	96
7	351/4-9	NICKNAME EXIT 35 (P)	H Oliver 10-11-4	Richard Johnson	85
8	P50U6U2	STEEL NATIVE 28 (CD)	D Rees 9-11-0	Richard Patrick	(3) 95
9	6584432	DEFINATELY VINNIE 99 (P)	J Mathias 10-10-7	Lorcan Williams	(3) 96
10	1539039	BLAZING TOM 60 (P)	C Williams 9-10-6	Jack Tudor	(5) 92
11	634P3P6	CRUISING BYE 28 (P,T,CD)	P Bowen 14-10-5	James Bowen	99
12	P-2335P	MISTY MAI 27 (C)	D Rees 10-10-2	Tom Scudamore	98

BETTING: 11-4 Pres, 11-2 Definitely Vinnie, 13-2 Still Believing, 15-2 Heaveny Promise, 8 Steel Native, 10 Lac Sacre, Cavok, 14 Hedgeinator

Sun Racing FORM

CAVOK pulled up latest, earlier (12-0) 12-1 held up, led 2 out, bt Storm Wizard (12-5) 1/4 (5 ran) (Uttoxeter 3m nov hcap ch (4) £4,289 heavy).

LAC SACRE (11-9) 9-1 held, 7th of 10 (btm 39l) to Alminar (11-7) (Chepstow 3m hcap ch (4) £4,289 heavy).

HEDGEINATOR (11-0) 9-2 led 2 out, headed last, btm 1 1/4 by Another Frontier (11-4) (7 ran) (Uttoxeter 3m hcap ch (4) £4,614 good to soft).

STILL BELIEVING (10-11) 9-1 handy, ridden and outpaced 15th, held, btm 15l by Longhousesignora (10-7) HEAVENLY PROMISE (10-7) 7-2 no threat, 6th (btm 28l) (10 ran) (Hereford 3m 1f hcap ch (2) £21,665 soft).

PRES (11-0) 7-2 led until 7th, in front again 12th, headed run-in, btm 7/4 by Indian Brave (11-9) (7 ran) (Newbury 2 1/2m nov hcap ch (4) £4,289 soft).

HEAVENLY PROMISE (11-2) 5-1 held up, jumped big 4th, headway 9th, went 3rd 2 out, mistake late, btm 6/4

by Miss Molinari (10-12) (9 ran) (Lingfield 2m 7f (5) £2,794 heavy).

NICKNAME EXIT (11-8) 28-1 pushed along 7th, held, 9th of 10 (well btm) to Indian Brave (11-12) (Chepstow 2m 3f hcap ch (4) £4,289 heavy).

STEEL NATIVE (10-1) 15-2 headway 2 out, one pace, btm 19l by Sheneed-edthrun (11-7) CRUISING BYE (10-0) 20-1 6th (btm 30l) (10 ran) (Bangor 3 1/2m hcap ch (4) £4,614 soft).

DEFINATELY VINNIE (11-3) 5-2 led 2 out until last, btm 1 1/4 by Trickers Caillin (10-12) STEEL NATIVE (12-4) 5-1 5th (btm 22l) (7 ran) (Ffos Las 3m 1f hcap ch (5) £2,989 heavy).

BLAZING TOM (10-9) 20-1 jumped poorly, no danger, 9th of 16 (btm 48l) to Sign Of War (10-8) (Chepstow 3m nov hcap ch (4) £4,289 heavy).

MISTY MAI pulled up latest, earlier (11-4) 3-1 tailed off, 5th of 11 (well btm) to Ballybreen (10-1) (Hereford 3m 1f hcap ch (5) £3,509 heavy).

4.30 MILFORD WATERFRONT HANDICAP HURDLE (4); value to the winner £4,094; 2m 4f. (8 runners)

2	-5U1464	NEVER EQUALLED 36 (B;CD)	B J Llewellyn 11-12-0	Rob Williams	(3)
3	4-14836	POUCOR 48 (BF)	M Channon 5-12-0	Ma Goldstein	
4	6-6F168	BARNTOWN 34 (H;D)	D J O'Leighan 6-11-12	Alan Johns	
5	8-02722	CALL ME SID 36	J Mason 8-11-10	Mr P Mason	(7)
6	4-19355	JAC BROWN 36	D Hamer 6-11-8	Thomas Bellamy	
7	52064	THE WIRE FLYER 36 (P)	J Flint 5-11-6	Robbie Dunne	
8	3-98626	SAINT DALINA 45	C Longsod 6-11-3	Richard Johnson	(8)
9	422,233	ASTRA IVIA 33	F Williams 5-10-12	Isabel Williams	(7)

SIX NATIONS**ENGLAND v WALES**

TOMORROW, 4.45pm, ITV

Clash axe was right says Ford

By JONNY FORDHAM

GEORGE FORD has backed the decision to postpone England's game in Italy.

About 20,000 Red Rose fans were looking to take over the Stadio Olimpico in Rome a week tomorrow. But Six Nations bosses shelved the match due to the coronavirus.

The Italian government ordered all sports fixtures to be played behind closed doors — but rugby bosses decided that would not work.

And that means tomorrow's game at home to Wales will be England's last in the tournament until a new spot can be found in the packed calendar.

Fly-half Ford said: "There's rugby games and then there's other things going on in the world that are a bit more important."

"When we were in Japan, there was the typhoon — there are things that are more critical than us playing in a rugby game."

"And there are things that happen in your life all the time."

England boss Eddie Jones will be praying Scotland do them a favour and beat Grand Slam-chasing France in Edinburgh to blow the race back open.

But with his eyes on the Dragons after the Italy blow, he added: "There's a lot of noise. The only thing the players can control is their performance against Wales."

"We've got fantastic administrators. I'm sure they're sitting in a nice office now, contemplating what to do. It doesn't affect us on Saturday."

"I just said to the boys, we want to play rugby where 82,000 fans will come back regardless of what's going on. That's the level of intensity, energy and accuracy that we want to play with."

England will now have all of next week off as players return to their Premiership clubs.

The postponement in Italy also applies to the women's and Under-20s games next weekend.

Tournament chiefs said: "Six Nations fully intends to complete all 15 games across all three championships when time allows."

"We will refrain from making any announcements while we keep assessing the situation."

Tomorrow's Strade Bianche cycle race in Italy has also been canned, with top teams pulling out of other key events scheduled for this month.

Sport

ENGLAND centre Ollie Devoto has been banned for four weeks.

The RFU found him guilty of a high tackle on Harlequins' Marcus Smith in Exeter's 34-30 defeat on Saturday but cut 14 days off the ban.

SHORT

By JONNY FORDHAM

THE ghost of Warren Gatland still haunts Eddie Jones and England.

Red Rose boss Jones was on his best behaviour yesterday ahead of tomorrow's Six Nations humdinger.

But he admitted the build-up to this famous grudge match felt more like a 'silent comedy' without his arch-nemesis Gatland in the other corner.

Jones is desperate to avenge last year's 21-13 defeat in Cardiff, when the Dragons KO'd England's Grand Slam dreams and went on to clinch their own clean sweep in Gatland's farewell Six Nations.

In recent years, there has almost been as much entertainment off the field as on it with the two super-coaches trading grenades.

But now Kiwi Gatland has quit to return to New Zealand, Jones just hopes England can have the final word tomorrow.

The Aussie wind-up merchant (left) was trying to play it safe yesterday having already seen his mind games against the French backfire. He said: "It's a silent comedy this week, I'm not making any comments."

But deep down Jones, as they say in Australia, is still dirty with what Gatland's side did.

And ahead of the Twickenham thriller, he admitted: "You never like to lose to Wales — and we lost last year. We really owe them one."

"We were in the position we were in at half-time and learned from that."

"That was one of the key games that got us in our best condition for the World Cup."

"It's still a

Here be Dragons

EDDIE OUT TO SLAY DEMONS

game that I'm sure every player who played in it, it irks them. It certainly irks me. England-Wales games are a little bit different, aren't they?"

"Since I've been coaching, the average points difference is six points. They are tough affairs. It goes down to the wire."

"Wales, under Warren, have been one of the most physical teams in the world. We saw that in the World Cup when they ran South Africa close in that semi-final in a tough, physical game."

"So they always bring that to the party and Wayne Pivac's trying to add a more passing attack game."

Wales have not won a Six Nations game at Twickenham since 2012 and have already lost twice in this year's tournament.

It means England

must fancy landing the Triple Crown. Jones has picked the most experienced side ever — boasting 786 caps and with an average age of 28.

Anthony Watson and Mark Wilson have been called back in after recovering from injuries.

But skipper Owen Farrell warned: "Wales are coming here hunting a bit. They are looking to get a performance, so we are preparing for that."

"As players, we understand how much of a battle it will be and how tough a game they always are."

"They have always been pretty close matches."

"It is normally a big physical battle. I guess that's what you would expect against Wales and I am sure that will be the case again at Twickenham."



ON THE FINAL STRETCH... Farrell (left) trains ahead of England's Welsh test

LINE-UPS**ENGLAND**

ELLIOT DALY
ANTHONY WATSON
MANU TILLAGI
OWEN FARRELL
JONNY MAY
GEORGE FORD
BEN YOUNGS
JOE MARLER
JAMIE GEORGE
KYLE SINCKLER
MARO ITOJE
GEORGE KRUIS
COURTNEY LAWES
MARK WILSON
TOM CURRY

REPS: Cowan-Dickie, Genge, Stuart, Launchbury, Ewels, Earl, Heinz Slade.

WALES

LEIGH HALFPENNY
GEORGE NORTH
NICK TOMPKINS
HADLEIGH PARKES
LIAM WILLIAMS
DAN BIGGAR
TOMOS WILLIAMS
JOSH NAVIDI
JUSTIN TIPURIC
ROSS MORIARTY
ALUN WYN JONES
JAKE BALL
DILLON LEWIS
KEN OWENS
ROB EVANS

REPS: Elias, Carre, Brown, Shingler, Faletau, Webb, Evans, McNicholl.

WAYNE'S ON A WYN-ER

WAYNE PIVAC is expecting a big Wales performance at Twickenham — after seeing skipper Alun Wyn Jones' body language.

Coach Pivac has parachuted Liam Williams and Josh Navidi into the starting line-up for tomorrow's clash even though they are both desperately short of match practice.

Lions wing Williams has not played since suffering an ankle injury during the World Cup semi-final against South Africa five months ago.

Navidi comes in at the expense of Toby Faletau, having managed just

three club games since missing that semi with a hamstring strain.

But Pivac said: "There has been a real buzz in training — you've only got to watch and listen to Alun Wyn during the week to appreciate that."

"The intensity is there in his voice and everything he's done in training. He's led from the front, just as he will at Twickenham."

"The level of intensity has noticeably gone up in training, certainly in the live stuff. It has been no holds barred. No one has been holding

back. That tells me a big performance is coming."

