THE Sun

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CORONAVIRUS EPIDEMIC FEAR

SEE PAGES 8, 9, 10 & 11

SHARP RISE IN UK INFECTED

WHEN A GIRL MEETS A GUY WHILE SHE'S DANCING ON ICE..

THAT'S A-MAURA

SEE PAGE 7

EX TELLS OF 'RAGES'

My lousy life with lusty £74m lotto loutess

EXCLUSIVE by ROB PATTINSON

THE ex-boyfriend attacked by £74million lottery winner Gillian Bayford has lifted the lid on his stormy life with the lusty mum.

Gavin Innes, 45, claims Gillian, 47, would fly into rages and stop him using her cars if he disagreed with her. He said: "I felt trapped in a golden cage."

Full Story — Pages Four & Five

Smiles . . Gavin & Gillian before split

~~£1.50~~ 75p Medium Easter Eggs

For more Weekly Little Helps turn to page 6

TESCO Every little helps

Selected medium Easter eggs, was £1.50 now 75p, ends 10/03. Available in the majority of larger stores. While stocks last. Delivery charges may apply.

BACKBENCH BUDGET WARNING

PM FACES REVOLT OVER 2p FUEL HIKE

Pressure . . Boris yesterday

BORIS Johnson faces a backbench defeat if he allows the first fuel duty rise in ten years in the Budget.

A letter signed by 53 Tory MPs urges Chancellor Rishi Sunak to ditch plans to end the freeze, which would see petrol and diesel rise 2p a litre from next month.

It came as the Federation of Small Business, representing 4.5million firms, backed The Sun's Keep it Down campaign over pump prices.

FSB boss Mike Cherry said: "Nine in ten small business owners say cars or vans are crucial to their firm's success. They already pay more than 50p in tax for every litre of fuel.

"Raising that further would hurt millions. Not every small business has the luxury of being based in a big city with lots of transport options. Many simply have to use local roads to get around."

In the MPs' letter, signed by the likes of ex-party leader Iain Duncan Smith and ex-Cabinet ministers David Davis and Chris Grayling, the group say they are "very concerned" at the prospect of overturning an election pledge not to hike fuel duty.

The letter also warns Mr Sunak not to "balance environmentalism on the backs of working people".

It adds: "They depend on their cars, vans and lorries to get about and run a small business.

"Every penny of a rise hits their financial security."

Senior Tory Robert Halfon added: "Let's not be the Government that hammers hard-working families and hurts public services by increasing fuel costs. Let's be the Government that the people who elected, and trusted us, expect us to be."

Greener E10 petrol made with ten per cent ethanol – double that found in the current E5 – will be available in the UK from 2021.

It has the potential to cut CO2 emissions from transport by 750,000 tonnes a year – equivalent to taking 350,000 cars off the road.

EXCLUSIVE by MATT DATHAN, Deputy Political Editor

The Sun Says and Keep It Down campaign — Page 12

Allegations . . . Priti

Boris: I'm sticking by Patel

By TOM NEWTON DUNN
Political Editor

THE PM yesterday declared he was "sticking by" his embattled Home Secretary despite spiralling bullying allegations.

More claims emerged yesterday of Priti Patel humiliating and belittling her staff for years across three ministries.

Boris Johnson sat her beside him in the Commons to show his support.

He insisted: "The Home Secretary is doing an outstanding job – delivering change, putting police on the streets, cutting crime and delivering a new immigration system. And I'm sticking by her."

Unions say if the claims are true, Downing Street may have to pay millions to alleged victims for promoting Ms Patel while knowing her abrasive management style.

Greta EU Co2 blast

GRETA Thunberg hit out at the EU's new climate change efforts as a "surrender" yesterday.

The Swedish activist, 17, said the move to be carbon neutral by 2050 was "completely insufficient".

Greta told MEPs in Brussels: "You're giving up on your promises.

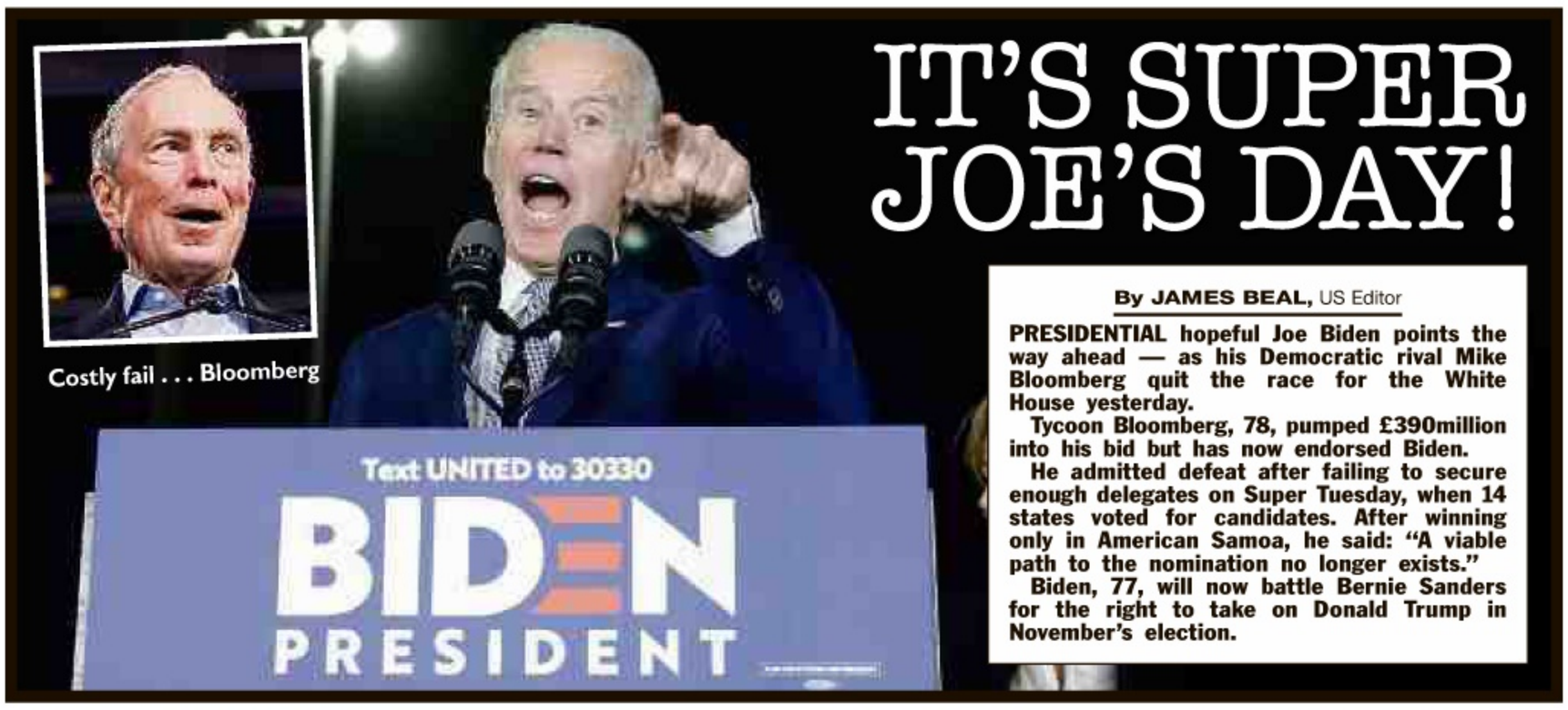
"This must come to an end. This is surrender."

If agreed by members, the new law sets a net zero emissions target.

But countries such as Poland would be able to carry on polluting, while others pick up the slack.

Figures show Britain's emissions are at their lowest since 1888, down 29 per cent in ten years.

The Sun Says — Page 12



Costly fail . . . Bloomberg

IT'S SUPER JOE'S DAY!

By JAMES BEAL, US Editor

PRESIDENTIAL hopeful Joe Biden points the way ahead — as his Democratic rival Mike Bloomberg quit the race for the White House yesterday.

Tycoon Bloomberg, 78, pumped £390million into his bid but has now endorsed Biden.

He admitted defeat after failing to secure enough delegates on Super Tuesday, when 14 states voted for candidates. After winning only in American Samoa, he said: "A viable path to the nomination no longer exists."

Biden, 77, will now battle Bernie Sanders for the right to take on Donald Trump in November's election.

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Bailey in leftie turn

REBECCA Long Bailey last night vowed to tear up Tony Blair's reforms and commit Labour to nationalisation again if she becomes leader.

The Corbynista candidate wants to rewrite Clause 4 of the party's constitution to commit to "expanding democratic public ownership".

Grilled on telly, Ms Long Bailey admitted she worked on NHS PFI contracts while a lawyer. The wannabe leader has slammed the contracts.

VICTIM UPDATES

VICTIMS of crime are to automatically get updates on when the perpetrator will leave jail – in a major victory for The Sun.

Their rights will be spelt out in a new Victims' Code being published today.

It contains 12 overarching principles, including the right to attend Parole Board hearings, to be paid expenses and have returned all property that was stolen or damaged through crime.

Justice Minister Alex Chalk said: "Simplifying the code is a vital step in efforts to rebuild confidence in the criminal justice system."

BORDER COPS KILL CLAIMS

GREEK forces were yesterday said to have shot dead a migrant and injured five others on the Turkish border.

Officials said a man died of a chest wound during clashes at Pazarkule. Greece called it "fake news".

WILLIAM PLEDGE

PRINCE William promised the Royal Family would work to strengthen ties with Ireland on a post-Brexit tour of the country.

The duke told dignitaries in Dublin that the changing relationship between the UK and the EU would require both sides to work together.

William, 37, then hailed the bond of "friendship, understanding and shared vision" between Britain and Ireland.

He added: "My family is determined to continue playing our part in protecting, preserving and strengthening that bond."

Return of the Meg — Page 13

sky NEWS HD WEATHER with NAZANEEN GHAFFAR

TODAY: Mostly cloudy with a few bright spells in the North, Scotland and Northern Ireland. Further south, it will be grey and breezy with outbreaks of rain.

TONIGHT: Staying mostly cloudy, although as the skies clear during the night, frost is likely in northern and eastern parts. Showers in Northern Ireland, Wales and the South West. Gentle winds.

OUTLOOK: Tomorrow will see spells of sunshine, with showers spreading from the West. Saturday is set to be dull and grey with outbreaks of rain, heavy in places. Brisk southwesterly winds.

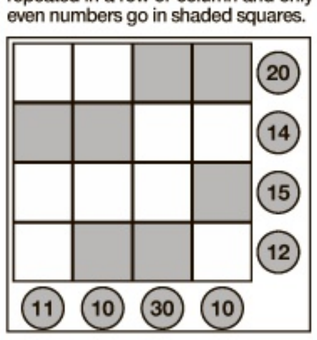
FRI 9°

SAT 11°

SUN 10°

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.



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Today's birthdays

Comedian **MATT LUCAS, 46**, *left*, England defender **HARRY MAGUIRE, 27**, *right*, former Red Hot Chili Peppers guitarist **JOHN FRUSCIANTE, 50.**

● **Last night's Health Lottery numbers: 6, 7, 19, 27, 46. Bonus 48. National Lotto: 4, 7, 14, 19, 50, 56. Bonus: 8.**

IT'S NOT ALL OVA

By DOROTHY HOWBROOK

MARIA Sharapova may have given tennis the cold shoulder but shows she can still serve up a treat for her fans with this modelling shot.

The five-time Grand Slam champ, 32, *right*, who retired last week, flaunted her athletic figure in sports underwear and with windswept hair.

The former world No1 is still the dream love match for millions of her admirers.

BUG VICTIM

Dr No show!

BOND FILM DELAYED BY VIRUS FOR 7 MONTHS

By HOWELL DAVIES
Senior Showbiz Reporter

JAMES Bond has been left shaken and stirred by the coronavirus crisis — with the new film delayed by months.

Movie chiefs said yesterday that No Time to Die was being pushed back until November.

The film – Bond's 25th screen outing and the last to feature Daniel Craig as the suave spy 007 – was due to be in cinemas from April 3.

But amid fears of a coronavirus global pandemic, the China premiere in Beijing and a promotional tour of Asia had already been cancelled.

A new release date of November 12 was announced by MGM, Universal and producers Michael G Wilson and Barbara Broccoli.

In a statement, the official 007 Twitter page said: "After careful consideration and thorough evaluation of the global theatrical marketplace, the release of No Time to Die will be postponed until November."

The Sun told yesterday that film bosses were thinking of bringing the release date forward by a month in case people stayed away from cinemas for fear of infection. And earlier this week, Bond fans called for the long-awaited movie – directed by Cary Fukunaga, 42 – to be delayed.

In an open letter, the unofficial fansite MI6-HQ insisted: "There is a significant chance that cinemas will be closed, or their attendance severely reduced. It's just a movie – the health and well-being of fans around the world, and their families, is more important."

howell.davies@the-sun.co.uk

Coldfinger . . film poster in Thailand

FEARS OF EPIDEMIC

SEE PAGES 8, 9, 10 AND 11

SECRETS OF THE ORGASM GAP

Fabulous DAILY

PAGES 38 & 39

EXCLUSIVE: LOUSY LIFE

Big win . . Gillian and then hubby Adrian in 2012

Driving force . . . Audi fan Gillian snapped up a fleet of cars with her winnings, including five of the German motors

EX WAS A KEPT MAN
SHE OFTEN LOST RAG

£74m lotto Gillian treated me like a chihuahua in Paris Hilton's handbag

Strife 'n times of jackpot mother

By ROB PATTINSON

MUM-of-two Gillian's life has been a rollercoaster since scooping a £148million lottery jackpot in 2012 with her then husband Adrian.

A year later, the pair from Suffolk split blaming the stress of their win.

Audi-mad Gillian moved back to her native Scotland with her son and daughter — then dated car dealer Alan Warnock, who sold her five of the German motors.

In 2015, Alan popped the question and Gillian diversified from her property business by opening a café.

But in 2016, she laid off 21 staff from her failing business and was blasted for flying off to the Maldives after breaking the bad news to them.

That year, Gillian fell out with her dad Ian McCulloch, then 71 — accusing him of trying to seize control of her jackpot.

In 2017, she split from fiancé Alan before dating Gavin Innes — but they split after rows.

In 2018, Gillian married local man Brian Deans — a convicted fraudster — in a lavish ceremony.

But months later she was formally charged with assaulting Mr Innes.

In December, The Sun revealed Gillian had been supporting ex Adrian in a move to Scotland to be nearer her and their kids.

She hit rock bottom this week when she admitted a reduced charge of breach of the peace. After hailing her huge charity contributions, a court let her leave without punishment — but still convicted of a crime.

She described her jackpot win in court as "a mixed blessing".

Dog's life . . . Gavin said he felt like Paris Hilton's pooch

MEGA-wealthy Gillian Bayford's ex-boyfriend last night claimed: "She treated me like a chihuahua in Paris Hilton's handbag."

In an exclusive interview, Gavin Innes told of his life as a kept man with the £74million lottery winner.

The 45-year-old dad claimed she used her vast fortune to control him.

And he told how their fiery relationship was characterised by her demanding behaviour – and her regularly losing her temper with him.

By ROB PATTINSON

After one wild night, she WhatsApp messaged an apology, confessing: "I know I've been real horny ain't I...sorry...feel bad though...like demanding."

Gavin claimed Gillian – who was convicted this week of attacking him – begged him to have a baby with her and constantly talked about marriage.

She would make promises of giving him £5million in cash and a house under a prenuptial agreement, he said.

Gavin explained: "I got to drive around in her amazing cars, use an iPhone she bought me and stay in her mansion. I didn't value any of it, but she thought I did.

"The deal always felt to me like I had to please her.

"I felt trapped in a golden cage, like she is.

"If I ever tried to disagree with her on anything then I would lose access to the Range Rover Evoque and Audi A3 she insured me on."

Gillian, 47, scooped a share of a £148million EuroMillions jackpot with her then husband Adrian in 2012.

The pair split in 2013 and she returned from Suffolk to Dundee in her native Scotland.

In court this week, her lawyer tried to claim that Gavin – an old school pal of Gillian – targeted her for their six-month affair as a "pension fund". But Gavin has now revealed he had no idea that property developer Gillian was a lottery winner when they met up.

He said he even paid on their unglamorous early dates.

He insisted: "I was never a gold-digger, I really fell for Gillian. I was in a difficult place at the time and we just clicked.

"Not many take the time to get to know her like me, they are only interested in what they can get from her.

"I think that's why she wanted to control me with money like everyone else.

"But the truth is, I felt like Paris Hilton's dog being carted around in a handbag."

He added: "I hated it, but I stayed with her because I knew there was a good person in

WITH MILLIONAIRE LOVER

THEY'RE THE WAD COUPLE

Gillian and Gavin cuddle in snap, but relationship lasted just six months

I felt trapped in a golden cage, like she is

At court . . . Bayford attacked ex Gavin, below

I told her to shove her Audi up her a*se

there somewhere and she asked me to be patient."

Dad Gavin, from Dundee, said the pair met when he approached her to be a trustee for his male domestic abuse charity.

He said: "She turned up outside my council house in an £80,000 Porsche Macan.

"We went to a cafe and just talked, but we made each other laugh and there was definitely a spark. On our first date we went to a cheap carvery and I bought the cups of tea.

"In fact, the first four or five times we met up it was me who paid for everything.

"There was no masterplan, we just got on.

"She asked me to meet again to talk about the charity and this time she turned up in her Audi SQ7 4x4. That's when I thought, hang on, 'Where is all this money coming from?'.

"I asked her about it and she told me she was a lottery winner."

Within weeks their relationship became physical.

Gavin said: "I bought her a Robbie Williams blanket for her birthday . . . and it obviously worked.

"The next time we saw each other after that was at my house.

"She started kissing me and we had sex on my living room sofa. After that we were a couple.

"She showered me with presents. She bought me an iPhone and an Audi A3.

"She bought me a £115,000 house and talked of setting me up as a property developer.

"It was mad but I wasn't interested in the money." Within weeks of them becoming an item, Gavin said Gillian started uncontrollably losing her temper, shouting and pushing him.

He said: "It screwed with my head. She would be flipping her lid over something really petty.

"Then she would be back to being all lovey.

"I didn't want to hurt her feelings so I said we should live together.

"After that, she constantly brought up marriage. She seemed desperate to have a secure unit.

"But she made everything so intense. She wanted to have everything now – she had no patience.

"I remember once she took her car into the Audi garage for a repair. She saw a picture of a limited edition £70k RS5 in Jamiroquai green and bought it on the spot.

"Money had completely lost its meaning to her." Gavin told how Gillian would take away things from him just like they were a child's toys.

He added: "Once she took back the A3 she had given me – like I had been a bad boy. I told her to shove her Audi up her arse and refused to talk to her."

Gavin claimed he was attacked twice during their relationship – which ended in November 2017.

He said: "The whole relationship was so ironic. Here was this woman I had contacted for help starting a domestic abuse charity."

Gavin added: "The more time I spent with Gillian, the more I worried about her. I worried the money had made her feel insecure – that she could never trust that anyone loved her for her."

Bayford went on to marry convicted fraudster Brian Deans in 2018. On Tuesday, she was convicted of a breach of the peace after admitting both 2017 attacks.

She was admonished – meaning she was able to go free with a stern warning from a judge.

Last night she said she never bought any vehicles for Gavin.

She added: "They were my cars which he borrowed and used from time to time. I didn't take things away from him during arguments."

Gillian denied there was any discussion of marriage between the pair. Asked whether he paid for early dates, she said: "I think he paid for a cup of tea the first time."

robert.pattinson@the-sun.co.uk

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TWIST IN LOVE ISLAND DRAMA

HEART-MELTING PERFORMANCES

Maura and Alex get close on the ice

GETTING THE COLD SHOULDER

Curtis met Maura on Love Island

MAURA & CURTIS SPLIT OVER ICE MAN

CLOSENESS SPARKS 'BUST-UP' WITH WIFE

Freeze a crowd

EXCLUSIVE by HOWELL DAVIES, Senior Showbiz Reporter

DANCING On Ice's Maura Higgins split with Love Island co-star Curtis Pritchard over rows about her closeness with professional skater Alexander Demetriou.

Maura, 29, and Alex became increasingly tight while performing together.

It sparked bust-ups between Alex, 28, and his skater wife Carlotta Edwards.

And the fallout was the final straw for Irish beauty Maura's fragile relationship, according to sources on the ITV show.

Maura, who was eliminated from the competition last month, ended her romance with Curtis, 24, earlier this week after seven months.

It came after reports that Carlotta did not trust Maura and believed her husband had "had his head turned".

A source said: "Maura spent hours and hours with Alex in rehearsals for weeks and they have got really close.

"They have grown very friendly and it's not gone unnoticed with the rest of the cast and crew – or Carlotta.

"She is furious about their increasingly cosy relationship which has continued despite

Chat . . Maura & Alex yesterday

Maura being knocked out of the competition. There are clearly some feelings there which Maura can't help."

All three are expected to be at Sunday evening's final. Yesterday, Maura was snapped having a coffee with Alex at the Riverside ice rink in Chelmsford, Essex – near to her home.

Onlookers said she appeared upset and in deep conversation.

Carlotta, 30, had been competing in the show with magician Ben Hanlin, 33, but they were knocked out on Sunday.

Blackpool-born Alex and Canadian Carlotta met while appearing in Disney on Ice, have been together for 11 years and got married in 2016.

They joined the ITV series last year when they were paired with Pussycat Dolls star Melody Thornton, 35, and ex-EastEnders actor Richard Blackwood, 47.

Maura announced her split from Curtis on Instagram on Monday night after weeks of denying they were on the rocks.

She wrote: "There is no easy way to get through a breakup and no bad feeling on either side. We tried to make it work but it wasn't to be."

● **FINALIST** Joe Swash dashed to hospital on Tuesday for an op after partner Alex Murphy's skate hit his ear. He posted a video of a huge bandage and said: "I have to keep it on until Sunday. My ear got infected. They washed out all the goo."

howell.davies@the-sun.co.uk

Picture: ANN SUMMERS

BARRYMORE 'HELL'

MICHAEL Barrymore yesterday told of his "20-year hell" over the death of a man in his swimming pool.

But the star, 67, insisted he does not know what happened to Stuart Lubbock, 31, at his Essex mansion in 2001.

Asked on ITV's Good Morning Britain if he had anything fresh to tell police, Barrymore said: "I honestly wish I did. I've put myself through 20 years of hell. I don't know anything."

He went on: "I'm not looking for sympathy, I'm a big boy. How many times am I supposed to be kicked?"

He said a Channel 4 documentary about the death was "vile and vicious".

DIER IN FAN BRAWL

TOTTENHAM'S Eric Dier could face a ban after charging into stands to confront fans after an FA Cup tie last night.

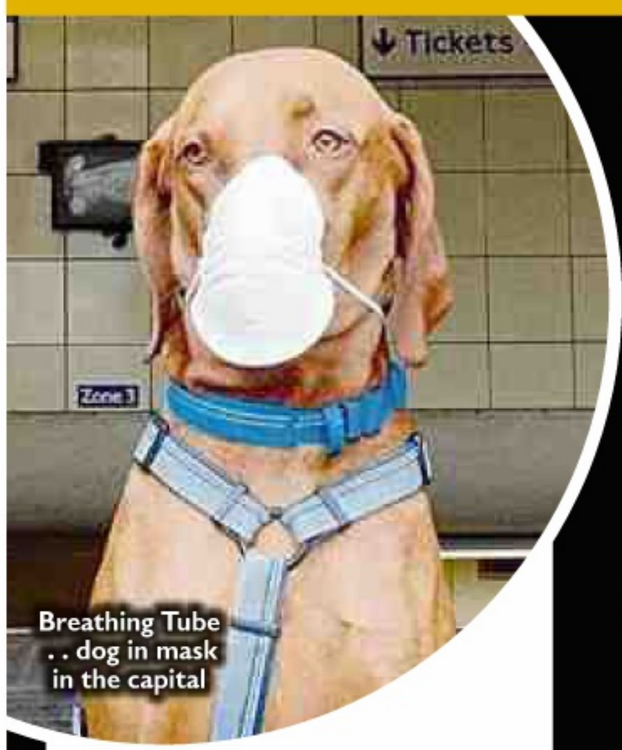
The England midfielder, 26, was said to be defending his brother, who was being insulted by supporters after Spurs' home exit to Norwich on penalties.

Manager Jose Mourinho said: "This person insulted Eric, the younger brother was not happy with the situation and Eric was not happy. But we as professionals cannot do what he did."

The FA and Spurs will study footage. Mourinho added: "If the club (takes action) I won't agree, but he did wrong."

Full Story — See SunSport

COVID-19 FLU CRISIS PANIC GROWS



Breathing Tube . . dog in mask in the capital

BIGGEST UK LEAP IN CASES

EPIDEMIC FEARS SOAR

ACTION PLAN IS RAMPED UP

THE BUG BANG

DANGERS

By NICK McDERMOTT and SHAUN WOOLLER

THE UK recorded its biggest daily rise in coronavirus cases yesterday with 36 more testing positive — bringing the total number of infected here to 87.

One is an NHS worker in her 30s in Cumbria who caught the virus while on a family holiday in Italy.

Three other workers in the health service are known to be among those infected.

The previous highest daily rise was 12 cases.

Five of the new Covid-19 patients – three in England, one in Scotland and one in Northern Ireland – caught the bug in the UK.

As fears grew that the virus could spread within the NHS, King's College Hospital in South London was put into lockdown after two recent patients tested positive for the killer flu.

Last night the Government was accused of secrecy by stopping daily updates on locations of new infections.

Professor Paul Ashford, a former Public Health England director, said: "They should be sharing the data as much as possible, to make the public equal partners."

Paul Hunter, professor in medicine at the University of East Anglia, said: "Wednesday's increase represents a three times greater increase in new cases per day than we've seen in the last few days.

"However, most are associated with known cases or have history of foreign travel.

"Three of the cases appear to have no such contacts – this is further evidence that the infection is spreading in the community."

Fears the virus is rapidly spreading have led to paranoid commuters trying to defend themselves against it in bizarre ways.

They include one passenger seen on a bus in London wearing a plastic container over her head.

Others have been seen wearing full gas masks, plastic bags and even babies' nappies over their heads. A dog was also spotted with a mask on the Tube in London.

But England's chief medical officer Professor Chris Whitty has said wearing face masks will do little to stop its spread.

He warned the coronavirus will kill Britons – and he added that an epidemic was "highly likely".

Prof Whitty said: "We think it is likely that we will move into onward transmission and an epidemic here in the UK."

Government officials moved their handling of the crisis from "containment" to "delay". New measures could now include allowing confirmed cases to remain at home if they feel well enough, rather than isolated in hospital. More people may also be encouraged to work from home.

In other developments:

- **SCHOOLS** and doctors' practices are continuing to close or send staff and pupils home as infections are diagnosed in their local communities;
- **GOLDSMITHS** University in South East London said a visitor to one of the university's halls of residence had tested positive;
- **THE** Bank of England faced pressure to slash interest rates as the FTSE 100 rose 1.4 per cent after it lost £251billion last week;
- **WIZZ** Air unveiled plans to slash routes, cut costs and freeze recruitment after it saw bookings plunge amid virus fears.

Prof Whitty warned a major outbreak would lead to "profound" disruption across the NHS.

A Government source said 50,000 non-urgent operations could be axed over two months to free up beds for coronavirus victims.

PM Boris Johnson is now having daily morning meetings with Prof Whitty as the country gears up for a major outbreak.

Mr Johnson chaired a meeting last night of the emergency Cobra committee with Health Secretary Matt Hancock. Earlier he announced new sick pay changes so anyone self-isolating is paid from day one.

Fresh coronavirus cases have now been confirmed in Oldham, Trafford, Liverpool and South Ribble in Lancs. Elsewhere, Buckingham University and the University of London have postponed graduation ceremonies over infection fears.

And Sony Pictures Entertainment has closed its London office after one of its employees was potentially exposed to the illness.

In Devon, a 20,000-patient GP practice has closed for a fortnight as a result of coronavirus.

Meanwhile, Britons who have returned from the Costa Adeje Hotel in Tenerife have been advised to self-isolate for two weeks. And Google has cancelled its annual developer conference in California because of virus fears.

Nine countries – Andorra, Hungary, Jordan, Latvia, Morocco, Portugal, Saudi Arabia, Senegal and Tunisia – have reported their first Covid-19 cases.

The virus has killed more than 3,200 worldwide and 80 per cent of new infections are outside China.

In Italy, Europe's worst-hit country, the death toll has reached 107.

The country has ordered all schools and universities to shut for a fortnight to try to halt the out-

Emergency . . Hancock

AS 87 BRITS INFECTED

Room up top . . . woman on London bus with plastic container over her head yesterday

I'M CAM-ILL-A

THE Duchess of Cornwall tests an air raid shelter and jokes: "I am self-isolating."

Camilla, 72, was visiting the London Transport Museum in Covent Garden yesterday.

She and Prince Charles, 71, caught an eco-friendly bus to the museum for a tour with Mayor of London Sadiq Khan.

Prince William also made a virus quip on his Ireland visit, joking he and wife Kate were "spreading coronavirus".

Going viral . . . social media pic of commuter wearing gas mask

Could be a carrier . . passenger wears a plastic bag over head

Advice . . . Mr Whitty

Experts consider bans on crowds

ADVICE

By TOM NEWTON DUNN

THE country's top science experts are meeting today to consider bans on large public gatherings.

The Scientific Advisory Group for Emergencies will review data on how the virus is spreading.

It could prompt draconian measures leading to major sports and music events being cancelled.

Parliament could also be shut down.

No10 confirmed that "discussions are already taking place" about the closure of Parliament.

Commons Speaker Sir Lindsay Hoyle has also been briefed on the risks by Chief Medical Officer Chris Whitty.

About 8,000 people work at Westminster.

Switzerland has already limited public gatherings to 1,000 people.

PM Boris Johnson said experts would say more in days on "what we are going to do to delay the advance of coronavirus in large gatherings".

But a Government source said: "The experts' views is we're not there yet for banning public gatherings. The evidence is not at all clear whether it even works."

Two Brussels EU staff yesterday tested positive.

A European Defence Agency worker contracted the virus after returning from a trip to Italy. And an EU Council official caught it in Belgium.

More than 55,000 work across EU institutions.

Business bail-outs

BUSINESSES hit by the coronavirus emergency will need to be bailed out, the incoming Bank of England governor warned yesterday.

Andrew Bailey said the virus could damage the British economy and particularly hit small firms.

He added he had been in talks with Chancellor Rishi Sunak to "move quickly" to help struggling businesses.

But he refused to say if Britain would copy the US and slash interest rates to protect the economy from the threat.

Speaking to the Commons Select Committee, Mr Bailey said the authorities must be nimble in responding to the growing crisis.

break. Professor Yvonne Doyle, medical director at Public Health England, said of the UK surge: "The majority of the new cases are linked to travel to affected countries, but we are carrying out contact tracing to understand how people acquired their infection.

"We are calling on everyone to help prevent the spread of coronavirus to help protect yourself and those around you.

"Our message is clear – simple hand washing with soap for 20 seconds is the key step we can all take to make a real difference in stopping this virus spread."

nick.mcdermott@the-sun.co.uk

The Sun Says — Page 12

2 STRAINS OF VIRUS FOUND

SCIENTISTS say coronavirus has "mutated" into two strains — with the most aggressive infecting 70 per cent of patients.

Research teams in China have been analysing the outbreak since it first emerged in December.

They warned that their analysis examined a limited range of data — 103 samples — and said more research was needed.

COUPLE JOIN TOLL VICTIMS

A HOSPITAL worker and her partner tested positive for coronavirus.

The couple, who recently returned from a trip to northern Italy, have been self-isolating.

The woman, in her 30s, has not been back to Cumberland Infirmary in Carlisle, Cumbria, or had contact with any patients since her return.

She had a swab test on Monday and got the result on Tuesday.

Separately, a patient in Newcastle has been diagnosed with coronavirus. In South East London, a friend who visited a student at a university joined the confirmed cases.

Goldsmiths, which is, part of the University of London, said the case was discovered at one of its seven halls of residents.

It added that the student was in self-isolation as a precaution.

BAN ON BINGO: PAGES 10 & 11

COVID-19 FLU CRISIS

Promise . . . London workers yesterday

WORKERS

Boris: Sick pay boost on the way

By KATE FERGUSON

BORIS Johnson will give millions of Brits extra sick pay as part of his emergency plans to cope with the coronavirus crisis.

The PM will rush through emergency laws to make the statutory payments start immediately if someone has to self-isolate at home.

Under current rules, workers have to wait until their fourth sick day before they can claim the money.

Mr Johnson told MPs that Brits who follow doctors' orders to stay home are "helping to protect all of us by slowing the spread of the virus". He added: "Nobody should be penalised for doing the right thing."

Unions say the move will give many workers protection they will desperately need.

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EVEN KISSING

Fans shut out . . . Serie A games like this one featuring Ronaldo will be hit

SCHOOLS & FOOTIE AXE

ITALY

By DANIEL HAMMOND

ITALY has closed all schools and ordered sporting events to take place in empty stadiums.

The Government also told people to stop kissing — even the traditional peck on the cheek — hugging and shaking hands.

It came as the country's death toll rose by 28 to 107.

Schools and universities are to close until March 15. Sports will be spectator-free until April 3.

England's rugby team is due to play in Rome on March 14.

The Champions League match between Juventus and Lyon on March 17 will be played without fans, along with all domestic league fixtures. Cinemas and theatres also face closure.

A draft decree ordered "the suspension of events of any nature that entail the concentration of people and do not allow for a safety distance of at least one metre to be respected".

Italy's PM Giuseppe Conte said the Government was trying to slow infections, which have been rising by about 500 per day.

He said: "Our hospitals risk being overwhelmed. We have a problem with intensive care units."

The number of cases since the outbreak surfaced 13 days ago rose to 3,089, from 2,502 on Tuesday. Around 3.5 per cent of those have died, said the Civil Protection Agency's Angelo Borrelli.

Lombardy and Veneto remain the main risk areas. Rome's Spallanzani infectious diseases hospital has 20 patients.

Players ordered to BAN

Quarantined . . . after night at bingo

By BEN LEO

BINGO players at a Royal British Legion club were ordered into quarantine after one caught coronavirus from a close relative.

Twenty-five have been told to self-isolate after the card-marker tested positive.

Public Health England notified bingo club bosses in Hindhead — only three miles from Haslemere, the centre of Surrey's outbreak.

So far, four people have been struck down in the county.

A bingo player from the club

IS AT RISK AS TOLL RISES

Kiss risk . . mask couple in Rome

107 people infected with Covid-19 have now died in Italy

3.5% of those who contracted the disease have since died

Deserted . . . famous Spanish Steps, Rome

MYTHBUSTER

THE OUTBREAK of Covid-19 has sparked a number of "dangerous" myths about tackling the disease. The World Health Organization has called it an "infodemic".

FALSE CLAIMS INCLUDE:

1 VITAMIN C PROTECTS YOU
There is currently no solid proof that the supplement will help.

2 DRINKING EVERY 15MINS FLUSHES OUT COVID-19
People have suggested taking sips of water every 15 minutes helps flush the virus through the body where it'll get killed by stomach acid. Not true, says WHO.

3 SHAVING OFF FACIAL HAIR PROTECTS YOU
The Centers for Disease Control and Prevention recommends men shave their beards because they "make it impossible to get a good seal of the mask to the face". But removing facial hair won't prevent the spread of the bug.

4 HAND DRYERS KILL CORONAVIRUS
Rumours had circulated that using hot air from a hand-dryer for 30 seconds could kill the virus if it was on your hands. WHO says this isn't true.

5 GARGLING MOUTHWASH PROTECTS YOU
Mouthwash cannot protect you from infection with the new coronavirus.

6 EATING GARLIC PREVENTS INFECTION
While eating garlic can help to treat the common cold, it won't stop you from Covid-19.

7 YOUNG PEOPLE DON'T GET CORONAVIRUS
Young people are also at risk of Covid-19, despite patterns showing the elderly are struck more often.

8 UV LAMPS BEAT THE BUG
WHO have urged people not to use UV lamps to sterilise hands or other areas of skin in a bid to beat coronavirus as UV radiation can cause skin irritation.

9 THERMAL SCANNERS DETECT CORONAVIRUS
Thermal scanners at airports, train stations and other public places can detect those with a high temperature. They won't pick up those yet to display symptoms.

10 SPRAYING ALCOHOL OVER YOUR BODY WORKS
Not true and potentially dangerous.

self-isolate ● Dentist confirmed as UK victim

ON BINGO!

HASLEMERE

said: "Everyone who was at Tuesday's night's bingo draw has been told to go home and stay there for 14 days because one person who was here then has tested positive.

"Public Health England have refused to give out the name but we know that they are a member."

The Legion called for calm and said a deep clean was under way.

Officials were trying to trace people contacted by two of the others infected in Surrey – a husband and wife – as they have not been abroad. The woman is living in one room at the family's home, with meals delivered to her door. She told BBC Surrey: "Every time you hand back a plate, even though they are wearing gloves and everything is going straight into the dishwasher, you feel guilty you're handing them death."

Their son, who goes to a local prep school, is also in self-isolation. He has not yet tested positive.

Meanwhile, a dentist who visited Italy recently was yesterday confirmed as one of the new cases.

Dr Richard Prais, whose practice is at Hampstead Garden Suburb in North London, has self-isolated.

He was diagnosed after passing through Milan airport last week.

Renee Zellweger, 50, has cancelled an appearance at the premiere of her movie, Judy, in Japan which has seen 1,000 cases and 12 deaths.

The Bridget Jones star, who won an Oscar for the film, will instead do interviews by Skype.

And socialite Jemima Goldsmith, 46, insisted she was "still not packing" after her neighbours in London left in an ambulance with medics in hazmat suits. She joked: "My (hypochondriac) son is now convinced he has a strain so insidious it has no symptoms."

Earlier, she was blasted for making light of the virus by saying it was certain to kill her because she was "deeply unworried" about it.

ben.leo@the-sun.co.uk

LOVE BUG WARNING

TINDER

MILLIONS of Tinder singletons are being warned to take coronavirus precautions when meeting dates via the app.

Even a goodnight kiss looks out of the question as potential love-birds are being urged to keep a "social distance".

They are also being reminded to wash their hands thoroughly, carry hand sanitiser and avoid touching their faces. The warning says: "While we want you to continue to have fun, protecting yourself from the coronavirus is more important."

One user joked: "Don't worry Tinder. I don't get any matches to spread coronavirus to."

THE Sun SAYS

Grim increase

THE dramatic leap in UK coronavirus cases is a reality check for those who believe even the Government's warnings have been hysterical.

Chief medical officer Chris Whitty, an expert on infectious diseases, says this is almost sure now to become a deadly epidemic here. Let's take him seriously.

True, only 87 Brits are confirmed to have it so far and few caught it in Britain. But that looks certain to soar until the global race for a vaccine bears fruit.

It is true too that the vast majority will suffer mild symptoms. But the WHO says the percentage killed may be substantially higher than first thought. How long will the sage advice to wash our hands and stop touching our faces suffice?

Other nations are scrapping events and closing schools. So far our Queen has put on gloves and the Bond movie has been delayed. We may need more draconian steps sooner rather than later. And one thing is more certain:

Covid-19 is already a monumental global economic shock and likely to worsen.

Rish pickings

CHANCELLOR Rishi Sunak must listen on fuel duty . . . to Tory backbenchers, small firms and the Sun readers on this page.

Hiking petrol and diesel taxes, frozen for a decade thanks to our campaign, may seem trivial to Londoners with the Tube and decent buses to rely on.

It may even seem logical to increase electric car take-up.

The reality outside the capital, and in the former "Red Wall" regions, is it will make working people worse off, will come as a painful blow to van drivers and a bombshell for truckers.

And they won't respond by spending £25,000 on a battery-powered runabout they'll need to charge every few miles.

They will suffer it grimly, pass on the cost to customers if they can and resent that their new Tory Chancellor, as his first act, made their lives tougher.

Greener Britain

IT'S time for some perspective on Britain's role in mitigating climate change.

From all the Extinction Rebellion protests you might imagine we were among the world's worst polluters. In fact our carbon footprint is its smallest since 1888.

Far from "doing nothing", as Greta Thunberg claims, our emissions are down 29 per cent in a decade.

Two per cent of our power comes from coal. In Germany it's 40 – and China and India are building scores of new coal-burning plants. Heathrow's expansion has been halted while they build **HUNDREDS** of new airports.

And while we introduce bans and taxes that make Britain cleaner but threaten our prosperity, the world's mega-polluters carry on regardless.

Green campaigners should target those with the worst record, not one of the best.

PEOPLE FROM THE REAL WORLD APPEAL TO CHANCELLOR ON FUEL

KEEP IT DOWN THE Sun

THE Budget next week could end the ten-year freeze in fuel duty, hitting the pockets of families, small businesses and the self-employed.

If whispers in Westminster are true, Chancellor Rishi Sunak will bring in a fuel hike of 2p per litre in April.

One Tory MP has admitted: "I can't imagine the freeze will survive this Parliament."

It would mark the end of a policy that George Osborne began in 2010.

By KATE JACKSON

The Sun's Keep It Down campaign has demanded that fuel duty stays at 58p per litre.

Tory MP Robert Halfon said: "Fuel duty rises affect businesses, the cost of food and public services."

And while it is thought Mr Sunak wants to increase the duty as part of a number of green measures, switching to public transport is not a realistic option for many.

Campaign group FairFuel UK estimates a family driving 12,000 miles a year would pay an extra £43 to fill up their car, while a large van driving 50,000 miles annually would see a £272 rise.

A fuel duty hike would risk alienating the former Labour voters who helped propel Boris Johnson to victory in December.

Here, voters from the Red Wall and beyond plead with Mr Sunak to think of them . . .

DECISIONS . . . Rishi Sunak

Time to do your duty, Rishi

NO OPTION . . . Jayne would struggle if she had to rely on public transport

Mum-of-five JAYNE MAHGAGAHBOW

CLEANER and kitchen assistant Jayne is 54 and lives in Thornaby, North Yorks.

Her constituency, Stockton South, was a Tory gain from Labour in last year's General Election.

She says: "I use my car to go to work, take the kids to school and shop for the family. I spend about £20 a week on fuel. I never use public transport, it isn't practical where I live. You never know what time the buses are coming.

"We don't have an easy transport network like people have with the Tube in London.

"My dad lives in a village where the bus service has stopped completely. The only way I can see him is by driving.

"Any rise is going to hurt the pockets of the people who don't have a lot of money.

"I don't have large petrol bills but there are many people who have to work further afield and they really will be badly affected. People in the town would react negatively to the news. They have given Boris Johnson a chance and if the Conservatives put taxes up, there will be a backlash.

"This area was predominantly Labour and I don't think it will take much for new Conservative voters to say they will never vote for the Tories again."

Mum-of-two, CLAIRE JONES

CLAIRE , 41, runs a mobile dog salon in Willenhall, West Mids. Her constituency, Walsall North, turned Tory in 2017.

She said: "I do up to 1,200 miles a month in my van and spend around £60 to £70 a week on fuel.

"Any extra tax on petrol, even if it's only 2p per litre, is going to eat into my profits.

"The van is crucial to my business. I can visit seven to nine dogs a day and travel up to 30 to 40 miles between clients. Around 40 per cent of my clients are elderly so they rely on me because they can't get to a grooming parlour.

"Sadly, if this fuel tax does come into force after the Budget then I will probably have to put up my prices.

"The Government should find the extra money from another source.

"Any fuel hike is going to hit the self-employed, who rely on their vehicles the most.

"With all the costs and taxes I feel like I'm being penalised for trying to run a business."

Dad-of-three, STEPHEN NICHOLSON

STEPHEN, 38, runs painting and decorating business S. Nicholson and Sons, which employs 12.

His constituency, Bishop Auckland in County Durham, was a Tory gain from Labour in last year's General Election.

He said: "We've got five vans and spend about £1,400 a month on fuel. The vans are always out every day.

"After VAT and corporation tax, there's not a lot left. Any rise in fuel duty will take even more away. An increase will hit small businesses who rely on their vehicles, and it will affect those in rural areas as they haven't got public transport.

"And will there be a further increase down the line?

"Our town centre has died a death and the hospital has lost its A&E and maternity ward. I felt I had no choice but to vote Conservative as we had to have a change.

"If that means we are going to be hit harder in the pocket, then it should be spent on improving the local area."

Guilty . . . Cordice

Sex and a baby with lad aged 13

By EMMA JAMES

A NURSERY worker had sex with a 13-year-old lad then had his baby, a court heard.

Leah Cordice was 17 when she seduced him by pulling his trousers down as he played on his Xbox in his bedroom.

She rewarded him with fish and chips as they had sex twice a month.

Cordice, now 20 and married, denied sexual activity with a child but a jury found her guilty of three counts.

She claimed that the boy had raped her.

Judge Peter Clarke QC warned Cordice to expect a prison sentence.

He said: "To be sexist about this, if she was a man, custody would be almost inevitable."

Cordice, of Windsor, Berks, was bailed to be sentenced at Reading crown court next month.

My job's a thriller

A BRITISH thrill-seeker has beaten 63,000 applicants from around the world to become an official theme park tester.

Alexandria Adamson, 25, will earn £3,000 in three weeks reviewing Florida's theme parks for a travel company.

She will go to the US with a friend in May.

Alexandria did an art and design course, specialising in theme park design. She has also taken part in cultural exchanges run by Disney.

Speaking about her new role, the Glaswegian said: "I just feel like I'm waiting for someone to wake me up from a dream."

Jord shirt send-off

MORE than 800 football shirts sent by clubs worldwide were displayed at the funeral of a player killed on a night out.

The family of Jordan Sinnott, 25, asked teams to donate shirts with "Sinnott 25" on the back to honour his memory.

Jordan, who played for Northern Premier League club Matlock Town, died following an early hours assault in Retford, Notts.

Brother Tom said ahead of yesterday's service at Valley Parade, home of Jordan's home town club Bradford City: "It's the perfect send-off for Jord."

Three men have been charged over the death.

BUM NOTE

Shocked Chloe MacKenzie's doorbell camera caught a Tesco delivery driver scratching his bum in Guildford, Surrey.

NICE CALVES, KATE...

Picture: ARTHUR EDWARDS

By MATT WILKINSON

KATE looks a real booty as she and Prince William inspect prize cows on their Irish tour.

The Duchess of Cambridge, 38, wore a waxy green jacket by Irish fashion line Dubarry to stroll around Teagasc Research Farm.

The royals had earlier tried their hand at table tennis and cooked soup with disadvantaged children at Savannah House, run by social justice charity Extern, in Co Kildare.

DUCHESS JETS IN

RETURN OF THE MEG

Markle back in UK for gig

MEGHAN is back in Britain today for the first time since her split from the Royal Family was revealed.

The Duchess of Sussex will be with Harry in London for a bash celebrating the sporting achievements of wounded servicemen.

Meghan, 38, is believed to have left baby Archie behind as she flew in from Canada to complete her final round of official royal engagements.

Her husband was at Buckingham Palace yesterday afternoon and was reportedly holding talks with advisers.

His grandmother, the Queen, was also at the palace greeting official visitors.

Harry, 35, was said to have had a four-hour heart-to-heart with the Queen at the weekend but it was not clear if they met again yesterday.

By MATT WILKINSON

Meghan, *above*, and Harry were last in the UK together in January before the terms of their Megxit were agreed.

As well as tonight's appearance at the Endeavour Fund Awards at Mansion House, the couple will be at Saturday's Mountbatten Festival of Music at the Royal Albert Hall.

The Duchess will also face the Queen, Charles and Camilla and William and Kate for the first time since the split at Monday's Commonwealth Day service at Westminster Abbey. It will be the Sussexes' final event as senior royals.

A spokesman for the couple refused to comment on their private schedule.

matt.wilkinson@the-sun.co.uk

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Product packaging may differ in each region. Products and prices may vary in Scotland and in Aldi Local.

Rod Liddle

rod.liddle@the-sun.co.uk

MORE good news. A giant asteroid is on its way.

The scientists have given it the name 52768 (1998 OR2). But that seems a bit impersonal to me, so I'm going to call it Bob.

Anyway, Bob's half the size of Mount Everest and rushing towards us at nearly 20,000mph. The experts reckon it will just miss us. But they can't be exactly sure. Bob could swing by to say hello. In which case you can wear as many face masks as you like but it won't help you one bit.

You can even follow the BBC's excellent advice on "how to wash your hands". (Apparently you rub them together with some soap for a bit. Sheesh! Who knew?).

Bob won't care. You'll be locked away in your self-isolating chamber under the stairs. Hands smothered in Dettol. Poncey face mask bought off Amazon. Stacks of dried food to keep you through the entire spring.

And then – bang! Not even enough time to recite this little ditty: We are doomed, brother doomed – are you ready for the kill? If the virus doesn't get you then Big Bob will.

THERE'S outrage in Darlington over the plight of a bunch of hamsters found in a hedge. Locals are more disgusted than at any time since my band, Dangerbird, played there in 1977.

These hamsters were in plastic boxes. And one can only assume they were bred to feed snakes. They have now been liberated. So what are they going to feed the snakes? Kale and mung bean risotto? I'm telling you, they won't like that. The likely answer is mice. So why is that any better than feeding them their cousins, hamsters?

A spokesmouse for the British Association of Small Rodents (BASR) told me yesterday: "It's ludicrous. Totally inconsistent. Hamsters get away with murder. Because they've got chubby little cheeks and are refugees from Syria.

"But nobody cares about us mice. And at least we don't spend half the bloody night running around on a wheel like a moron. Can't stand hamsters, me."

Fat-shaming can be very useful. It worked for me...

INCIDENTALLY, on the subject of these face masks. Me and the family are going away for a few days in April. This will require going to an **AIRPORT**.

Awful places, airports. Full of whacko foreigners who've just eaten a stewed bat and wonder why they are feeling a bit under the weather.

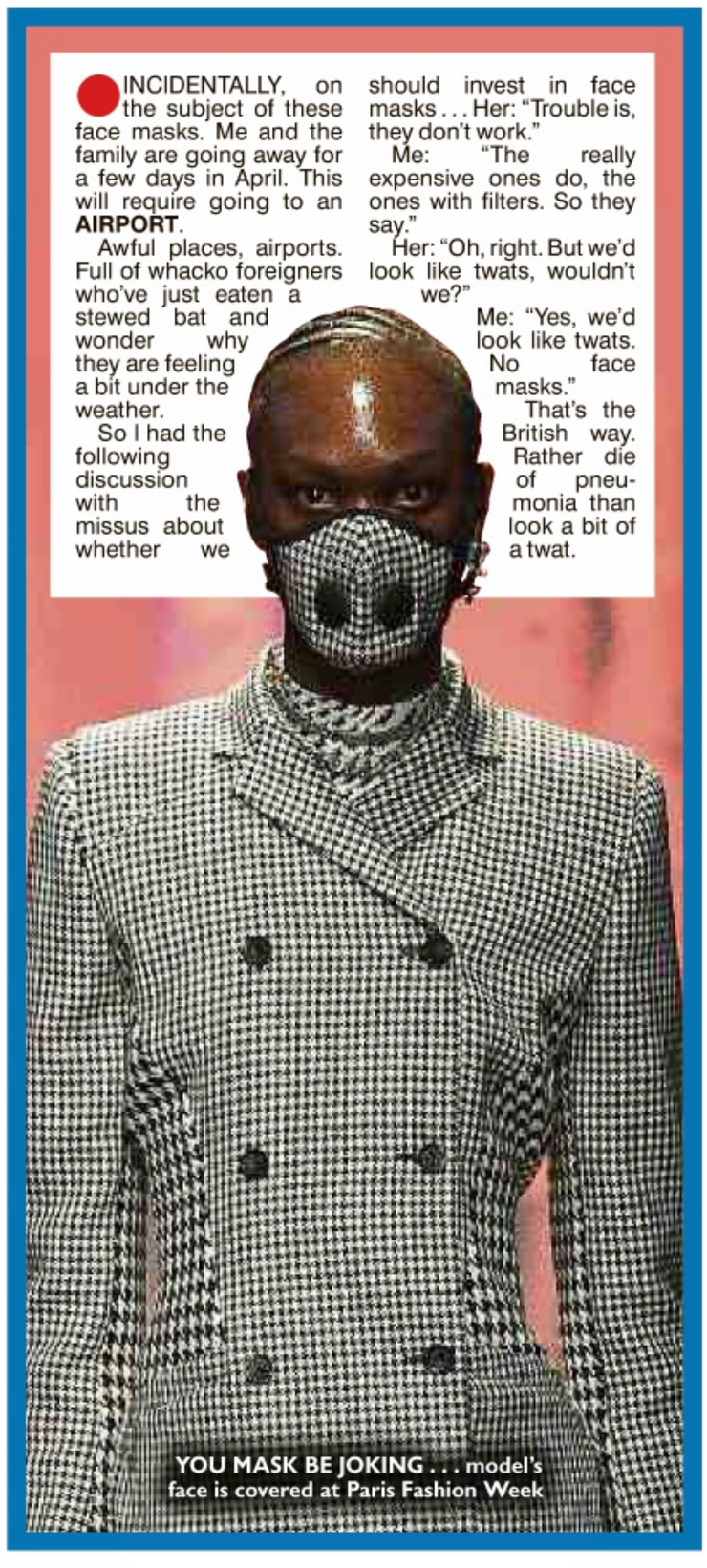
So I had the following discussion with the missus about whether we should invest in face masks . . . Her: "Trouble is, they don't work."

Me: "The really expensive ones do, the ones with filters. So they say."

Her: "Oh, right. But we'd look like twats, wouldn't we?"

Me: "Yes, we'd look like twats. No face masks."

That's the British way. Rather die of pneumonia than look a bit of a twat.



YOU MASK BE JOKING . . . model's face is covered at Paris Fashion Week

THERE'S a woman called Sue who is appearing in a Channel 4 documentary soon. She's a mum. And the story is really about her 15-year-old son, Harry.

Harry is what you might call morbidly obese, poor lad. Sue, *right with Harry*, says she didn't realise he was overweight until his hip collapsed. And he had to be taken to hospital for horrible, complex, surgery.

Didn't realise? Gordon Bennett, talk about the elephant in the room. I mean, literally. The kid was half the size of their house. She didn't notice the lack of exercise and the food Harry was putting away? And the fact that he took up the entire sofa and then some? Whose fault is it that Harry needed an op?

We have an obesity epidemic. It is almost certainly this that has caused a drop in life expectancy in our poorest areas. The first such drop for a century.

If your kid is porky, get him out for walk

But now the obesity lobby and the health professionals have decided that obesity shouldn't be "stigmatised". As if it were an illness just like any other.

Something that happens, without the victim knowing it is happening. This is b******s, and it's dangerous.

And stigma is a useful tool in the fight against obesity.

It was only when my own son, during an argument a few years back, told me I was a fat, lardy t***er that I decided to sort my weight out. I've put most of it back on now so I need another bout of name-calling to provoke me to more action.

My point is that fat-shaming can be very useful.

Because being fat isn't good for us and nor is it good for society. It costs the NHS millions each year. It makes people's lives a misery. It is right that it should carry a stigma. Remove the stigma and you make being fat the natural state of being, no blame attached.

Oh, you're fat. How did that happen? What terrible bad luck, but never mind. But that is very far from the truth. With the exception of that tiny minority of people who are fat as a consequence of their genes, obesity is eminently and quite easily avoidable.

Its main cause, these days, is a lack of exercise. If you're a mum or dad and your kid is looking a bit porky, get them out for a walk every day, or do some sport with them. And keep an eye on what they are eating.

Maybe ration the amount of time they spend online, tapping and swiping away on their fat a***s, pausing only to swallow a bowl of Doritos.

This is surely basic parenting. Looking after your kids. Because if you don't do that, they will die very young indeed.

And it isn't the Government that's to blame. Or blind chance, or bad luck. It is because of lifestyle choices. That's the important word – choices.

If you take exercise and keep an eye on what you eat, you won't get fat and your hip won't suddenly give up the ghost and collapse.

The more we insist, out of kindness, that being fat is no fault of the individual, the bigger the problem will grow.

And now, if you'll excuse me, I have to take the dog for a walk. Four miles.

That will lose me about 500 calories, tops. So still some way to go.

TYRANNY OF TRANS ACTIVISTS

THE "You Can't Say That!" brigade are at it again.

This time they have banned a woman called Selina Todd, *above*, from speaking at the Oxford University International Women's Festival.

Ironically, it was a festival that SHE helped to organise.

Todd is an academic and a feminist. She has been barred from speaking because transgender activists don't like her.

They accuse her of being "transphobic", which she denies. She probably just thinks – like a lot of the population and scientific community – that men who transition to being women are still basically men.

We have to fight back against this hysterical tyranny imposed on us all by a tiny, minuscule, rump of deranged activists.

It is time institutions such as Oxford University stood up for the principles of freedom of speech.

That they fail to do so is a national disgrace.

SEE SENSE ON RISK

ONE final word on Mr Corona.

We've been told that in a worst-case scenario, 500,000 British people will die. Almost all of these, according to the experts, are elderly people with serious underlying medical conditions.

Just to get this risk thing into perspective – how many of those people would have died anyway, as a consequence of those medical conditions, over the next six months?

STACEY IS A LOOS WOMAN

GOT to admit I hadn't known a huge amount about Stacey Solomon. Until I was faced with the picture of her taking a selfie while having a crap.

So whether I like it or not she is now part of my world. Very grateful, thank you. My life is enriched.

It seems that Stace is getting tired of "trolls" telling her she's not bringing up her kids right. Not dressing them in appropriate clothing and stuff.

Can't say I give a monkey's one way or the other. But I'm not absolutely certain that the best way to convince people you're an elegant and well-mannered young lady is to take a selfie while you're laying a cable, you know?

And then there's this. She's annoyed with the trolls right now. But what about when they've all gone and started to annoy someone else?

Who will be left to look at those selfies? Apart from Stacey?

DANNY BAKER'S been talking about how the BBC, "threw him under a bus."

Baker, *above*, was sacked for having tweeted a joke about Harry and Meghan and their son, Archie. He was accused of racism. But I doubt there's a less racist bloke in the country.

The BBC should admit it made a big mistake.

Not only was it unjust, but I really miss listening to Danny on the radio – he's a brilliant broadcaster.

So here's a suggestion. Give him Rylan Clark-Neal's slot on Radio 2. I can't be the only person in the country who turns off as soon as I hear him speak.

Baker would bring a bit of wit to a network currently lacking it.

Coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

CORONAVIRUS

PROTECT YOURSELF & OTHERS

For more information and the Government's Action Plan go to nhs.uk/coronavirus

Trial . . . Lord Holmes

Tory lord massage 'sex pest'

By DANIEL HAMMOND

A TORY peer grabbed a masseuse's bum, pointed to his groin and asked if she did extras, a court heard yesterday.

Lord Holmes of Richmond, 48, who won nine Paralympic swimming gold medals after going blind at 14, claims he was only trying to "trace her outline".

But he is alleged to have firmly gripped her bottom towards the end of the treatment at a luxury London hotel.

He also asked if he could touch her breasts and made the reference to her giving him "sexual relief", the court heard.

Jurors were told the shocked masseuse said: "No. I am a professional."

The peer is also said to have broken the disposable underwear given to him before he went into the spa for the £150, 90-minute massage.

He denies sexual assault at Southwark crown court. The trial continues.

War hero Bob dies

A WORLD War Two hero has died aged 98.

Bob Barron served with the Royal Engineers at D-Day, Arnhem and in the Ardennes.

He was also among the first Brit soldiers to cross the Rhine into Germany.

In 2016, Bob, of Preston, was awarded the Legion D'Honneur by France – the country's highest military honour.

At the time he said he played "a small role in a very large team effort".

Nephew Michael said this week: "Uncle Bob was a remarkable man."

CHRISSY NO TO OP

MODEL Chrissy Teigen shows a laid-back approach to work as she relaxes on a sofa in a photoshoot. American Chrissy, 34, has revealed she boosted her boobs at age 20 but dropped plans for more surgery after having two kids made them "deflate". See her story in GLAMOUR available today via download and at newsagents.

Picture: THOMAS WHITESIDE

PROD STEWART

Rucking rocker says he was touched first

Handbags . . . Rod and guard Jessie

EXCLUSIVE by JAMES BEAL

SIR Rod Stewart says he punched a guard in retaliation for touching him first at a New Year bash.

The singer, 75, and son Sean are charged with simple battery after hitting Jessie Dixon.

Sir Rod was given a trespass warning – in effect banning him from The Breakers resort in Palm Beach, Florida.

In a report seen by The Sun, police officer Stephen Mancino notes: "R Stewart stated after being denied access, he told Dixon he just wanted to show his children the inside of the event for ten minutes, but Dixon still refused.

"He stated Dixon became argumentative with his family, which in turn caused them to become agitated.

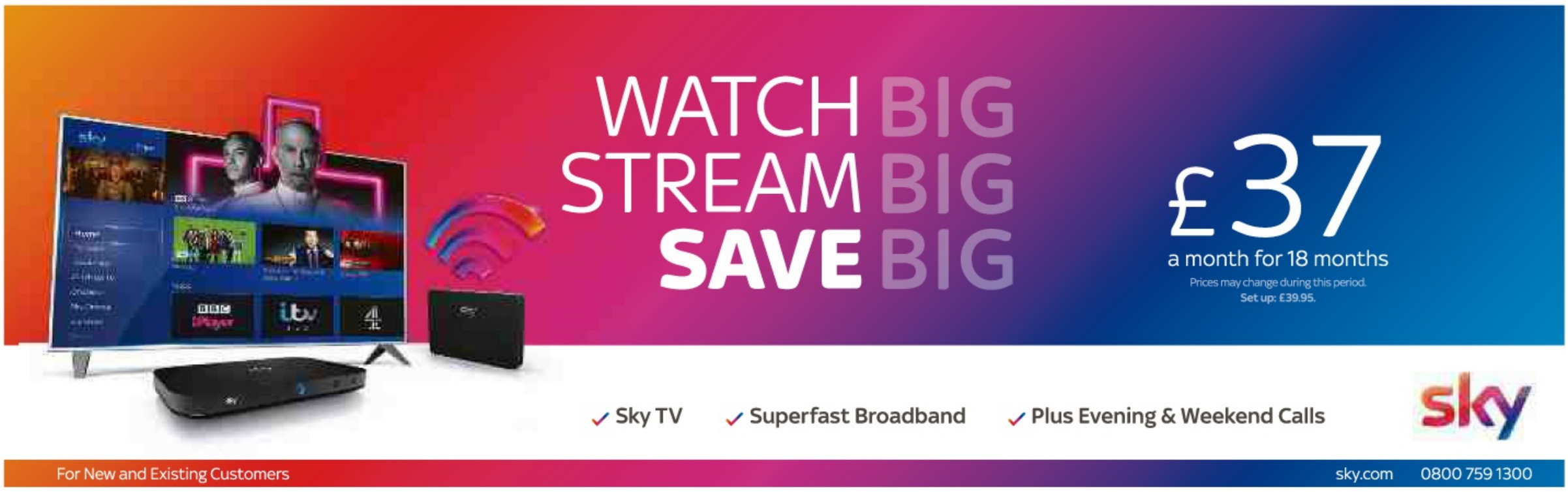
"R Stewart stated Dixon had touched him first and he had struck Dixon in retaliation."

Employee Kaylyn Viteri said: "I saw Rod punch the guard in the chest. Then the wife (Penny Lancaster) or sister got in the middle trying to stop them."

In his statement, Mr Dixon, 33, says of Sean, 39: "I put the back of my hand on the guy in my face and told him to back up to create some space. That's when he shoved me yelling 'What the f*** you gonna do'. Then the male in the gold jacket (Rod) punched me in the left rib."

But Sean says Mr Dixon was being aggressive. CCTV showed Rod appearing to make a Nazi salute minutes earlier.

He and Sean are set to face a Florida court next month.



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THE WORLD'S BEST

J-LO'S GYM BLING WITH £2k HANDBAG

JENNIFER LOPEZ has a handy reminder if she forgets who she is.

The singer was spotted arriving at a gym in Miami on Tuesday in red and white and carrying a tiny bag with her nickname on it. I hope she had a sturdy padlock for her locker in the changing rooms as well, because her handbag costs a whopping £2,250.

The personalised, cherry-red leather accessory is a Valentino Garavani Candystud bag, which she paired with a gold bracelet featuring the initials "J+A" in a nod to her love for fiancé ALEX RODRIGUEZ.

She'd be better off popping down to JD Sports next time.

bizz

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

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Big on our biggest Garden Event ever

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While stocks last. Subject to availability. Selected stores. Prices correct at time of going to print & valid for a limited period only. Decorative content not included. Parkside Raised Planter on Wheels, £39.99. Parkside Herb or Vegetable Propagator Set, £5.99. Florabest 10m Garden Hose Set, £9.99. Parkside Walk-In Greenhouse, £39.99. Parkside Potato Tower, £12.99.

Big on quality Lidl on price

ROO LOVES LEW

WHEN it comes to famous duets, WAYNE ROONEY has form.

The ex-England footie captain has performed with ED SHEERAN twice – and looking at this picture he seems to have turned his attention to superstar LEWIS CAPALDI.

Wayne took his wife COLEEN along to Lewis's gig in Manchester on Tuesday and she shared this snap on Instagram of them hanging out backstage. Coleen captioned the picture: "Mr Capaldi you were unbelievable."

I'm sure it won't be long until Wayne's up on stage with the Scot.

Now at Derby, he has been filmed belting out ROBBIE WILLIAMS songs with Ed and is no stranger to having a go at karaoke.

And if I'm being honest, he's not that bad. Plus I love a trier.

bizmeter

JASON STATHAM has pulled out of his role in action comedy movie The Man From Toronto six weeks before it was due to start filming because of "creative issues", which included its rating. The studio is now hurriedly searching for someone to star opposite **KEVIN HART**.

AMY WINEHOUSE was honoured with a stone on the Music Walk Of Fame yesterday. The late singer's father, Mitch, was at the ceremony in Camden, North London. He said: "It's a wonderful tribute. But on the other hand it reminds us once again that she's not here."

CAMILA CABELLO spent her 23rd birthday at Blackpool Tower as she soaked up the great British seaside. The American Havana singer and boyfriend **SHAWN MENDES** joined in a conga and ate a pumpkin carriage cake, a nod to the Cinderella musical she is filming in Britain at the moment.

ELISABETH MOSS was baffled by rumours she was engaged to **TOM CRUISE.** The Invisible Man and Mad Men actress was mistaken for a woman he was with last year. She said: "I was confused and mainly got texts from people being like, 'I didn't know, why didn't you tell me?'"

DIXIES BACK WITH NEW LP

THEY featured on TAYLOR SWIFT's album Lover last year and it's clearly given DIXIE CHICKS a rediscovered passion for music.

The US trio have announced a comeback, with their first new album in 14 years, Gaslighter, out on May 1.

Yesterday they revealed this striking album artwork, *below*, as they premiered the title track.

The trio were ostracised for their criticism of President GEORGE W BUSH during the invasion of Iraq in 2003 and faced a boycott in the US.

But they are returning triumphant, teaming up with Taylor's producer Jack Antonoff, who they worked with on Taylor's song Soon You'll Get Better.