And Pivac believes the undoubted class of Navidi and Williams outweighs any fitness concerns.

He added: "Josh is a fantastic player over the ball. The breakdown work that he does, his defensive work and ball-carrying is all top quality."

"Liam brings pace, experience, and a great big-match temperament. He felt ready to play in our last match but we've given him extra time and he is good to go."



FIRED UP... skipper Wyn Jones is vowing a big Twickenham display



STOKES... exchange

Stokes in 'Marmite' Mitch dig

By JOHN ETHERIDGE

BEN STOKES hit back at Mitchell Johnson for ridiculing England's decision to ban handshakes and bringing up his Bristol street fight. Star all-rounder Stokes tweeted his version of an old Barmy Army song that former Aussie speedster Johnson admits used to get inside his head.

The bizarre exchange came after captain Joe Root revealed on Monday England's players have been told not to shake hands on their two-test tour of Sri Lanka because of the coronavirus crisis.

Instead, players are encouraged to bump fists or tap elbows.

But this was all too much for Johnson, who wrote on an Instagram story: "Is this a p*** take? You can jam your fist pump England hahahaha just be careful though, Stokes might react with a sucker punch."

Johnson appeared to be recalling the late-night incident in 2017 when Stokes was arrested outside a bar. He was later cleared of affray but fined £30,000 by the ECB.

Stokes responded on Twitter: "Bowls to the left bowls to the right I wonder if big bad Mitch likes Marmite."

That referred to the terrace chant that went: "He bowls to the left, he bowls to the right, that Mitchell Johnson, his bowling is s***te."

Stokes sent the tweet within hours of arriving in Sri Lanka yesterday, three days after his team-mates as he was at a funeral.

England begin the first of two practice matches tomorrow, with the First Test on March 19.

JOFRA ARCHER, 24, has signed a contract extension with Sussex until at least September 2022.

Knight's rain pain

CAPTAIN Heather Knight believes T20 World Cup semis must include a reserve day after rain wrecked England's dream of reaching the final.

Their clash with India in Sydney was washed out — meaning they were eliminated because they had finished second in their qualifying group.

Knight said: "We signed up to the rules but it's frustrating and could have been avoided."

"You hope there will be a reserve day in future so another side won't have to go through this."

The downpour relented long enough for Australia to beat South Africa in the other semi-final.

TENNIS THE WAIT IS OVER

MIAMI NICE

Muzza eyes comeback

ANDY MURRAY expects to play the Miami Open in 18 DAYS' time – and end his four-month injury woe.

The Scot will find out at the end of this month if he requires surgery in May, which could potentially end his Wimbledon and Tokyo Olympics dreams.

Murray, who has a metal hip implant, has been affected by heterotopic ossification where the body grows abnormal new bone within soft tissues.

Yet despite this medical setback the former world No1 is set to return for the Masters event in Florida from March 23.

The 32-year-old has been practising with British No5 Jay Clarke, 21, and Anton Matusevich, 18, at the National Tennis Centre in Roehampton.

The last time Murray played a

By **ROB MAUL**

competitive match was a singles rubber of the Davis Cup in Madrid in November.

He told Amazon Prime Video: "In the short term, I'm training to try and get ready for Miami."

"I've done so much rehab these last few months that in terms of my strength and everything, all of the muscles around the hip are working well."

"It's just I had only played tennis twice since the Davis Cup, for 40 minutes in three months."

"So, I need time to build up and feel good on the court again."

"But that's kind of my plans just now – unless I have another setback."

KATIE BOULTER enjoyed her first victory over a top-100 player for more than a year.

The Leicester star (left) battled to overcome world No60 Anna Blinkova 6-4 3-6 6-3 in a Challenger Series event at Indian Wells, California.

The 23-year-old was out for six months last year due to a stress fracture in her back.

JO KONTA won 7-6 6-3 against German Tatjana Maria in the last 16 of the Monterrey Open.

The British No1, 28, is also on the comeback trail after a knee injury.



RED ALERT ...
Murray reacts during October's China Open

F1 FURY AT FERRARI FUDGE

FORMULA ONE chiefs admit they fudged a probe into Ferrari's engine last season.

Incredibly, motor sport's ruling body, the FIA, said in a statement that after an investigation "it was not fully satisfied" Ferrari had fully complied with rules.

But they decided against pursuing the case through fear of a long, complicated and expensive legal process instigated by the Italian giants.

Instead, FIA officials said they used their power to "enter into an effective and dissuasive settlement agreement with Ferrari to terminate the proceedings". The

By **BEN HUNT**

revelation will only further anger Ferrari's rivals.

On Wednesday, seven teams – Mercedes, Red Bull, McLaren, Renault, AlphaTauri, Racing Point and Williams – had demanded "transparency" and "full disclosure" of the FIA's investigation.

But yesterday's statement hit back at teams questioning their integrity.

The statement added: "We will take all necessary action to protect the sport and the role and reputation as regulator."

The investigation into the Ferrari engine followed suspicions from rivals – notably Mercedes and Red Bull – about the extent of the Italian team's advantage on the straights.

It came to a head at October's US Grand Prix when the FIA issued a rules clarification.

Teams felt Ferrari found a way of getting an advantage by burning more fuel after finding a way to breach the monitoring system.

And they grew even more concerned by the decision to keep the matter private. The FIA's

response – that they were not convinced Ferrari's engine was entirely legal – will now cause teams to question their role.

SunSport understands lawyers acting for the seven non-Ferrari-powered cars, are already making contact with FIA chiefs in Paris.

The organisation's president, ex-Ferrari boss Jean Todt (left), is set to face scrutiny in the run-up to the season's opening race in Melbourne on Sunday week.

Bahrain GP bosses have suspended ticket sales to ensure social distancing guidelines as the country tackles the coronavirus. The race is due to go ahead on March 22.



SPORTS ROUND-UP: RESULTS & FIXTURES

FOOTBALL

EMIRATES FA CUP: Fifth Round

DERBY (0) 0 **MAN UTD** (2) 3

Att: 31,379 Shaw 33 Ighalo 41, 70

(Man Utd away to Norwich in quarter-final)

RUGBY UNION

SPECSAVERS NATIONAL CHAMPIONSHIP - Neath 23 Bargoed 40.

RUGBY LEAGUE

BETFRED SUPER LEAGUE

LEEDS (36) 66 **TORONTO** (6) 12

LEEDS: Tries: Dwyer, Myler, Gale 2, Lui 2, Handley, Smith, Oledzki, Cuthbertson, Hurrell.

Goals: Martin 11.

TORONTO WOLFPACK: Tries: McCrone, Wells.

Goals: O'Brien 2.

P W D L F A Pts

Leeds 5 4 0 1 180 60 8

Wigan 5 4 0 1 128 58 8

Castleford 5 4 0 1 122 81 8

St Helens 4 3 0 1 112 45 6

Huddersfield 4 3 0 1 76 68 6

Catalans 3 2 0 1 82 79 4

Hull 5 2 0 3 114 112 4

Wakefield 4 2 0 2 67 82 4

Warrington 5 2 0 3 69 92 4

Salford 5 1 0 4 62 120 2

Hull KR 5 1 0 4 68 139 2

Toronto 6 0 0 6 70 214 0

CRICKET

ICC WOMEN'S T20 WORLD CUP (Australia): Semi-finals (Sydney) England v India. Match abandoned without a ball bowled.

India advance to final.

Australia 134-5 v South Africa 92-5.

Australia bt South Africa by 5 runs (D/L Method).

TOUR MATCH (Wollongong): Final day of 4 - New South Wales XI 405-8 (Hackney 95, Sangha 85, Sams 80) v England Lions 202-5 (Northeast 77 no, Lawrence 52). New South Wales XI drew with England Lions.

TENNIS

WTA LYON OPEN (France): 2nd Rd - V Kuznetsov (Svk) bt T Martincova (Cze) 6-4 4-6 6-4; D Kasatkina (Rus) bt I Bara (Rom) 6-3 6-2; S Kenin (US) bt J A Cristian (Rom) 6-7 7-5 6-4; A-L Friedsam (Ger) bt K Mladenovic (Fra) 6-3 6-3; O Dodin (Fra) bt J Teichmann (Svi) w/o.

WTA ABIERTO GNP SEGUROS (Monterrey, Mexico): 2nd Rd - A Potapova (Rus) bt T Zidansek (Cze) 1-6 7-6 6-1; Y Wang (Chn) bt A Sharma (Aus) 7-5 4-6 6-3; L A Fernandez (Can) bt S Stephens (US) 6-7 6-3 6-3.

GOLF

COMMERCIAL BANK QATAR MASTERS (Doha, par 71): 1st Rd - 64 N Hojgaard (Den); 65 J Luiten (Hol); 66 A Sullivan, J Winther (Den), J Campillo (Spa), C Pigem (Spa), L Gagli (Ita), T Pleters (Bel); 67 M Armitage, D Drysdale, S P Chawrasia (Ind), B Hebert (Fra), D Fichardt (SA), S Jamieson, K-J Moon (Kor); 68 M Kinhult (Swe), R Fisher, N Lemke (Swe), S Helsele (Ger), M Siem (Ger), B Pike (Den), Y Touhami (Mor), D Coupland, R Macintyre, W Nienaber (SA), G Havret (Fra); 69 M Lorenzo-Vera (Fra), M Kieffer (Ger), D

Horsley, M Korhonen (Fin), C Paisley, R Langasque (Fra), R Paratore (Ita), O Fisher, A Sadler (Fra), D Burmester (SA), A Rozner (Fra), F Zanotti (Pry), J Senior, J Smith.

ARNOLD PALMER INVITATIONAL (Florida, USA, par 72): Early 1st Rd (US unless stated) - 65 M Every; 66 R McIlroy (N Ire); 67 T Gooch, S Scheffler; 68 S Burns, C Bezuidehout (SA), T Hutton (GB), B Todd, K Mitchell, G McDowell (N Ire); 69 S Brown, S Kang (Kor), A Long, M Wallace (GB), R Oppenheim, H English; 70 E Grillo (Arg), C Hoffman, H Varner III, X Zhang (Chn), K Na, C Morikawa, T Hoge, M Fitzpatrick (GB), R Sabbatini (Svk), S Im (Kor), P Reed; 71 D Lee (NZ), S Harrington, K Streelman, L Griffin, S Piercy, D Willett (GB), T Merritt, B Cauley, R Moore, B-H An (Kor), M Leishman (Aus), R Fowler, J Kokrak; 72 A Putnam, B Horschel, Z Johnson, S Stricklet, M Homa, K-H Lee (Kor), D Love III, B Koepkam, S W Kim (Kor), J Dahmen, H Higgs, R Shelton, K Chappell, S Cink; 73 C Connors (Can), M Wolff, T Duncan, J Walker, J Rose (GB), A Noren (Swe), M McNealy, B Gay, D Redman, B Hossler, V Taylor, D McCarthy, K Bradley, N Taylor (Can), J Herman, B Steele, X Schauffele, B DeChambeau, A Ancer (Mex), P Rodgers; 74 P Harrington (Irl), M Hubbard, C T Pan (Tpe), J Niemann (Chi), K Kisner, J Day (Aus), L Westwood (GB), R Cabrera Bello (Spa), C Ortiz (Mex), (a) C-A Yu (Tpe), S Saunders, V Hovland (Nor), A Lahiri (Ind), S Straka (Aut), B Watson, C Champ, Z Blair, W Clark; 75 C Schwartzel (SA), S Ryder, M Jones (Aus), T Finau, S Munoz (Col), R Knox (GB), C Howell III, L Glover; 76 T Fleetwood (GB); 77 P Perez, H Stenson (Swe), V Singh (Fij), A Scott (Aus), B Harman, B Stuard, P Mickelson.