Here's hoping she repays the favour.

bizticker

Now 100 Clyro set to

SIMON BOYLE'S arre

MY TEAM: Howell Davies, Ellie Henman and Joe Kasper

IT'S ALL GO FOR S CLUB JO

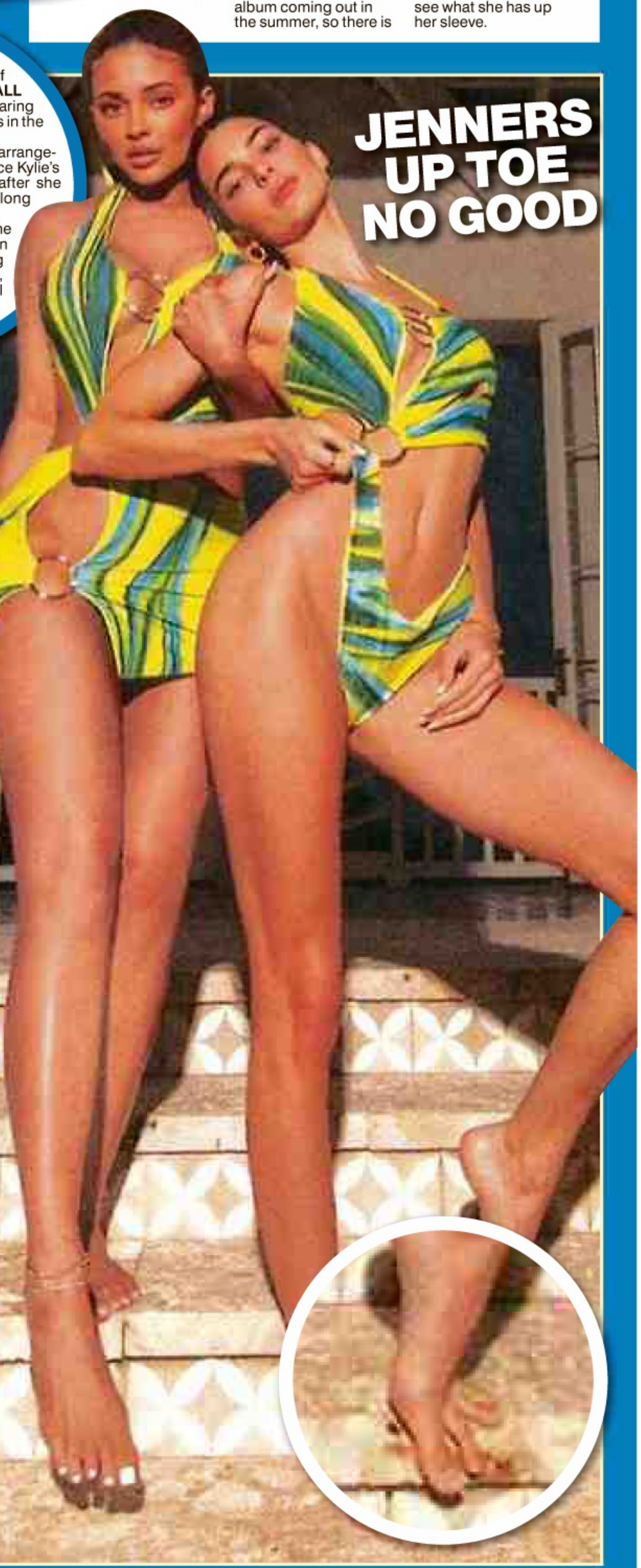
FIFTEEN years after her only solo album, former **S CLUB 7** singer **JO O'MEARA** is launching a comeback.

On her new YouTube channel, where she will release a series of behind-the-scenes videos in the coming months, Jo, *left*, said: "It's so good to finally be back in the studio doing what I love.

"I have a brand new album coming out in the summer, so there is new material to look forward to." None of the other ex-members have released new music in the past decade.

But Jo always did have the best voice in S Club so I'm excited to see what she has up her sleeve.

JENNERS UP TOE NO GOOD



HERE are two sisters for the price of one, as **KYLIE** and **KENDALL JENNER** pose together wearing matching multi-coloured bikinis in the Bahamas.

Despite the eye-catching arrangement, fans couldn't help but notice Kylie's short middle toe . . . especially after she had mocked her big sister's extra long one, *circled below*.

Hitting back, Kylie wrote on the site: "So I broke this middle toe in middle school. There's nothing you can do for a broken toe, so I just had to let it heal how it wanted to heal."

Britney son in 'd**k' rant

BRITNEY SPEARS' son has branded her father a "dk" and said he can "die" in a shock outburst.**

Jayden, 13, let rip in an impromptu live Q&A through his Instagram account in the early hours of yesterday.

Britney's dad Jamie was granted legal control over much of her life after her breakdown in 2008 – and has used the courts to maintain that position.

In the 20-minute session, Jayden said: "Yeah, he's a pretty big dk. He can go die."**

He added that his mum, who has been on a hiatus from music since January 2019, may never release new songs.

He said: "One time I asked her, 'Mom, what happened to your music?' and she was like, 'I don't know, honey. I think I might just quit it'.

"I'm like, 'What? Do you know how much bank you make off of that?'."

He did, however, praise his dad KEVIN FEDERLINE, saying: "I have the best dad. My dad's literally Jesus."

His account has since been deleted. I can't imagine he's in the good books today.

OUTBURST . . . Jayden. *Far left*, Britney and Jamie

bizzbit

ROCK band **BUSH** have confirmed their album, The Kingdom, will be out in May. The four-piece will play Download Festival this summer, their only UK date. Frontman **GAVIN ROSSDALE** said: "We are really proud of The Kingdom."

Katy's write wedding

LOVE. . . Orlando and Katy. *Inset*, 'bump' and cover

LOVED-UP SONG FOR ORLANDO

KATY PERRY has written a song for her fiancé ORLANDO BLOOM – and might even have their first baby on the way.

The singer has today released new song Never Worn White – and in a clip of the video posted on her Instagram last night, she is wearing a white dress and appears to be cradling a bump.

Katy touches on starting a family with Orlando when she sings: "See us in 60 years with a full family tree."

In the song's other lyrics, *right*, you can see how head over heels she is for the Brit actor.

Katy and Orlando, who has a son Flynn from his first marriage to model **MIRANDA KERR**, are expected to wed in the coming weeks.

Katy can get away with her Never Worn White song title as she wore a dove-grey dress when she married ex-husband **RUSSELL BRAND** in 2010.

Pirates Of The Caribbean star Orlando started dating Katy in early 2016. They got engaged on Valentine's Day last year.

If these lyrics are anything to go by, the honeymoon period will be going for a while.

Never Worn White

HERE is an edited version of the lyrics to Katy's new song . . .

You love the hell out of me
And heaven's what we could be
I've stood on the edge of love
But never took the leap
And you took my armour off
Did it delicately
And I let my guard down
To show you what's underneath . . .
Answer my mamma's prayers
You asked the question
I said yes, but I'm scared
'Cause I've never worn white
But I wanna get it right
(chorus) Yeah, I really wanna try with you
No, I've never worn white
But I'm standing here tonight
'Cause I really wanna say, I do… I do
See us in 60 years with a full family tree
Give my blood, sweat and tears to
reach our destiny
'Cause love is a minefield, let's take
this walk, baby
'Cause at the end of it all, I choose you
and you choose me . . .
Answer your father's prayers
You asked the question
I could tell you were scared
(repeat chorus)
Now let's dance with each other
Mixing all of our colours
It's so easy to surrender
When you finally find forever
No, I've never worn white, no
But I really wanna try with you, yeah
(repeat chorus)

Hits Country out on March 12 ● Rebel Wilson has Disneyland sleepover for 40th ● Biffy put out album A Celebration Of Endings ● Prodigy tribute to Keith Flint year on from death

A PERSONAL MESSAGE TO SHERIDAN SMITH

Who you Colin dull?

ACTRESS Sheridan Smith angered the nation's Colins when she hinted the name was too lame for the baby boy she has on the way.

She said: "We thought about naming him after my dad but he was called Colin. Much as I miss him and love him . . . Storm, River, Colin – you never know."

Here, The Sun's very own resident Colin defends his much-maligned moniker.

By **COLIN ROBERTSON**
Who's quite happy with it

THERE was a time in the Eighties when I couldn't look at a packet of KP Skips without wanting to cover my head with the hood of my Diadora shellsuit top and set fire to myself.

The reason? Clumsy F***ing Colin, the oh-so-clever creation of the cretins in KP's marketing department, presumably aimed at enhancing the appeal of the "fizzy" prawn-cocktail snack.

He was a gold-plated, certifiable buffoon, apparently dressed in skintight leopard-print leggings, who rode around on a moped smashing into things.

Because he was clumsy, you see. Haha!

How this two-wheeled terrorist helped to improve the brand value of Skips we will probably never know.

But as Skips soared in popularity, so the name Colin plunged to new depths of hilarity.

"Oh look it's Clumsy Coooooliiiiiin," droned every older kid at school upon **seeing me . . . just before I punched them to the ground** (in my head).

I wished I didn't have 1984's 64th-most popular name, which allegedly derives from a shortened French version of Nicholas.

I wished I was called James. Or Andrew. I'd even have taken Ebenezer, as I briefly did playing Scrooge in Deer Park Primary's take on A Christmas Carol.

But one day, Skips got bored of Colin and ditched **him. Then everyone** else got **bored too. Then** Colin Jackson came hurdling into view, winning world titles and Olympic medals, and the name had a brief purple patch.

Until Colin Hunt came along – the "office joker" from The Fast Show who drove everyone he met to suicidal thoughts with his tediously energetic banter, like putting on a glow-in-the-dark condom and doing the "helicopter" (look it up).

So Colin was in the doldrums again.

It was years before we caught a break. And no, we don't count former US Secretary of State Colin Powell, who insisted on saying it "Coe-lin". Traitor!

It took a 1995 BBC drama to change the game.

I am talking, of course, about "that scene" with Colin Firth as Mr Darcy emerging from a lake in Pride And Prejudice. Now Colin was hot. Colin was cool.

Then Colin Farrell came along – again on the BBC, this time in Ballykissangel.

And then Colin Salmon. And then Colin Morgan.

Cool Colin was suddenly everywhere.

And then came Sheridan Smith.

Ms Smith doesn't like Colin – her dad's name – because it's too dull. She'd rather call her son something trendy . . . like Storm or River.

What about Hurricane? Or Snowbomb? Or Drizzle? Or Sleet?

None of them will see the poor lad getting bogwashed at all.

Sorry . . . what's that sound? Is it a waterfall? A monsoon?

Oh no . . . **FLUSH!**

PRIDE . . . hunky Firth was a game-changer

BAD NAME . . . snack mascot

CHAMP . . . Jackson

Pupil, 11, trip blow

A GIRL of 11 faces a 42-minute bus trip to her new school – despite living a few yards from her preferred choice.

Rylie O'Neill applied for Wardle Academy in Rochdale, but instead was offered a place the other side of the town.

Mum Lindsey Pawson, 31, said: "She's so upset. She and her friends were in tears. They all got places yet she lives closest.

"I certainly won't be letting her travel across Rochdale alone. There are weird people out there."

Rylie lost out as Wardle's new admissions policy favours schools within its own trust and she does not go to one.

Builders' lung fear

THOUSANDS of builders are at risk of a chronic lung disease, MPs fear.

About 600,000 construction workers are exposed to silica – cut stone dust particles which can damage the lungs.

Symptoms of silicosis include coughs, shortness of breath and tiredness and there is no cure.

Yesterday, a report by MPs called for action to prevent more UK deaths from the "next asbestos".

They want lower limits for exposure and an NHS screening programme.

MP Jim Shannon, chair of the respiratory health group, said the report should "shine light on an under-documented issue".

SINGERS' STRONG SUITS

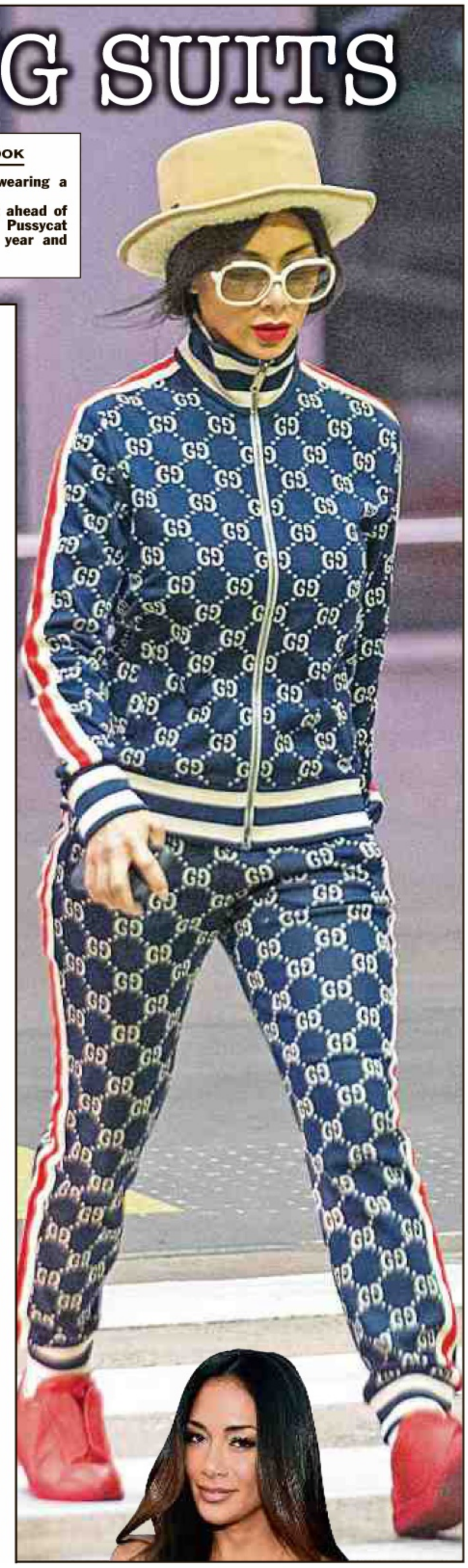
SINGERS Celine Dion and Nicole Scherzinger both appear to have designs on wearing the most eye-catching outfit.

Celine, 51, wore a 1960s-style floral ensemble from Moncler by Richard Quinn as she left her New York City hotel to perform in Long Island.

Meanwhile, Nicole, 41, was seen strutting her stuff in Melbourne wearing a Gucci tracksuit.

She was at the city's airport ahead of a tour of Australia by the Pussycat Dolls. The band reunited last year and will tour the UK next month.

By DOROTHY HOWBROOK



GENDER WIN

Crown queen bowls

CLUB ENDS BAN ON WOMEN AFTER 96YRS

By PAUL SIMS

A BOWLS club is to let women become full members for the first time in its 96-year history.

Ilkley Bowling Club said the "the world had moved on" since it was founded in 1924.

At the moment, women can enter the main bar area only as guests of male members.

As associate members, they can drink only on weekdays after 5pm and at weekends. They can buy drinks from the bar during matches but must consume them outside.

But members of the West Yorks crown green bowls club have now voted 377 to 129 in favour of giving both sexes equal access.

Club chairman Alan Breese said: "The whole of the committee is delighted with the result and it helps us plan better for the future.

"We are still one club and even though people voted against it, I don't want to alienate anyone. We go forward as one club."

Priority for full membership will now go to the 500 women who have associate status – mainly team members and members' spouses.

They will be able to apply to the club from July 1 but will have to wait until April next year for approval.

Equality . . . bowling club

Club secretary Richard Bell said: "We last held a vote seven years ago. Since then the world has changed and the club has changed, too."

Member Peter Mate said: "It's a good facility that needs to be brought into the present day." *paul.sims@the-sun.co.uk*

SEXIST PAINT AXED

A PAINT brand is scrapping pink pots with names such as Dollface, Sweet Angel, Girly Girl and Ladylike.

Valspar will change to gender-neutral labels such as Woke Up Like This, Unstoppable, Fearless and Like a Boss.

In a move that will delight the woke generation, the company made the rebranding announcement ahead of International Women's Day on Sunday.

Valspar, whose paint is sold in B&Q stores, consulted Jane Sunderland, an honorary professor and expert in gender matters at Lancaster University.

She said: "This is a hugely positive move by a mainstream brand."

Sun SPOT

ONE in five Brits could be wearing the wrong size shoes as they have not had their feet measured in ten years, a poll for shoe brand Hotter found.

£200-A-NIGHT BOX

A CONVERTED shipping container is being let on Airbnb for £200 a night.

The 10ft by 10ft steel box has a wood-burning stove and a wooden couch which also serves as a bed.

The price includes five litres of water, toilet paper, tea and coffee, and a pack of canned and dried foods as well as a spade for "bathroom requirements". Renters must bring a sleeping bag.

The "bespoke container bothy" offers lake views and is being rented by owners of the Carrick Castle Estate in Argyll and Bute.

Some social media users have called it an expensive eyesore.

ABORTIONS HIT RECORD LEVELS

By SHAUN WOOLLER

ABORTION rates are at a record high with almost one in four pregnancies now being terminated, figures show.

There were 839,043 conceptions in England and Wales in 2018 but roughly 201,360 – 24 per cent – were legally aborted.

In the previous year, conceptions were 847,204 and the abortion rate 22.7 per cent.

The percentage of pregnancies leading to abortion increased for every age group for the first time since 2013.

The biggest rise was among 20 to 24-year-olds (up 1.8 per cent) and the lowest was among under-16s (up 0.9 per cent). More than half of pregnancies in under-18s were terminated.

Clare Murphy, of the British Pregnancy Advisory Service, said: "We've seen an increasingly cautious approach to family size – likely to be driven by factors ranging from the two-child limit on benefits, to uncertainty about Brexit.

"Women of any age take the prospect of becoming a parent extremely seriously and want to achieve financial security, and ideally a home, before doing so.

"Today's figures may reflect that reaching those goals is more difficult than ever."

1 IN 4
Conceptions in England & Wales legally aborted in 2018

New film warnings

FILM censors are rewriting their warnings about distressing content.

The British Board of Film Classification will use the term "domestic abuse" instead of "domestic violence".

It will limit warnings about "child abuse" to cases of sexual harm.

It follows research involving female and male survivors of abuse.

The board has worked with charities Women's Aid and Respect.

LOOKING BECK

The robe Archbishop Thomas Becket wore when killed in 1170 will be displayed at the scene in Canterbury Cathedral.

The goal is to tackle homelessness

When you buy any of our Sport Relief products, you're helping to support life changing projects in the UK and around the world.

Sainsbury's

SPORT RELIEF IT'S GAME ON 13 MARCH 2020

Sport Relief lanyard £1.50, Sport Relief adult water bottle £4, Sport Relief mug £3. For each item sold all profits will be paid to Comic Relief Limited which donates its taxable profits to Comic Relief. Comic Relief is the trading name of Charity Projects, a registered charity in England and Wales (326568) and Scotland (SC039730). Sport Relief is an initiative of Comic Relief. Selected stores, subject to availability. sainsburys.co.uk

VEGAN SUBSTITUTES:

Gregg's Traditional Sausage Roll v Gregg's Vegan Sausage Roll

THE giveaway was not in the flavour but the pastry. The "sausage" in the vegan product was convincing. I could barely tell the difference. But the pastry was a dead giveaway. The vegan version didn't have the buttery flakiness of a traditional roll, with a texture feeling closer to cardboard. The vegan "meat" is made using mycoprotein, a fungus, the pastry looks anaemic.

SPOT THE DIFFERENCE? YES

No Dough Pizza Company Vegan Margherita v Pizza Express Classic Margherita

PICKING up the vegan pizza, I could tell something wasn't right. It felt like one of those pizzas made on a wrap without a firm base. It was very floppy and I was immediately suspicious. Taking a bite, the fake cheese was also easy to spot. It felt more like a sauce and tasted more like salad cream. I was relieved to take a bite of the traditional Margherita to get rid of the taste. The vegan version definitely wasn't for me.

SPOT THE DIFFERENCE? YES

BLINDSIDED . . . Lynsey tries the vegan pizza

Totally Vegan Quorn Fishless Fingers v Birds Eye Fish Fingers

THESE two were quite hard to tell apart. I guessed correctly but only just. I think it may have been more by chance. There was a bit more fish taste to the Birds Eye fish fingers, which felt like a slightly higher-end product compared to the vegan ones. When I took my blindfold off, you could see the flaky fish inside but with your eyes closed it would be hard to know the difference.

SPOT THE DIFFERENCE? YES

Naked Glory Vegan Sausages v Richmond Thick Pork Sausages

I WAS fooled here as the vegan sausage had lots of added flavour from herbs and spices.

It disguised the taste of the soya protein the sausages are made from and made them taste like one of those posh, higher-end sausages you see in the shops these days.

I'd say it's not a bad option if you're vegan. It also contained less fat, sugar and salt than the Richmond sausage.

SPOT THE DIFFERENCE? NO

Ginsters Cornish Pasty v West Cornwall Pasty Company Vegan Green Thai Vegetable Curry

THE vegan pasty was very tasty, with lots of spices added, and I'd definitely buy one again if I needed lunch on the go. With the Ginsters traditional one I could clearly taste the meat. It was easy to tell the difference but the vegan pasty was nicer.

It was full of red and green peppers, sweet potato and a light curry sauce – delicious. But I don't suppose it's a very healthy lunch!

SPOT THE DIFFERENCE? YES

THE BLINDFOLD TEST

Meaty OR veggie?

SALES of vegan products are soaring, with 600,000 Brits claiming to have given up animal produce in a bid to boost their health and save the environment.

Shoppers spent £474million on meat-free items in 2019, an increase of 18 per cent on the previous year.

Everything from chocolate to cheese, pizza and chicken nuggets can be vegan, but how do they taste?

Mum-of-two LYNSEY HOPE did a blind taste test on a selection of best-selling vegan items to see if she could tell the difference between meat products and their alternatives . . .

Green & Black's Organic Dark Chocolate v Keep It Raw Ombar Dark Choc

BOTH bars contained around 70 per cent cocoa and tasted quite bitter.

The Green & Black's had a stronger, more bitter flavour. I mistakenly thought this might have been something added to disguise the lack of taste so wrongly picked it out as the vegan chocolate.

Both tasted good, but I'm more of a milk chocolate girl and would miss Dairy Milk if I gave up animal produce.

SPOT THE DIFFERENCE? NO

Waitrose and Partners Duck Spring Rolls v Asda Plant Based Duckless Spring Rolls

THE Asda spring rolls were quite tasty but they tasted similar to a veggie spring roll, rather than a duck one.

There was no mistaking the meaty duck taste in the Waitrose ones. It was easy to spot the difference. I'm not sure the Asda vegan rolls are a replacement for meat, and they're not necessarily healthier either, with 125 calories compared to 92 in the meaty ones.

SPOT THE DIFFERENCE? YES

Sainsbury's Plant Pioneers Meat Free Burgers v Birds Eye Original Beef Burgers

THE vegan burger was unmistakable. The texture was clearly like mushrooms.

However, when I took off the blindfold it looked quite appealing, so much so that I'm sure I would pick one over the frozen Birds Eye burger.

A surprise to me was that the vegan burgers were higher in calories than the meaty alternative – 184 compared with 110 from Birds Eye.

SPOT THE DIFFERENCE? YES

Thomson & Scott Brut Organic Vegan Prosecco v Conte Priuli Prosecco DOC

THE organic vegan prosecco was delicious, and out of everything I tried today I'd definitely buy it again. The manufacturer says no gelatin, albumin or casein were used to make it so it is suitable for all. It tasted high-end and came at a price, £15 on Amazon, so more than you'd pay for supermarket fizz. It's produced from grapes at the foothills of Italy's Dolomites – a real treat.

SPOT THE DIFFERENCE? NO

Totally Vegan Quorn Crunchy Nuggets v Birds Eye Chicken Nuggets

THESE two tasted virtually identical and I found it hard to choose which nuggets were meat.

In the end I guessed incorrectly. The Quorn nuggets tasted the same so the manufacturers have done a good job of replicating the chicken taste. The fact it was hard to tell the difference made me wonder what was in the meat nuggets, though Birds Eye says they are 100 per cent chicken.

SPOT THE DIFFERENCE? NO

FLIGHTS AXED AS FLYBE COLLAPSES

By DANIEL HAMMOND

BUDGET airline Flybe looked to have collapsed last night — leaving planes grounded and pilots told not to come in today.

The carrier, which has 2,000 employees, had said the coronavirus outbreak was partly to blame for its troubles.

Passengers reported being turned away from flights as airport staff told them there would be no more departures. Planes were held on the runways at Manchester and Glasgow airports, with reports staff were "taken off their aircraft and told the bad news".

Its website stopped working last night.

Twitter user Derek Donald wrote: "Sitting on a Flybe plane at Manchester airport waiting to see if we're going home to Aberdeen tonight." The embattled, Exeter-based airline, bought a year ago by a consortium headed by Virgin Atlantic, was unable to get fresh financial support after it was saved in January.

Cash woes . . . airline

Industry experts say the virus has hit airlines around the world as people stop travelling.

The collapse is the fourth failure of a big UK airline in less than four years. No one from Flybe was available for an official comment.

The goal is to tackle poverty

When you buy any of our Sport Relief products, you're helping to support life changing projects in the UK and around the world.

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SPORT RELIEF IT'S GAME ON 13 MARCH 2020

Sport Relief mug £3, Sport Relief wristband £1, Sport Relief notebook £5. For each item sold all profits will be paid to Comic Relief Limited which donates its taxable profits to Comic Relief. Comic Relief is the trading name of Charity Projects, a registered charity in England and Wales (326568) and Scotland (SC039730). Sport Relief is an initiative of Comic Relief. Selected stores, subject to availability. sainsburys.co.uk

THE Sun SAVERS

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DEAL OF DAY

GET up to 30 per cent off bookings at Park Plaza hotels until January 31, 2021. Book your stay before March 31 to get the discount.

SAVE: up to 30 per cent

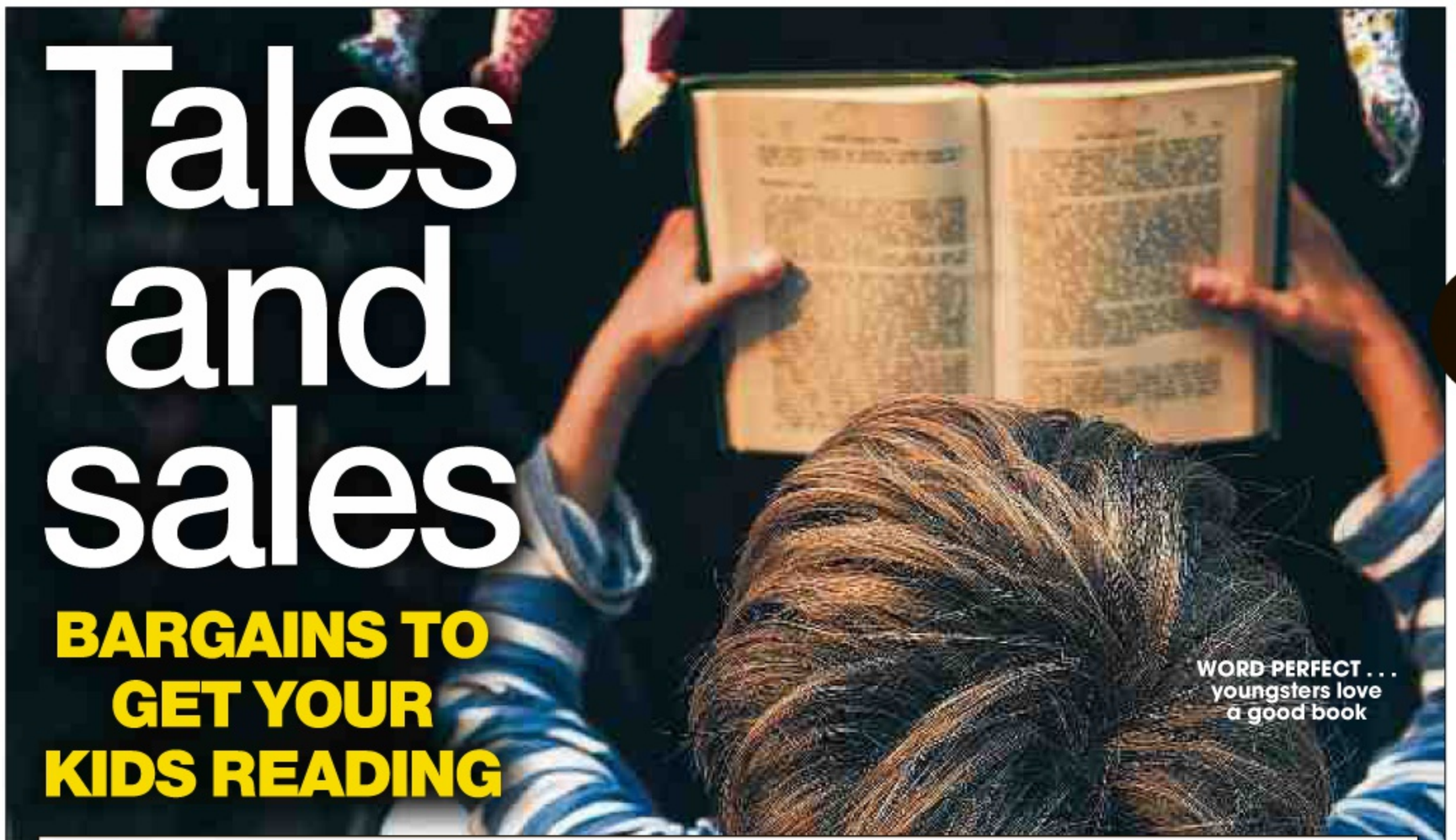
CHEAP TREAT

YOUNG'S Gastro lemon and pepper fish fillets are half price at Tesco. Get two for £2, down from £4.

SAVE: £2

Tales and sales

BARGAINS TO GET YOUR KIDS READING



WORD PERFECT . . . youngsters love a good book

IT'S World Book Day today – but encouraging children to read seems to be getting harder than ever.

Our kids are more disinterested in picking up a book than any generation before them, with just a quarter doing so each day, research shows.

If this issue is proving a tad tricky for you, check out these bargain ways to turn children into bookworms in no time . . .

TAKE A TOKEN: McDonald's is offering free book tokens in Happy Meals. Either swap them for one of the 12 World Book Day books or use them for £1-a-book offers at supermarkets. Check your preferred supermarket is participating, though.

QUIDS IN: Many shops have special offers for World Book Day. Waterstones has a £1 book sale, including on Kid Normal by Greg James. The book is currently listed for £5.56 on Amazon, so you can save yourself a pretty penny or two.

SAVE: £4.56

SWAP NOT SHOP: A cheap way to experience new books is to swap with people you know. See if your children's friends have some books they are finished with, then you can organise a swap shop.

SUPERMARKET SAVINGS: Budget supermarkets Lidl and Aldi are getting involved in World Book Day, too. You can get the classic tale of Alice's Adventures In Wonderland, by Lewis Carroll, for just £1.99 in Lidl, reduced from £6.99.

SAVE: £5

WORKIN' IT: Bulk up with a box set of your child's favourite author. The Works is selling a David Walliams five-book set for £18, down from £34.95 – and get free standard delivery on your order.

SAVE: £16.95

NEW READS: Using your local library to sample new books is a great idea. Most libraries offer you the chance to request a book you'd like to read if they don't already have it. That way you'll get to read the book without actually forking out for it.

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

TOP SWAP

£1.70

MICROWAVE rice makes for a quick and easy meal but don't pay £1.70 for Uncle Ben's Golden Vegetable Rice, *above*, at Waitrose. Instead, you can buy a pouch of Tesco's version, *below*, for just 65p.

SAVE: £1.05

65p

My Sun SAVERS fiver

LYNN SMITH, from Manchester, says: "I'm using my Sun Savers fivers towards my first ever cruise with my friend this month."

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

Reader's saving tip

DEE MORELEY, from East Hunsbury, Northants, says: "When mascara dries up, don't bin it, put a couple of drops of hot water in it for a few minutes. You'll get more out."

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

The Sun RAFFLE

DON'T WORRY THIS IS STILL YOUR SUN SAVERS CODE TOO!

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Need help with Sun Savers? Email help@thesun.co.uk

SHOP & SAVE

GET three Easter eggs – including Chocolate Orange – from a selected range at Asda for just £8.

HOT RIGHT NOW

BUY one pair of men's selected jeans at New Look and get another pair for half price.

£50k for Mall hero

A FORMER boxer has sold the George Medal he was awarded for saving Princess Anne from kidnap for £50,000 – more than double its estimate.

Ronnie Russell, 72, auctioned it to pay for his funeral and said he was "absolutely blown away" by the price paid by a private collector.

Ronnie, of Bristol, was a young ex-heavyweight boxer when he stepped in to floor a gunman targeting Anne near Buckingham Palace in 1974.

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.

PLOT OF GOLD

A 16th century gold signet ring found by a metal detectorist in an East Yorkshire garden sold for £45,000 at auction.

CELEBS BETTER WATCH OUT!

SPIT'S BACK ON

Latex laughs . . Trumps and Mark Zuckerberg

Lookalikes . . . Harry, Meghan and Putin, left

Satirical puppets return after 24yrs

SPITTING Image will return this autumn after 24 years — on streaming service BritBox.

Its satirical puppets will mock Boris Johnson, the Trumps and Vladimir Putin.

The cast will also include Harry and Meghan, the PM's right-hand man Dominic Cummings and singer Adele, as well as tech tycoons Elon Musk and Mark Zuckerbeg.

Roger Law, who co-created the original series, said: "I'd refused to resuscitate Spitting Image for years but when my pension ran out and my palm was crossed with silver, what could an old man do?"

The original show, ran for 18 series until 1996, pulling in up to 15million viewers.

The revival is BritBox's first original commission.

By ANDY HALLS, TV Editor

andy.halls@the-sun.co.uk

EASTER EGG FAVES.
WITHOUT SHELLING OUT.
DON'T COMPROMISE.

Selected Easter Eggs
3 for £8

ASDA
Save money. Live better.

THE GROCER GOLD AWARDS 2019
WINNER
Grocer 33 Price Award

ASDA.COM Selected stores. Subject to availability. Photography for illustrative purposes. Easter eggs £3 each; Cadbury Twirl large egg 262g (£1.15 per 100g)/Nestlé Smarties large orange egg 256g (£1.17 per 100g/Free From white Kiddie egg 115g (£2.61 per 100g)/Free From chocolate bunny egg 100g/Cadbury Creme Egg large egg 258g (£1.16 per 100g)/Cadbury caramel Freddo Treasures egg 153g (£1.96 per 100g)/Cadbury Marvellous large egg 271g (£1.11 per 100g). The Grocer Gold Awards 2019. Awarded to Asda 22 years running. The Grocer 33 Pricing Survey compares 33 randomly selected products each week from Asda, Tesco, Sainsbury's, Morrisons & Waitrose. For verification write to Asda LS11 5AD.

FLACK COPS WILL NOT BE PROBED

By SIMON BOYLE

NO investigation is needed into police contact with Caroline Flack before her death, a watchdog announced yesterday.

It found "no causal link" between Met officers' actions and the TV presenter's suicide.

Caroline, 40, was in custody on December 13 last year following an alleged assault by her on her boyfriend Lewis Burton.

It has been reported she told cops she would take her own life, two months before her death on February 15.

But the Independent Office for Police Conduct said officers arranged for her to see a healthcare professional and "relevant policy and procedure was followed to give her further guidance".

The Met said its internal standards department had found no further action was necessary over the case.

The IOPC announcement came after the Crown Prosecution Service said it would review the decision to charge the Love Island host.

After Caroline's death, her management team criticised the CPS for its "show trial", with Lewis having said he did not support a prosecution and the star denying the charge.

Arrest . . . tragic Caroline

Hush bill is £400k

NEARLY £400,000 was spent by the House of Commons in three years on hush money for staff who were forced out.

It was paid to seven recipients signing non-disclosure agreements.

There are calls for Parliament to outlaw NDAs in harassment or discrimination cases. A Commons spokesman said they had not been used in settlements since 2018.

PAW THING

Diefer the terrier cross is dubbed "Britain's loneliest dog" after 437 days at a Sheffield animal shelter since his owner died.

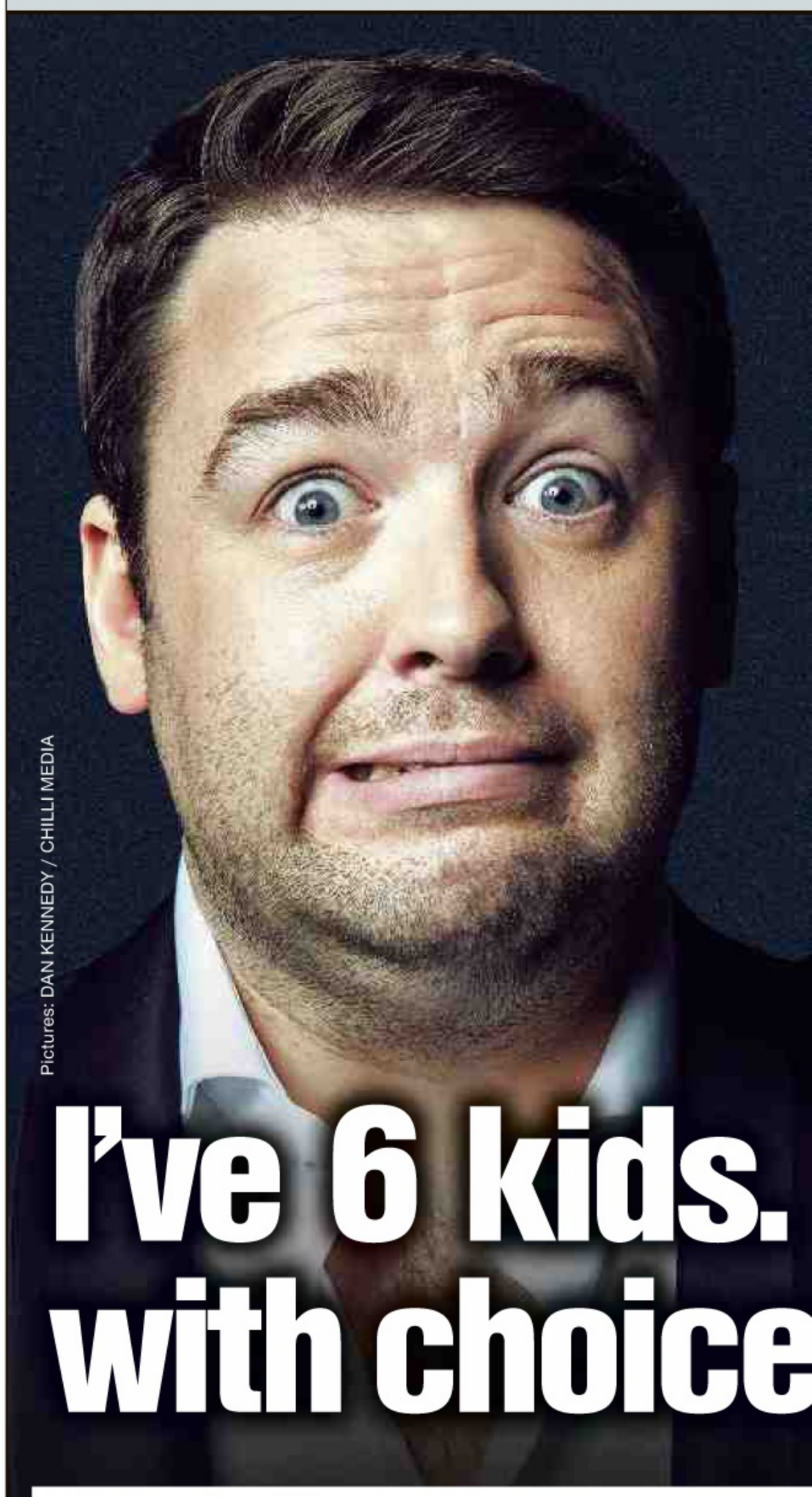
From left to right: 2 in 1 shirt, £16. Stripe t-shirt, £8. Stripe shirt, £12.50.

DISCOVER MORE IN-STORE AND ONLINE AT

George.com

Selected stores. Subject to availability. Online delivery charges may apply.

JASON MANFORD



Pictures: DAN KENNEDY / CHILLI MEDIA

I've 6 kids. with choice

HAVING six kids at the age of 38 is no laughing matter for Jason Manford.

EXCLUSIVE by **STUART PINK** Showbiz Features Editor

In fact, the comedian says his expanding brood has had disastrous consequences . . . on his transport.

Speaking exclusively to The Sun, Jason said: "Every new child you have after three gives you a slightly crappier selection of cars you can drive.

"All the nice ones are off the list, you can't get any of those, so you end up with a second-hand Seat Alhambra, which fits everybody in and their bikes.

"That's one of the worst things about having six kids."

I met up with Jason in Manchester this week following the announcement of his 120-date stand-up tour.

And despite having had root canal surgery just hours earlier, Jason was in good spirits, perhaps buoyed by a 7am jog with his kids.

Just about getting the words out his numbed mouth, he told how his oldest daughters, ten-year-old twins, did not get their chosen high school in a recent application, prompting a family discussion about sending them to a fee-paying grammar school.

He explains: "If they did go to grammar schools I just don't think I could ever forget what it was costing me, especially with the amount of kids I've got.

"Every time they came home from school I'd say, 'What have you done today?'. They'd be like, 'Been in the sandpit', and I'd respond, 'You'd better have built the Pyramids for that price'."

He adds: "It's like, £10,000 a year. That's a lot of money to find every year for every kid."

Jason has four children – the twins and a daughter and son – with first wife Catherine and his youngest two, a girl and boy, with Lucy Dyke, a TV producer, who he married in 2017.

Jason always wanted a big family, but admits he did not foresee having quite so many children.

He says: "I'm one of five, my mum's one of 11, so it's always been a normal thing in my world – but not necessarily six.

"But things change, I got to a point

ON THE FUNNY SIDE OF FATHERHOOD

Each new one leaves me of a slightly crappier car

REVEALED . . . Hedgehog Jason

PRICKLY DECISION

JASON still can't believe he beat opera star Katherine Jenkins on the way to finishing runner-up in hit TV series The Masked Singer.

Dressed as Hedgehog, he was only pipped to first place by Girls Aloud's Nicola Roberts.

But Jason very nearly rejected the ITV show. He reveals: "I turned it down when the offer first came because I thought it was a reality singing celebrity show, which it is really.

"I know people behind the scenes and they said, 'I can guarantee there are no reality stars', and I know that sounds quite snobbish, but it does raise the bar a bit."

Having stayed away from catchphrases during his career, Jason has avoided having fans shout obvious things at him on the street.

But he was concerned his spiky character would change that and see him heckled. He says: "I was worried I'd get called 'prk' because of Hedgehog."**

where I was in a new relationship and it's not fair your past affects somebody else's future, so you add it all up and think, 'I want her to be happy'."

He jokes: "She wanted a baby, I didn't want a baby so we compromised – and we had a baby".

His support network in Manchester, which includes his mum, is a reason why he never made the move down south.

He explains: "I've seen Peter Kay and Paddy McGuinness stay up here and felt, 'Do I really need to move down there?' It's only two hours on the train.

"My kids would be so posh if they moved to London.

"I like having my family close by. My uncle drives me to gigs and I live close enough to my brother for him to ring me up and ask if I can help rip out his old decking."

Jason's recent touring schedule has seen him on the road six months a year, but the rest of the time he can pick up usual dad duties like taking the kids to sleepovers and ferrying them to parties.

The comedian, who is hosting theatreland's Olivier Awards for the third successive year next month, is nearing the end of touring musical mystery comedy Curtains, in which he plays detective Frank Cioffi.

It is the fifth stage role of his career, which also includes lead parts in Chitty Chitty Bang Bang and The Producers.

In September he kicks off his 120-date arena stand-up tour, called Like Me. The name plays on the nation's fascination of being liked and Jason's acknowledgement that his fanbase share many similarities with him.

'I feel bad about job'

He fears the mammoth run, however, may play havoc with his "fluctuating" weight, courtesy of all those late finishes.

He says: "No one is selling a salad at midnight. When you're on a health kick and you want to lay off the carbs, you're like 'Peperami? Fridge Raiders?'.

"I fluctuate a hell of a lot. I've just been on holiday with an all-you-can-eat buffet and my wife says to me, 'It's not a challenge, it's just a description of the food'.

"I say, 'I pay the bills, I know how much this is costing'.

"At one point I had five different countries' breakfasts on one plate."

Despite his success, Jason admits he sometimes feels guilty about not having a "proper job".

He explains: "My uncles and brothers don't see it as work.

"I can see them seething about it, like, 'Yeah, you must be tired talking for two hours a night'. To them, what I do is not a proper job – and I do project that a little bit.

"I'm very lucky I'm in a job that pays well and I love it – and that's so rare, that's like two per cent of the population.

"So it's a privilege to do that job and for people to do whatever job they do and earn money to pay to come and see you do your job. So I feel bad about it.

"I take my family on holidays and give them what they need, and part of that comes down to a bit of guilt that showbiz does pay well.

"But my mum spent 20 years working her ass off as a nurse and that's a proper job."

Away from comedy, Jason hosts a Sunday morning show on Absolute Radio and presents Saturday night game show First & Last on BBC1.

He has also written and starred in kids' animated series Daisy & Ollie which will soon be on Channel 5 morning show Milkshake.

Jason hopes the success of his prime-time BBC1 game show, where contestants attempt to avoid finishing first or last during wacky games, will see him given a second series.

And he jokes: "I've got to a point where if this doesn't get a second series, I might knock game shows on the head.

"I've had a good go at them now and I can safely say I have not got a clue what people want."

Jason adds that he was surprised BBC1 comedy series Scarborough, in which he appeared alongside former Coronation Street star Catherine Tyldesley, was not renewed after the first series ended last October.

He says: "I think it suffered because it wasn't a traditional sit-com. Even now when I watch the odd episode, it's not a gag a minute, it was like a funny soap, like when Corrie used to be really funny.

"And it certainly wasn't really a good fit for a Friday night, that didn't do it any favours.

"It felt to me like a nice Sunday night series, like a modern-day Last Of The Summer Wine and could have run for five to six years."

But that has not put him off sitcoms for ever. He is now planning to write his own.

Jason adds: "I'm friends with Peter Kay and, as much as he's a fabulous stand-up comic, the thing that sets him apart from other comics was doing sitcom Phoenix Nights, and letting people fall in love with the characters he created.

"It's certainly something I'll explore at some point."

WIFE . . . Lucy with Jason

●Jason Manford's Like Me UK Tour runs from September 2020 to October 2021. Tickets and dates at JasonManford.com.

MOBILE SAVED MY LIFE

OK after 3day KO

A WOMAN knocked out for three days survived because her new phone's battery still worked when she came to.

Beth McDermott, 42, who hit her head after tripping and falling down the stairs at home, could not move her legs when she woke.

The stricken trainee celebrant, who lives alone, reached for her £90 Huawei Y6 fearing its battery would be dead but it still had 50 per cent charge.

Dazed Beth, who has rhabdomyolysis – a condition in which damaged skeletal muscle breaks down rapidly – rang 999.

She was picked up by an ambulance and spent a week in hospital.

She said: "It was the most horrible experience of my life. I can't believe I'm still alive – I wouldn't be if it weren't for that phone.

"I wasn't expecting it to work at all but it still had 50 per cent battery life. I couldn't believe it had lasted so long.

"It was like a blessing in disguise."

Beth, from Lancaster, bought the phone days earlier because her £400 iPhone 6 handset kept losing power.

She said: "It was constantly switching off. It was extremely annoying as it needed charging at least four times a day to stay on."

EXCLUSIVE by RICHARD MORIARTY

richard.moriarty@the-sun.co.uk

Bad fall . . . Beth

By CAROLINE MCGUIRE

THIS pilot must have finished a schlong-haul flight — with his tracked route showing as a giant phallus.

The Lufthansa captain was forced to circle over Bremen airport in Germany on Tuesday while waiting to land.

But those watching its progress on FlightRadar24, a site that tracks commercial flights, were left stunned by the willy-shaped flightpath it took. The image went viral on social media. Maybe the pilot thought he was flying a chopper . . .

Tribute to WW2 spy

A FEMALE World War Two spy will be commemorated with an English Heritage blue plaque after a drive to celebrate more women.

Christine Granville, who died in 1952, undertook missions in Europe and has been hailed as most one of our "most remarkable secret agents".

The plaque will be at the West London hotel she lived in for the last three years of her life.

Just 14 per cent of London blue plaques are for females but the charity's Plaques for Women campaign has sparked a rise in nominations.

It has announced six to honour women in 2020.

JK home shake-up

JK Rowling is trying to restore a little Victorian magic to her mansion.

The Harry Potter author, 53, is adding a kitchen, scullery, boot room and pantry to her £2million Edinburgh pad.

She will also move the living room to the location envisioned when the property was built.

The changes are intended to reflect its Victorian heritage, her agents told planners.

Separately, planners have approved 4ft gates at her 162-acre Killiechassie Estate in Perthshire.

The author is worth about £750million, putting her 14th on the Sunday Times Rich List.

Kids chef drive ban

A NURSERY chef who drove while five times over the limit said she drank to cope with feeding 120 children a day.

Simone Morrall, 47, crashed her Mercedes C220 while trying to reverse from a space after an afternoon in a pub. Police found her slumped over the wheel asleep.

She told Stockport JPs she had felt isolated at work after her pleas for an assistant were refused.

Morrall, of Cheadle Hulme, Gtr Manchester, admitted drink-driving – her second conviction.

She got 12 weeks' jail suspended for a year, a three-year ban and is expected to lose her job.

Nan nails date liars

A WIDOW has become a dating site sleuth who weeds out fraudsters trying to con older women.

Great-gran Suzanne Parker, 71, has reported 72 fake match.com profiles since October.

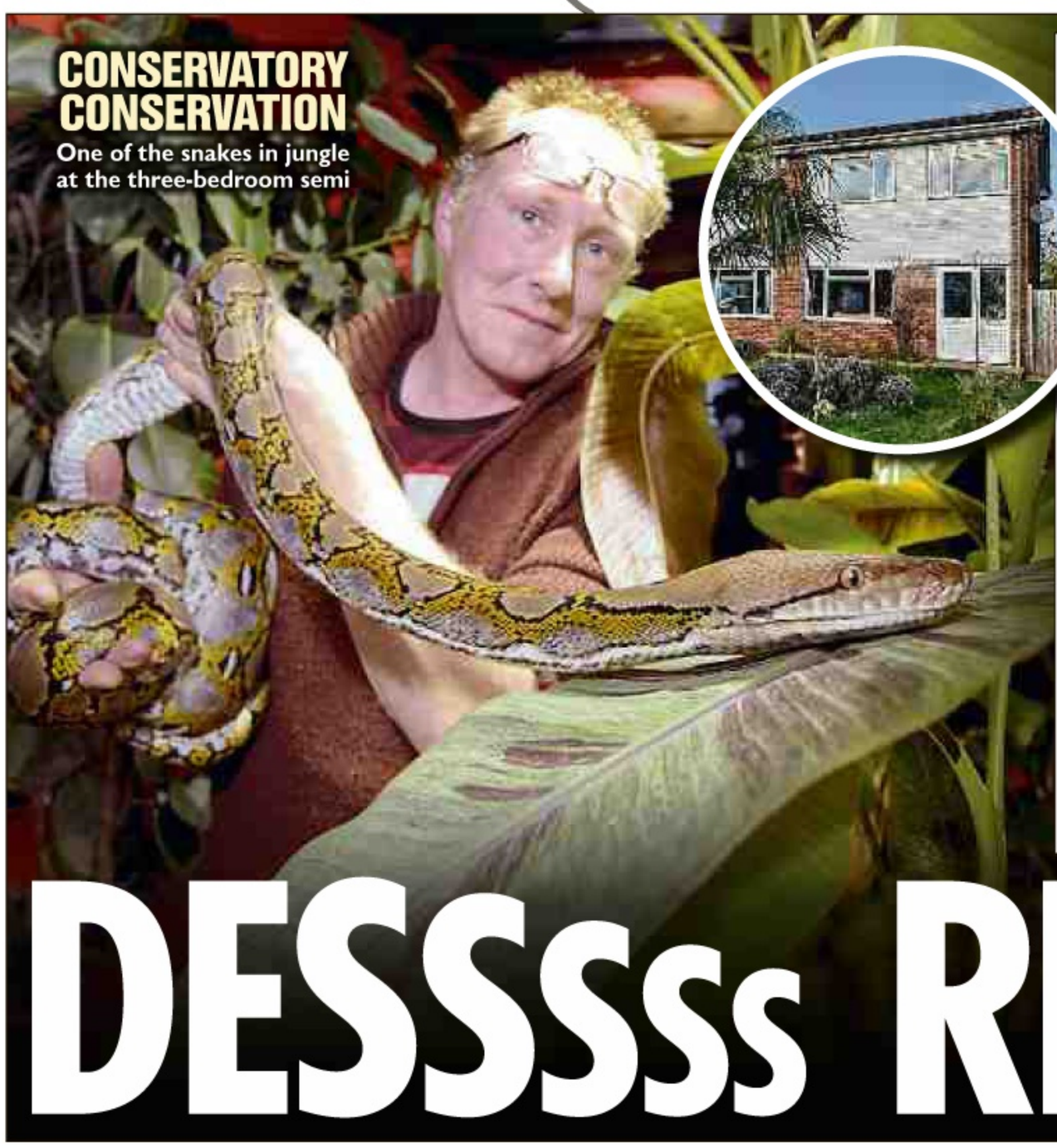
She is so good at spotting those preying on the lonely, her pals call her the Scammer Detector.

The care assistant, from Bristol, has used dating sites since husband John died in 2004 and been targeted dozens of times.

But she spots fraudsters from clues such as too-handsome profile pictures or mangled English.

She said: "It's easy to get attached when you're lonely and vulnerable."

JUNGLE (& SNAKES) IN SEMI



CONSERVATORY CONSERVATION

One of the snakes in jungle at the three-bedroom semi

EXCLUSIVE by WILL BARKER

A WILDLIFE fan turned his conservatory into a jungle — but struggles to sleep as the critters keep noisily mating.

Warwick Vardy, 47, spent £22,000 creating a mini-rainforest in his three-bed semi.

He lets thousands of creatures – including snakes, tree frogs, piranhas, chameleons and leafcutter ants – roam inside.

But their mating causes sleepless nights for him and wife Freda.

Worst are the bats and frogs which emit a farting noise to woo mates.

Warwick said: "There tends to be loads and loads of squealing. The bats make so much noise.

"It's a squabbling sound as if they're arguing and the call goes on for about 20 seconds.

"We've had people sitting here at the table having a drink and then all of a sudden you'll hear one of the tree frogs, and it sounds like a fart. It's quite embarrassing."

His sulcata tortoises once got into the kitchen – moving chairs and sounding like burglars.

When guests visit in Begbroke, Oxon, they have to wear hats and cover their drinks because of the bats and cockatoos.

Warwick spent 20 years travelling for nature shows on the BBC, National Geographic and Sky.

will.barker@the-sun.co.uk

Batty . . . Warwick and pal

DESSSss RESSSss

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Car thief gave ID

A TEST-drive car thief was nicked after he gave his ID and bank card to a dealer to get the keys.

James Goulding, 21, and pal Alan Couzens, 34, drove away in a £1,295 MG TF while Goulding's details were being copied.

But police easily traced Goulding and arrested the pair the day after the theft from Bassett Autos in Southampton.

The men, of Weymouth, Dorset, admitted theft and were given 18 weeks' jail by Southampton JPs.

MOTH BOTHER

UK moth numbers are down nearly a third in 47 years but aphid numbers are constant, say experts.

STILL TO COME IN THE Sun

Fabulous DAILY
Why mums are so vicious to Stacey
STARTS PAGE 37

motors
Geneva: What did you miss?
PAGES 40 & 41

Vegans shut cafe

A CAFÉ specialising in meat has been forced to shut after being targeted by militant vegans.

Meat & Eat owner Liza Kennedy, 46, was threatened online for posting a snap of a hog roast.

She and hubby Shane, 47, shut up shop and went to Tenerife for a week.

Their eatery opened six months ago on the site of a vegan café in St Helier, Jersey. Liza said: "The abuse has been horrendous. We shouldn't have to give in to them."

SWEET TRUTH

Kids down an average of 156 cans of fizzy pop and 208 bags of sweets a year, research shows.

CHANGES TO THE INVESTMENT MANAGER FOR MOST OF OUR INVESTMENT FUNDS.

If you have a pension or investment with Scottish Widows, Halifax, Bank of Scotland, Lloyds Bank or Clerical Medical, we want to make you aware of changes we're making to our investment management arrangements.

We're replacing Aberdeen as the investment manager for most of our funds. The day-to-day investment management of most of our actively-managed funds started moving to Schroders at the end of September 2019. This will be completed by April 2020. Aberdeen will continue to manage our passively-managed and property funds until 2022.

The change applies to a number of Scottish Widows, Halifax and Clerical Medical funds. Scottish Widows will still own the funds and remain responsible for defining how the funds should be managed. We'll continue to monitor the performance of the fund and the investment manager.

Your existing fund and policy charges will not change because of this new arrangement. Transaction costs may increase in the short-term for some of the actively managed funds as investments are bought and sold with the aim of generating higher returns. However, these will be capped and monitored by us in order to limit their impact on short-term performance.

Although you don't need to take any action, we've provided more information about the changes at **www.scottishwidows.co.uk/fundchanges**

SCOTTISH WIDOWS 1824 clerical medical HALIFAX

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60005S 03/20

THE HEARTWAR

EXCLUSIVE by
KATE JACKSON

Crippled b a car crash In constan agony an addicted t painkillers Kerry was thinking o suicide... until he ra into this do

One ma

WHEN Kerry Irving looks lovingly into his dog Max's eyes it's easy to believe him when he says the devoted springer spaniel saved his life.

Once a high-powered manager with a multi-million-pound budget, he had hit rock bottom after a 2006 road accident left him with crippling spinal injuries that ended his career.

In constant pain, practically housebound and addicted to prescription painkillers, he could see no future.

It looked like the end of his social life and his hobby of cycling up to 600 miles a month around his home in Keswick, in the Lake District, where he lived with his wife Angela.

Kerry, 55, recalled: "I was isolated, dependent on heavy drugs and I felt a burden on my wife.

"The nerve damage meant I could only shuffle along. I started thinking I didn't want to be here. Every day and night I would think about ending it all. I knew exactly how I'd do it."

Then, in August 2009, Angela persuaded him to go to the corner shop for some milk, simply to get him out of the house.

Good listener

Kerry said: "I didn't think I could do it but she made me go. I got to the corner of our road and saw Max's nose sticking through the railing of a gate.

"I stopped to say hello because I'd had spaniels when I was younger. He looked at me and straight away there was a connection.

"Stuck in a yard, it was as if he was saying, 'My life's pretty rubbish and yours doesn't look much better'.

"For me, it was a tiny glimmer of what life could become again."

After that, Kerry would offer to pop out every day, just so he could see Max. Then, after a couple of weeks, he asked the dog's owner if he could take him for a walk.

He said: "It was the best thing that has happened to me, after getting married."

Kerry, who has now written a book, Max The Miracle Dog, said: "We went 60 feet up the road to a sandstone wall and I was exhausted.

"When you have an ailment that people can't see, but you're shuffling away and physically gasping, you feel so self-conscious.

"But with Max, it didn't matter. We could stop and it was just a man having a rest with his dog."

From then on, Max provided Kerry with the motivation to go further and further. One of his first goals was to get to Derwentwater lake.

He said: "It's six minutes' walk from my house but it took us an hour and a half because I'd shuffle then stop, shuffle then stop.

"I couldn't have done it on my own because I would have panicked about how I would get back. But I wanted Max to get there because I remembered how much my old spaniels loved water."

Still in immense pain, Kerry had found a reason to live – as well as a good listener.

He said: "I could tell him how bad I felt my life was. As anyone who has had a dog knows, they are very good listeners and it's often easier to talk to them than to people."

The arrangement also suited Max's owner, who was a carer for her father and couldn't exercise the dog as much as she would have liked. Kerry – who has since got two more dogs, Paddy, three, and Harry, one – said: "It was about reprogramming my brain. Being with Max took me from thinking, 'I'm in pain, I can't do anything' to 'I can get out and do things again'."

Such was his transformation, Kerry has since retrained as a locksmith.

He said: "I liked working out puzzles and thought it would let me work to my own schedule, allowing myself time off to recover when I needed it. The second thought was I could get a van and Max could come with me."

To publicise his new business, Kerry made Max "Head of Security" and posted picturesque photos of him in the Lake District.

Life was becoming good again – but there was just one cloud. Kerry said: "Every day it broke my heart to

MING MIRACLE OF MAX THE SPANIEL

HONOUR . . . Kerry and dogs meet Wills and Kate on a visit to Keswick

‘When we met it was like he was telling me his life is rubbish...and mine isn’t much better’

SPAN FAN . . . young Kerry with his first springer

HIGH THERE . . . Kerry and pets at a stunning Lake District view

THE MAX FACTOR . . . Kerry credits his beloved pet with saving his life

‘It’s not about money and cars. I’m now so much richer with Max’

n and his lifesaver

ve Max back. People would say, ‘hy don’t you just get your own g?’ And I’d say, ‘But then it ouldn’t be Max’. There is only one ax. He was my lifesaver.”

In 2012 fate stepped in again. Max’s vner was moving away and asked erry if he would like to adopt him. Not long afterwards, despite the ct that he had only just mastered alking uphill, the pair climbed all 00ft of Ben Nevis, in the Scottish ghlands.

It took six hours to go up and wn the UK’s highest peak – and it ok Kerry three months to recover om the exertion.

He said: “It damn near killed us. I as a fool really but I thought, ‘Go the biggest, why not?’ If I’d been one, I might have been tempted to etend I’d got to the top, but I uldn’t let Max down.

‘It was the best feeling to get to the top. I was the highest person in the UK, with Max at my side.”

Kerry now manages his pain with nothing stronger than the odd paracetamol.

He said: “I was on prescription pills for ten years after the accident.

“I would get anxious about when I would be able to take another one. By the end I was on the strongest medication the doctors could give.

Second chance

“Sometimes I would take 12 a day and it didn’t touch the pain at all. The doctor said it would take two years to come off them, by reducing the strength gradually every month.

“I thought I knew better and stopped taking them. Four hours later, Angela begged me to take one because I was sat in a corner, shaking and sweating.

“I can understand how people do stupid things on drugs, like burglaries, because it’s the need for the next dose. I was addicted.”

Kerry took his last pill 18 months after he vowed to come off them.

He said: “I struggle when it’s cold, wet and damp. If I go walking with my camera bag slung on my shoulder then I’ll feel it the next day.

“But I wouldn’t change anything. I’ve had a second chance at life. I was in a career that was cut-throat and ruthless.

“Going through what I have, I realise it’s not about money or a fancy car, it’s about time and health.

“You don’t need that much to get by and from helping others by talking to them and sharing Max with them, I’ve become a lot richer.”

He and Max’s story has delighted people all over the world. Max’s Facebook page, Max Out In The Lake District, features pictures of all three of Kerry’s dogs. It has more than 100,000 followers and led to an award from Keswick Tourism.

Last year, on the ITV programme Britain’s Top 100 Dogs, Kerry revealed what he had been through and how Max had helped him.

Now a mental health campaigner, he said: “Suddenly people were coming up to me and shaking my hand. Or they’d stop their car and tell me, ‘I’m glad you’re still here’.

“Within 24 hours of the programme being aired I had 10,000 messages. So many people told me they had experienced something similar to me, or that they’d lost a loved one, and my dogs brought them some joy. I realised this could be a vessel for something bigger.”

Kerry has organised several charity walks with his dogs and has raised more than £130,000 for good causes.

Max and Paddy have received a commendation from the animal charity PDSA for bringing comfort and support to thousands of people.

Max has trained as a therapy dog, and even attended a garden party for community champions at Buckingham Palace last year and received a pat from the Duchess of Cambridge – who he has also met in Keswick.

Kerry said: “There’s something special about Max, everyone who meets him says so. It’s something in the way he looks at you.

“He’s the most loyal, loving friend. He looked into my soul and fixed me.”

●Max The Miracle Dog is on sale from today (Harper Element, £12.99).

tvguide Thursday

BBC one

6am Breakfast (S,HD)
9.15 Britain's Housing Scandal A cramped Liverpool property in a worrying state of repair. (S,HD)
10.00 Homes Under The Hammer Property auctions. (S,HD)
11.00 Wanted Down Under Revisited Catching up with a family who sampled life in Auckland. (R,S,HD)
11.45 Saved On Camera A policeman saves residents from fire. (S,HD)
12.15 Bargain Hunt (R,S,HD)
1.00 BBC News At One (S,HD)
1.30 Regional News (S)
1.45 Doctors Karen tracks down Abz to get the truth. (S,HD)
2.15 Jimmy McGovern's Moving On A middle-aged woman is forced to fight for her job. (S,HD)
3.00 Escape To The Country Searching in Cumbria. (R,S,HD)
3.45 Money For Nothing Jay Blades saves an old radio. (S,HD)
4.30 Ready Steady Cook A mother and daughter do battle in the kitchens. (S,HD)
5.15 Pointless Quiz show. (R,S,HD)
6.00 BBC News At Six (S,HD)
6.30 Regional News (S) Followed by **Party Political Broadcast By The Green Party**

BBC TWO

6.30 am Money For Nothing (R,S,HD)
7.15 Ready Steady Cook (R,S,HD)
8.00 Sign Zone: Great British Railway Journeys (R,S,SL,HD)
8.30 Lose Weight And Get Fit With Tom Kerridge (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 Tom makes time for Patricia. (R,S,HD)
3.45 The Great Interior Design Challenge Transforming a bedroom in a thatched cottage in Dorset. (R,S,HD)
4.45 Portillo's State Secrets Michael Portillo explores the secret UFO files. (R,S,HD)
5.15 Flog It! (R,S,HD)
6.00 Richard Osman's House Of Games With Chizzy Akudolu, Miles Jupp, Amol Rajan and Ellie Taylor. (S,HD)
6.30 Great British Railway Journeys From Glasgow to Cumbrae. (R,S,HD)

itv

6am Good Morning Britain (S,HD)
9.00 Lorraine Entertainment and fashion news. (S,HD)
10.00 This Morning Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more. (S,HD)
12.30 Loose Women The panel puts the world to rights once more and invites a celebrity guest to chat. (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 A team of five friends and family from Bromley compete. Hosted by Warwick Davis. (R,S,HD) Followed by **Local Weather**
4.00 Tipping Point Quiz hosted by Ben Shephard. (S,HD)
5.00 The Chase More contestants take on the Chaser and hope to win a big cash prize. (S,HD)
6.00 Regional News (S,HD)
6.30 ITV Evening News (S,HD)

4

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 Documentary. (R,S,HD)
11.05 Ramsay's Kitchen Nightmares USA In New Jersey. (R,S)
12.00 C4 News Summary (S,HD)
12.05 Find It, Fix It, Flog It Henry Cole restores a 1970s Kawasaki motorbike in Redditch. (R,S,HD)
1.05 Posh Pawn Memorabilia expert Lawrence's knowledge of cars is put to the test. (R,S,HD)
2.10 Countdown (S,HD)
3.00 Crufts 2020 Clare Balding presents highlights of the annual event from the NEC in Birmingham. (S,HD)
4.00 A New Life In The Sun: Where Are They Now? Catching up with a fruit juice entrepreneur on the French Riviera. (S,HD)
5.00 Come Dine With Me (R,S,HD)
6.00 The Simpsons Homer is banned from driving. (R,S)
6.30 Hollyoaks Edward decides to turn his attentions to Marnie and make Diane jealous. (R,S,HD)

5

6am Milkshake!
9.15 Jeremy Vine (S,HD)
11.15 Nightmare Tenants, Slum Landlords Stavros and Emily try to get their house back from squatters. (R,S,HD) Followed by **5 News At Lunchtime**
12.15 Paddington Station 24/7 All trains leaving the station are cancelled. (R,S,HD) Then **Access**
1.15 Home And Away (R,S,HD)
1.45 Neighbours (S,HD)
2.15 A Wedding To Die For An engaged woman plans to marry her volatile fiancé, but then escape his clutches during the honeymoon. Thriller with Christa B Allen. (2019) ✪✪✪ (S,HD)
4.00 Friends Ross finds a growth on his buttocks. (R,S,HD)
4.30 Friends Monica's boyfriend wants to become the Ultimate Fighting Champion. (R,S,HD)
5.00 5 News At 5 (S,HD)
5.30 Neighbours Harlow reluctantly attends Gary's welcome back barbecue for Prue. (R,S,HD)
6.00 Home And Away Lives hang in the balance as the hospital siege escalates. (R,S,HD)
6.30 5 News Tonight (S,HD)

BAG A NIFTY FIFTY

7.00 The One Show Live magazine show featuring a mixture of celebrity chat and stories of interest, presented by Alex Jones and Matt Baker. (S,HD)
7.30 EastEnders Gray's boss urges him to make Kush plead guilty – leading to a confrontation with Kat. Meanwhile, Keegan blames Jack for his treatment by the police, and Jean is determined to help Suki. (S,HD)
8.00 MasterChef (4/24) John Torode and Gregg Wallace preside as six more hopefuls compete in the second heat. They are challenged to serve up their signature dish, with the judges' favourite two winning a coveted MasterChef apron and a place in the next round. The remaining four must come up with a dish using three specific ingredients, after which two cooks are sent home. (S,HD)
9.00 Noughts + Crosses NEW (1/6) Drama set in a fictional world where black people rule over a white underclass, following two young people who are divided by their race but united by love. Callum McGregor has an unexpected reunion with old school friend Sephy which ignites a spark that both of them find difficult to ignore. Masali Baduza and Jack Rowan star. (S,HD)
10.00 BBC News At Ten (S,HD)
10.25 Regional News (S)
10.35 Question Time Fiona Bruce hosts the topical debate from Tunbridge Wells with a panel of politicians and other guests facing questions from the audience. (S,HD)
11.35 Newscast Adam Fleming, Laura Kuenssberg and friends discuss the week's biggest stories from Westminster. (S,HD)
12.10-6am BBC News (S,HD)