DARTS

UNIBET PREMIER LEAGUE: Night Five (Westpoint Arena, Exeter) - R Cross drew with D Gurney 6-6; G Durrant bt G Price 7-3; P Wright bt N Aspinall 7-5; L Humphries bt G Anderson 7-5; M Smith bt M van Gerwen (Hol) 7-4.

TODAY'S SPORT

(7.45 unless stated)

SKY BET CHAMPIONSHIP

Nottm Forest v Millwall.....

JD CYMRU PREMIER - Bala Town v Connaught Quay Nomads, Caernarfon Town v Newtown, Cefn Druids v Aberystwyth Town, Penybont v Cardiff Met Uni, The New Saints FC v Barry Town United (8.0).

RUGBY UNION: Gallagher Premier-ship - Sale v London Irish (8.0), Worcester v Northampton. **Guinness PRO14** - Dragons v Benetton Treviso (7.35). **Guinness Under-20 Six Nations** - England v Wales (Kingsholm), Scotland v France (Netherdale, 8.0).

RUGBY LEAGUE: Betfred Super League - St Helens v Huddersfield, Wakefield v Hull, Warrington v Castleford.

CRICKET: Third One-Day International - Bangladesh v Zimbabwe (Sylhet, 8am). **Second T20 International** - Sri Lanka v West Indies (Pallekele, 1.30). **First T20 International** - Afghanistan v Ireland (Greater Noida, India, 8.30am).

BASKETBALL (7.30): **BBL Championship** - Bristol v Leicester, Newcastle v Worcester, Sheffield v Manchester.

ICE HOCKEY: Elite League - Belfast v Fife (7.0), Cardiff v Sheffield (7.30).

Lui whacks Mac

Leeds Rhinos..66 Toronto Wolfpack..12

ROBERT LUI ruined coach Brian McDermott's return to Leeds as Toronto lost their sixth straight game. Stand-off Lui (below) scored two tries and had a hand in another as the Rhinos went top of Super League for the first time in more than two years. Fellow half-back Luke Gale also ran in two tries and produced an outrageous flick pass to send

Richie Myler over. Josh McCrone's try for Toronto made it 36-6 at the half, with Jack Wells grabbing a second-half score for them.

Wolfpack boss McDermott said: "We've got to find out just how bad we can be – and that was bad."



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GAMEDAY WARM-UP 09:00

talkSPORT
LIVERPOOL v BOURNEMOUTH 12:30

talkSPORT 2
WOLVES v BRIGHTON 15:00

talkSPORT
BURNLEY v TOTTENHAM 17:30

talkSPORT

talkSPORT 2



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KOP'S KEIT IS FLYING

NABY KEITA has given Liverpool a big boost by returning to training. The Guinea midfielder missed the back-to-back defeats to Watford and Chelsea with a hip injury. But Keita, 25, took a full part in yesterday's practice session and is in contention for tomorrow's lunchtime visit of Bournemouth.

Leko backed by Kiko boss Bielsa

MARCELO BIELSA backed Jonathan Leko in the race row involving his own Leeds goalkeeper.

Kiko Casilla was banned for eight matches and fined £60,000 for racially abusing the West Brom striker when he was on loan at Charlton.

Casilla was found guilty of calling Leko a "f*****" back in September.

The independent commission refuted his claim he did not know that the "N-word" existed.

Asked about potential disciplinary action and Spaniard Casilla's own future, Leeds chief Bielsa said: "Any person sanctioned by racism, this is going to have an impact on his spirit and how he is."

"Any person who suffers racist abuse, this person deserves the solidarity and the support

By **OSCAR PAUL**

of everybody. But if any colleague of ours, for any reason, is suffering we act in a human way and with a human sense."

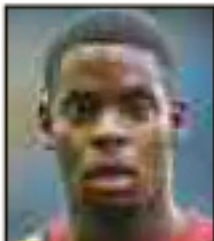
Leko released a damning statement on Tuesday, questioning why it took the FA 22 weeks to reach their decision.

He also suggested he received minimal support from PFA chiefs and anti-racism organisation Kick it Out.

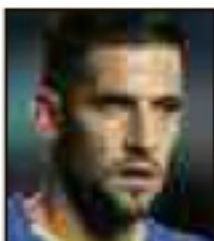
Yesterday, Kick It Out chief Troy Townsend issued an apology to Leko.

He said Charlton were also at fault for a "breakdown in communication" after claiming he contacted the club twice to help.

But he told talkSPORT: "There's no defence. I'm sorry. To have to write that through the lack of support, it guts me. I feel like I've let him down."



LEKO



CASILLA

DEUL WOUND WISH

WATFORD are hoping Gerard Deulofeu's nasty knee injury will not drag on into next season.

The Spaniard damaged a ligament and cartilage during the Hornets' win over Liverpool last weekend.

Deulofeu is due to have surgery but boss Nigel Pearson said: "These types of injuries can put you out for five to six months, but we can't be certain."

Uefa say time to KO League Cup

By **MARTIN LIPTON**

ALEKSANDER CEFERIN added further doubt to the future of the League Cup after suggesting "it would be better for everyone" to kill it off.

EFL chiefs are fighting a losing battle to keep alive the only second domestic cup in the Big Five countries as efforts to expand the Champions League

FIFA: PAY US BACK, PLAT

MICHEL PLATINI will be asked to pay back the £1.6million "disloyal payment" he took from Fifa.

Disgraced former Fifa president Sepp Blatter signed off the sum to the ex-Uefa chief in 2011.

Both men were banned from football after a 2015 anti-corruption probe.

The European Court of Human Rights dismissed France legend Platini's appeal for his four-year ban, which lapsed in October, to be declared invalid.

Fifa will now press for Platini, 64 — who is hoping to return to football — to pay back the cash.

grow legs. And now Uefa president Ceferin has delivered another body blow. He said: "The League Cup is off in France already. Only England remains."

"I think everybody knows it would be better for everyone if that were not played any more."

"But through that cup, you finance a lot of clubs that are disadvantaged, so I understand the problem. The English are also quite traditionalist, you like things that have been there for ages."

Ceferin is set to follow the Prem regarding a 10cm "tolerance" zone for VAR offside lines.

He added: "Thicker lines are essential for me because when you lose a match worth 100million euros because your foot is long or your nose is long, it's a bit too much."

LEW OUCH VOUCH

LEWIS GRABBAN has vowed to ignore his knee injury to help get Nottingham Forest promoted.

The club's 17-goal top scorer said ahead of tonight's visit of Millwall: "I've got a little problem. At the moment I feel okay, so I'll just keep going."

"You want to be out there, so you don't mind playing through a bit of pain."

PREM

2GM

GUNNERS PLEA

Mik: It ain't Auba yet ARTETA TO BATTLE



NOT KNEESY TO KEEP
... Aubameyang only has 18 months left on his contract at the Emirates

MIKEL ARTETA will plead with his Arsenal bosses to keep talisman Pierre-Emerick Aubameyang at all costs.

Skipper Aubameyang, 30, has less than 16 months left on his current Emirates deal and is being linked with Spanish giants Barcelona.

The Gunners are desperate to keep their 20-goal top scorer and Arteta hopes to bring forward contract talks in an attempt to persuade him to pen fresh terms.

Ahead of hosting West Ham tomorrow, boss Arteta said: "For me it is very easy. I want to keep him under any circumstances."

"We will have to talk at some stage before the end of the season and see his intentions and where we're sitting in that moment."

"I think it is difficult to predict that context right now."

The deciding factor for Gabon ace Aubameyang may come down to whether the club qualifies for next season's Champions League.

Arsenal are five points off fifth spot with a game in hand. And finishing in that position could be enough to snatch a place, if Manchester City lose their appeal over a two-year Euro ban.

But the Gunners' hopes have been rocked by the

By **DUNCAN WRIGHT**

news Lucas Torreira fractured his ankle. The Uruguayan midfielder, 24, suffered the injury in Monday night's 2-0 FA Cup fifth-round victory at Portsmouth.

Doctors confirmed the break and Torreira is to have a scan today to determine whether he will miss the crucial run-in.

Arteta added: "We don't know the extent of the injury. He needs to see the specialist and then we will know more about it."

"Hopefully he can avoid any op, which is always very traumatic, and hopefully we can have him before the end of the season."

"He was quite positive when I spoke with him but was in pain."

Arteta does, however, hope to welcome left-back Kieran Tierney back into the squad tomorrow.

The Scot, 22, missed three months with a dislocated shoulder he suffered against the Hammers.

Bukayo Saka, 18, has filled in impressively for Tierney during his injury-hit first season at Arsenal.

But Arteta added: "Kieran's more confident now with contact around him and hopefully will join the squad soon."



Top Tips

by **FINLO CLARKSON** in association with **William HILL**

NOTTINGHAM FOREST can ramp up their promotion push tonight when they welcome Millwall to the City Ground.

Lewis Grabban's late leveller against Middlesbrough ended his six-game goal drought and he is 11-8 to net anytime.

Millwall's 16 away goals this term is the joint second worst in the division so a 1-0 Forest win at 11-2 looks tasty.

DIAMOND: Lewis Grabban to score anytime, 11-8.

NEXT BEST: Nottingham Forest to win 1-0, 11-2.

LONGSHOT: Matty Cash last goalscorer, 22-1.

(all odds supplied by William Hill)

BLITZ'S LATICES CALL

By **KEN LAWRENCE**

SIMON BLITZ challenged Oldham owner Abdallah Lemsagam to show him the money with the club's future at stake.

Unless controversial owner Lemsagam comes up with £570,000, the League Two Latics are likely to be put into administration by former director Blitz.

Lemsagam also spent yesterday in talks with Blitz in a bid to buy the stadium's leasehold which cost the New York-based tycoon and his company Brass Bank £4.6million in 2004.