7.00 MOTDx Jermaine Jenas is joined by Craig Mitch, Chelcee Grimes and Reece Parkinson to take an offbeat look at the Premier League. (S,HD)
7.30 Villages By The Sea Archaeologist Ben Robinson examines the history of Clovelly in Devon. (R,S,HD)
8.00 Secrets Of The Museum (5/6) Frankenstein's monster is brought back to life at the V&A, the curators discover photographs of the real Alice In Wonderland and repairs are made to Shakespeare's First Folio. (S,HD)
9.00 Hospital (4/8) The work of Alder Hey Children's Hospital, following a baby about to have surgery and a 17-year-old with cerebral palsy as she reaches adulthood and leaves the hospital's care. (S,HD)
10.00 Vic & Bob's Big Night Out (2/4) Comedy series with Vic Reeves and Bob Mortimer, featuring a welcome return for Novelty Island. (R,S,HD)
10.30 Newsnight Presented by Kirsty Wark. (S,HD) Followed by **Weather**
11.15 Match Of The Day: The FA Cup Action from the fifth-round tie between Derby County and Manchester United at Pride Park. Plus, a look back at Tuesday and Wednesday's matches in the competition. (S,HD)
11.40 SheBelieves Cup LIVE USA v England. Kick-off at **12.00**. Eilidh Barbour presents coverage of the opening match for both nations in the four-team round-robin tournament. (S,HD)
2.15 Sign Zone: Confronting Holocaust Denial With David Baddiel (R,S,SL,HD) **3.15** Dom Does America (R,S,SL,HD) **4.00-4.30am** Trust Me, I'm A Doctor (R,S,SL,HD)

7.00 Emmerdale Dawn receives news about the custody of Lucas, Marlon makes a huge decision regarding his family, and Will reveals some information from his past. (S,HD)
7.30 Tonight: Coronavirus — What You Need to Know Jonathan Maitland investigates how people can keep themselves safe from the coronavirus, following the announcement of the Government's action plan. (S,HD)
8.00 Emmerdale Al has to work hard to get Ellis back onside, Will comes face to face with his past, and Cara is disappointed but supports Nate's decision. (S,HD)
8.30 Griff's Great Australian Adventure NEW Griff Rhys Jones boards the trains of Australia to explore Down Under, beginning by journeying from Perth to Kalgoorlie on board the Indian Pacific. (S,HD)
9.00 Tyson Fury: The Gypsy King (3/3) Following his win over Otto Wallin, Fury finally has a rematch with Deontay Wilder confirmed and parts ways with trainer Ben Davison. (S,HD)
10.00 ITV News At Ten (S,HD)
10.30 Regional News (S,HD)
10.45 Liar (1/6) Andrew's body is found on the Kent marshes, but Laura once again finds herself drawn into his destructive path. Return of the thriller starring Joanne Froggatt and Ioan Gruffudd. (R,S,HD)
11.45 Dancing On Ice Phillip Schofield and Holly Willoughby host the semi-final of the skating contest. (R,S,HD)
1.20 Teleshopping (HD) **3.00** Tonight: Coronavirus – What You Need to Know (R,S,HD) **3.25** Nightscreen (HD) **5.05-6am** Judge Rinder (R,S,SL,HD)

7.00 C4 News (S,HD)
8.00 Crufts 2020 Clare Balding presents highlights from the NEC in Birmingham, featuring the Flyball, Agility and Heelwork to Music. Also, Radzi Chinyanganya reports from around the showground, while topics under discussion include me and my dog, dogs in mental health and dogs that saved lives. (S,HD)
9.00 Hunted One of the fugitives is captured by the hunters, who subject her to devious psychological pressures to reveal her partner's whereabouts. Hayley misses her dog and risks returning to Wigan to intercept the pup – unaware her every move is being tracked. (S,HD)
10.00 First Dates Singletons hoping to pair up over dinner include wedding singer Georgina who has a blind date with property developer Adam, who prides himself on knowing how to treat a woman, while receptionist Bev sits down with former bank manager Howard, who is strangely familiar. (S,HD)
11.00 24 Hours In A&E A teenager is rushed to hospital with a lacerated wrist after putting his hand through a pane of glass, while another patient discusses being diagnosed with a chronic condition. (R,S,HD)
12.00 100 Kilo Kids: Obesity SOS (R,S,SL,HD) **1.00** Kitchen Nightmares USA (R,S) **1.50** Home (R,S,SL,HD) **2.15** Baghdad Central (R,S,SL,HD) **3.10** Dispatches: Starbucks & Nespresso – The Truth About Your Coffee (R,S,SL,HD) **3.35** Come Dine With Me (R,S,HD) **4.30** Location, Location, Location (R,S,HD) **5.25** Cooking Up A Fortune (R,S,HD) **5.50-6.30am** Countdown (R,S,HD)

7.00 The Dog Rescuers With Alan Davies (1/8) The comedian returns to help more sick canines, including a Staffordshire bull terrier who has a suspected broken leg and a mystery lump. (R,S,HD) Followed by **5 News Update**
8.00 Britain's Naughtiest Nursery (2/2) The parents of tearaway tots Tegan, Frankie and Daisy are at their wits' end and are hoping that Laverne Antrobus has just the trick to get everything back on track. (S,HD) Followed by **5 News Update**
9.00 10 Years Younger In 10 Days (2/6) Cherry Healey meets mum-of two Julie, who has decided it is time to focus on herself, and former police officer Amanda, who wants to go back to the fun-loving party girl she once was. (S,HD)
10.00 Me & My Beautiful Face Individuals with facial structures different from the norm discuss the psychological challenges of their physical realities, including presenter and alopecia sufferer Gail Porter. (S,HD)
11.05 Billionaire Kids: Diamond Lives Documentary about the luxurious lives of children from wealthy families, as well as the companies able to make a profit by catering to the youngsters' every whim. (R,S,HD)
12.05 Eamonn And Ruth: Blowing A Fortune The duo find out what Regent's Park has to offer a multi-millionaire. (R,S,HD) **1.00** The 21.co.uk Live Casino Show (S,HD) **3.00** Access (S,HD) **3.10** Paddington Station 24/7 (R,S,HD) **4.00** Tattoo Disasters UK (R,S,SL,HD) **4.45** House Doctor (R,S,SL) **5.10** Nick's Quest (R,S,SL) **5.35-6am** Wildlife SOS (R,S,SL,HD)

FILMS ✪✪✪✪✪ Brilliant ✪✪✪✪ Very Good ✪✪✪ Good ✪✪ Not Bad ✪ Poor (R) Repeat (S) Subtitles (SL) Sign Language (HD) High Definition

TONIGHT'S PICKS

Noughts + Crosses
BBC1, 9pm

THIS channels Romeo and Juliet as Callum, a white lower-class citizen, falls in love with Sephy from the black ruling class.

Me & My Beautiful Face
C5, 10pm

GAIL PORTER talks about her alopecia in moving docu, featuring six others who explain the challenges of having 'different' faces.

MasterChef
BBC1, 8pm

JOHN TORODE is with pal Gregg Wallace in the kitchen as a fresh batch of contestants cook pork tenderloin and butternut squash.

War Of The Worlds
Fox, 9pm

THE Beeb adapted HG Wells' alien-invasion classic just last year but this, with Elizabeth McGovern and Gabriel Byrne, is super-slick.

FREE with THE Sun every Saturday

sky one HD

6am Monkey Life Double bill. (R,S)
7.00 RSPCA Animal Rescue (R,S)
8.00 The Dog Whisperer (R,HD)
9.00 Stop, Search, Seize Following the work of Ireland's border force. (R,S,HD)
10.00 Brit Cops: Law & Disorder Focusing on the work of the City Of London police. (R,S)
11.00 NCIS: Los Angeles (R,S,HD)
1.00 Hawaii Five-0 Double bill. A volleyball coach is murdered. Then, McGarrett takes part in a charity martial arts fight. (R,S)
3.00 MacGyver The team tracks Indonesian mercenaries transporting nerve gas. (R,S,HD)
4.00 Modern Family Two episodes. Hayley wants to give the family a Christmas gift they will never forget. Then, Claire and Phil are not convinced Haley and Dylan can cope on their own. (R,S,HD)
5.00 The Simpsons Bart, Milhouse, Nelson and Ralph are 'discovered' by record producer LT Smash. (R,S,HD)
5.30 Futurama Two shows. A strange substance turns the crew into teenagers. Then, Fry is recruited to save the universe. (R,S)

3 DAYS TO GO

6.30 The Simpsons (4, 5 & 6/21) Triple bill. Marge bumps into an old school friend. Next, Bart teams up with a marketing manager hoping to promote a brand of novelty T-shirts, and Homer helps Lisa build a nuclear bomb for a school science project. Then, Mr Burns denies his employees any more free medication, so Homer whisks Grampa away on a drug-smuggling mission. (R,S,HD)
8.00 A League Of Their Own (3/10) Aaron Ramsey, Romesh Ranganathan and Kate Abdo join host James Corden, captains Jamie Redknapp and Andrew Flintoff and regular Jack Whitehall on the comedy quiz. (R,S,HD)
9.00 The Heist (5/8) Forensic evidence puts Will and Ishy into the spotlight, while Sue and her team of detectives underestimate pensioner Christine. (HD)
10.00 The Force: North East (2/10) An emergency dash results in a serious collision between the police van and a taxi. (R,S,HD)
11.00 An Idiot Abroad 2 (1/8) Karl Pilkington visits destinations on his 'bucket list', beginning with a trip to an island in the South Pacific. (R,S,HD)
12.00 Intelligence (R,HD) **1.00** Caught On Dashcam (R,S,HD) **2.00** The Late Late Show With James Corden: Best Of The Week (R,HD) **3.00** The Force: Manchester (R,S,HD) **4.00** Stop, Search, Seize (R,S,HD) **5.00-6am** Futurama (R,S)

SKY SPORTS MAIN EVENT

6am LIVE Women's ICC World T20 Cricket. Coverage of the first semi-final. **7.30** LIVE Women's ICC World T20 Cricket. Coverage of the second semi-final. **11.30** LIVE European Tour Golf. The Commercial Bank Qatar Masters. **2.00** LIVE PGA Tour Golf. The Arnold Palmer Invitational. **7.00** LIVE Betfred Super League. Leeds Rhinos v Toronto Wolfpack. **10.00** The Debate **11.00** Live NBA: The Warm Up **12.00** Sky Sports News **1.00** LIVE NBA. Houston Rockets v Los Angeles Clippers. **3.30-6am** Sky Sports News

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** The Debate **8.00** Best PL Goals **9.00** PL 100 Club **10.00** PL Years **12.00** The Debate **1.00** PL Years **3.00** PL Best Goals **4.00** PL Greatest Games **5.00** PL 100 Club **6.00** PL Legends **7.00** PL Match Pack **7.30** PL World **8.00** Gary Neville's Soccerbox **9.00** PL Match Pack **9.30** PL World **10.00** Debate **11.00** PL Match Pack **11.30** PL World **12.00** Debate **1.00** PL Years **3.00** PL Greatest Games **4.00** PL Best Goals **5.00** Best PL Goals **5.30-6am** PL 100 Club

SKY SPORTS FOOTBALL

6am EFL Greatest Games **6.45** SPFL Greatest Games **7.00** Greatest Players **7.30** Football Countdowns **8.00** Football Years **8.30** EFL Greatest Games **8.45** One2Eleven **9.00** SPFL Greatest Games **9.15** EFL Greatest Games **9.30** Play-Off Final Highlights **10.30** EFL Greatest Games **11.15** SPFL Greatest Games **11.30** Greatest Players **12.00** Football Countdowns **12.30** Football Years **1.00** EFL Greatest Games **1.30** SPFL Greatest Games **1.45** One2Eleven **2.00** EFL Play-Off Final Highlights **3.00** Greatest Players **3.30** Football Countdowns **4.00** Football Years **4.30** EFL Play-Off Final Highlights **5.30** EFL Greatest Games **5.45** SPFL Greatest Games **6.00** EFL: Championship Season Review **7.00** SPFL Round-Up **7.15** EFL Championship Highlights **7.45** EFL Highlights. Hull City v Leeds United. **8.00** EFL Championship Highlights **9.00** Carabao Cup Final Highlights **10.00** SPFL Round-Up **10.15** SPFL Greatest Games **10.30** EFL Greatest Games **11.00** One2Eleven **11.15** EFL Greatest Games **12.00** Football Years **12.30** SPFL Greatest Games **1.00** Football Countdowns **1.30** Football Years **2.00** EFL: Championship Season Review **3.00** Play-Off Final Highlights **4.00** EFL Play-Off Final Highlights **5.00-6am** League Cup Final Highlights

SKY SPORTS ACTION

6am Boxing Gold **7.00** Records **8.00** NFL: America's Game **10.00** Records **11.00** NFL: America's Game **1.00** Records **2.00** Legends Of Darts **2.30** Boxing Gold **3.30** Darts Gold **4.00** Darts Gold **4.15** Legends Of Darts **4.30** NBC's Pro-Football Talk **6.30** The Darts Show **7.00** LIVE PL Darts. Coverage of the fifth round of the season from Westpoint Arena in Exeter. **10.30** The Darts Show **11.00** Darts Gold **12.00** NFL: America's Game **1.00** PL Darts **4.30** Records **5.00-6am** Greats

SKY SPORTS ARENA

6am Greats **7.00** Super League Gold **8.00** Greats **9.00** Records **10.00** Boxing Gold **11.00** Inside Super League **12.00** S/Lge Grand Final Highlights **1.00** NBA Classic Games **2.00** NBA Heatcheck **3.00** Inside Super League **4.00** NBA **5.45** Super League Highlights **6.00** Inside Super League **7.00** LIVE Betfred Super League. Leeds Rhinos v Toronto Wolfpack. **10.00** Super League Special: Gemma Bonner **11.00** Live NBA: The Warm Up **12.00** Super League Highlights **12.30** NBA Action **1.00** LIVE NBA. Houston Rockets v Los Angeles Clippers. **3.30** Records **4.00** Greats **5.00-6am** Records

BT SPORT 1

6am Classic MOTD: Thrillers **7.00** WWE Raw **9.00** Bundesliga Highlights Show **10.00** UEFA Champions League Magazine **10.30** BT Sport Score Best Bits **11.00** Goals Reload **11.15** PL Reload **11.30** Hyundai A-League Highlights **12.30** Scottish Football Extra **1.00** Ladbrokes Premiership **2.30** BT Sport Score Best Bits **3.00** FA Women's Super League Continental Cup **4.30** The Emirates FA Cup **6.00** PL Reload **6.15** Ladbrokes SPFL Highlights **6.30** The Emirates FA Cup Highlights **7.00** LIVE Emirates FA Cup. Derby County v Manchester United. **10.00** Live FA Cup Tonight **11.00** UFC Fight Camp **11.30** PL Match Pack **12.00** UFC Countdown **1.00** UFC: Inside the Octagon **1.30** LIVE NHL. Chicago Blackhawks v Edmonton Oilers. **4.00-6am** Classic MOTD: Thrillers

BT SPORT 2

6am Rugby Tonight **7.00** Fishing: On The Bank **8.00** Coppa Italia **9.30** Badminton Unlimited **10.00** MotoGP Highlights **3.00** MotoGP **3.30** No Filter Boxing **4.00** Sport In Focus **4.15** 30 For 30 Shorts **4.30** No Filter Boxing **5.00** WWE Friday Night SmackDown **6.30** WWE Monday Night Raw **9.00** WWE NXT **10.45** World Poker Tour Series **12.45** Rugby Tonight **1.45** Ladbrokes SPFL Highlights **2.00** Mobil 1: The Grid **2.30** 30 For 30 **4.30** FIA World Endurance Championship **5.30-6am** World Sailing

BT SPORT 3

6am Scottish Football Extra **6.30** Ladbrokes Premiership **8.00** FA Women's Super League Continental Cup **9.30** The Emirates FA Cup **11.00** UEFA Europa League Highlights Show **12.00** FIA World Endurance Championship **1.00** Fishing: On The Bank **2.00** Rugby Tonight **3.00** PSA Squash **4.30** Coppa Italia **6.00** Coppa Italia **7.30** LIVE Coppa Italia. Napoli v Inter Milan. **9.45** Bundesliga Weekly **10.15** Ligue 1 Show **10.45** Ladbrokes SPFL Highlights **11.00** PSA Squash **12.30** Badminton Unlimited **1.00** Bundesliga Weekly **1.30** The Emirates FA Cup **3.00** Bundesliga Weekly **3.30** Ligue 1 Show **4.00** UEFA Champions League Highlights **5.00-6am** Rugby Tonight

REGIONAL VARIATIONS

S4C 6am Cyw **12.00** Newyddion **12.05** Pobol Y Rhondda **12.30** Heno **1.30** Dan Do **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Cynefin **4.00** Awr Fawr: Peppa **4.05** Blero Yn Mynd I Ocido **4.15** Rapsgaliwn **4.30** Sion Y Chef **4.45** Sigldigwt **5.00** Stwnsh: Sbargo **5.05** Y Llys **5.15** Arthur A Chriw Y Ford Gron **5.25** Lolipop **5.50** Ffeil **6.00** Nyrsys **6.25** Darllediad Gwleidyddol Gan Plaid Cymru **6.30** Rownd A Rownd **7.00** Heno **7.30** Newyddion **8.00** Pobol Y Cwm **8.25** Rownd A Rownd **8.55** Newyddion **9.00** Jonathan **10.00** 3 Lle: Eleri Siôn **10.30** Hansh **11.00** Y Stiwdio Gefn **11.30pm-12.05am** Mwy O Sgorio

BBC ONE WALES 6.55-7pm Party Political Broadcast By Plaid Cymru

ITV WALES 6.25-6.30pm Party Political Broadcast By Plaid Cymru **7.30-8.00** Hook's Line On England: A Six Nations Special **8.30-9.00** Coast & Country **10.45** Tonight **11.15-11.45pm** Griff's Great Australian Adventure

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tvguide Thursday Satellite & Digital

FREEVIEW

PHIL SPENCER'S STATELY HOMES, MORE4, 9pm
The property expert visits Harewood House, a stately home which looks out over 1000 acres of West Yorkshire estate, and was built in 1759 by Edwin Lascelles, Earl of Harewood.

BBC FOUR freeview 9

7pm Beyond 100 Days **7.30** The Yorkshire Dales **8.00** The Real T-Rex With Chris Packham **9.00** The Day The Dinosaurs Died **10.00** The Stuarts **11.00** Female Filmmakers: BBC Introducing Arts **12.00** How We Built Britain **1.00** Rhythms Of India **2.00** Flights Of Fancy: Pigeons And The British **3.00-4am** Age Of The Image

ITV2 freeview 6

6am Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale **8.20** Coronation Street **9.20** Superstore **10.15** Dinner Date **11.15** Dress To Impress **12.15** Emmerdale **12.45** Coronation Street **1.50** The Ellen DeGeneres Show **2.45** Dinner Date **3.50** Dress To Impress **4.50** Take Me Out **6.00** You've Been Framed! Gold **7.00** You've Been Framed! Gold: Yearbook **8.00** Two And A Half Men **9.00 FILM** Bridesmaids (2011) **11.35** Family Guy **12.30** American Dad! **1.25** The Stand Up Sketch Show **1.55** Two And A Half Men **2.25** CelebAbility **3.05-3.30am** Totally Bonkers Guinness World Records

ITV3 freeview 10

6am Classic Coronation Street **6.55** Classic Emmerdale **7.55** Heartbeat **8.55** The Darling Buds Of May **10.00** That's My Boy **10.30** Inspector Morse **12.40** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.55** Midsomer Murders **5.55** Heartbeat **6.55** Poirot **8.00** Lewis **10.00** Scott & Bailey **11.00** Inspector Morse **1.15** A Touch Of Frost **3.00** That's My Boy **3.25-3.30am** Nightscreen

ITV4 freeview 24

6am Quincy ME **7.00** Kojak **8.10** The Saint **9.15** Minder **10.15** The Professionals **11.20** The Sweeney **12.25** Quincy ME **1.30** Kojak **2.35** The Saint **3.40** Minder **4.50** The Professionals **5.50** The Sweeney **7.00** The Chase Celebrity Special **8.00** Heathrow: Britain's Busiest Airport **9.00 FILM** Goldfinger (1964) **11.15 FILM** Wanted (2008) **1.25** The Sweeney **2.30** The Protectors **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** Young Sheldon **9.00** Celebs Go Dating **10.00** Celebrity Gogglebox **11.05** The Big Bang Theory **12.05** Brooklyn Nine-Nine **1.05** Celebs Go Dating **2.10** First Dates Hotel **3.05** Celebrity Gogglebox **4.00** The Big Bang Theory **4.50-6am** 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 Château: DIY **2.50** Four In A Bed **5.25** The Secret Life Of The Zoo **6.30** Crufts 2020 **8.00** Grand Designs **9.00** Phil Spencer's Stately Homes. The property expert visits Harewood House. **10.00** 24 Hours In A&E **11.05** 999: What's Your Emergency? **12.05** Phil Spencer's Stately Homes **1.10** 24 Hours In A&E **2.15** 999: What's Your Emergency? **3.20-3.45am** Food Unwrapped

5USA freeview 21

6am Teleshopping **8.00** Cruise TV With LoveitBookit **9.00** Access **9.10** Criminals: Caught On Camera **9.35** CSI: NY **11.15** The Mysteries Of Laura **12.10** Law & Order **8.00** NCIS: New Orleans **9.00** 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 **12.05** Can't Pay? We'll Take It Away! **2.00** Can't Pay? My Nightmare Ex Wife **3.00** Neighbours **3.30** Home And Away **4.00** House **6.00** Neighbours **6.30** Home And Away **7.00** Spray Tan Mums: Single And Proud. Reality show. **8.00** Rich Kids Go Skint. Documentary. **9.00 FILM** The Twilight Saga: Breaking Dawn: Part 1 (2011) **11.15 FILM** Bad Teacher (2011) **1.05 FILM** Not Another Teen Movie (2001) **2.55** Riverdale **3.40** Two And A Half Men **4.00-6am** Teleshopping

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** The Pacific **10.15** Britain's Most Evil Killers **11.15** The Force: Essex **12.15** Banged Up Abroad **1.10** Road Wars **2.00** Nothing To Declare **3.00** Stop, Search, Seize **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 Old News For You **9.20** QI **10.00** Meet The Richardsons **10.35** QI **11.20** Mock The Week **12.00** Taskmaster **1.00** Have I Got A Bit More Old News For You **2.00** Jon Richardson: Ultimate Worrier **2.50** Zapped **3.35** The Indestructibles **4.00-6am** Teleshopping

REALLY freeview 17

6am Fantasy Homes By The Sea **7.00** Teleshopping **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** Ghost Nation **10.00** Paranormal Lockdown UK. A visit to a property in Lincolnshire. **11.00** Helicopter ER **12.00** Ghost Adventures **1.00** Most Haunted **2.00** Teleshopping **4.00-6am** Antiques Road Trip

YESTERDAY freeview 25

6am 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** Walking Through History **3.00** Underground Worlds **4.00** Impossible Railways **5.00** Secret Nazi Bases **6.00** Nazi Victory: The Post-War Plan **7.00** Underground Worlds **8.00** Bangers And Cash **9.00** Warbird Workshop **10.00** Narrow Escapes Of World War Two **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** Framed For Murder (2007) **11.05 FILM** A Family Lost (2007) **1.00 FILM** Garage Sale Mystery: The Wedding Dress (2015) **2.50 FILM** Stolen Dreams (2016) **4.50 FILM** Hitch. Romantic comedy starring Will Smith and Eva Mendes. (2005) **7.10 FILM** The Pink Panther 2. Comedy remake with Steve Martin. (2009) **9.00 FILM** Alexander. Historical epic starring Colin Farrell and Val Kilmer. (2004) **12.35 FILM** Seraphim Falls (2006) **2.50** Sony Movie News Extra **3.00 FILM** The Natural (1984) **5.50-6am** Sony Movie News Extra

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 **8.00** Blue Bloods **9.00** John Adams. The elderly statesman writes his memoirs. Last in the series. **10.20** The Sopranos **12.45** Public Enemy **1.50** Dolittle: Special **2.00** Richard E Grant's Hotel Secrets **3.00** Public Enemy **4.10-6am** 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. Six episodes. **8.00** Ghost Whisperer **9.00** The Rookie. Two of the rookies are set to receive special awards. **10.00** CSI: Crime Scene Investigation **11.00** Law & Order: Special Victims Unit **12.00** CSI: Crime Scene Investigation **1.00** Chicago Med **2.00** Chicago Fire **3.00** Chicago PD **4.00** Shades Of Blue **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. Lisbon's brother Jimmy is wanted as a witness to a murder. **7.00** NCIS **9.00** War Of The Worlds. Double bill. New series. Sci-fi drama, starring Gabriel Byrne and Elizabeth McGovern. **11.00** American Dad! **12.00** Family Guy **1.00** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00-5am** Republic Of Doyle

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** The Good Life **3.20** Keeping Up Appearances **4.00** 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. Emily becomes her father's unwilling partner-in-crime. **10.40** Mrs Brown's Boys **11.20** Peep Show **12.25** Lenny Henry's Race Through Comedy **1.30** Mrs Brown's Boys **2.05** Peep Show **2.30** Marley's Ghosts **3.00** The Rebel **3.35** Harry Hill's TV Burp **4.00-6am** 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 FILM** The Intern. Comedy starring Robert De Niro and Anne Hathaway (2015) **11.30 FILM** Eurotrip. Comedy with Scott Mechlowicz (2004) **1.25** The Daily Show **2.00** South Park **3.25** Bad Robots **4.15** The US Office **5.00-6am** Teleshopping

W

6.10am MasterChef Australia **7.00** My Dream Home **8.00** Tipping Point **10.00** The Bill **11.00** Supernanny US **12.00** Tipping Point **2.00** 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 **10.00** One Born: What Happened Next? **11.00** Inside The Ambulance **12.00** One Born Every Minute **1.00** Great Ormond Street **1.50** Code Black **2.35-3am** Renovate My Home: Leave It To Bryan

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** Dana Carvey: Squatting Monkeys Tell No Lies. The comedian performs in Santa Rosa. **10.15** Sex And The City **10.50** The Tonight Show Starring Jimmy Fallon **11.50** The Late Late Show With James Corden. Chat and entertainment show. **12.50** Entourage **1.25** Silicon Valley **2.35** Girls **3.45-5am** 30 Rock

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** Wheeler Dealers **9.00** Alaskan Bush People. The Browns flee the mountain during a dangerous lightning storm. **10.00** River Of No Return **11.00** Richard Hammond's Big **12.00** Alaskan Bush People **1.00** River Of No Return **2.00** Deadliest Catch **3.00** Alaskan Bush People **3.50** Kindig Customs **5.30-6am** How It's Made

MOVIES

SKY CINEMA PREMIERE

6am The Candidate (15, 2018) ★★★★ **8.15 The 2020 Top Ten Show 8.30 I Still See You** (15, 2019) ★★★ **10.15 The Counterfeiter** (15, 2018) ★★★★ **12.30 Godzilla: King Of The Monsters** (12, 2019) ★★★ **2.45 Killers Anonymous** (15, 2019) ★★★ **4.30 Straight Up** (15, 2019) ★★★★ **6.15 UFO** (12, 2018) ★★★ **8.00 Godzilla: King Of The Monsters** (12, 2019) ★★★ **10.15 Hell Is Where The Home Is** (18, 2018) ★★★ **12.00 Killers Anonymous** (15, 2019) ★★★ **1.45 Mapplethorpe** (18, 2018) ★★★ **3.45 I Still See You** (15, 2019) ★★★ **5.30-6am The Hurricane Heist: The Eye Of The Storm**

SKY CINEMA COMEDY

6.55am The Flip Side (15, 2018) ★★★ **8.40 Better Start Running** (15, 2018) ★★★ **10.30 Dusty And Me** (12, 2016) ★★★ **12.20 The Back-up Plan** (12, 2010) ★★★ **2.15 Date Night** (15, 2010) ★★★ **3.55 Crazy, Stupid, Love** (12, 2011) ★★★★ **5.55 Think Like A Man** (12, 2012) ★★★ **8.00 Think Like A Man Too** (12, 2014) ★★ **10.00 What Men Want** (15, 2019) ★★★ **12.00 Better Start Running** (15, 2018) ★★★ **1.40 Dusty And Me** (12, 2016) ★★★ **3.20 Date Night** (15, 2010) ★★★ **4.55-6.45am The Family Stone** (PG, 2005) ★★★★

SKY CINEMA ACTION

6am The Last Castle (15, 2001) ★★★ **8.15 Broken Arrow** (15, 1996) ★★ **10.15 Hudson Hawk** (15, 1991) ★★ **12.00 Skyscraper** (12, 2018) ★★★ **2.00 Cliffhanger** (15, 1993) ★★★★ **4.00 Robin Hood** (PG, 1990) ★★★★ **6.00 Broken Arrow** (15, 1996) ★★ **8.00 Skyscraper** (12, 2018) ★★★ **10.00 Cliffhanger** (15, 1993) ★★★★ **12.00 Backtrace** (15, 2018) ★★★ **1.45 The Last Castle** (15, 2001) ★★★ **4.00-6am Robin Hood** (PG, 1990) ★★★★

SKY CINEMA KIDS BOOKS

6.25am The Many Adventures Of Winnie The Pooh (U, 1977) ★★★ **7.50 The Cat In The Hat** (PG, 2003) ★★ **9.20 Matilda** (PG, 1996) ★★★★ **11.05 Harry Potter And The Goblet Of Fire** (12, 2005) ★★★★ **1.45 Goosebumps 2** (PG, 2018) ★★★ **3.20 The Many Adventures Of Winnie The Pooh** (U, 1977) ★★★ **4.45 The Cat In The Hat** (PG, 2003) ★★ **6.15 Matilda** (PG, 1996) ★★★★ **8.00 Harry Potter And The Goblet Of Fire** (12, 2005) ★★★★ **10.40 Mary Poppins** (U, 1964) ★★★★★ **1.05 Goosebumps 2** (PG, 2018) ★★★ **2.45 Matilda** (PG, 1996) ★★★★ **4.35-6.05am The Jungle Book** (U, 1967) ★★★★★

SKY CINEMA WOMEN IN FILM

6am Breakfast At Tiffany's (PG, 1961) ★★★★★ **8.00 Can You Ever Forgive Me?** (15, 2018) ★★★★ **9.50 The Blind Side** (12, 2009) ★★★★ **12.00 Erin Brockovich** (15, 2000) ★★★★★ **2.10 What They Had** (15, 2018) ★★★ **3.55 Mary Queen Of Scots** (15, 2018) ★★★ **6.05 Can You Ever Forgive Me?** (15, 2018) ★★★★ **8.00 A Star Is Born** (15, 2018) ★★★★★ **10.30 Almost Famous** (15, 2000) ★★★★★ **1.20 The Blind Side** (12, 2009) ★★★★ **3.45-6am Breakfast At Tiffany's** (PG, 1961) ★★★★★

SKY CINEMA HITS

6am Antz (PG, 1998) ★★★★★ **7.35 Gravity** (12, 2013) ★★★★★ **9.10 Leave No Trace** (PG, 2018) ★★★★ **11.10 Dumbo** (PG, 2019) ★★★★ **1.10 Hotel Mumbai** (15, 2019) ★★★ **3.20 Holmes & Watson** (12, 2018) ★★★ **4.55 Crazy Rich Asians** (12, 2018) ★★★★ **7.00 Dumbo** (PG, 2019) ★★★★ **9.00 Hotel Mumbai** (15, 2019) ★★★ **11.10 Blockers** (15, 2018) ★★★ **1.00 Sex Tape** (15, 2014) ★★ **2.40 The Fast And The Furious: Tokyo Drift** (12, 2006) ★★ **4.35-6.10am Antz** (PG, 1998) ★★★★★

SKY CINEMA GREATS

8.50am Deep Impact (12, 1998) ★★★★ **10.55 The Goonies** (12, 1985) ★★★★ **12.55 The Hand That Rocks The Cradle** (15, 1992) ★★★★ **2.55 The Social Network** (12, 2010) ★★★★★ **5.00 Sister Act 2: Back In The Habit** (PG, 1993) ★★★ **7.00 The Goonies** (12, 1985) ★★★★ **9.00 The Hand That Rocks The Cradle** (15, 1992) ★★★★ **11.00 The Royal Tenenbaums** (15, 2001) ★★★★★ **1.00 Face/Off** (18, 1997) ★★★★ **3.25 Barbarella** (15, 1968) ★★ **5.10-7.05am Kramer Vs Kramer** (PG, 1979) ★★★★

SKY CINEMA DISNEY

6.35am The Tigger Movie (U, 2000) ★★ **7.55 Confessions Of A Teenage Drama Queen** (PG, 2004) ★★ **9.30 Ralph Breaks The Internet** (PG, 2018) ★★★★ **11.30 Dinosaur** (PG, 2000) ★★★ **12.55 Cinderella** (U, 2015) ★★★★ **2.45 Planes** (U, 2013) ★★ **4.25 Aladdin** (U, 1992) ★★★★ **6.00 Ralph Breaks The Internet** (PG, 2018) ★★★★ **8.00 Cinderella** (U, 2015) ★★★★ **9.50 The Pacifier** (PG, 2005) ★★ **11.30 The Muppet Movie** (U, 1979) ★★★★ **1.15 Muppet Treasure Island** (U, 1996) ★★★★ **3.05 The Nutcracker And The Four Realms** (PG, 2018) ★★★ **4.55-6.35am Planes** (U, 2013) ★★

SKY CINEMA SUPERHERO

8.30am The Green Hornet (12, 2011) ★★ **10.35 Ant-Man And The Wasp** (12, 2018) ★★★★★ **12.35 Batman Begins** (12, 2005) ★★★★★ **3.00 Ghost Rider** (12, 2007) ★★★ **4.55 The Green Hornet** (12, 2011) ★★ **7.00 Fantastic Four** (PG, 2005) ★★ **9.00 Batman Begins** (12, 2005) Comic-book adventure. ★★★★★ **11.25 Ant-Man And The Wasp** (12, 2018) ★★★★★ **1.30 Batman: The Dark Knight Returns: Part One** (12, 2012) ★★★ **2.55 Batman: The Dark Knight Returns: Part Two** (15, 2013) ★★★ **4.15-6.05am Fantastic Four** (PG, 2005) ★★

SKY CINEMA SCI-FI/HORROR

6.15am The Shape Of Water (15, 2017) ★★★★★ **8.30 I, Robot** (12, 2004) ★★★★ **10.30 Radioflash** (12, 2019) ★★★ **12.30 Solo: A Star Wars Story** (12, 2018) ★★★★ **3.00 Us** (15, 2019) ★★★★★ **5.00 I, Robot** (12, 2004) ★★★★ **7.00 Radioflash** (12, 2019) ★★★ **9.00 Solo: A Star Wars Story** (12, 2018) Sci-fi prequel starring Alden Ehrenreich. ★★★★ **11.30 Us** (15, 2019) ★★★★★ **1.30 The Shape Of Water** (15, 2017) ★★★★★ **3.45 Victor Crowley** (18, 2017) ★★★ **5.15-6am Sky Cinema Preview**

SKY CINEMA THRILLER

7am Blue Iguana (15, 2018) ★★★★ **8.55 The First Purge** (15, 2018) ★★★ **10.45 Angels & Demons** (12, 2009) ★★★ **1.05 Captain Phillips** (12, 2013) ★★★★★ **3.20 K-19: The Widowmaker** (12, 2002) ★★ **5.40 The Recruit** (12, 2003) ★★ **7.40 Angels & Demons** (12, 2009) ★★★ **10.00 Captain Phillips** (12, 2013) ★★★★★ **12.15 The Juror** (18, 1996) ★★ **2.15 L'Amant Double** (18, 2017) ★★★★ **4.15-6am Deep Family Secrets** (PG, 1997) ★★

FILM4 freeview 14

11am The Way To The Stars (U, 1945) ★★★★ **1.15 A Night To Remember** (PG, 1958) ★★★★ **4.05 The Dam Busters** (U, 1955) ★★★★★ **6.45 Now You See Me** (12, 2013) ★★★ **9.00 My Friend Dahmer** (15, 2017) ★★★ **11.10 Die Hard 2** (18, 1990) ★★★ **1.35-3.45am Kill Your Friends** (18, 2015) ★★

TCM MOVIES

5.30pm Coroner Creek (U, 1948) ★★★ **7.25 Fort Osage** (U, 1952) ★★★ **9.00 Payback** (18, 1999) ★★★ **11.10 Exit Wounds** (18, 2001) ★★ **1.20 Dracula** (PG, 1931) ★★★★ **2.50 Return Of The Gunfighter** (U, 1967) ★★ **4.30 Hollywood's Best Film Directors 5.00 Off Set 5.20-6.20am Hollywood's Best Film Directors**

TALKING PICTURES freeview 81

11.45am I Live In Grosvenor Square (U, 1945) ★★ **2.00 Rooms 2.30 Simon And Laura** (PG, 1955) ★★ **4.20 Glimpses: Our London 4.35 Bond Street** (12, 1948) ★★★ **6.45 The Four Feathers** (U, 1939) Adventure with John Clements. ★★★★★ **9.00 Funny Man 10.00 Whistle Down The Wind** (PG, 1961) ★★★★ **12.05 The Ring** (U, 1952) ★★★ **1.45 The First Travelling Saleslady** (PG, 1956) ★★★ **3.35 The Blue Parrot** (PG, 1953) ★★ **5.00-6am Rooms**

RADIO

TALKSPORT 2 LIVE, Talksport2, 6pm
Konrad Hurrell and Leeds Rhinos welcome newly promoted and bottom of the table Toronto Wolfpack to Headingley for the Super League round six fixture.