Blitz told SunSport he would be prepared to sell to Lemsagam for a price understood to be around £6m, including the new North Stand which has been at the centre of the financial row.

But first he wants to see if the Moroc-

can, who bought the Latics for £1 from Simon Corney in January 2018, can stump up the money owed to him.

The case is due to go before the Court of Civil Justice in Manchester today and Blitz said: "A deal has been agreed in principle to sell Mr Lemsagam all four stands and the ground."

"It's not for me to judge but first I have to see if he pays off the debt in regards to the action of taking over administration."

The hearing is likely to be adjourned.

Lemsagam, who has paid off £70,000 in HMRC debts, will have to prove to Blitz within a month that he has the money to buy the ground that currently costs him £10,000 a month to rent.



RYAZANTSEV ... fear

FREE

From Back Page

pressing the flesh. Last week, Newcastle manager Steve Bruce revealed the club had stopped their morning handshake ritual.

West Ham boss David Moyes said his players would be fist-bumping instead of shaking hands.

Southampton have also banned players from signing autographs or taking selfies with fans.

Meanwhile, clubs are preparing to play games behind closed doors.

SunSport revealed on Tuesday how Prem chiefs have sent letters to all 20 sides warning of the possibility of no fans in grounds to ensure the season is completed.

And Everton finance officer Sasha Ryzantsev revealed they anticipate games like these will be played, just like in Italy and Switzerland.

Ryzantsev said: "It'd be a forced decision rather than one we'd proactively engage in. But the whole situation goes far beyond the world of sport."

"Of course nobody wants to play behind closed doors and I don't think it's inevitable. But we feel it is quite likely in the coming weeks."

Fears over the spread of the virus by unnecessary travel saw speakers from Uefa and Sky Sports, including Gary Neville, pull out of the FT Business of Football Summit.

But Ryzantsev did make the trip to Mayfair and he added: "If it were to happen it's not about the money but looking after our supporters."

"I believe it will have a negative financial impact on the club and football but a temporary rather than a lasting one."

Merseyside counterparts Liverpool have decided not to use on-pitch mascots as part of their response to the outbreak.

Danish star Thomas Kahlenberg, 36, who played at the 2010 World Cup, yesterday tested positive for coronavirus.

Rant fine for Carlo

CARLO ANCELOTTI has been fined £8,000 for his red card against Manchester United.

The Everton boss was charged after confronting referee Chris Kavanagh.

VAR had denied his side an injury-time winner after Dominic Calvert-Lewin's strike deflected in off Harry Maguire on Sunday.

An FA statement said: "He admitted his language and behaviour at the end of the fixture amounted to improper conduct and accepted the standard penalty."

Toffeees striker Cenk Tosun faces surgery on an anterior cruciate ligament injury, sustained on loan at Crystal Palace.

Mark Irwin

OUR COLUMNISTS ARE THE TALK OF FOOTBALL

It's staying home, it's staying home...

FOOTBALL'S STAYING HOME



MASK SLIPS ... Birmingham fan half-heartedly protects himself from coronavirus

IT WAS Bill Shankly who famously declared: "Some people think football is a matter of life and death. I can assure them it is much more serious than that."

Well now the late, great Shankly's theory is about to be put to the ultimate test by the coronavirus.

Because the big question that now needs to be asked is just how far are you prepared to go to support your team?

Are you ready to risk contracting a potentially fatal illness to watch Burnley against Spurs tomorrow?

Or will you be going into self-isolation with only Pointless Celebrities to keep you entertained?

Whichever option you choose, the bad news is that you are still going to die at some point.

You, me, even Bill Gates. None of us is immortal.

But hopefully none of us will be looking the Grim Reaper in the eye any time soon.

So just how far can we push our luck in the face of a potential pandemic which is threatening to overwhelm every aspect of our daily lives? Rugby bosses have

already cancelled the Six Nations fixtures involving virus-stricken Italy while all Serie A games are being played behind closed doors for the next month at least.

Now the authorities in this country are coming under increasing pressure to take similarly drastic action.

But if we are relying on Fifa or the FA to take these life-or-death decisions then I'm afraid we're all doomed.

If their past records are anything to go by, the entire world will be wiped out before they get round to taking any meaningful action.

The best piece of advice on the subject this week came from Shankly's Liverpool heir Jurgen Klopp when he declared: "My opinion on coronavirus is not important because I have no knowledge on this subject."

"Smarter people than me must decide if we play football or not."

It seems many supporters of other clubs are ready to sign up for the entire season being cancelled if it would mean the Reds being deprived of their first Premier League title.

But this is a matter which goes way beyond local rivalries and poses a serious

threat to football's long-term future.

Forcing teams to play behind closed doors might actually improve the poor atmosphere at West Ham's London Stadium but would have disastrous financial consequences for many other clubs.

The majority of top-flight teams no longer rely on gate receipts because they are protected by the Premier League's £9billion TV deal.

But many smaller clubs would face going to the wall if they had to refund season ticket holders denied access to games.

It is worth pointing out that, as of last night, only two British citizens have died as a direct consequence of coronavirus and one of those was on a cruise ship in Japan.

More than one million people have attended football matches in England alone over this past week and as far as I am aware none of them is among the hundred-or-so UK victims of the virus.

I would guess you are far more likely to catch something nasty from travelling on the London Underground during rush hour.

Your chances of dying are certainly going to be

increased if you are one of those people who have been pictured on the tube with a plastic bag over your head.

Most people, thankfully, appear to be taking a more level-headed approach to the issue and are listening to the actual medical experts who know what they are talking about.

The Premier League has banned pre-match handshakes to reduce the risk of spreading the infection and some players are considering refusing selfie requests from fans.

Tottenham's Eric Dier obviously has no concerns about mingling with fans.

But if I were a certain Arsenal player with the weakest immune system in football I would be worried about any human contact right now.

So maybe the final word should also go to Shankly, who once said of a Merseyside derby: "Sickness wouldn't have kept me away from this one."

"If I'd been dead, I would have had them bring the casket to the ground, prop it up in the stands and cut a hole in it."

No football match is worth dying for. But can you live without it?

Matter of fact, Rafa

RAFA BENITEZ has been rewriting history again.

He declared to Spanish paper Marca that he was denied a Liverpool title win by the owner's failure to invest in his team.

"The difference between my Liverpool and now is that we had no money," Benitez said. "Our transfer budget in my final season was 17million euros and you could not compete."

"We had to sell to buy and when you sell (Javier) Mascherano, Xabi Alonso and (Fernando) Torres you don't get closer to rivals."

What Rafa forgot to mention was that during his six years at Anfield, only Chelsea spent more than Liverpool's accumulated £245million.

In his final year alone he spent £40m on Alberto Aquilani, Glen Johnson and Sotirios Kyrgiakos, who all subsequently left on frees.

Oh, and both Mascherano and Torres were still Liverpool players when Benitez was sacked in 2010 for finishing seventh.

Troy the real deal

TROY DEENEY will never play for England and will never win the Golden Boot.

But the Watford captain deserves a medal for telling it like it is — and every team could do with someone like him.

The striker was gloriously level-headed as he reflected on his team's stunning 3-0 win against Liverpool last Saturday.

He brought giddy supporters crashing back to earth when he pointed out that they didn't get any extra points for inflicting their first league defeat.

And he was even more dismissive of his contribution to preserving Arsenal's place in football history.

It is now 16 years since the Invincibles completed an entire season unbeaten.

Gunners fans should be embarrassed to still be celebrating when their team is tenth in the table.

Tat won't do, Wags

INTERESTING story about bidding for the designer cast-offs of a bunch of ex-footballers' partners.

These philanthropic Wags do not like the idea of seeing their old handbags and gladbags hanging unappreciated in local charity shops.

So they set up a website allowing us peasants to acknowledge their generosity by paying premium prices for their old tat.

Carlo Cudicini's girlfriend Anoesjcka Gianotti said: "We can make these items useful by attaching meaningful stories to them."

"This can be the new luxury."

They even plan to mark their donations with an invisible forensic DNA label, whatever the hell that means.

The website opens for business tomorrow. Don't all rush at once.



STROP ... boss Ancelotti rants at officials on pitch

LOTTI'S LOST IT

DURING his 25-year coaching career with the world's biggest clubs, Carlo Ancelotti gained a well-deserved reputation as the calmest, most laid-back boss in football.

But two months at Everton has turned the mild-

mannered Italian into a raving lunatic who stormed on the pitch to confront the ref when they drew with Manchester United — earning a red card.

Sitting next to Duncan Ferguson is clearly taking its toll on him ...



KRUL... homework

Tim a real bottle job

By PAUL JIGGINS

TIM KRUL says his FA Cup penalty heroics were not all down to bottle.

The Norwich keeper, 31, thwarted Gedson Fernandes and Troy Parrott in the 3-2 shootout win at Spurs.

Dutchman Krul said: "My coach prepares me before every match and gave me a bottle with the details on."

"But I started mixing up the players and there was one point when I thought Fernandes was taking two!"

Krul has a reputation for stopping spot-kicks and added: "It is hard work and requires homework but when the moment comes it's experience."

"You need a little bit of luck as well. The pressure was on them, in front of their fans. I played on that."



DYCHE... reactions

It's two far for Dyche

By TONY LITTLE

SEAN DYCHE admits he has reacted to abuse from fans TWICE this season.

The Burnley manager felt individuals were going too far in the stands and let them know it.

Scrutiny on the behaviour of supporters has come under the microscope after Tottenham's Eric Dier confronted someone who was arguing with his brother on Wednesday.

Ahead of Spurs' visit to Turf Moor tomorrow tea-time, Dyche said: "Everyone has a moment when enough is enough. I have had it twice this year and I'm pretty thick-skinned."

"Twice I have said 'that is enough now' — there are children in the stands."

"If it was two 18-year-olds then let it go, they're with their mates. But this was two grown men and I just thought 'whoa, hang on a minute'."

"We all understand you pay your money but that cannot give you carte blanche to say whatever you want to someone."

"I know the difference between when it's tongue-in-cheek and when it's too much."

SPURS IN CRISIS... BUT

JOSEIN

Bad luck, bad tactics and bad preparation

ANOTHER FINE MESS... but how much of Tottenham's problems are really Jose Mourinho's fault?



MOST DEFEATS BY PREM TEAMS IN 2020 (All competitions)

TOTTENHAM	6
Aston Villa	6
Bournemouth	6
West Ham	6
Leicester	5
Southampton	5

JOSE MOURINHO'S reign at Tottenham is unravelling after just four months.

Ropey recruitment and injuries to key stars have resulted in poor performances and results, compounded by ill-discipline and a blatant lack of leadership throughout the club.

There is no doubt the Special One has suffered injury misfortune since taking charge in November.

Harry Kane and Moussa Sissoko have not played since New Year's Day, while Son Heung-min has been out with a broken arm suffered at Aston Villa last month.

This left Mourinho without a recognised striker and Spurs have failed to win any of their four matches since.

The Spurs chief has every right to moan about his bad luck — and has never wasted an opportunity to do so.

But for all the sympathy, Mourinho does not help himself with his team selections.

For example, after leaving his best defender Toby Alderweireld on the bench for the 3-2 defeat at home to Wolves on Sunday, he did so again for the miserable FA Cup penalties defeat to Norwich. Even more

bizarrely, third-choice keeper Michel Vorm was handed his first start for 18 months in the wake of skipper Hugo Lloris' groin injury — despite understudy Paulo Gazzaniga needing game time.

The gamble backfired as Vorm's gaffe gifted Josip Drnic's equaliser.

And that led to extra-time and penalties where Gazzaniga, regarded as the club's best spot-kick saver, would surely have excelled.

You must prepare to fail if you fail to prepare like Mourinho clearly did.

At the end of extra-time, while Norwich keeper Tim Krul watched footage of Tottenham's takers on a tablet, the Portuguese summoned his players and anybody in a club shop tracksuit or coat to huddle around while he appeared to finalise his list of shootout takers.

The fact Troy Parrott and Gedson Fernandes, 18 and 21 respectively, were allowed to take kicks is an indictment on where Tottenham are at right now.

Mourinho and senior stars, like Jan Vertonghen and Serge Aurier, should hang their heads in shame. Norwich

did not win because they were the better team, they were the better prepared.

Dier's decision to climb 20 rows of stairs in the stand to confront a fan arguing with his brother is being painted in a rose-tinted shade by some who say they understand the player for sticking up for his sibling.

Despite it by no means being an Eric Cantona situation, it means Dier will probably join team-mate Dele Alli on the FA's charge sheet.

Neither are that big a deal but, following Lloris' drink-drive conviction, it is yet another example of Tottenham stars going off the rails and becoming a law unto themselves.

You cannot blame Mourinho for this, or many other problems now blighting Spurs.

For that you must look below him, above him and behind him.

The main reason Spurs do not have any discipline or self-control is because previous boss Mauricio Pochettino treated the players like his mates.

Poch laid down the law at times — like when Andros Townsend refused to obey fitness coach Nathan Gardiner's instructions to do a post-match warm-down.

But that is because getting rid of Townsend suited Poch.

Whenever Dele stepped out of line,

the previous manager would chuckle and dismiss it as the England midfielder being a cheeky devil.

The Argentine's legacy at Spurs has not been a Champions League final appearance but a squad of players who believe they were good enough to win it and were not.

The finger for the crisis also needs to be pointed upstairs because Mourinho is still paying for Daniel Levy's failure to make a single signing in the previous season.

The chairman believed he could secure Champions League football on the cheap, while the new stadium had to be paid for.

He could not and it is the reason Mourinho's squad is looking too dated and thin now.

Tottenham's recruitment has to be questioned after players they did sign flopped.

Tanguy Ndombele, a club record £65million signing, looks unfit.

Maybe the reason he cost so much was that Spurs paid for him by the kilo!

Yet Mourinho still claims the squad does not need overhauling, which is really concerning.

If Tottenham lose at Burnley tomorrow their season will be all but over.

And if Mourinho manages to turn it around, he really will be special.

By PAUL JIGGINS



OUR READERS BACK STAR

DIER MESS

By **DAVE KIDD**

CHIEF SPORTS WRITER



TWO Eric's, a quarter of a century apart, both wading into the terraces to confront abusive fans.

Eric Dier's confrontation with a supporter after Tottenham's FA Cup penalty-shootout defeat by Norwich may not have been a violent flashpoint like Eric Cantona's infamous kung-fu kick on a Crystal Palace fan.

But it is the closest thing top-flight English football has seen over these past 25 years.

There will certainly be no talk of 'seagulls, trawlers and sardines' when Dier is up before the beak.

The Tottenham midfielder is no loose cannon. Indeed, Dier is one of the most mature and intelligent England players of recent times.

At Spurs he has been regarded as a good influence on team-mates – especially his close pal, the sometimes wayward Dele Alli.

Dier is a bilingual middle-class boy who spent much of his childhood in Portugal. He is also the grandson of the late, long-serving FA secretary Ted Croker.

Yet none of those factors actually mattered.

Dier's respectable background and previous good character didn't stop him vaulting ad hoardings and clambering across 20 rows of seats to confront a fan who apparently abused him and got into an altercation with his brother.

He must, and will, face punishment. As boss Jose Mourinho admitted, professionals cannot behave in such a way.

But there is also widespread sympathy for Dier – arriving with an increased understanding that, just because a footballer earns millions, buying a match ticket does not give anybody the right to personally abuse him.

The hurtful personal jibes aimed at sportsmen and other celebrities on social media has sharpened focus on this issue and made us all more aware

Eric's in wrong but only human

rich and famous humans are essentially the same as any other humans.

Terrace abuse is no worse now than it was 25 years ago. In fact, Premier League stadia are less boisterous places than when Cantona went berserk – and certainly more family-friendly than in the hooligan-infested 1970s and 1980s.

We are certainly now more aware of racial abuse of footballers – a more serious issue than what Dier and his brother suffered on Wednesday.

And the vast majority would surely have sympathy with a player, or a team, who chose to walk off the pitch in the face of such filth.

Not that English football doesn't still have a long way to go.

Had Raheem Sterling or Manchester United's Fred reacted in a similar way to Dier after high-profile incidents over the past couple of seasons, would they have garnered more sympathy than the white lad?

You'd like to think so, but you have to doubt it. Dier shouldn't have acted as he did – but then, anyone can lose their temper.

And those who operate under the extreme pressure and intense spotlight of elite football are more susceptible than most.

Tottenham had just been knocked out of the Cup, suffering a fourth straight defeat – three of them at home against

teams they might have been expected to beat. Dier's own career has been blighted by illness and injury these past couple of years.

He should be approaching his peak, at 26, but is no longer a nailed-on starter for Spurs or England. These factors may, or may not, have played a part in bringing down the red mist.

Perhaps the sight of his brother being given stick on the terraces would have made Dier lose his cool (left), even if things were going swimmingly for the player and his club.

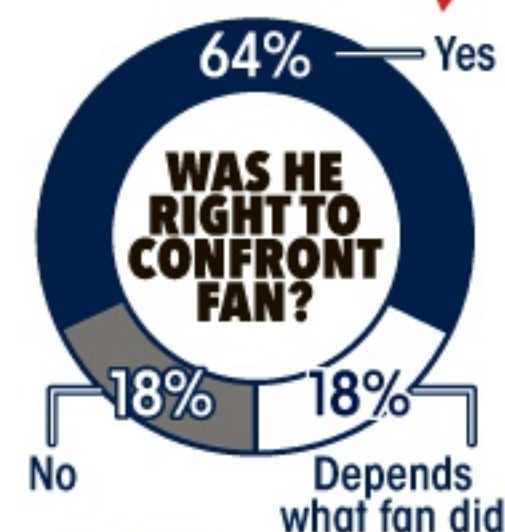
In his post-match interviews, Mourinho suggested that the fan in question was sitting in an area where there are many 'privileged...corporate' spectators, rather than true Spurs fans.

This is surely a red herring. Ardent fans are more likely than casual observers to let their passions boil over.

Few of us can have paid to watch our teams over many years and never yelled anything at one of our own players which we wouldn't have regretted in the cold light of day.

Dier's reaction was shocking – though not in the same league as Cantona's Jackie Chan routine. He will now surely be fined and banned for it. Yet many of his fellow professionals will thank him for doing them a favour.

Dave Kitson: 'I did a Dier' – Page 10



FEAR

From Back Page

20 rows of seats after seeing the fan arguing with his younger brother Patrick, 22.

The FA has asked Dier, 26, for his observations on the incident.

Dier did not comment yesterday – but a source said: "He accepts he will probably get a ban."

"But he is quite philosophical about it after coming through all his injury problems."

"He was worried only about his brother's safety. He thought Patrick might be in danger."

"Eric cannot understand why it is acceptable for fans to dish out such prolonged abuse."

Tottenham will wait for the FA's probe before deciding whether to take any action against Dier.

But the club believe they have identified the fan and plan to talk to him.

The supporter is believed to have screamed abuse at Dier after Spurs' loss.

Patrick, sitting nearby, is said to have taken offence and asked the male why he was doing it.

The pair then had a heated argument.

Dier saw this as he walked off the pitch and decided to intervene.

Footage on social media shows Dier climbing up to get to the fan – who scarpers after seeing him.

The FA will ask Spurs for CCTV footage and any statements by fans, stewards and security staff.

Dier is unlikely to find out his fate until next week.

But the FA is thought to be mindful of the growing backlash against trolling and abuse of players.

So if found guilty, he is unlikely to get a long ban.

THE BATTLE FOR BRAGGING RIGHTS



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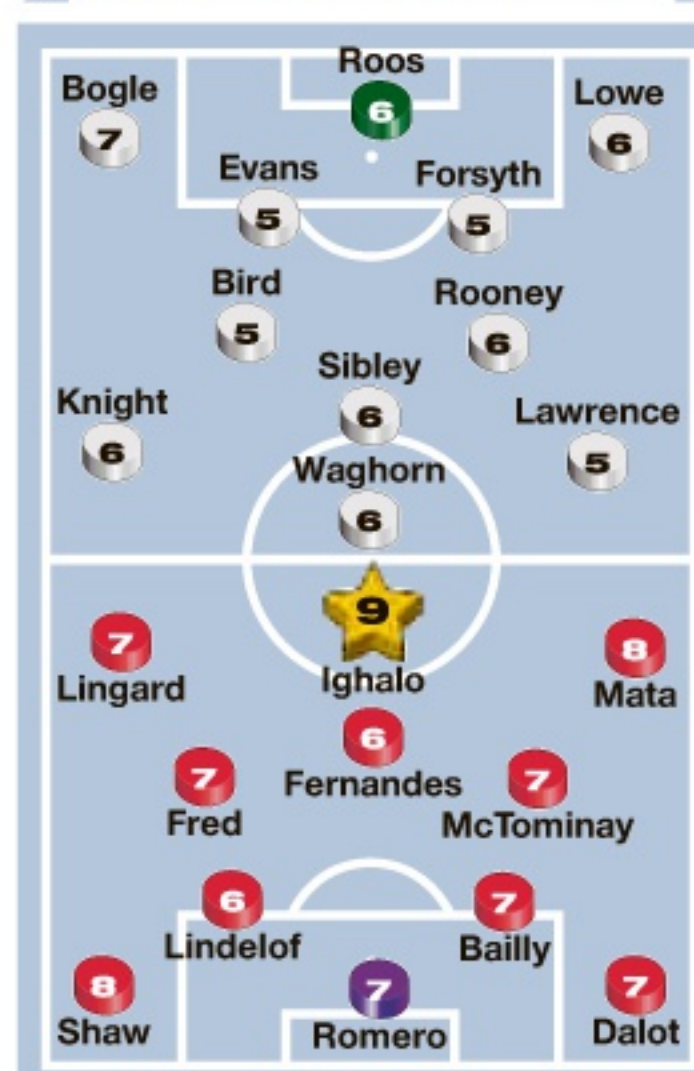
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FA CUP 5th ROUND**DERBY 0**

REFEREE: Craig Pawson
ATTENDANCE: 31,379

DREAM TEAM RATINGS

SUBS — DERBY: Whittaker (Lawrence 44) 5, Marriott (Waghorn 67) 6, Shinnie (Sibley 80) 6. Not used: Hamer, Clarke, Martin, Davies. Booked: Rooney.
MANCHESTER UNITED: Pereira (Fernandes 67) 6, Martial (Fred 73) 6, Williams (Shaw 80) 5. Not used: De Gea, Tuanzebe, Matic, Greenwood. Booked: Shaw, Bailly, Williams.