VIRGIN RADIO *DAB virginradio.co.uk*

6.30am The Chris Evans Breakfast Show With Sky. With Brian Greene and Ryan Riley. **10.00** Eddy Temple-Morris **1.00** Tim Cocker **4.00** Kate Lawler **7.00** Steve Denyer **10.00** Amy Voce. Amy gets your evening off to the best start with the best music. **1.00** Virgin Radio Through The Night. The best music. **4.00-6.30am** Sam Pinkham

TALKRADIO *DAB talkradio.co.uk*

6.30am Julia Hartley-Brewer **10.00** Mike Graham **1.00** The Matthew Wright Show **4.00** Dan Wootton **7.00** James Whale Feat Ash **10.00** The Late Night Alternative With Iain Lee **1.00** Darryl Morris **5.00-6.30am** James Max

TALKSPORT *1053, 1089MW talksport.com*

6am The Alan Brazil Sports Breakfast Show With Ally McCoist **10.00** White And Sawyer **1.00** Hawksbee And Jacobs **4.00** Adrian Durham And Darren Gough **7.00** Kick-off **9.00** Kick-off Added Time **10.00** Sports Bar **1.00** Paul Ross **5.00-6am** Early Breakfast

TALKSPORT2 *DAB talksport.com*

6am Sportsday **9.00** TalkSPORT 2 Today **10.00** TalkSPORT Exclusives **2.00** The TalkSPORT 2 Social **6.00** TalkSPORT 2 Live. Leeds Rhinos v Toronto Wolfpack. Kick-off at 7.45. **10.00** TalkSPORT 2 Tonight. Catch up with all the news. **5.00-6am** Early Breakfast

RADIO 1 *97.6-99.8FM bbc.co.uk/radio1*

6.30am The Breakfast Show With Greg James **10.00** Clara Amfo **12.45** Newsbeat **1.00** Scott Mills **4.00** Nick Grimshaw **5.45** Newsbeat **6.00** Nick Grimshaw **7.00** Future Sounds With Annie Mac **9.00** Dev **11.00** Indie Show With Jack Saunders **1.00** Soundsystem With Toddla T **3.00** Rap Anthems **4.00-6am** Weekend Early Breakfast

RADIO 2 *88-91FM bbc.co.uk/radio2*

6.30am Zoe Ball **9.30** Ken Bruce **12.00** Jeremy Vine **2.00** Steve Wright **5.00** Sara Cox **7.00** Jo Whiley **9.00** Bob Harris **10.00** Trevor Nelson **12.00** Phil Williams **3.00** Tracks Of My Years (R) **4.00** Craig Charles (R) **4.30** Huey Morgan's Loungin' Mix **5.00-6.30am** Vanessa Feltz

RADIO 3 *90.2-92.4FM bbc.co.uk/radio3*

6.30am Breakfast **9.00** Essential Classics **12.00** Composer Of The Week: Price. Florence Price's career during the 1930s and into the 1940s. **1.02** Lunchtime Concert. Vikingur Ólafsson plays solo piano works by Bach at LSO St Luke's in London. (R) **2.00** Afternoon Concert. Ethel Smyth – fête Galante, a Dance Dream in One Act. **5.00** In Tune. Featuring pianist Lara Melda and choreographer Richard Alston. **7.00** In Tune Mixtape. An eclectic non-stop mix of music. **7.30** Radio 3 In Concert. Lauren Zhang's performance of Rachmaninov's Third Piano Concerto. **10.00** Free Thinking. A discussion on Jewish identity in 2020. **10.45** The Essay: Women Writers To Put Back On The Bookshelf. Katie Cooper considers Storm Jameson's campaigning for refugees. **11.00** Night Tracks: The Archive Remix **11.30** Unclassified **12.30-6.30am** Through The Night

RADIO 4 *92.4-94.6FM bbc.co.uk/radio4*

6am Today **8.31** LW: Yesterday In Parliament **9.00** In Our Time **9.45** Book Of The Week: Guest House For Young Widows **9.45** LW: Daily Service **10.00** Woman's Hour **11.00** From Our Own Correspondent **11.30** Only Artists **12.00** News; LW: Shipping Forecast **12.04** Apeirogon. By Colum McCann. **12.18** You And Yours. Consumer affairs. **12.57** Weather **1.00** The World At One. Presented by Sarah Montague. **1.45** The Californian Century. Stanley Tucci tells the story of Ice-T, the original gangster rapper. **2.00** The Archers. Emma makes a big decision. (R) **2.15** Drama: Game Over. By Emily Short. (R) **3.00** Ramblings. The ancient and mysterious Labyrinth on top of St Catherine's Hill in Winchester. **3.27** Radio 4 Appeal. On behalf of Legs4Africa. (R) **3.30** Bookclub. Marian Keyes reflects on one of her most popular novels, Rachel's Holiday. (R) **4.00** The Film Programme. Cinema magazine. **4.30** BBC Inside Science. The latest scientific research. **5.00** PM. News headlines; LW: Shipping Forecast **5.57** Weather **6.00** News **6.30** The Break. Jeff takes Corinne to an escape room. (R) **7.00** The Archers. Philip springs a surprise and Lynda is at her wits' end. **7.15** Front Row. Arts programme. **7.45** The Book Of Strange New Things. By Michel Faber, adapted by Miranda Emmerson. (R) **8.00** Law In Action. A special sensory room designed for child witnesses with autism. (R) **8.30** The Bottom Line. The impact of coronavirus on businesses. **9.00** BBC Inside Science. The latest scientific research. (R) **9.30** In Our Time. Melvyn Bragg and guests discuss theoretical physicist Paul Dirac. (R) **10.00** The World Tonight **10.45** Book At Bedtime: Apeirogon (R) **11.00** The Allotment: Talking To The Bees (R) **11.30** Today In Parliament **12.00** News And Weather **12.30** Book Of The Week: Guest House For Young Widows **12.48** Shipping Forecast **1.00** As BBC World Service **5.20** Shipping Forecast **5.30** News Briefing; Prayer For The Day **5.45** Farming Today **5.58-6am** Tweet Of The Day (R)

RADIO 5 *909MW bbc.co.uk/fivelive*

6am 5 Live Breakfast **9.00** Your Call **10.00** The Emma Barnett Show **1.00** Nihal Arthanayake **4.00** 5 Live Drive. With Sarah Brett and Tony Livesey. **7.00** 5 Live Sport. A panel of former footballers discuss the week's talking points. **10.00** Question Time Extra Time. Extended coverage with Adrian Chiles. **1.00** Up All Night **5.00** Morning Reports **5.15-6am** Wake Up To Money

must watch

WHAT? Noughts + Crosses, BBC1, 9pm.
WHY? The adaptation of **MALORIE BLACKMAN**'s book sees black people ruling over whites. **JACK ROWAN** and **MASALI BADUZA**'s characters defy racial divisions.

ANDY HALLS' bizarre TV

Email: andy.halls@the-sun.co.uk Twitter: @AndyBizarre
With Rod McPhee

bizbit

BRENDA BLETHYN is set to star in ITV comedy Kate & Koji alongside **JIMMY AKINGBOLA**. The show follows cafe owner Kate's friendship with asylum-seeking doctor Koji. **BLAKE HARRISON** and **BARBARA FLYNN** also star.

DATING CELEBS ON LASH

IT'S a good thing the Celebs Go Dating cast didn't have any suitors to meet yesterday – as there would have been some sore heads.

I'm told that many of the E4 show's stars went on a tear-up in Soho, central London, costing £4,500 – and that was just the pre-drinks.

DEAN GAFFNEY, AMY HART, OLIVIA BENTLEY, JAMES LOCK and JOSHUA RITCHIE dropped the giant amount at Aussie restaurant Scarlett Green on Tuesday.

But at least they were generous. The tip alone was nearly £500.

The bill showed the celebs and some of the production team sunk 15 bottles of wine, two bottles of champagne, four bottles of gin and two bottles of vodka.

They also saw off 20 shots of raspberry sours, 12 of tequila, 12 pornstar martinis and 21 espresso martinis.

I've got a hangover just thinking about it.

bizbit

CHANNEL 4's 24 Hours In A&E will do a British Heart Foundation special on March 20 revisiting the stories of three previous patients with heart conditions. The charity hopes to raise awareness of the life-saving research it does.

FEMINIST FELLOWE

DOWNTON Abbey creator JULIAN FELLOWES has been called many things – now he's been given the most unlikely tag of being a feminist.

ALICE EVE, who plays devious Susan Trenchard in new ITV period drama Belgravia, says he doesn't just fill his shows with strong women, he understands them.

Alice said: "He is definitely a feminist. As a woman you read scenes and think, 'I wouldn't say that', but with Julian you think, 'That's absolutely right'." The series starts on March 15.

SAL'S GALS ALL PALS

CORRIE'S **SALLY DYNEVOR** is pictured on a night out with her daughter and two telly kids.

Better known as Weatherfield's Sally Metcalfe, she was attending the launch of the new Chi Chi dress range by her co-star **HELEN FLANAGAN**.

Helen, who played her wayward daughter Rosie Webster, was joined by her on-screen sister, Sophie Webster, played by **BROOKE VINCENT**.

And finishing off the line-up was real daughter **PHOEBE**, who stars in shows including Waterloo Road and upcoming Netflix drama Bridgerton.

Sally could be forgiven for forgetting who was her real offspring and who was just putting on a good act.

RIVALRY IS ON ICE FOR FINAL

YOU'D think being in the Dancing On Ice final would up the pressure on the skaters, but not according to PERRI KIELY.

The Diversity dancer said that he, JOE SWASH and LIBBY CLEGG are not worried about who takes home the trophy.

He said: "I think we're going to have a really fun final. We get on so well and throughout this week we've just been helping each other out and having a laugh."

While coronavirus hasn't gripped the DOI set, it has stopped athlete Libby head for training in Japan ahead of the Paralympic Games.

She said: "I was going to go to Japan for Paralympic holding camp, but it's been cancelled and it is because of the coronavirus."

bizbit

JUNIOR Bake Off is set to return with judges **PRUE LEITH** and **LIAM CHARLES** and has opened applications for the 2020 series on Channel 4. The team are looking for creative bakers between the ages of nine and 15.

Lyle's Gooner be an ITV star

YOUTUBE ACE LANDS DOCUMENTARY

HE is best known for constantly calling for ARSENE WENGER's head when the Frenchman was Arsenal manager.

But Robbie Lyle, from YouTube channel Arsenal Fan TV, is going mainstream and has landed his own ITV show.

The larger-than-life Gunners fan, who founded the often-controversial YouTube channel, will now front a documentary on ITV.

I've heard the show, currently called I'm Red, Not Black, will be a fly-on-the-wall look at Robbie's colourful life within the football world. It will air later this year.

The programme, being made by the team behind Geordie Shore star **CHARLOTTE CROSBY**'s reality show, will also feature Troy Townsend, who fights for equality in football with organisation Kick It Out and writer and ex-football hooligan Cass Pennant. A source said: "Robbie has become a sensation in football circles.

"He divides opinion but is something of a pioneer when it comes to his channel Arsenal Fan TV.

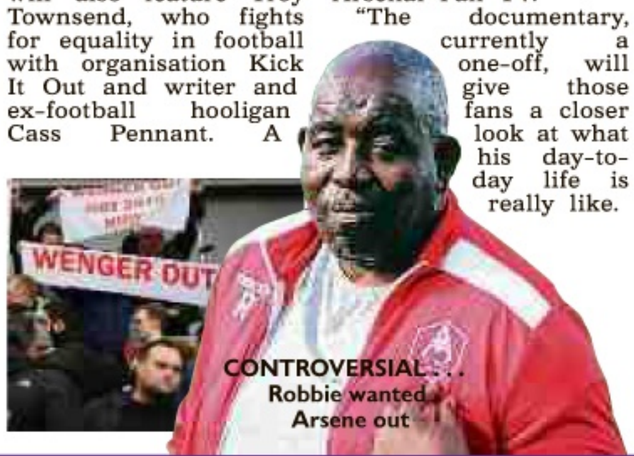
"The documentary, currently a one-off, will give those fans a closer look at what his day-to-day life is really like.

The current plan is for it to be filmed and aired before the end of the season, so time is of the essence."

Robbie, who has previously presented Channel 4's The Real Football Fan Show, boasts more than one million followers for his YouTube channel as the outspoken voice of Gunners supporters.

But he has been at the centre of controversy over the past few months, with fans slamming his channel's negative post-match rants.

Robbie's only being honest. It doesn't take a genius to point out the Gunners have been rubbish.



CONTROVERSIAL... Robbie wanted Arsene out

bizticker ▶ ITV's The Good Karma Hospital returns on March 15 ● Netflix axe French horror Marianne after one 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

Massage at spa went way too far

Dear Deidre

I CHEATED on my wife with a "happy ending" during a spa massage session I had thought was legitimate.

I work in a factory and was moving a packing box when I felt a spasm in my back. My mate realised I was in agony and passed me a business card.

It was for a massage place not far from work and he said: "The girls are really good. They'll sort you out."

I made an appointment for my lunch hour. The place looked quite classy and a pretty girl on reception showed me through to a room with a massage table.

She told me to take my clothes off, lie front down with my face through the hole on the massage bed and pull a towel over my backside.

I couldn't properly see the woman who came into the room, but I showed her where I was in pain and she worked quickly with warm oil to ease my back. It immediately felt better. She then started to massage my legs and her hand went up under the towel – before she asked me to turn over on to my back.

I could see she was a beautiful Thai girl of about 20. I must admit I felt quite turned on.

She started massaging my chest and legs – then she asked if I'd like a "happy ending".

I'm a bit naive and didn't know what she meant but she explained and I found myself saying, "Yes".

It was great and I walked out feeling 10ft tall.

My work colleagues all cheered when I walked back on to the factory floor. I must have gone red with embarrassment.

The thing is, I have a beautiful wife who's 42. She's very shy and our sex life isn't the best. I'm 45.

My back is almost better but I'm tempted to return to the massage parlour. If I go, though, I may end up cheating on my wife again.

■ DEIDRE SAYS: Why risk jeopardising your marriage and sexual health for a few minutes of sexual relief with a sex worker – because that is what this masseuse is.

Cheating isn't for you. You're a happily married man who got into a situation way out of your comfort zone.

Supposing one of your workmates tells his wife, who tells . . .

If it's not too late, don't admit to colleagues this was anything other than a professional massage.

If your sex life at home is disappointing, focus on your wife, telling her you'd like to spice things up. Women generally like to be romanced so start by leaving her a love note, telling her how special she is and what you would like to do with her.

Make sex fun. Talk to her and ask her what she enjoys, and ask her to guide your sex play.

My e-leaflet 50 Ways To Add Fun To Sex is full of suggestions.

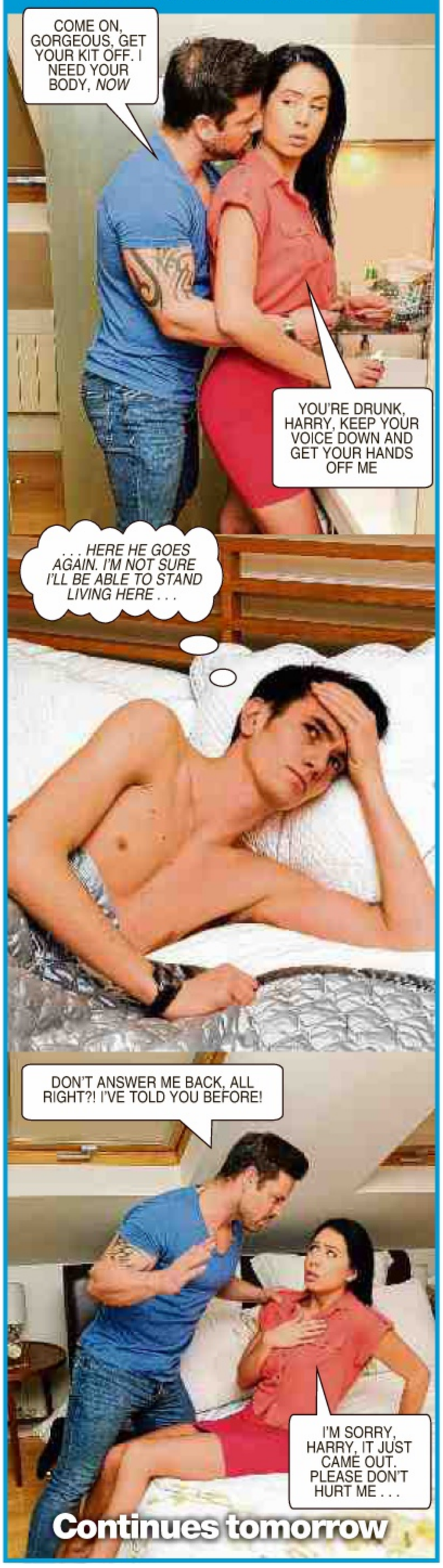
topic4today

ONE in four young people sees pornography before they hit their teens, so no wonder it affects their idea of sex later. My e-leaflet Sex Games And Sense can help you work out what's right for you. For a copy, email me or private message me on Facebook.

problems@deardeidre.org

deidre's photo casebook

NEV'S NEW LODGINGS: DAY 4



I'VE LOST HOPE OF TOT WITH NEW MAN

Dear Deidre

I AM devastated after having a miscarriage at the weekend. The only way I will get over this is if I have hopes of becoming pregnant again – but my partner doesn't want more children.

It happened the day after I learned I was pregnant.

We weren't trying for a baby but I was thrilled, thinking this was my last chance of becoming a mum again. I am 40, with a lovely six-year-old daughter and a son who's 17 by my ex.

I have always said I'd like another child but I don't know how to talk to my partner now. He has been a tower of strength this past week and we are very much in love. Apart from this, we agree on everything.

I don't want to resent him for denying me another baby.

■ DEIDRE SAYS: You are in the grip of the physical and emotional effects of your miscarriage. It is best not to take a major decision – like having another child – for at least six months.

Tell your partner how much you value his support and put this decision to one side for now while you focus on recovering. You have both lost the baby and my e-leaflet Had A Miscarriage? will help.

I MARRIED FAST AND NOW I'M TRAPPED

Dear Deidre

WHY did I rush into getting engaged when I have feelings for someone else?

I had sex with my girlfriend on the first date, then she found out she was pregnant and moved in. I'm 28, she's 26. I feel we rushed into being together.

I was left some money and found us a house to buy. I proposed and she said yes. Our son is six months old.

But I've met my dream woman at work. She's 25, single and very attractive. We often have lunch together.

I'm not cut out to be a dad. I struggle with doing stuff with my son. Should I try to keep my family together?

■ DEIDRE SAYS: You don't know if this woman would make you happy but you do know you fall in love quickly. Don't make the same mistake again. A good relationship isn't built on looks alone.

Talk to your fiancée to try to find a connection to make things work. She's given birth to your son and you owe it to both of them to give it your best shot.

My e-leaflet Your Relationship MoT will help, and read Commando Dad by Neil Sinclair to build your confidence and help bond with your son.

Dear Deidre

MY boyfriend never tries to please me in the bedroom and I'm fed up.

We've been together for four months and are both 24.

Before we met, he had lots of relationships so I thought he'd know what he was doing, but sex is all about him.

Other aspects of our relationship are great. We get on well and have a laugh, but the sex is rubbish.

I've had five previous boyfriends and the last two have been considerate lovers so I know what I want but I'm embarrassed to talk to him about it. I've tried buying toys but he just wants to watch me and won't join in.

■ DEIDRE SAYS: If you are having sex together, you should be able to talk about it with each other.

If you feel awkward explaining, use your hands to guide him and make comments like: "That's great."

My e-leaflet How To Thrill A Woman In Bed will help you explain to him.

Dear Deidre

AM I misreading the signs? My lesbian friend seems to keep coming on to me and I'm not sure what to do about it – I'm a guy, after all.

We've been friends since we house-shared at university. I'm 23 and she's 22.

She only ever dated other girls and always said "guys are a let-down".

We've started going to the gym together and she's definitely giving me signals she's interested in me. She's tactile towards me and always gives me a hug and holds on longer than necessary.

Last night she put her hand on my thigh in the cinema. I like her – but am I reading more into this?

■ DEIDRE SAYS: Our sexuality isn't an unchanging entity. Many more identify as bisexual now.

Ask her to a concert or out for dinner. Tell her it's a date and see how she reacts. If she accepts your offer, you can see how things develop from there. Good luck!

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Fabulous DAILY

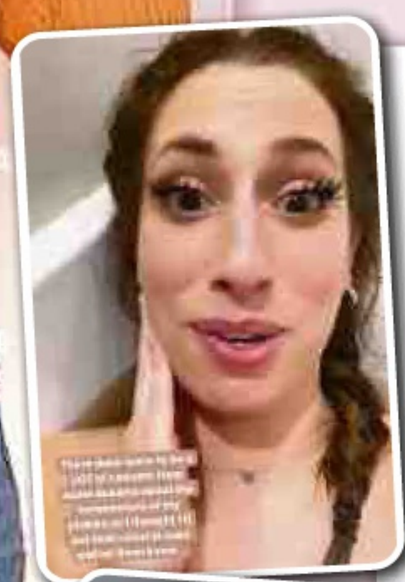
Edited by JOELY CHILCOTT

EXPERTS ON WHY LOVING STAR ATTRACTS ONLINE ABUSE

Stacey attacks show mums as the worst trolls

DEVOTED . . . Loose Women star Stacey lives for her children

'Being a parent is a tribal thing'



CUDDLES . . . Stacey with Rex and, *above*, taking on 'Susans'

HAPPY FAMILY . . . Stacey, Joe and sons Leighton, Rex and Zachary

staceysolomon When they try to pit you against each other but there's no gaps here for your cruel wedges #friendsbeforebellends #aptotidy #hinching Women supporting women is what it's all about. Happy Sunday everyone

SHE'S been slammed for neglecting her kids – by taking a bath, not wrapping her baby up properly in a blanket and cuddling her tot so much he can't get to sleep on his own.

By **TANITH CAREY**

While it might sound like the description of a terrible parent, in reality, anyone who follows Stacey Solomon on Instagram can see she is a devoted mum who lives for her sons, Zachary, 11, Leighton, seven, and Rex, nine months.

Yet that has done nothing to stop the tide of insults Stacey, a panellist on ITV talk show Loose Women, has received in recent months – with most of it from other mums.

So why, at a time when you would hope women would feel a common bond, do other mums become trolls?

Psychotherapist Phillip Hodson says it's partly because being a good mum matters so much.

He says: "Parenting is tribal. We want to feel we are doing it right.

"That means if we see other mums doing it differently, that can make others feel like they are doing it incorrectly."

And Stacey, 30, could have found herself facing a torrent of abuse for being **TOO** approachable.

While the lifestyles of other celebrity mothers, such as supermodel Rosie Huntington-Whiteley, who is mum to two-year-old Jack, or mum-of-four Victoria Beckham, seem out of reach, it feels easier for some mums to compare themselves to Essex-based Stacey, who is more the girl-next-door type. Phillip says this can prompt feelings of envy, which can get channelled into aggression. He adds: "Nowadays social media allows us a tour of celebrity homes. This can trigger feelings of, 'If she's got that, why can't I?'.

"There may also be a sense of 'Who does she think she is?'.

"With celebrities we tend to feel we have 'made' them by watching their shows, so we also feel in a position to pull them down."

Plus, the anonymity of the internet makes it easier to express jealous and insecure feelings that mums wouldn't otherwise be able to voice.

So what are the main parenting issues that press other mums' buttons – and why do some parents get so upset about them?

Here, parenting expert and author Dr Angharad Rudkin explains just why mums can turn into trolls – and what the flashpoints are that set them off.

FOOD

Stacey was accused of weaning Rex, her son with partner Joe Swash, 38, too early at five-and-a-half months, after posting on Instagram about the tot's brocolli dinner.

The move got slammed by her "Susans" – Stacey's jokey name for her online critics.

But she clearly thinks carefully about her children's nutrition, even cutting her son Leighton's sandwiches into dinosaur shapes to encourage him to eat them.

This didn't escape criticism either, as she was attacked for putting too much in his lunchbox.

So why is food such a trigger point in parenting?

Dr Rudkin says: "It's a massive part of our biology as mums to feed our child well. It also represents love.

"We see it as a badge of honour when our child happily eats kale and chickpeas, and can be a little more secretive about our shameful Friday evening post-swimming-class KFC stop-off. Eating is a public behaviour so we are on high alert to see how we are doing in comparison with other parents."

FED UP . . . bullies trolled Stacey

SLEEP

Stacey was accused of cuddling baby Rex to sleep too much – with online critics claiming it means she is not training him to sleep through the night.

Of course it's impossible for a mum to give her child too much affection but whether you are a queen of routine or a mum who takes your baby into your bed to soothe their cries, the issue of how to get kids to have regular bedtimes and get enough sleep is one of the most divisive parenting topics.

The reason sleep is a sensitive topic is that for many mums it represents the ability to provide a calm, organised family life.

Dr Rudkin says: "Sleep also feels like a key to a magical kingdom.

"If only you and your child can get enough sleep, mums feel they will be empowered to get through the day. So as parents, we are constantly on the lookout for tips and clues on how other parents get their kids to have regular bedtimes and sleep well."

SAFETY

Stacey was slammed for letting Rex freeze because he didn't have a blanket.

Whether it's scootering without a helmet or accusing other mums of not wrapping their children up warm – as Stacey was told when Rex was pictured on Instagram without a blanket – we all know how quickly other parents can give advice on keeping kids safe.

It is partly because we fear so much for our own children, and to relieve this anxiety we project those worries on to other parents.

Dr Rudkin says: "None of us want our child to be unsafe, and so we are highly sensitive to ways and means of protecting our child.

"But if this is becoming a competition about who is keeping their child most and least safe, it could be a sign that as a parent you are not feeling confident and are feeling anxious yourself."

Whatever the reason behind it, it's no excuse for trolling mums like Stacey.

● **What's My Child Thinking? Practical Child Psychology For Modern Parents, is out now, published by DK.**

Be Fabulous 24/7 with your daily fix in The Sun, your weekend indulgence with Fabulous magazine every Sunday **AND** non-stop fashion and beauty news at thesun.co.uk/fabulous

Fabulous DAILY

SIMPLE FOOD
FALAFEL WRAP WITH TANGY DIP

Serves: 2

YOU NEED:

- 100ml Alpro No Sugars alternative to yoghurt
- ½ lemon, juice and zest
- ½ garlic clove
- 4 fresh coriander stalks
- ½ red chili pepper
- 3-4 falafel
- 1 spring onion
- 1 carrot
- 100g white cabbage, finely sliced
- 100g red cabbage, finely sliced
- ½ avocado
- 2-4 wraps

METHOD: If you want to bake your falafels, preheat your oven to 180C and then do the dip.

Chop the coriander and crush or finely dice the garlic. Mix into the No Sugar yoghurt alternative along with the red pepper and a squeeze of lemon juice.

Pop into a bowl and finish with a topping of extra pepper, chopped coriander and a little grated lemon zest.

Now either bake the falafels with a drizzle of olive oil in your pre-heated oven, or heat the olive oil in a pan and cook them over a medium heat, turning until they are crusty and golden all over.

Then season with a twist of sea salt and black pepper. Put to one side until you're ready.

Next, make your salad. Finely slice the red and white cabbage into thin strips, grate the carrot, slice the avocado and chop the spring onion.

Warm the wrap for 30 seconds in an oil-free pan over a medium heat.

Start the filling with a dollop of dip in the middle of the wrap, then add the falafels, cabbage, carrots, avocado slices and spring onion.

Season to taste and add more dip if you like. Then fold it all up, serve with the dip and enjoy.

●Recipe from Alpro

SHAMPOOS TO RAISE THE BAR

REDUCE plastic and feel fantastic by swapping shampoo bottles for bars. You'll save on cash, too. Here, LYNSEY CLARKE tries out some of the best bars for shower or bath.

Angel Hair, £8 for 55g, Lush

BECO honey blossom, £4 for 90g, Waitrose

Friendly Soap lavender and tea tree natural bar, £2.95 for 95g, planetorganic.com

Hair O Oi Thirsty Head, £8.99 for 100g, Boots

Ethique The Guardian conditioner for dry hair, £12.99 for 60g, Holland & Barrett

Eco Warrior, £4 for 100g, Boots

GET THAT TIMING RIGHT

Mind the

WANT to enjoy sex even more? Try reminding your fella that it's a marathon, not a sprint.

A new study has revealed how long it takes women on average to reach orgasm – and it's longer than most men might think.

SLOW HIM DOWN

IF your partner is quick off the mark, it will make your orgasm gap even longer. So try these tips that work well to heighten your enjoyment while gently dampening his, helping you to finish at the same time.

LUBRICANT: Fifty per cent of women found it easier to orgasm when they used a lubricant during sex, in a study by the Indiana University Center for Sexual Health Promotion.

An added bonus is that lubes lessen friction felt by your man, which may prolong his performance. Try **Almost Naked Personal Lubricant, by Good Clean Love (£16.99, Amazon)**.

STIMULATING CONDOMS: Take the edge off his pleasure by masking some of the sensations he will feel. They will ramp up your own fun by adding extra friction. Try **Pasante Ribbed & Dotted Condoms (£6.99, lovehoney.co.uk)** which are covered with raised studs to rub you up the right way.

YOU-FIRST FOREPLAY: If your sex usually begins with an equal exchange of foreplay, get selfish.

Ensure all the preliminary warm-up stages are focused on you and your arousal, and let him catch up later. Start your session with your favourite form of foreplay.

A quarter of women prefer oral sex, a Durex survey found. Aim to get yourself up to an eight-out-of-ten level of arousal before you turn your attention to him.

Or even better, climax through foreplay first, then have sex.

Unlike men, women don't have a recovery period, so there's nothing to stop you climaxing again within seconds.

PRE-HEAT YOUR OVEN

SUPPLEMENT YOUR SEX DRIVE: Try some natural remedies that are believed to boost your libido. **Shatavari (£9, naturisimo.com)** is an Ayurvedic herb that can balance your hormones, lower anxiety and rev up your natural urges. Or try **Korean Ginseng (£28.99, 500mg 200 capsules, Holland & Barrett)**, is said to improve your energy levels, raise alertness and give your bits a general pick-me-up.

STOP YOUR MIND WANDERING: It might sound a little hippy but practising mindfulness can take sex to the next level. A 2017 study in the Journal of Sexual Medicine found that women's ability to orgasm increased by 30 per cent after they had completed a mindfulness programme.

Before sex, grab a moment alone and try a five-minute meditation to focus your thoughts. Be in the present and notice five things happening around you, from sounds to what you touch.

NEAT SPRAY LOVE: Another natural way to prime yourself for a speedy climax is aromatherapy. Certain scents are believed to increase arousal, including ylang ylang and patchouli. If your partner is getting to the finish line way before you, try wearing an aromatherapy scent during the day before you hit the sheets. Try **Love Sleep Pillow Spray (£30, thisworks.com)**, a heady blend of scents to curl your toes.

BLOOD-PUMPING BEHAVIOUR: An orgasm is just the release of blood that gathered in your lady-garden during arousal. So for optimum orgasms, you need to ensure optimum blood flow.

Certain things (like dehydration, smoking and slobbing on the sofa all day) can leave your circulation lethargic, leading to less excitement in bed.

So ditch the cigs, drink plenty of water and get a good 20-30 minutes of exercise, like a brisk walk, before hitting the sheets. Sadly, running up the stairs to the bedroom isn't enough.

GET THE EDGE: Get a head start on your orgasm by "edging" a few times during the day – bringing yourself almost to climax, then stopping. This allows the blood to gather in your bits, ready for orgasm. When you eventually have sex, you'll find you hit the high notes much faster than usual – and possibly more powerfully.

WITH OUR SEXPERT'S BEDROOM ADVICE

orgasm GAP

While the average man takes just six minutes to climax, it takes women 13 mins and 41 secs.

And 68.6 per cent of women need some other form of action beside penetrative sex. So how can you put the max in your climax?

And what can your man do to help you along?

Here, sexpert KATE TAYLOR offers a guide to closing the orgasm time gap.

SPEED-IT-UP POSITIONS

FOR female orgasms, some positions work much better than others.

To ensure you reach the high notes together, choose a position that delivers direct stimulation to your erogenous zones such as your clitoris, G-spot and vulva, but doesn't give your fella too much depth or control – or he will be finished before you have even started.

These are my pick of positions to get in sync.

WOMAN ON TOP, FACING FORWARDS: This is a great way to ensure that every part of you gets the attention it deserves. Climb aboard your partner and sit up straight – that way, he will be rubbing up against the front wall of your nether regions, where the G-spot is rumoured to hide.

From here, your fella can also stroke the underside of your breasts and your nipples – the most sensitive areas for most women.

SPOONS: This isn't the most hot-and-heavy position, but that's what we want – because your partner's pleasure will be slowed down in this sleepy session, while you can use your hands or a toy to build your own orgasm first.

Lie on your side with your back against your partner's chest. Bring your top leg back over his top leg, so you are fully exposed down under.

Now you are free to explore your most sensitive zones. When you feel your excitement reaching the point of no return, flip over into the doggy-style position so you can quickly climax together.

COITAL ALIGNMENT TECHNIQUE (CAT): This missionary move combines the intimacy of face-to-face sex with more direct stimulation for you. Start in basic missionary, him between your legs, but then have your partner move himself four or five inches up the bed.

Then, instead of thrusting, he should rock his hips against you. It might take a while to notice the difference, but you should soon feel much more direct pressure than usual. This position also has the benefit of slowing down his excitement, giving you more time to catch up.

GET-YOU-THERE TOYS

SOMETIMES normal sex simply isn't stimulating enough to get you there.

So a helpful way to speed up your satisfaction is to add a sex toy to your bedroom routine.

These ones are designed to directly stimulate the parts that normal sex cannot reach – but will not get in the way of the action.

Fin, by Dame Products (£85, cultbeauty.co.uk): Dame Products is an all-female company on a mission to close the "orgasm gap" between men and women.

One of its most effective solutions is this fun, discreet stimulator. You wear it on your finger and use it to massage your clitoris during sex.

It's small enough not to get in his way, and strong enough to turn "Meh" into **"OH YEAH!"**.

Starlet, by Womanizer (£49, womanizer.com): The Starlet is small but mighty, delivering a unique mix of suction and stimulation using air technology.

It fits over your bits and would be a perfect way to liven up positions such as doggy style or spoons.

Tracey Cox Supersex Rechargeable Vibrating Love Ring (£34.99, lovehoney.co.uk): If you like him, then you really should put a ring on him. Vibrating penis rings increase **YOUR** pleasure by vibrating against your bits, while also giving him a little bit more staying power. This trusty toy delivers a powerful range of sensations during sex.

PETA TODD'S mum squad

IN her weekly column, the mum of four discusses the ups and downs of family life. Today Peta, who is married to cycling great Mark Cavendish, talks about being honest when it comes to a woman's monthly visitor.

THE other day I was putting my daughter Delilah to bed and she was talking about how many days there are until her eighth birthday.

It's big news in our house, obviously – it's 29 days, by the way. As I looked at her it suddenly dawned on me that in the next few years she is going to start her periods. This made me almost verge on feeling sorry for her.

I myself had been "on" this week – sorry for the extra info, but I'm an adult woman, it's kind of what happens.

Maybe my own hormones played a part in why I felt so emotional about it.

I remember one of my best friends starting her period when we were nine and it was this mysterious "thing" that I was both jealous and terrified of.

With both my daughter and my sons I have always been very open about sex, sexual health and puberty, as I think it's the best way to be.

I know they are going to get a sideline briefing from their peers and the internet but I want to be the trusted source.

I asked Delilah whether she understood what a period was and why women had them. She was not impressed to hear they rocked up every single month and that they could bring some cramps, headaches and moods that needed naming, like storms.

She was then imploring me to take a guess as to when hers would arrive and no matter my answer, she would say: "No Mum, really, when will it?"

It made me think about the big moves being made lately to normalise periods, with ad campaigns such as This Girl Can that hugely help.

The image in a TV advert of a woman getting changed for sport with a visible tampon string is enormous.

I have never shied away from questions, although I wish companies didn't make a tampon in a handbag look quite so exciting to a toddler searching for sweets.

I explain to my eldest son how to have compassion and understanding, as sometimes I don't quite feel my patient, resilient self or need him to run into the shop to grab me supplies.

This is part of relationships, of friendships, families and life.

The options that are available now are also amazing – reusable pads from companies such as Wear 'em Out and period cups are making strides to help the environment.

I am going to make it my mission to get on board so I can educate my gang and normalise our bodies in all their weird, wonderful and normal ways.

email: rob.gill@the-sun.co.uk twitter: @robgilluk

Sun motors

Edited by ROB GILL

- TWO in three think "P" plates should be compulsory for new drivers. Agreed. What about "O" plates for over-75s?
- NEW car CO2 emissions are higher than in 2014. Blame the anti-diesel claptrap for that.

BMW i4 CONCEPT

BENTLEY BACALAR

FIAT 500

ASTON MARTIN V12 SPEEDSTER

PORSCHE 911 TURBO S

HYUNDAI PROPHECY

CAR-OWNER

IT'S not just a swanky car show and gallons of free coffee scuppered by coronavirus.

Take it from me, the whole industry is shaking in its boots right now.

Nearly all car factory supply chains lead back to China, where millions of people are confined in their own homes.

Car plants have already been hit by a shortage of parts and could soon grind to a halt.

The cancellation of this week's Geneva Motor Show – where 90 new cars were due to be unveiled – was another blow. Now many launches, where people like me drive cars to tell you if they are any good or not, are being canned in a further bid to stop Covid-19 spreading.

All of which means the showroom dates for dozens of new models are bound to be pushed back.

Who reckons Tesla is regretting going to Shanghai now?

But that's enough of all that. Let's take five and have a look at what *should* have been on the stands at Geneva.

Here's my A to Z guide.

ASTON MARTIN V12 SPEEDSTER: No roof, no windscreen and therefore absolutely no point in rainy Britain but I absolutely love, love, L-O-V-E it. This beautiful gem of a car is powered by a stonking 5.2-litre V12 sending 700hp to the rears. Top speed: 186mph. Price: £765,000. Limited to 88 lucky people.

AUDI A3: Guaranteed to sell quicker than a box of hand sanitiser at Superdrug. The £24,900 A3 is Britain's favourite Audi and by some distance. Top-notch interior crowned by digital instrument cluster in all grades, 10.1in touchscreen and hexagonal air vents nicked off a Lambo. Out May.

BENTLEY BACALAR: You want one? Sorry, too late. All 12 sold already at £2million a pop. It's like sitting inside the jewellery box of Kim Kardashian. That's strapped to a missile. Open top and 200mph. Named after a Mexican lake, apparently.

BMW i4 CONCEPT: Squint a little and you're looking at the all-electric i4, on sale 2021. With 530hp on tap, it's not far off a BMW V8 and that's absolutely fine by me. Battery: 80kWh. Range: 373 miles. Price: Expensive. It's going to start with a four.

What are you going to buy, this or a Tesla Model 3?

DACIA SPRING ELECTRIC: Yes. It's the first budget EV from Dacia, *left*. No. It's not sponsored by Ready Brek – but I do like the orange glow.

THE Peugeot 208 has been named European Car of the Year. It isn't.

The Ford Puma is better in all the areas that matter – price and practicality, handling and hybrid power. And that's from a man who grew up with little Peugeots.

BLOODHOUND needs to find £8million by April or the 2021 land speed record attempt will be scrapped.

Boss Ian Warhurst said: "The clock is ticking. It would be devastating to end here when we are so close."

Driver Andy Green hit 628mph in tests and wants to smash his own 763mph record set in 1997.

Ratcliffe? Branson? Caudwell? Dragons' Den? If you see this, please chuck them some cash.

Bloodhound is inspiring our next generation of scientists and engineers.

Here's the cars we missed... but they won't be out for ages

Price: Under £15k. Range: 120 miles. Out: 2201.

FIAT 500: Now even more adorable as a pure electric car. Fiat quotes 198 miles from the 42kWh battery. Lots of nods to the Fifties original, wifi, eco seats using reclaimed sea plastic, bellissimo. The lush "La Prima" (the first) Edition is a convertible costing £29,000.

Cheaper lower-spec hardtops to follow. Fiat will also auction three one-off specials designed by Giorgio Armani, Bvlgari and Kartell for the Earth Alliance charity.

HONDA CIVIC TYPE R: The last hurrah for the British-built Type R is this very yellow – and very rare – Limited Edition. Just 20 are earmarked for the UK. Same 320hp engine as before but with a stripped-out interior saving 47kg, modified dampers and sticky tyres. Proper track-day weapon. Price: £40k-plus.

HYUNDAI PROPHECY: Mr D. Vader, your new car has arrived. This sinister electric concept thing has more tech than a TIE fighter, minus twin cannons and a deflector shield generator, obviously. Much closer to home/reality is the new i20 with 17in alloys and a two-tone roof. Niiiiice.

McLAREN 765LT: The usual McLaren recipe: Lighter, more powerful, dreamy looks. Not two but **FOUR** top-mounted exhausts. The 765 stands for 765hp, which is enough to catapult you from 0-124mph in 7.2 seconds. Yikes. Estimated price: £275,000.

MERCEDES E-CLASS: No picture needed. It's an E-Class after all and the Germans don't go big on facelifts. All you need to know is that Merc tech is way ahead of everyone else and it has the plushest cabin this side of Bentley. Hurry up with the E63, please.

PORSCHE 911 TURBO S: Nailed it. That's all I need to say, really. Anything else is just filling space. The best-looking sports car in the world has more of everything. More speed (650hp), more width, more wing, more downforce, more luxury. Raid your 50p and 20p jar for £155,970.

RENAULT MORPHOZ: This nutty EV concept s-t-r-e-t-c-h-e-s like a Slinky Dog, hence the picture *top right*. In City mode, it's 4.4 metres long. In Travel mode, it extends to 4.8 metres to allow for a bigger battery pack and more luggage. See the grey area under the wing mirror? That's what I'm on about. Have a day off, Renault.

SKODA OCTAVIA vRS iV: The go-faster Octavia is now even faster, as well as being a cheeky tax dodge. That's because it's a plug-in hybrid with 245hp, a pure electric range of 37 miles and just 30g/km CO2. Interior as black as a coal hole. I like it. Out September from £34,000.

TOYOTA B-SUV: Toyota was due to unveil a baby SUV based on the Yaris at Geneva. It will now be revealed in the summer.

VOLKSWAGEN ID.4: Quick recap. ID is the name of VW's electric car family. We've already seen ID.3, a Golf-sized hatch due in showrooms this summer, and here's ID.4, which is – yep, you guessed it – an SUV. VW promises the biggest battery pack will do up to 310 miles. We'll see.

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letters

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The page where you tell Britain what you think

ENGLAND goalkeeper Jordan Pickford, *pictured*, has been called sensible for not going overboard with his wedding and getting married in ripped jeans.

He paid nearly £900 for a pair of tattered jeans. Sensible?

COLIN VAUGHAN
Southampton

IT is a disgrace that Boris Johnson hasn't visited flood-hit areas. If he did, he might learn that silted-up rivers need dredging.

CARL HALL
Newmarket, Suffolk

IT seems the Queen has offered Harry and Meghan an open invitation to rejoin the Royal Family. So after they have made their fortune and the world gets bored of them, they can just sneak back and let the taxpayer fund them again. Nice work if you can get it.

EWEN STRACHAN
North Shields, Tyne and Wear

EVERY town has many large empty buildings. Convert these to care for coronavirus-infected people. Putting infected people into existing hospitals is lunacy.

RICHARD BONE
Basingstoke, Hants

THE ruling against a third runway at Heathrow has set a precedent for eco campaigners. Now they've set their sights on blocking HS2.

Where will it end? The Government must fight back against these eco tyrants.

CAROLE DAVIES
Stannington, Northum

FORMER James Bond George Lazenby recommends an English woman be cast as 007.

I would recommend Mission: Impossible star Rebecca Ferguson, *pictured*. OK, she's half British, but what an all-action woman.

BARRY PHILLIPS
Clacton-on-Sea, Essex

PM, give Priti total support

£50 LETTER

AS part of Boris Johnson's manifesto promise to deliver Brexit, Priti Patel was tasked with implementing the immigration policy.

It was meant to ensure those who come to work here would be restricted to the best candidates in scientific research, medicine, technology and areas where we have insufficient qualified staff such as doctors and nurses.

As Home Secretary she has been diligent in trying to make things happen, only to run into the "Sir Humphries".

Civil servants need to be disabused of the misconception that they run the Government.

No wobbles now, Prime Minister. Give her your full support.

IRFAN RASOOL
Bromley, Kent

IT is 14 years since Labour Home Secretary John Reid declared the Home Office "not fit for purpose". Nothing happened and he was moved aside.

Amber Rudd set off panic alarms during her tenure and she was rapidly decapitated.

Now Priti Patel is coming under intense pressure.

The remnants of the Remain campaign have mustered enough energy to support an assassination bid at the Home Office in an attempt to derail Brexit progress by any means possible.

ROGER WAUGH
Slough, Berks

WHY is Priti Patel getting all this crap thrown at her? She was put there to do a job but the people in Whitehall do not like it.

For years they rubber-stamped all EU laws. Now they have to work for Britain, not the EU.

RAY RUTLAND
High Wycombe, Bucks

FOR too long civil servants have thought that they know better than the people they work for. Now here comes a woman who is not afraid to assert her will, and they make bullying claims.

What a load of snowflakes. They should do as they are told.

COLIN GRIMMER
Lowestoft, Suffolk

WHEN employees have sat back picking up good wages for very little work, what better way for them to try to stop change than to blame the boss?

I hope these civil servants are removed quickly so we can get on and deliver Brexit.

CARL DUNN
Coventry

WITH a high-profile resignation, a payout to another employee who is said to have once taken an overdose and other disgruntled employees coming forward, the PM needs to consider whether Priti Patel is really suitable for high office.

DIANE SILVA
Bournemouth

WHEN is China going to be held to account for passing its health problems to the rest of the world? Will they be told to improve their hygiene and health standards or face sanctions and bans from international travel?

Maybe all affected countries should bill them for the cost of dealing with their problems.

DAVID HOROBIN
Twycross, Leics

THE Chief Medical Officer for England and Wales, Chris Whitty, says the coronavirus will kill some Brits as it spreads further.

So why let it? The virus can be stopped now by closing public spaces and schools, strong quarantine and limiting travel.

PROF GREG PHILO
Glasgow

THE Government needs to step in to stop the panic buying and stockpiling of essential items.

Supermarkets must ensure that customers are only allowed to take what they need. This virus will be around for a long time.

RICHARD SHUREY
Tonypandy, South Wales

PROFITEERS who are cashing in on the coronavirus are disgusting for selling 50p bottles of hand sanitiser for £40. They should be given severe penalties.

GERALD IRWIN
Alton, Hants

BORIS JOHNSON says he is taking all necessary steps to stem the tide of infections. So why, as a taxi driver, do I see the influx of air passengers from various places without adequate checks?

And how will the NHS cope with coronavirus, when A&E waiting times are already up to eight hours.

MIKE ELLIS
Sheffield

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Don't forget to include your name. Standard text rates from your provider apply

HOW is it we have to blank out bits on works of art, but you can see male and female bits close up on C4's Naked Attraction?
COLIN BRYAN, Barnetby, Lincs

WITH a third bullying allegation in another, different department against Priti Patel, can we still say the civil service has a vendetta against her?
CHRIS, Richmond, SW London

IF the Government is doing everything it can to stop the spread of the coronavirus, then why are we still accepting flights from northern Italy, China, etc which are heavily infected?
MALC, Romford, Essex

email, fax, write or comment online

We pay £50 for our Star Letter of the day: Email letters@the-sun.co.uk. Fax us on 020 7782 4170 or write to Dear Sun, The Sun, 1 London Bridge Street, London, SE1 9GF. Include your full name and address. You can share your views at thesun.co.uk

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ARIES March 21 – April 20
Venus moves into the values sector of your chart and your aim is to get the right balance between what you give to a relationship and get from it. If you start the day single, don't be put off by a newcomer's flash cash ways – it's just done to impress because he, or she, is attracted to you. Luck travels to find you.

TAURUS April 21 – May 21
Venus powers into your sign and creates a new emotional leader – you. Model the kind of behaviour you want to see, and so many changes kick in. If single, talking about yourself can be the key to unlocking the secret self of someone who intrigues you. A friend's job success inspires you to do even better.

GEMINI May 22 – June 21
Your sector of hidden agendas lights up as Venus moves in and you see why someone close is behaving the way they do. You deal with it well. If single, a creative love interest doesn't give much away, but try to remain patient – it's worth it. Travel planet Mercury keeps you close at heart to a relative you miss.

CANCER June 22 – July 22
Taking on a charity challenge leads you to passion – and raising support together for a cause is the spark that rekindles long-term love. Talking from the heart wins over an audience, maybe of one, that's been reluctant to really listen. A personal moon gives the "go" signals to a style makeover.

LEO July 23 – August 23
Mix quiet but unstoppable determination with your ambition, and goals start to take off – but avoid setting rigid deadlines that ask too much of yourself. Be clear, but be kind, both to yourself and the people you deal with. If single, a friend's former partner may seem perfect, but it could be complicated.

VIRGO August 24 – September 22
Venus sets you free from the belief that only one specific type of partner is right for you. Someone different turns out to be The One. Jobwise, you may not see yourself as ambitious until you read about a project that sounds meant for you. Luck could begin when you meet someone who looks so much like you.

LIBRA September 23 – October 23
This month Venus will be searching for your soulmate – or helping you to turn the partner you have into a soulmate. You can think faster and smarter, and in ways that could win jobs and prizes, now that Mercury is in the winning part of your chart. An emotions-healing moon makes the family feel like a team again.

SCORPIO October 24 – November 22
You can talk a good game at work but, for real success, it's smart to check every detail – especially pricing. In romance, you can be clear about where you're going. Single? A Taurus comes into your life and, though you're from opposite sides of the zodiac, you understand each other on the deepest level.

SAGITTARIUS November 23 – December 21
When two people are both reluctant to reveal their feelings, love can't get started, but today a gentle hint could put things right. The sun adds energy to the home sector of your chart and you have ideas to create more living space. But luck could be waiting at home – is there a prize ticket waiting to be checked?

CAPRICORN December 22 – January 20
Established couples are ready to take a break from the serious side of love and focus on having fun together. Yes, this may sound frivolous but it helps a relationship get back to its best. The most promising place to find new love is the gym. A relative you rarely see but often think about is so lucky for you.

AQUARIUS January 21 – February 18
Venus dives into the foundations of your chart, giving you a cool confidence. You have some tantalising choices to make. Workwise, Uranus, the planet that rules your sign, helps you earn more, and learning more about selling on line is the key. Finding a famous face in your family past is a surprise.

PISCES February 19 – March 20
The Venus effect tells you that passion on its own is rarely enough to sustain love. But now that minds, as well as hearts, are involved, it turns into a real and lasting relationship. If single, a voice attracts you – then the dancing. An ambitious plan for a worldwide reunion of friends starts to make sense.

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puzzles

BRAINBUSTER

Find four body parts by adding missing vowels to each set of letters.

1. TNG 2. FRRM
3. YLSH 4. NKL

SUNMOJI

What's the star sign?

We've got all your favourite brain teasers

PAGE 2 **EVENS SOLUTION:** Line 1 **5384** Line 2 **2471** Line 3 **3192** Line 4 **1263**

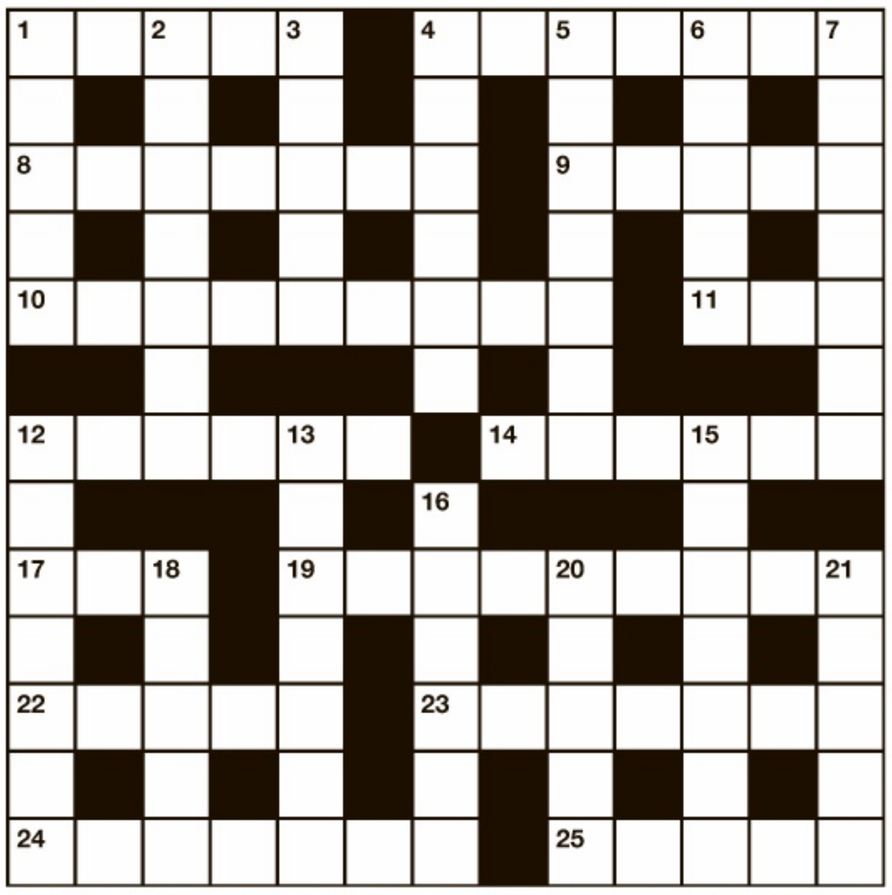
TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

Cryptic clues

ACROSS
1 Blind faith seen in one having puppies? (5)
4 King George takes in walk: that's better (7)
8 A young man dressed finally in fabulous rubber? (7)
9 Northeast China's mountainous region (5)
10 Variant mallard duck keeping one species well protected? (9)
11 Epoch Heracles embodies (3)
12 Shaking in one's boots from a loud attack (6)
14 Siamese for one using iron railway (6)
17 Some venerated traitor (3)
19 Ruined but Nellie is irrepressible (9)
22 Bird initially near atomic plant (5)
23 Know chap in New York assassinated politician (7)
24 Slaughterer trying to avoid gore? (7)
25 Turn back in French street for scoundrel (5)

Down
1 Whisky taken before a show (5)
2 Language rules in cryptogram marked (7)
3 American died, possibly given assistance (5)
4 Mild-mannered chap drained lake (6)
5 Drain cover in island dump (7)
6 Large part of church in decline (5)
7 Free recording? (7)
12 Patriarch needs a support act badly (7)
13 Anger to burden the country (7)
15 Lettuce having hidden depths? (7)
16 Nuclear shelter is hazard of course (6)
18 Doctrine whichever way you look at it (5)
20 Refuse to be carried in this cruise ship? (5)
21 Seasoning in healthy meals (5)



Coffee time

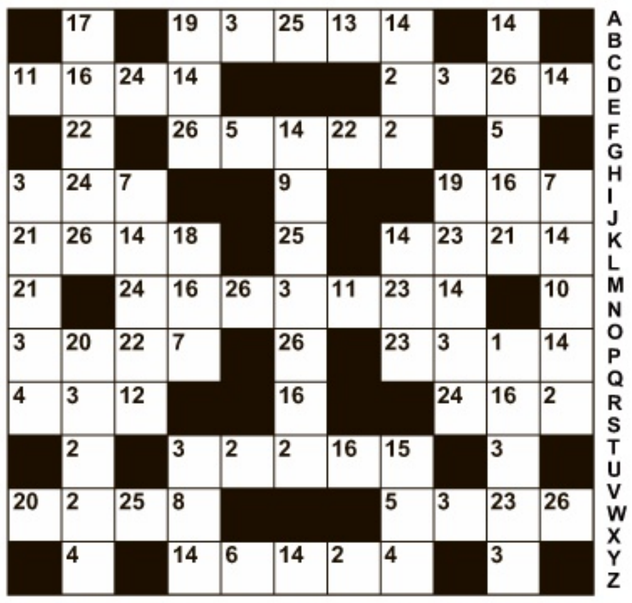
ACROSS
1 Doctrine (5)
4 Casino client (7)
8 Magic lamp retriever (7)
9 Himalayan nation (5)
10 Plated mammal (9)
11 Distinct period (3)
12 Frightened (6)
14 Relating to cats (6)
17 Rodent (3)
19 Exuberant (9)
22 Natural dye (5)
23 U.S. political dynasty (7)
24 Bullfighter (7)
25 Villain (5)

DOWN
1 Exciting situation (5)
2 Syntax and morphology (7)
3 Helped (5)
4 Soft and tranquil (6)
5 Sewer entrance (7)
6 Slip or sin (5)
7 Liberate (7)
12 --- Lincoln, US president (7)
13 The Emerald Isle (7)
15 Shipping hazard (7)
16 Golf sand pit (6)
18 Principle (5)
20 Passenger vessel (5)
21 Aromatic herb (5)

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



1	2	3	4	5	6	7	8	9	10	11	12	13
				H	V				F			
14	15	16	17	18	19	20	21	22	23	24	25	26
											U	

THIS is the world's best brainteaser. 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: Owed, Jack, Globe, Dingo, Apron, Earn, Film, Quill, Menu, Axle, Elect, Crate, Lever, Vets, Yank. DOWN: Woo, Deep, Judo, Con, Ogre, Zoom, Banquet, Inflate, Raise, Much, Euro, Less, Clay, Ate, Van.

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)

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

TODAY'S TOUGHIE

CALL 0906 757 7113 FOR CLUES OR SOLUTION (80PPM)

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

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 types of bad weather in the grid. Words can run forwards, backwards or diagonally. Solution below.

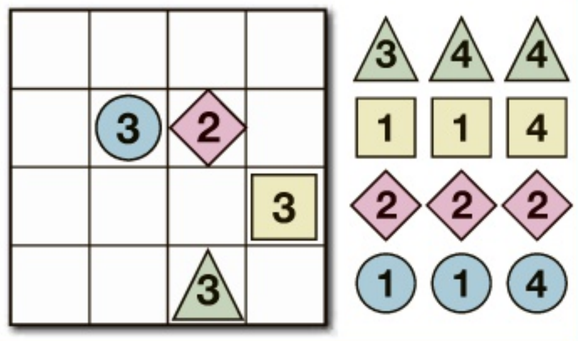
O	D	A	N	R	O	T
M	E	D	V	T	K	H
R	L	N	N	H	M	U
O	A	R	A	I	G	N
T	G	I	M	H	W	D
S	L	V	G	D	Q	E
D	O	G	O	F	C	R

NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2018 was 69.2%

KEIJO®

Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column of the grid. Solution below.



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a US politician:

1 & 6	Former Heartbeat actor who plays staff nurse David Hide in Casualty
2	British record producer and DJ Paul, the first DJ to play the main stage at Glastonbury
4	Former Labour Shadow Chancellor Ed, who presented his Travels In Euroland on BBC Two
3 & 5	British parasport athlete who won gold medals in the 100m and 400m (T37 class) at the 2016 Rio Paralympics (second and fifth letters of surname)
7 & 8	Actress who plays Hollyoaks character Maxine Kinsella (fifth and last letters of surname)

● Yesterday: Actress NAOMI ACKIE (Andy Kaufman, Margaret Court, (Kofi) Annan, (Carina) Lepore, (John) Williams). 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: 48. EXCELLENT: 41. GOOD: 34. GREAT SCORE FOR KIDS: 26.
YESTERDAY: Awed, awry, bawd, bawdier, bawdily, bawdy, bawl, bawled, bawler, bewail, bewray, blew, braw, brawl, brawled, brew, bylaw, dewily, dewy, draw, drawl, drew, dwale, lawyer, lewd, rawly, wade, wader, wadi, wady, wail, wailed, wailer, wale, waled, warble, warbled, ward, ware, wared, warily, wary, weal, weald, wear, wearily, weary, weir, weird, weirdly, weld, wide, widely, wider, wield, wieldy, wild, wilder, wile, wiled, wily, wire, wired, wiry, wried, yawed, yawl.
Nine-letter word: Bridleway.

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

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

Toughie

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

Two-Speed Crossword
ACROSS: 8 Relaps-e 9 R-ecap 10 Man-s-e 11 I'm-p-r-int 12 A-band-one-d 15 Lay 16 Sac 17 De-press-ed 20 Austere 22 Ri-f-le 24 AB-ode 25 Lucifer.
DOWN: 1 C-rim-E-a 2 F-l-an 3 Splendi-d 4 Ben-ign 5 Grip 6 A-chill-es 7 A-path-y 13 Ancestor 14 Diet-rich 16 S-c-Arab 18 Pae-lla 19 Dr-ear-y 21 E-den 23 Fife.

30-SEC NUMBERCRUNCH

HERE is our fantastic puzzle, the 30-second NumberCrunch. There's no better way to keep your brain trained than playing our great teasers. So if you want to stay ahead of the game, you will love this challenge.
Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't reach for your calculator – that would be cheating! Write your final answer in the last box of the line. You should be aiming to complete each round in about 30 seconds. Good luck!
Answers below, right.

BEGINNER 7	+55	÷2	-19	x4	+21	÷3	-18	Squared	+23	ANSWER
INTERMEDIATE 4	x32	-97	x2	+50	+1/4 of this	-129	Squared	-84	x3	ANSWER
ADVANCED 74	+205	+1/3 of this	-361	Squared	+257	3/7 of this	-67	x2	+109	ANSWER

Today's Solutions

Numbercrunch: 48, 111, 299
Brainbuster: 1. Tongue, 2. Forearm, 3. Eyelash, 4. Ankle
Sunmoji: Scorpio
Wordsearch **Keijo**

DO YOU FIND EXERCISE DIFFICULT DUE TO LIMITED MOBILITY OR LIMITED TIME?

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Enjoy the benefits of exercise while sitting in your favourite chair!

If your limited mobility makes typical exercise difficult, or if you struggle to find the time to exercise, then PedalPal is the perfect solution – an electrically-powered, remote-controlled device that brings exercise to you! With the revolutionary new PedalPal, you can enjoy all the health benefits of exercise without having to leave the comfort of your own home!

PedalPal's clever design features a wired remote control, so you simply switch your PedalPal on and let it take you for a ride whilst you stay seated in your favourite armchair.

With variable speed settings and automatically programmed routines – for all abilities – that much-need 30 minutes of exercise couldn't be easier!

SO SIMPLE TO SET-UP

Your PedalPal is practically ready to go out of the box. It's so quick and easy to set up, you'll be enjoying the benefits of exercise almost instantly.

It's perfect for both lower body (legs) and upper body (arms) workouts and, as it's electrically-powered, you get the benefits of exercise without the strain.

ELECTRICALLY-POWERED TO DO THE WORK FOR YOU

Simply place your feet or hands in the pedals and, using your remote control, select the programme you want. PedalPal then does the work for you, turning the pedals at the chosen speed to boost both your vitality and your mobility in just 30 minutes a day!

As you continue to use PedalPal, you should notice improved muscle strength and joint mobility. And, of course, you'll be burning calories, too!

IMPROVE YOUR HEALTH AND HAPPINESS

PedalPal can also help boost blood circulation, a crucial aspect in improving both your health and happiness.

PedalPal fits neatly under any desk, too, so if you're too busy to get to the gym, or go for a bike ride or run, then PedalPal could be the perfect time-saving exercise solution.

IT'S NEVER TOO LATE

The benefits of exercise to our physical and mental health are well-known, particularly as we age, and it's never too late to start.

NHS Consultant, Dr Nick Cavill says: "The biggest benefits come to those who start from scratch. It's moving from a sedentary lifestyle to a moderately active one that makes the biggest difference to your health. The more you do, the greater the health benefits."

The revolutionary PedalPal

- Perfect for 'in-the-home' exercise and to aid rehabilitation if you suffer with limited mobility – or simply limited time!
- Electrically-powered pedals do the work for you – suited to all abilities
- Variable speed settings via remote-control
- Exercises legs, arms and upper body

Multi-function wired remote control with easy to read LCD display allows you to turn your PedalPal on and off, select the desired programme, adjust the speed – even choose whether to pedal backwards or forwards – all from the comfort of your favourite chair!

ONLY £149*

"I have never felt better since buying the PedalPal. You don't realise the importance of exercise until you try what you're missing. Thank you Local Mobility!"

Mrs Raines, Leicester.

IT'S NEVER TOO LATE TO REDUCE YOUR RISK

Suffering from poor blood circulation can result in a number of health problems or contribute negatively to existing health conditions.

Do you suffer from any of the following conditions? **Swollen legs, ankles and knees; Arthritis; Diabetes; Alzheimers; Thrombosis (DVT).**

For example, older adults who are active will reduce their risk of heart disease and stroke to a similar level as younger people who are active.

Just 30 minutes a day brings big exercise benefits!

There is strong scientific evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia. It is widely recognised that just 30 minutes of exercise a day can bring with it a large number of health benefits, both physical and mental. And, of course, exercising the body is vital in ensuring good blood circulation.

Alzheimers and Arthritis Societies promote benefits

"Leading a physically active lifestyle can have a significant impact on well-being." The Alzheimers Society.