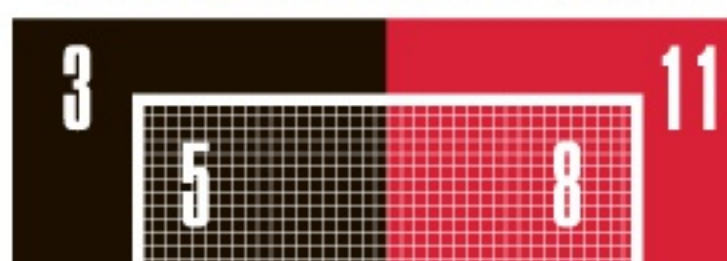
Ratings supplied by whoscored.com

MATCH STATS

DERBY	MAN UTD
357	Total passes.....587
282	Completed passes.....516
78%	Pass accuracy.....88%
13	Total shots.....26
5	Blocked shots.....7
8	Fouls conceded.....7
13	Total crosses.....14
34%	Possession (1st half).....66%
42%	Possession (2nd half).....58%
1/0	Yellow/red cards.....3/0

POSSESSION

38% 62%

SHOTS ON/OFF TARGET**CORNERS**

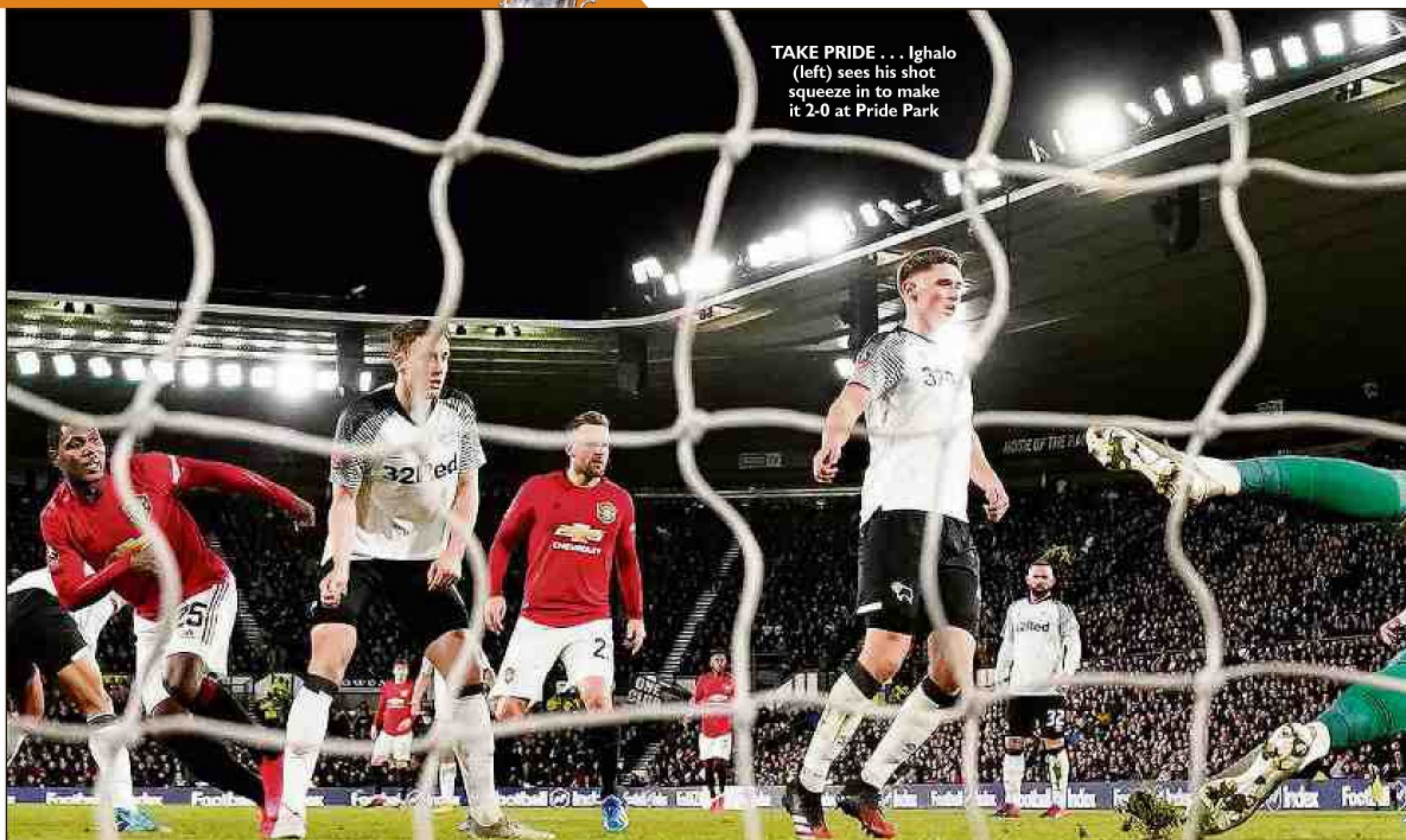
5 5

OFFSIDES

2 1

PLAYER MOSTS

Passes.....	Lingard 67
Touches.....	McTominay 89
Shots on target.....	Ighalo 4
Tackles.....	Lowe/McTominay 5
Crosses.....	Fernandes 5
Fouls won.....	Sibley/McTominay 3
Fouls conceded.....	Rooney 3



TAKE PRIDE... Ighalo (left) sees his shot squeeze in to make it 2-0 at Pride Park

Wayne on

ROONEY REUNITED BUT IT'S

IF WAYNE ROONEY was Manchester United's most warmly welcomed signing of the 21st Century, then Odion Ighalo may have been the least heralded.

Yet while the Nigerian striker's loan may have been a piece of panic recruitment in January, he certainly possesses a cool head in front of goal. The 30-year-old former Watford man produced a pair of classy finishes — giving him three goals from two starts — to kill off Rooney's Derby County as United booked an FA Cup quarter-final at Norwich.

This was a night for nostalgia, all about former England captain Rooney against the club where he won 12 major trophies in 13 years. The massed ranks of travelling

fans sang Rooney's name for long periods of the second half. Indeed, it is difficult to remember a player's name ever being chanted so long and hard by a group of opposition supporters.

And when he took over a 90th-minute free-kick, they sang 'if Rooney scores, we're on the pitch' — though, to the relief of the stewards, Sergio Romero tipped his effort away from the top corner.

United boss Ole Gunnar Solskjaer admitted: "It was a great save — but you almost wanted it to go in." Yet the Red Devils followers only really hailed Rooney once this

fifth-round tie was as good as won — because there were promising signs here for United's future under the Norwegian.

They are unbeaten in nine now, with the signing of Portuguese midfielder Bruno Fernandes adding some missing stardust to Solskjaer's side.

Ighalo was comfortably the lesser of United's two mid-season recruits but he is doing a decent job, following up a rare Luke Shaw goal with impressive strikes either side of half-time.

United's commercial chief Richard Arnold had boasted about Ighalo trending worldwide on Twitter on the day he signed on loan from Shanghai Shenhua.

Yet most of those tweeters were laughing at the idea of a world-famous club in need of a striker signing a player of Ighalo's modest status. They will not be laughing

for much longer at this rate. Rooney, operating in central mid-field, enjoyed a few decent moments, especially early and late free-kicks which extended Romero.

But it is almost half a lifetime ago since Rooney, now 34, announced himself to United with a Champions League hat-trick on debut as a brilliant teenage prodigy.

These days, he has the beard and the build of Popeye's enemy Bluto.

United looked as though they had eaten more cans of spinach. For while the vision and class remain, Rooney's body is creaking.

He had comfortably more than twice as many United goals to his name than the whole of Solskjaer's starting line-up last night — 253 to the Derby skipper, 102 to the Reds' XI before this encounter.

But Rooney, who claimed his former employers are still two or three years away from a title

46 MANCHESTER UNITED have won 46 of their 47 FA Cup ties against sides from a lower division, only failing v Leeds in 2010.

7 WAYNE ROONEY is yet to score a goal against former club Manchester United — in seven appearances against them for Everton and now Derby.

2 ODION IGHALO has scored in each of his two appearances at Pride Park — also netting for Watford in a 2-2 draw in the Championship in April 2015.

MANCHESTER UTD 3

SHAW 33; IGHALO 41, 70



BACK IN FORM... Shaw strike bounces off Lingard



IGGY HAS A POP... Odion Ighalo puts United 3-0 up

his parade

IGHALO WHO STEALS SHOW

challenge, will have had a grudging admiration for the way United put this tie to bed with the minimum of fuss.

During the warm-up, United's fans were serenading Roo with their old 'white Pele' song in honour of the club's all-time record goalscorer – a ditty they reprised after half-time.

Since his Old Trafford departure in 2017, Rooney headed back to Everton then across the pond for a stint in Major League Soccer.

Yet his move to Pride Park, as a player-coach under Phillip Cocu, is something of a throwback.

It is rare these days to see an elite player winding down his career in the lower leagues – but that Rooney is here, at a mid-table Championship club, indicates a man who never lost his boyish love for the game.

There was plenty of cynicism

about the bookmaker-funded move that brought him to Derby – but there is no doubting the authenticity of his efforts.

He first popped up in the left-back position, tackling Scott McTominay.

Pretty soon, he was bending in a free-kick which Romero turned around the post, after Shaw was booked for halting a Derby break with a foul on Louie Sibley.

It took half an hour for United to properly wake up. When they did, Rooney missed a tackle on McTominay who fed Ighalo for a shot saved by the chest of keeper Kelle Roos.

Soon after, Shaw's moment arrived as the left-back volleyed into the ground and his effort looped off Jesse Lingard and over Roos into the corner of the net for only the second goal of his career.

Shaw turned provider four

minutes before the break, his pass picking out Ighalo, who slipped between two defenders and poked home expertly.

Rooney was late into a challenge on Fred which earned him a yellow card, ref Craig Pawson not willing to get into the testimonial spirit of the occasion.

United were slick in attack, diligent at the back and creating most of the better chances.

And 20 minutes from time, following Juan Mata's centre, Ighalo cracked a shot into the roof of the net after his initial effort had been blocked by George Evans.

Ighalo blazed over with a hat-trick chance on 89 minutes, before Rooney's free-kick tested Romero.

Yet while Ighalo will never score anywhere near as many United goals as Rooney, his signing is no longer a laughing matter.

Tweet @davekidd_



HE'S BEHIND ROO... Fernandes tackles Wayne



JOLLY... Ighalo and Ole

OLE

From Back Page

asked when we signed him. He's playing up front, is a different type of striker, scores and gets chances every game.

"He could have had another couple. I'm very happy with him.

"He gives us a chance when the other two, Mason Greenwood and Anthony Martial, aren't playing.

"He's experienced and has scored goals his entire career. He's always in and around the box when chances come along.

"That type of striker is vital for a team. You look at him and he's got physical presence, he gets hold of the ball.

"I'd like my young lads to look at him and learn a couple of things."

Solskjaer is enjoying the best run since he took charge in December 2018 – nine games unbeaten, winning six and keeping seven clean sheets.

And United's boss believes they will not wilt like last season.

He added: "They're fitter and have a better mentality. The whole squad is ready to go."

It was not to be for United's 253-goal record scorer Rooney up against his old club.

He almost pulled off a magical free-kick at the death, only for keeper Sergio Romero to brilliantly tip it over the bar.

Roo said: "Sergio was not in a kind mood, he could've let that one in! It would've been nice but it wasn't to be."

Solskjaer said: "They're so desperate to keep clean sheets. Sergio didn't read the script, did he?"

Shaw's 33rd-minute shot looped in off team-mate Jesse Lingard's back.

But the left-back said: "I am claiming it! No chance, he can't claim that! Whatever happens I am claiming it."

Maguire's derby fear

By MARTIN BLACKBURN

HARRY MAGUIRE is a doubt for Sunday's Manchester derby with an ankle injury.

The United captain missed last night's FA Cup win over Derby and faces a race against time to be fit for the clash with their noisy neighbours.

Boss Ole Gunnar Solskjaer said: "He rolled his ankle in training and had to stay at home. Hopefully he'll be OK for Sunday."

But City's Kevin De Bruyne believes he has a chance of being fit for the Old Trafford showdown.

The midfielder sat out the 1-0 FA Cup fifth-round win at Sheffield Wednesday in midweek with a shoulder ligament problem.

Medical staff do not feel the injury is serious and City will give it as long as possible to settle down.

4 WAYNE ROONEY picked up a first-half yellow card last night and has now been booked in four of his five starts against former club Manchester United.

14 ALL eight FA Cup quarter-finalists are Premier League teams for the first time in 14 years – since 2006.



QUARTER-FINAL DRAW

Sheffield Utd v Arsenal
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Ties to be played weekend of March 20-23

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Mourinho is feeling the heat

SEE PAGE 56

HANDS OFF

Dier 'feared for brother safety'

By PAUL JIGGINS and MARTIN LIPTON

ERIC DIER told pals he jumped into the stand to confront a fan because he feared for his brother's safety.

The FA launched a probe following the Spurs star's bust-up with one of the club's supporters, moments after their FA Cup exit to Norwich on Wednesday.

England defender Dier jumped over
Turn to Page 57

HANDS FREE

Prem League ban sporting gesture in coronavirus fight

By MARTIN LIPTON

THE Premier League have banned players and officials from shaking hands because of coronavirus.

Top-flight chiefs last night confirmed the traditional fair-play pre-match ceremony will not take place from this weekend until further notice.

The protocol of the hosts walking past the opposition will continue but without stars
Turn to Page 55

FA CUP 5th ROUND

SALUTE... Ighalo celebrates his first goal in a win that left ex-hero Roo gutted (below)



Handy signing
OLE HAILS IGHALO

Derby.....0 Man Utd.....3

By JUSTIN ALLEN

OLE GUNNAR SOLSKJAER hailed two-goal Odion Ighalo after Manchester United beat Wayne Rooney's Derby.

The Nigerian striker netted in each half following Luke Shaw's opener to seal a quarter-final trip to Norwich.

That made it three goals in just two starts since Ighalo joined on loan from Shanghai Shenhua.

Boss Solskjaer said: "He's only going to get better. Odion is doing what it says on the tin and what we
Turn to Page 59



Slimming[®]
—WORLD—

The get ready for summer plan

'I DID UP ZIP AND CRIED WITH JOY'

FORMER aerobics instructor Yvonne Tompkin was a trim size 10 when she got married.

But after having her first child, she stopped exercising and started snacking.

By the age of 50, after two more pregnancies, more weight had crept on and she was wearing a dress size 22.

Yvonne, 54, from Nottinghamshire, says: "I married my husband when I was 38 and fit as a fiddle.

"I fell pregnant at age 39 and, when our daughter Azaria was born in 2006, I was about a stone heavier.

"Being a first-time mum was hard work. I was often really tired, and this is when my bad snacking habits started."

Yvonne was 17st when she joined her local Slimming World group with friends – and the weight started falling off. Now she has lost 10st – and is back to her old size 10 self.

Yvonne, pictured now, says: "I've never looked back. I'm now a whole new woman – with a new job, new figure and new confidence as a wife and mum.

"Last year, I dug out my wedding dress and when I fastened the zip to the top I cried with happiness to be back to the woman I was all those years ago."

Read her full story on Page 3.

**JOIN YOUR
LOCAL
GROUP FOR
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OR GET
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PAGE 4**

LOSING weight doesn't have to mean going without treats.

All this week, we have brought you a mouth-watering collection of Slimming World recipe pullouts.

From filling feasts for the family to quick veggie meals, the Slimming World

recipes help you lose weight and keep it off.

Today, in the final instalment of our unmissable series, we bring you decadent desserts, which are easy to make and will help you satisfy your sweet tooth while still shedding the pounds.

**EIGHT
EXCLUSIVE
DECADENT
DESSERTS**

**Pages
2, 3 & 4**





DECADENT DESSERTS



Tropical fruit salad with rum & citrus syrup

Serves 4

Cooking time: Ready in 10 minutes, plus cooling

INGREDIENTS:

For the syrup:

Zest and juice of 1 lime
Juice of 1 lemon
1 tsp ground ginger
2 level tbsp sweetener granules
25ml coconut or dark rum

For the fruit salad:

300g fresh mango flesh, cut into cubes
300g fresh pineapple flesh, cut into cubes
200g black seedless grapes
3 large kiwi fruit, peeled and cut into cubes
100g pomegranate seeds
2 sheets edible gold leaf, to decorate

METHOD: Put all the syrup ingredients in a saucepan and heat over a low heat for 2-3 minutes, or until the sweetener has dissolved. Remove from the heat and leave to cool. Put the fruit into a large, wide bowl and pour over the cooled syrup. Toss well to coat evenly. Carefully decorate some of the fruit with the gold leaf, *see below*. Divide the fruit salad and syrup between 4 bowls to serve.

How to use gold leaf: Add a little sparkle to your desserts with this delicate yet glamorous ingredient. To apply, lightly press a small, clean and dry pastry brush on to a sheet of edible gold leaf and gently tear off a small piece.

Carefully brush this on to your dessert or ingredient where you'd like to add a little decoration. It might take a bit of practice, but don't worry if it's not perfect – it will still look lovely. You'll find edible gold leaf, along with edible gold spray and glitter, in the baking aisle in most major supermarkets and also online.



Mocha mousses

Serves 4

Cooking time: Ready in 30 minutes, freezing or chilling

INGREDIENTS:

2 tsp instant espresso coffee powder
2 tsp instant espresso coffee granules
40g dark chocolate, broken into pieces
2 large eggs, separated
3 level tbsp sweetener granules
4 tsp plain quark
2 level tsp edible gold glitter, to decorate

METHOD: Put the coffee into a small bowl. Add 3 tbsp of boiling water and stir until dissolved. Set aside to cool.

Meanwhile, melt the chocolate in a heatproof bowl over a pan of gently simmering water, ensuring the bowl doesn't touch the water (or microwave for 30-second bursts until melted).

Remove the bowl from the pan and leave to cool.

Whisk the egg yolks with 2 level tbsp sweetener until the sweetener has dissolved. Add to the cooled chocolate with the coffee.

In a clean, glass bowl, whisk the egg whites and remaining sweetener with an electric hand whisk until they form stiff peaks.

Gently fold into the chocolate mixture using a hand whisk or metal spoon.

Divide the mixture between 4 dessert glasses. Freeze for 10-15 minutes, or for 30 minutes until just set.

To serve, top each with 1 tsp quark and half a level tsp of edible gold glitter.

Blueberry muffin cheesecake

Serves 9

Cooking time: Ready in 1 hour, plus chilling

INGREDIENTS:

6 sheets leaf gelatine
Low-calorie cooking spray
250g fat-free vanilla yoghurt
200g fat-free natural Greek-style yoghurt
250g plain quark
1 tsp vanilla extract
2 level tbsp sweetener
11.5g sachet Hartley's sugar-free blackcurrant jelly crystals
A squeeze of lemon juice
225g fresh blueberries
25g plain flour
10g plain porridge oats
1 tsp ground cinnamon
1 large egg yolk, plus 2 tsp egg white

METHOD: Soak the gelatine in a bowl of cold water for 10 minutes until softened. Spray a 20cm springform or loose-bottomed square cake tin with low-calorie cooking spray, then line with clingfilm, leaving some overhanging.

Put the vanilla yoghurt, Greek-style yoghurt, quark and vanilla extract in a food processor. Set aside 1 tsp of sweetener for the topping, then add the rest to the food processor. Pour 100ml boiling water into a jug. Squeeze the excess water out of the soaked gelatine and stir the gelatine into the hot water until completely dissolved.

Add to the food processor, then pulse until smooth and well blended. Scrape the mixture into the tin and chill in the fridge for 2 hours.

Dissolve the jelly crystals in 150ml of boiling water, add a good squeeze of lemon juice then leave to cool. Scatter the blueberries over the cheesecake then pour over the cooled jelly and chill for a further 1-2 hours until set.

Preheat your oven to 200°C/fan 180°C/gas mark 6. Put the flour, oats, cinnamon, egg yolk and white and remaining 1 tsp sweetener in a bowl and rub together using your fingers to make a crumble mixture. Spread on a baking tray lined with baking paper and bake for 10-15 minutes until crisp. Remove the cheesecake from the tin, discard the clingfilm and evenly scatter the crumble mixture over the top. Slice into 9 pieces and serve.



Individual apple pies

Serves 4

Cooking time: Ready in 50 minutes

INGREDIENTS:

4 small cooking apples, peeled, cored and cut into chunks
1 level tbsp sweetener granules
1 tsp ground cinnamon
1 tsp vanilla extract
2 x 39g sheets filo pastry, halved
1 medium egg, beaten
Fat-free natural Greek-style yoghurt, to serve

METHOD: Preheat your oven to 190°C/fan 170°C/gas mark 5. Mix together the apples, sweetener, cinnamon, vanilla extract and 3 tbsp water in a medium, non-stick saucepan.

Simmer over a low heat for 25-30 minutes until the apples have softened, adding a little more water if the mixture starts to stick to the bottom of the pan.

Divide the mixture between 4 150ml ramekins. Gently scrunch a pastry half over the top of each ramekin and brush with the beaten egg.

Put the ramekins on to a baking tray and bake for 15-20 minutes until the pastry is golden and crisp.

Serve 1 apple pie per person with a dollop of yoghurt.





Apple & blackberry crumbles

Serves 4

Cooking time: Ready in 30 minutes

INGREDIENTS:

2 large eating apples, peeled, cored and cut into small chunks
200g fresh or frozen blackberries
Finely grated zest and juice of 1 small orange
1 level tbsp sweetener
1 tsp ground cinnamon
Fat-free natural yoghurt, to serve

For the topping:

2 level tbsp low-fat spread
1 level tbsp sweetener
¼ tsp mixed spice
50g plain flour

METHOD: Preheat your oven to 180°C/fan 160°C/gas mark 4. Put the apples, blackberries and orange zest and juice in a large bowl and toss together to combine. Sprinkle over the sweetener and cinnamon and mix well.

Divide the mixture between 4 individual ovenproof dishes or ramekins and cook for 10-12 minutes.

Meanwhile, for the topping, put all the ingredients in a bowl.

Rub together with your fingertips until the mixture resembles breadcrumbs.

Remove the fruit from the oven, then sprinkle a quarter of the crumb topping over each and cook for a further 10-12 minutes, or until lightly golden.

Serve with a dollop of fat-free natural yoghurt.

Amaretto and ginger cheesecake

Serves 10

Cooking time: Ready in 45 minutes, plus chilling

INGREDIENTS:

Low-calorie cooking spray
3 medium egg whites
8 ginger nut biscuits, finely crushed
6 sheets leaf gelatine
900g plain quark
3 level tbsp sweetener granules
25ml amaretto liqueur
4 amaretti biscuits, roughly crushed
Edible gold spray, to decorate

METHOD: Preheat your oven to 180°C/fan 160°C/gas mark 4. Spray a deep, non-stick, 20cm springform tin with a little low-calorie cooking spray and line the base with baking paper.

In a bowl, lightly beat 1 egg white. Add the ginger biscuits and mix well. Tip into the tin and, using the back of a spoon, press down to cover the base evenly.

Bake for 12-15 minutes, or until firm. Remove from the oven and leave to cool.

Meanwhile, soak the gelatine in a bowl of cold water for 5 minutes, or until softened. Remove the gelatine, squeeze out any excess water and add the gelatine to a saucepan with 2 tbsp water.

Heat very gently and stir until dissolved. Put the dissolved gelatine, quark, sweetener and liqueur into a large mixing bowl. Beat until smooth. In a separate clean, glass bowl, beat the remaining egg whites with an electric hand whisk until they form stiff peaks.

Fold into the quark mixture with the amaretti biscuits. Pour over the biscuit base and smooth the top. Chill for 4-6 hours, or until set.

Carefully remove the cheesecake from the tin and slide on to a cake stand or plate. Put a star-shape piece of paper or card on the top and spray around it with edible gold spray. Cut into 10 slices and serve.



BEFORE AND AFTER . . . the old Yvonne and, right, smiling after her successful weight loss

'Being a first-time mum was hard, I ate packs of biscuits convinced I needed the energy'

LOSING more than 10st with Slimming World gave Yvonne Tompkin a whole new purpose in life. The mum who lives with commodities trader husband Dominic, 45, and children Azaria, 13, Elyas, 12, and ten-year-old Querida, in Radcliffe-on-Trent, Notts, could not believe it when, 17 years after her wedding day, she could again fit into her white size 10 gown. She tells JENNY FRANCIS:

‘I MARRIED my husband when I was 38 and super-fit. I was a qualified aerobics instructor, always running about, and a size 10.

I fell pregnant at 39 and naturally, towards the end, I wasn't able to be as active.

When Azaria was born in 2006, I was about a stone heavier.

Being a first-time-mum was hard work and I was often really tired, and this is when my bad snacking habits started.

I started eating whole packets of chocolate biscuits, convincing myself I needed the energy.

My meals were the same as before, but because I wasn't doing my usual exercise classes, I wasn't burning off the calories like I used to.

My bad habits continued after Elyas and Querida were born and, with each pregnancy, the weight piled on.

I often moaned to my husband about my insecurities but I'd lie about the amount of junk I was eating when he wasn't around.

I hid the sweet and biscuit wrappers before he got home, ashamed of how many I'd eaten.

I went from 12st and a dress size 10 before my first child, to 17st and a size 22 at age 50.

Querida was starting at school and I felt ready to go back to work so I started to apply for jobs.

I went for interview after interview and kept not getting the job, and my self-esteem plummeted.

I hated the way I looked and it

BEFORE

Breakfast: Four slices of toast with butter and marmalade

Lunch: Ham sandwich with white bread, crisps and chocolate bar

Dinner: Curry with ready-made sauce, rice, naan bread, bhajis and chips

Snacks: Packet of chocolate biscuits, coffee with two sugars

20st

AFTER

Breakfast: Fruit with quinoa and Quark yoghurt

Lunch: Jacket potato with low-fat natural cottage cheese, ham and salad

Dinner: Chicken tagliatelle

Snacks: Fresh fruit and fat-free natural yoghurt

9st 11lb

got so bad I barely left the house. If I did, I'd watch Dominic play with the kids in the park or in the local pool, as I was too shy to get involved with them.

At the end of 2017, I was out for coffee with friends when they started chatting about Slimming World.

They'd each lost weight on the plan and something just told me I had to try this to be happy again.

I asked if they could pick me

up on their way to Slimming World the following week and, although I was terrified, I knew that if I'd told them I was going, I couldn't pull out.

The first session was amazing and when I got home I asked my daughters to take a photo of me because I knew I'd never be that weight again.

I printed the photo and stuck it in the front of my Slimming World book as a reminder to keep going.

And I did. I cooked healthy dinners every night from scratch, starting with Cajun chicken and wedges.

We ate together as a family and I made sure there were lots of leftovers. I got to enjoy the next day if I could a craving to reach for biscuits.

I also snacked on fresh fruit and fat-free natural yoghurt. Within six months, I'd lost 4st and finally had some confidence back.

It was then that a friend said she needed someone to work for her three afternoons a week, answering the phone, and I jumped at the chance.

After I'd lost 5st, I knew I wanted to help others the way I'd been helped, and in May 2018 I became a Slimming World Consultant.

I've never looked back and now I'm 10st lighter and a whole new woman – with a new job, new figure and new confidence as a wife and a mum.

Last year I dug out my wedding dress and when I fastened the zip to the top, I cried with happiness to be back to the woman I was all those years ago.



DECADENT DESSERTS



Hot chocolate fondue with fruit skewers

Serves 4

Cooking time: Ready in 25 minutes

INGREDIENTS:

16 small strawberries, hulled
4 kiwi fruits, peeled and quartered
2 bananas, peeled and thickly sliced
1 ripe mango, peeled, stoned and cut into cubes, or 200g ready-prepared fresh mango chunks
16 seedless grapes (mix of red and green)

For the hot chocolate sauce:

400ml skimmed milk
2 level tsp cocoa powder
2 heaped tsp instant light hot chocolate
1 level tsp sweetener
2 level tbsp cornflour

METHOD: Thread the fruit on to 8 wooden skewers, alternating as you go.

For the chocolate sauce, pour the milk into a small saucepan. Sieve over the cocoa, then add the hot chocolate and sweetener.

Place over a medium heat and bring to the boil, whisking constantly until smooth.

Mix the cornflour with 4 tbsp of cold water and stir into the chocolate mixture. Reduce the heat to medium-low and cook for 4-5 minutes, stirring constantly, until it starts to thicken.

Remove from the heat and divide between 4 serving pots.

Serve 2 skewers per person with a pot of chocolate sauce for dipping.



Mixed berry custard pots

Serves 6

Cooking time: Ready in 1 hour

INGREDIENTS:

3 large eggs
3 level tbsp sweetener
300g plain quark
1 tsp vanilla extract
½ tsp ground cinnamon
Finely grated zest of ½ unwaxed lemon
¼ tsp crushed cardamom seeds (lightly crush the whole cardamom pods to extract the seeds)
A large pinch of grated fresh nutmeg
200g fresh or frozen mixed berries (defrosted if frozen), to serve
1 level tsp icing sugar, to decorate

METHOD: Preheat your oven to 180°C/fan 160°C/gas mark 4.

In a large mixing bowl, beat the eggs with an electric hand whisk on a medium speed until frothy.

In a separate bowl, whisk the sweetener, quark, vanilla extract, cinnamon, lemon zest, cardamom pods and nutmeg until smooth. Fold in the beaten eggs until well combined.

Divide the mixture between 6 individual pudding basins or ramekins (roughly 6cm wide and 4-5cm deep). Place in a deep roasting tin and pour in enough freshly boiled water to come halfway up the sides of the basins or ramekins. Bake for 45-50 minutes, or until just set.

Remove from the oven and top with the berries. Divide over the icing sugar equally to decorate and serve hot.

2 EXCLUSIVE SLIMMING WORLD OFFERS

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RESEARCH shows that by joining a group you are more likely to be successful in the long-term than if you go it alone – so give yourself the best chance of slimming success.

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Standard membership fee is £10 and weekly group fee is £4.95.

To find your nearest Slimming World group, log on to slimmingworld.co.uk or call 0344 897 8000.

For full terms and conditions, please visit slimmingworld.co.uk/sun-terms.

Please complete this voucher, on the right, and give it to your Slimming World Consultant when you join a group.



OFFER March 2-15



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If you can not make a Slimming World group or there is not one nearby – or if you would prefer to lose weight with web-based support – then the updated Slimming World Online site could be the perfect choice for you.

Slimming World Online has all the tools you need to lose weight successfully and stay on track, including delicious recipes, motivational tips and inspirational stories from other members, plus a weight-loss planner.

Visit slimmingworld.co.uk/thesun before midnight on March 15, 2020, and enter voucher code SUN2020 to save £15.

Full terms and conditions available at the above address.

Consultants: Remember to save your vouchers and return them to head office immediately after the offer closes.