"If ever there were a perfect excuse not to exercise, arthritis pain would seem to be it. In fact, research shows quite the opposite. A properly designed exercise programme may not only decrease your pain, but may also increase your flexibility and overall fitness – and it can do wonders for your state of mind." Arthritis Society

Pedal Pal Orders, Local Mobility UK, Unit 3 Commonwealth Close, Leigh WN7 3BD

Post to: Pedal Pal Orders, Local Mobility UK, Unit 3 Commonwealth Close, Leigh WN7 3BD

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EXP DATE

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I JVS, KAA 97, 86 KAD, KAE 22, KBS I
KMT I, KNS I, 950 KS, 84 KSD, KSJ 85
27 LGD, LGS I, LHP I, LJL 34, I LJV
I MDO, MDR I, 6 MFJ, MFT II, I MGE
I MU, 9 MV, MWG I, 78 MWP, 80 MY
I KCW, KDP 74, KEA 9I, I KET, 92 KFC, 3 KGC, KGM 9, 333 KL
I KTS, 4 KV, KY II, 90 LAS, I LBW, 55 LCF, I LDG, 6 LDS
LN 2, LPW 72, 9 LSA, 555 LY, LZ I, 9 MBG, 90 MBJ, MDA I
57 MHK, 6I MKL, MMR 75, 25 MPA, 77 MPL, I2 MPM, 4 MPN, 86 MTA
60 NAE, NGM I, I NJN, 85 NL, 5 NLD, I NLP, NML 7, 9 NPR
NRD I, NRJ I, 650 NS, NTB I, 333 OB, 300 OP, 7 PBD, 9 PCA, 6 PCJ, 30 PCS, PDL I, 2 PEF, PEK 7, I PFM, 9 PGM, 44 PHH, I2 PJL, 70 PKC, 5 PKW, 9 PLP, PMT I, PR 4, PRJ 42, PSD I, 40 PTC, PTD I, 88 PWH, I RAA, RBC I, RBH I, I RCG, RCT 45, RDF 6
I RDK, 93 RE, 550 RF, RFB 90, I RHP, 900 RJ, I RKD, I RLE, 7 RLR, I RNC, 95 RNM, 9 RRC, RST I3, 8 RV, 96 SAE, SAR I, SCE I0, I SD, SDP I, 9 SDT, 6 SFD, 55 SGC, SGL I3, SGT I, SHB I2, I SJJ, 99 SJV, SKT I, 94 SLA, SLR 3I, I SRR, 2 SSF, 68 SSR
6 SWJ, TBS 9, I TEC, 400 TG, TJJ I, I TJM, TJS I, TP I, 522 TR, VAG 9, I VAH, I VAK, I VAM, I VEB, 9 VEC, I VEM, 23 VG, 34 VJ, VJD 6, VJR 69, I VMM, II VMS, VMW 45, 78 VV, WDB 40, I WEP, WJB 8, 600 WP, 9 WPM, I YD, YG I, I YR, II YW

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Over-the-top cost . . . drug

NHS PRICE RIG 4 GET £4.4M RAP

FOUR drugs firms have been slapped with a £3.4million fine for rigging the price of an anti-depressant that the NHS prescribes to thousands of patients every month.

On top of the fine, the firms must also hand the NHS £1million.

The Competition and Markets Authority said KING PHARMACEUTICALS and AUDEN MCKENZIE colluded to fix prices for the supply of Nortriptyline between September 2014 and May 2015.

The NHS spent £38million on the drug in 2015, when the price-rigging was at its height.

The four firms fined were King Pharmaceuticals, Auden Mckenzie, ALISSA HEALTHCARE RESEARCH and ACCORD-UK.

CMA chief exec Andrea Coscelli said: "These firms exchanged sensitive information and shared out supply to try and keep prices up, meaning the NHS — and ultimately the UK taxpayer — could have been paying over the odds for this vital drug. Today's decisions should act as a clear warning to any pharmaceutical company that considers stifling competition and cheating the NHS."

SERVICES SICKENING

THE UK's vital services sector is struggling after being badly hit by the coronavirus outbreak.

It has driven down tourism and hit travel and transport businesses, with bookings cancelled and projects delayed.

But it has also reduced confidence in the overall market, according to IHS MARKIT.

The latest services purchasing managers' index report paints a depressing picture for the sector.

IHS Markit chief business economist Chris Williamson said: "The post-election rebound in service sector growth lost some of its bounce in February."

HIGH ST'S VIOLENCE

VIOLENCE and abuse against shopworkers increased by a tenth last year, the BRITISH RETAIL CONSORTIUM has warned.

It wants the Government to act to protect retail workers who face 424 attacks each day, with weapons such as knives increasingly brandished.

It called for a law to make assaults on retail workers a specific criminal offence.

BRC chief Helen Dickinson said: "No one should have to go to work fearing violence or threats."

Retailers spent a record £1.2billion on crime prevention last year, their losses reaching £1billion.

THE FTSE 100 ROSE 97.39 to 6815.59.

Sun CITY

Tel: 020 7782 4050
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Edited by TRACEY BOLES

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MEAT SITE CHOP

AROUND 650 workers at a meat factory are facing losing their jobs after owner **TULIP** announced plans to shut the site.

The company, which is Britain's leading pork supplier, employs 5,000 across a number of sites.

It plans to shut its pork manufacturing plant at Tipton in the West Midlands, *left*, and transfer operations elsewhere.

Tulip said: "The site itself requires significant investment and redevelopment to cater for future requirements, while its location places severe restrictions on any further development."

BANK AXING 250

BANKING giant **BARCLAYS** is axing 250 jobs "in order to drive collaboration", it said.

The job cuts will hit staff in Glasgow, Manchester and Northampton.

Meanwhile, a Barclays site in Leeds is closing after the landlord's decision to sell it for residential development. Barclays said: "We are investing in new campuses and office space which will enable us to innovate at pace for the customers and clients we serve.

"We will do everything we can to support colleagues impacted by the changes."

LEGO IS BLOOMING

TOY giant LEGO is splashing out on 150 new shops.

The group, which already has 570 stores globally, wants to profit from the growing demand for experiences at outlets, rather than just the chance to buy stuff.

Profits rose three per cent to £970million last year on sales for licensed ranges like Harry Potter and Marvel's Avengers.

GLOOM FOR MALLS

Shops go Intu freefall

THE future of one of Britain's biggest shopping centre owners has been plunged into doubt after investors refused to back its recovery efforts.

By SIMON READ

INTU owns 14 shopping centres across the country including Essex's Lakeside, the Metrocentre in Gateshead, and the Trafford Centre in Manchester.

But the debt-laden firm, which owes around £5billion, has been hit by a wave of big-name retail collapses in the last couple of years that have left its centres full of empty units.

It hoped to raise up to £1.5billion from investors to reduce its debt and secure its future. But it had to scrap the emergency fund-raising yesterday.

The news sent the firm's shares plunging almost in half in early trading before recovering a little to end the day down a third, its lowest-ever level.

Boss Matthew Roberts said: "It is disappointing that the extreme market conditions have prevented us from moving forward with our planned equity raise."

He said that the company will explore "a number of alternative options", such as flogging assets.

AJ Bell investment expert Russ Mould said: "Its future is looking far from bright."

But Roberts said he was confident it would "emerge a leaner, fitter and more focused business".

Block . . card point purchases

HACKERS IN BOOTS CARD HIT

BOOTS has halted payments using loyalty points after hackers tried to break into accounts.

Shoppers will not be able to use Advantage Card points to buy goods until the issue has been dealt with.

Boots said none of its systems were compromised, but attackers had tried to access accounts using re-used passwords from other sites.

A spokeswoman said the issue affected less than one per cent of the 14.4million active cards – around 150,000 people.

Suspending payments using points removed the risk of hackers stealing the points to spend themselves, she added.

Customers can still earn points with purchases, and Boots hopes to have point payments back up as soon as possible.

It comes days after a similar issue hit 600,000 Tesco Clubcard holders.

WIZZ AIR CUTBACK

BUDGET Euro airline **WIZZ AIR** is slashing routes, cutting costs, and freezing recruitment to cope with plunging demand because of the coronavirus outbreak.

The London-listed Hungarian airline, which focuses on central and eastern Europe, will cut flights to countries affected by the virus from next Wednesday.

Most of the flights cut are those scheduled to fly to Italy, the European country most hit by the virus so far.

RITZ PRICE £1BN

THE RITZ hotel in London has been put up for sale – but potential buyers will need to stump up more than £1billion.

Sir Frederick Barclay, the co-owner of the 114-year-old Ritz, said there are several people interested in buying.

He added: "I can disclose that there have been a number of competing offers for this first class hotel in excess of £1billion. There is no place for any sale at less than full value."

He has been involved in a legal case with family members after he accused them of bugging his private conversations in the hotel conservatory.

CLOSING PRICES

A SELECTION of last night's closing prices

BARCLAYS down 1.02 at 138.54
BP up 7.70 at 422.65
CENTRICA up 2.58 at 76.34
HSBC up 2.30 at 512.10
LLOYDS down 0.31 at 48.36
M&S down 1.95 at 161.85
MORRISONS up 7.65 at 183.75
RBS down 2.20 at 168.25
SHELL up 17.60 at 1,738.60
ROYAL MAIL up 3.30 at 164.40
SAINSBURY up 6.40 at 212.70
TESCO up 5.70 at 240.80

Full prices in The Sun on Saturday.

S.O.S. FOR CASH

CHANCELLOR Rishi Sunak has been urged to use next week's Budget to save notes and coins.

The **ASSOCIATION OF CONVENIENCE STORES** warned that rates on ATM machines and bank closures are threatening the future of cash.

James Lowman of the ACS said: "We need the Chancellor to take action at the Budget to reverse cuts to interchange fees and exempt free-to-use ATMs from business rates that are making them unsustainable."

Gareth Shaw of **WHICH?** said: "Unless urgent action is taken, the cash system will collapse within two years."

CARLISLE

GOING: HEAVY

2.15 CONDITIONAL HANDICAP HURDLE (Cl5); £3,899; 2m 3f. (8 runners)

1 545P **MUROOR 85 (V;D)** V Thompson 7-11-12 . **Mr B Bromley (5)**
2 P-46 **ECHO EXPRESS 201** N Richards 8-11-8. **Mr L Hodgins (5)**
3 45P9 **COURT DISMISSED 37 (P)** D McCain 10-11-7 **Mr T McCain-Mitchell (5)**
4 5P16 **SOUTHEAST ROSE 37** M Todhunter 7-11-5 . **J Williamson**
5 7242 **BARNAY 17 (P;BF)** J Candlish 5-11-3 ..... **T Gillard**
6 2/03 **THE PINE MARTIN 37** M Hammond 10-10-12. **E Smith-Chaston**
7 UU93 **EMISSAIRE 17 (T)** L Russell 6-10-11.... **Mr C Wadge (3)**
8 7344 **GOLD FIELDS 21** L Morgan 6-10-4..... **Mr L Dobb (5)**

Muroor ● 99, Gold Fields 98, Barnay 97.
2 Barnay, 4 Gold Fields, 5 Southeast Rose, 6 The Pine Martin

2.50 NOVICE HANDICAP CHASE (4); winner £6,173; 2m 5f. (4 runners)

1 4P14 **UPTOWN HARRY 38 (BF)** J Walton 6-12-2 **R Chapman**
2 5413 **ETTILA DE SIVOLA 59 (B)** J Ewart 6-11-12 ... **B Hughes**
3 4P17 **MANETTI 38** N Alexander 8-11-6 ..... **L Alexander**
4 2321 **LASTIN' MEMORIES 38 (B)** S Forster 8-10-6. **J Hamilton**

Lastin' Memories ● 99, Ettila De Sivola 98, Manetti 97.
6-5 Lastin' Memories, 5-2 Ettila De Sivola, 4 Uptown Harry

Sun Racing FORM

UPTOWN HARRY (11-5) 15-8 fav led 5th, headed last, soon weakened, 5th of 7 (btn 25l) to Perfect Man (11-11) (Kelso 3¼m hcap hdle (3) £6,563 soft).
MANETTI (11-0) 9-2 keen, held up last, went 2nd travelling well 4 out, hung left from next, quickened to lead run-in, ridden out, bt Martila (11-8) 3¼l **ETTILA DE SIVOLA** (11-10) 7-4 led 9th, headed run-in, lost 2nd post, 3rd (btn 3¼l) (4 ran) (Ayr 2m nov hcap ch (4) £4,809 heavy).
LASTIN' MEMORIES (10-0) 15-8 fav chased leaders, led last, driven out, bt Halcyon Days (11-7) 4¼l **MANETTI** (11-7) 4-1 slowly away, mistakes in rear, beaten 3 out, 7th (19l) (8 ran) (Kelso 2m 1f hcap ch (4) £4,614 soft).

3.25 NOVICE HURDLE (4); winner £4,549; 3m 1f. (4 runners)

1 -211 **FIRST ACCOUNT 8** K Dalgleish 6-11-9..... **C Nichol**
2 1-F3 **GLITTERING LOVE 37 (P★)** N Richards 8-11-3.. **B Hughes**
3 F532 **PORTSTORM 46** I Duncan 5-11-3..... **C O'Farrell**
4 4324 **SKIDDAW TARA 46** N Richards 6-11-3..... **R Day**

Portstorm ● 99, First Account 98, Skiddaw Tara 93.
2 First Account, 3 Glittering Love, Portstorm, 8 Skiddaw Tara

Sun Racing FORM

FIRST ACCOUNT (11-10) 4-5 fav handy, led 2 out, stayed on strongly, bt Dadsintrouble (11-9) 2l (11 ran) (Musselburgh 3m hcap hdle (4) £4,289 soft).
GLITTERING LOVE (11-8) 9-2 chased leaders, ridden after 15th, weakened last, 3rd of 10 (btn 13l) to Fortified Bay (11-8) (Newcastle 2m 7f hcap ch (3) £7,343 soft).
PORTSTORM (10-12) 33-1 chance last, soon hung left, no impression finish, btn 2¼l by Escaria Ten (11-4) **SKIDDAW TARA** (10-12) 20-1 weakened approaching 3 out, 4th (btn 24l) (7 ran) (Ayr 3m nov hdle (4) £4,289 heavy).

4.00 HANDICAP CHASE (4); winner £5,848; 2m 4f. (6 runners)

1 1-32 **UP HELLY AA KING 53 (T;C)** N Alexander 9-12-7 **G Cockburn (3)**
2 -UB6 **DIVINE PORT 13 (P,T;C)** P Robson 10-12-7. **T Gillard (7)**
3 264P **ORIONINVERNESS 61 (P,T;D)** L Russell 9-11-12 .. **S Mulqueen (3)**
4 P7U5 **INTO THE BREACH 14 (P)** J Ewart 7-10-13 ... **B Hughes**
5 6632 **REAL ARMANI 31 (T)** J Walton 8-10-10..... **R Chapman**
6 1235 **KITTY FISHER 38 (D)** S Forster 10-10-10..... **J Hamilton**

Up Helly Aa King ● 99, Orioninverness 98, Real Armani 97.
9-4 Real Armani, 5-2 Up Helly Aa King, 4 Into The Breach, 13-2 Orioninverness, 8 Divine Port, 10 Kitty Fisher

Sun Racing FORM

UP HELLY AA KING (10-12) 14-1 tracked leaders, went 2nd after 5 out, plugged on, btn 11l by Aloomomo (11-3) (8 ran) (Kelso 2¾m hcap ch (4) £6,628 heavy).
DIVINE PORT (11-4) 50-1 weakened, 6th of 7 (20l) to On The Blind Side (11-4) (Newcastle 2m NHF £3,249 slow).
ORIONINVERNESS p/up latest, (11-9) 11-2 handy, went 2nd 3 out, weakened last, 4th of 5 (25l) to Talkofgold (11-9) (Hexham 2½m hcap ch (4) £5,588 heavy).
INTO THE BREACH (11-1) 6-1 with leaders, ridden after 2 out, soon weakened, 5th of 11 (btn 19l) to Roxyfet (11-0) (Sedgefield 2m hcap ch (5) £2,989 heavy).
REAL ARMANI (10-5) 8-1 led, headed finish, nk by Ballybreen (10-12) (10 ran) (Carlisle 3m hcap ch (4) £5,198 soft).
KITTY FISHER (10-2) 9-1 weakened 2 out, 5th of 7 (33l) to Skyhill (11-8) (Kelso 2¾m nov hcap ch (4) £4,614 soft).

TEMPLEGATE

2.15 ..... Barnay
2.50 ..... Lastin' Memories
3.25 ..... First Account
4.00 ..... Real Armani
4.35 ..... Cracking Destiny
5.10 ..... Le Frank
5.45 ..... Honda Fifty

TOM PEPPER

2.15 ..... Southeast Rose
2.50 ..... Ettila De Sivola
3.25 ..... Glittering Love
4.00 ..... Up Helly Aa King
4.35 ..... Mint Condition (nb)
5.10 ..... Skipping On
5.45 ..... Honda Fifty

■TIC-TAC: R-H undulating of 1m 5f, 9 fences and a punishing, uphill straight. The run-in is 300yds. ■LEADING TRAINERS (2015-2020): D McCain 25-204, N Richards 21-86, M Hammond 13-136, Miss L Russell 10-140. THIS SEASON: N Richards 6, D McCain 3. ■TOP JOCKEYS (2015-2020): B Hughes 51-261, S Quinlan 12-109, C Nichol 10-94, R Chapman 8-71.THIS SEASON: B Hughes 13, D McMenamin 4. ■LONGEST TRAVELLER: Arcanja (4.35) & Mah Mate Bob (5.10) trained at Colby. Round trip of 564 miles. ■FIRST RUN SINCE WIND OP: Orioninverness (4.00). ■LIVE ON RACING TV

4.35 NOVICE HURDLE (4); winner £4,549; 2m 1f. (8 runners)

1 6-P **ARCANJA 55** G Bewley 6-11-1..... **J Bewley (3)**
2 P1/9 **COCKLE BAY 38 (T)** L Russell 8-11-1..... **D R Fox**
3 -122 **CRACKING DESTINY 33** A Whillans 7-11-1.... **C Bewley**
4 3900 **ELUSIVE RED 17** F Murtagh 6-11-1 ..... **L Murtagh (3)**
5 908 **IBN AL EMARAT 13** F Murtagh 5-11-1 ..... **S Quinlan**
6 -344 **MINT CONDITION 13** J Candlish 6-11-1 ..... **B Hughes**
7 -343 **SHAWS BRIDGE 13 (H)** K Dalgleish 7-11-1..... **C Nichol**
8 PF5 **AFRICAN GLORY 46** M Todhunter 6-10-8..... **R Day**

Mint Condition ● 99, Ibn Al Emarat 72, Shaws Bridge 72.
6-4 Cracking Destiny, 13-8 Mint Condition, 7-2 Shaws Bridge

5.10 HANDICAP CHASE (4); winner £6,173; 2m. (6 runners)

1 1316 **MAH MATE BOB 53 (D)** G Bewley 8-12-1.. **J Bewley (3)**
2 137F **LE FRANK 45 (T;CD)** L Russell 8-11-12 **B Campbell (3)**
3 P423 **SKIPPING ON 5 (H,P;C,D)** L Morgan 11-11-9 . **P Cowley (5)**
4 3114 **CHARLIE SNOW ANGEL 53 (T;D)** S Forster 11-11-6 **J Hamilton**
5 1325 **RIPSTICK 30 (D)** J Walton 9-10-1..... **C O'Farrell**
6 7332 **BLACK KETTLE 85 (D)** M Hammond 10-10-0 **A Cawley**

Ripstick ● 99, Charlie Snow Angel 98, Skipping On 97.
3 Black Kettle, 7-2 Skipping On, 4 Mah Mate Bob, 9-2 Le Frank, 5 Ripstick, 8 Charlie Snow Angel

Sun Racing FORM

CHARLIE SNOW ANGEL (10-11) 16-1 reminder 9th, plugged on finish, 4th of 8 (btn 28l) to Aloomomo (11-3)
MAH MATE BOB (11-2) 7-2 weakened 3 out, 6th (btn 35l) (8 ran) (Kelso 2¾m hcap ch (4) £6,628 heavy).
LE FRANK fell latest, earlier (10-10) 10-1 held up, ridden and weakened 4 out, 7th of 10 (btn 24l) to Johnbb (11-11) (Sandown 1m 7f hcap ch (3) £9,384 good to soft).
SKIPPING ON (11-8) 4-1 pushed along 4 out, soon one pace, stayed on into 3rd flat, 3rd of 6 (btn 5½l) to Article Fifty (11-9) (Kelso 2m 1f hcap ch (4) £4,614 heavy).
RIPSTICK (10-0) 7-2 well off the pace in last pair, never on terms, 5th of 8 (btn 20l) to Valence D'Aumont (11-5) (Sedgefield 2m hcap ch (4) £4,289 soft).
BLACK KETTLE (10-11) 7-2 led, headed approaching last, soon beaten, one pace, btn 10l by Pads (10-6) (7 ran) (Hexham 2m hcap ch (5) £4,159 heavy).

5.45 NAT HUNT FLAT (5); winner £2,599; 2m 1f. (4 runners)

1 424 **GRUMPY MCGRUMPFACE 16** K Dalgleish 5-11-2 . **C Nichol**
2 2-2 **HONDA FIFTY 84** D Whillans 6-11-2..... **C Whillans (3)**
3 **LANTY SLEA** N Richards 5-11-2 ..... **R Day**
4 0 **THE GAP 302** A Hamilton 5-11-2 ..... **D McMenamin (3)**

Grumpy Mcgrumpface ● 99, Honda Fifty 94.
7-4 Lanty Slea, 2 Honda Fifty, Grumpy Mcgrumpface

RACING RESULTS & GREYHOUND RETURNS

■FAVOURITE Epatante heads a 19-runner field for Cheltenham's Champion Hurdle on Tuesday after the six-day confirmations. Cilaos Emery was the only horse supplemented and Willie Mullins' eight-year-old lines up alongside stablemate Sharjah.

CATTERICK

2.20: 1 FLANAGANS FIELD Charlie Price (9-5 fav); **2 The Herds Garden** (8-1); **3 Dahills Hill** (9-1). 8 ran. 3l; 1¾l. B J Llewellyn. T: £2.40; £1.10, £1.90, £2.30. Ex: £18.70. Tricast: £106.33. Trifecta: £65.10. CF: £17.59.
2.50: 1 STRADIVARIUS DAVIS R Mania (9-1); **2 Coole Hall** (7-2); **3 Stay Humble** (28-1). 5 ran (Django Django 8-11 fav). 3½l; 4¾l. A M Thomson. T: £7.10; £3.70, £1.90. Ex: £33.60. Trifecta: £123. CF: £38.61.
3.20: 1 ZOUTOISE J J Burke (10-11 fav); **2 Ilaya** (5-4); **3 Lady Babs** (18-1). 10 ran. shd; 19l. T R George. T: £1.80; £1.10, £1.10, £2.60. Ex: £2.70. Trifecta: £15.60. CF: £2.74.
3.50: 1 NIVEN T Dowson (3-1 jtf); **2 Go Long** (7-2); **3 Pull Together** (3-1 jtf). 7 ran. 1¾l; 9½l. P Kirby. T: £3.20; £1.80. Ex: £17. Tf: £32.90. CF: £14.73.
4.20: 1 STRIKE WEST B Smith (8-1); **2 Skipthescales** (8-1); **3 Scottish Accent** (7-1). 10 ran (Mamoo 10-3 fav). hd; 5½l. M Hammond. T: £9.90; £2.70, £3.10, £2.40. Ex: £72.30. Tricast: £472.39. Trifecta: £702.10. CF: £69.70.
4.50: 1 WISHING AND HOPING A Edwards (1-2 fav); **2 Absainte** (18-1); **3 Light Flicker** (40-1). 6 ran. 25l; 13l. Philip Rowley. T: £1.50; £1.10, £3.80. Ex: £13.70. Tf: £45.80. CF: £10.89.
5.25: 1 ANYTHINGFORLOVE Page Fuller (6-5 fav); **2 Foster'sisland** (5-1); **3 Pennine Cross** (14-1). 6 ran. 6½l; 13l. J Snowden. T: £1.90; £1.10, £2.60. Ex: £7.60. Trifecta: £35.70. CF: £7.97.
PLACEPOT: £55 **Q/POT:** £9.80

LINGFIELD

2.30: 1 SARACEN STAR T Marquand (6-1); **2 Dame Denali** (10-1); **3 Critique** (3-1 fav). 11 ran. hd; shd. J S Moore. T: £8.40; £2.40. Ex: £79.60. Tc: £218.62. Tf: £556.60. CF: £66.42. NR: Sharney.
3.00: 1 RENARDEAU T Marquand (11-8 fav); **2 Giving Glances** (6-1); **3 Lexington Law** (7-1). 7 ran. ¾l; 4½l. Ali Stronge. T: £2; £1.40, £2.50. Ex: £7.20. Trifecta: £28.70. CF: £10.37.
3.30: 1 PITCHER'S POINT R Havlin (10-11 fav); **2 London Arch** (11-10); **3 Quantum Dawn** (20-1). 5 ran. 3l; 3½l. J Gosden. T: £1.70; £1.10, £1.10. Ex: £1.90. Trifecta: £4.90. CF: £2.12. NR: Margueritedevalois.
4.00: 1 THE WARRIOR D Muscutt (8-1); **2 Al Daiha** (7-1); **3 Tanqeeb** (9-2). 10 ran (Rivas Rob Roy 7-2 fav). hd; hd. L Carter. T: £11.40; £3.10, £2.20, £2.20. Ex: £82.80. Tricast: £287.73. Tf: £376.60. CF: £64.47. NR: My Law.
4.30: 1 CORVAIR S De Sousa (6-4 fav); **2 Will To Win** (11-4); **3 Hurcle** (16-1). 5 ran. 1½l; ¾l. S Crisford. T: £1.90; £1.20, £1.30. Ex: £3.90. Trifecta: £19.20. CF: £4.46. NR: Hamish Macbeth, Lion Tower. Rule 4 applies to All Bets, deduct 15p in the £.
5.00: 1 LORD HOWARD G Bass (20-1); **2 Banta Bay** (8-1); **3 Monsieur Fox** (33-1). 14 ran (Mr Fox, Percy's Prince 7-2 jtf). nk; ½l. M Channon. T: £27.40; £7.20, £2.50, £14.10. Ex: £255. Tc: £5251.82. Tf: £7171.50. CF: £177.48.
JACKPOT: £38,904.90
PLACEPOT: £49.30 **Q/POT:** £15.50

KEMPTON

5.15: 1 FELIX R L Moore (10-3); **2 Lucky's Dream** (15-2); **3 Star Of Bengal** (11-10 fav). 6 ran. 2¾l; ½l. M Botti. T: £3.30; £2, £2.80. Ex: £20.80. Trifecta: £54.10. CF: £25.67.
5.45: 1 CRIMSON KING George Rooke (7-2); **2 Herm** (14-1); **3 Songo** (11-10 fav). 9 ran. 1¾l; 1l. M Appleby. T: £3.90; £1.50, £3, £1.30. Ex: £30.50. Tric: £85.87. Trif: £141.20. CF: £50.65. NR: Embrace The Moment, Henry Croft.
6.15: 1 BE FAIR T Marquand (6-5 fav); **2 Genuine Approval** (12-1); **3 Glendun** (12-1). 11 ran. ¾l; ¾l. A Carroll. T: £1.80; £1.20, £2.60, £2.70. Ex: £17.20. Tric: £126.45. Trif: £167.10. CF: £17.37.
6.45: 1 CEMHAAN L Dettori (4-7 fav); **2 Note Bleu** (9-1); **3 Lady Pendragon** (33-1). 11 ran. 2l; 3¾l. J Gosden. T: £1.30; £1.10, £2.50, £7.30. Ex: £7.30. Trifecta: £85.50. CF: £7.07.
7.15: 1 CHARES J F Egan (7-4 fav); **2 Berlin Tango** (15-8); **3 New World Tapestry** (11-4). 5 ran. 1½l; 3½l. J Chapple-Hyam. T: £2.70; £2, £1.10. Ex: £5.10. Trifecta: £11.60. CF: £5.19.
7.45: 1 TINTORETTO T Marquand (3-1 fav); **2 Oloroso** (9-1); **3 Broughtons Flare** (13-2). 12 ran. 1½l; ¾l. Tom Ward. T: £4.30; £1.90, £3.10, £2.40. Ex: £32.90. Tric: £165.56. Trif: £219.50. CF: £28.56. NR: Al Asef, Atletico.
8.15: 1 PHOENIX STAR S De Sousa (4-1); **2 Griggy** (13-8 fav); **3 Black Isle Boy** (9-1). 10 ran. nk; 3l. S C Williams. T: £4.50; £1.50, £1.30, £2.70. Ex: £13.60. Tricast: £55.48. Trifecta: £93.50. CF: £10.61. NR: My Town Chicago, Tomshalfbrother.
PLACEPOT: £19.70 **QUADPOT:** £3.70

DOG RETURNS

■CENTRAL PARK: 11.01 Esquire Basil Evensf (6-5-1 BAGS F £6.37 TC £25.56). 11.16 Killaghy Hulk 4-1 (1-6-2 £26.78 TC £62.79). 11.31 Alberta Millie 6-1 (5-3-2 £61.88 TC £139.92). 11.46 Scoop The Pot 10-11f (1-4-2 £5.60 TC £11.32). 12.01 Blue Collar 9-2 (3-6-5 £26.23 TC £70.78). 12.16 Our Unique Jake 4-6f (1-4-5 £4.13 TC £0.00). 12.31 Dubh Draiocht 5-2 (2-1-6 £14.04 TC £38.77). 12.46 Crokers Batty 5-2 (2-4-6 £6.41 TC £18.99). 1.01 Cassandra 9-4 (5-6-3 £12.36 TC £0.00). 1.16 Decisive Dancer 2-1 (5-1-4 £4.83 TC £10.77). 1.31 Cushie Be Fast 9-2 (3-5-1 £73.88 TC £180.99). 1.49 Hollyoak Eureka 5-2jt (3-4-6 £11.11 TC £32.84).
■SWINDON: 11.03 Bettyville Blitz 7-2 (1-5-6 BAGS F £34.17 TC £92.25). 11.19 Ballymac Babes 3-1 (4-5-6 £22.89 TC £51.25). 11.34 Ballymac Machu 4-1 (6-5-3 £40.96 TC £0.00). 11.48 Distant Voice 2-1f (5-1-6 £18.15 TC £41.35). 12.04 Lauragh Erin 4-1 (5-6-3 £24.95 TC £89.17). 12.18 Get Constructive 7-2 (2-4-1 £23.96 TC £73.24). 12.33 Galtymore Joy 5-1 (2-3-5 £32.17 TC £102.92). 12.48 Dunaghy Storm 4-5f (6-3-5 £4.32 TC £11.75). 1.04 Race Void. 1.19 Classy Honey 5-1 (1-2-6 £46.40 TC £214.61). 1.33 Play Fair 2-1f (2-6-4 £34.19 TC £92.79). 1.51 Goeasyonme 7-2 (3-5-1 £21.61 TC £49.96).
■ROMFORD: 11.09 Shrewd Call 6-4f (4-2-6 BAGS F £7.50 TC £27.71). 11.24 Cruz On Brig 5-4f (3-6-2 £7.82 TC £18.19). 11.39 To Tone Scully 4-1 (1-3-6 £21.69 TC £58.59). 11.54 Kingdom Star 5-2jt (1-3-2 £15.37 TC £39.86). 12.09 Borwick Bob 7-2 (6-2-5 £15.54 TC £55.51). 12.24 Kanturk Mint 8-1 (3-2-4 £56.62 TC £101.96). 12.39 Bang On Sophie 9-2 (2-3-1 £26.94 TC £43.21). 12.54 Ramat Elvis 5-2f (4-5-6 £17.31 TC £52.18). 1.08 Up Above 3-1 (6-5-3 £28.20 TC £111.67). 1.22 Kincora Gizmo 9-4jt (2-3-4 £10.01 TC £33.56). 1.39 Ohtherelass 4-1 (3-6-1 £18.92 TC £52.26). 1.57 Deejay Tony 3-1jt (6-3-1 £15.04 TC £41.39).
■BELLE VUE: 2.08 Foulkscourt Blue 2-1 (3-6-2 BAGS F £6.61 TC £13.80). 2.27 View Sheriff 3-1 (3-2-4 £13.54 TC £46.05). 2.47 Blue Virginia 9-4f (4-3-1 £11.23 TC £45.51). 3.07 Roll On Jumbo 4-1 (4-3-2 £14.22 TC £42.88). 3.27 Outdoor Mo 5-1 (5-4-2 £48.97 TC £0.00). 3.47 Copeland Tizzy 5-4f (2-4-1 £11.23 TC £36.98). 4.07 Zenobia 2-1 (3-2-6 £5.02 TC £0.00). 4.27 Ballymac Tessa 5-2 and Ballymac Tessa 5-2 DH 1st (1-3-6 £1.54 TC £4.66, 1-6-3 £3.13 TC £6.74). 4.46 Ballyhi Dylan 9-4 (5-6-2 £8.75 TC £14.85). 5.06 Merry Mizen 2-1jt (2-4-3 £7.44 TC £19.92). 5.22 Fortunate King 5-1 (4-5-2 £30.03 TC £112.57). 5.39 Ballymac Grainne 5-2 (4-1-6 £19.49 TC £61.73). 5.56 Keel Direction 6-4f (2-3-4 £7.18 TC £20.25). 6.11 Burning Rubber 8-1 (6-3-2 £53.73 TC £165.28).
■HOVE: 2.12 Power Ranger 9-4 (6-3-2 BAGS F £23.14 TC £49.79). 2.32 Blakes Bonanza 6-1 (2-4-5 £34.31 TC £84.97). 2.52 Gowan Sublic 9-4f (2-1-3 £13.44 TC £43.80). 3.11 Sporting Aisling 7-4f (6-2-3 £21.29 TC £54.65). 3.29 Waikiki Suzy 2-1f (1-6-3 £16.06 TC £63.56). 3.49 Border Flatwheel 4-1 (4-6-3 £31.52 TC £154.69). 4.09 Search Party 4-1 (2-6-1 £32.98 TC £99.21). 4.29 Clairkeith Cerys 5-1 (4-3-2 £32.97 TC £91.49). 4.48 Droopys Tay 5-2f (6-5-4 £12.24 TC £43.69). 5.08 Saleen Scott 2-1f (3-6-4 £10.51 TC £32.25). 5.28 Bluestar Flyer 4-1 (3-6-5 £28.40 TC £84.79). 5.44 Farloe Outlaw 6-1 (4-1-6 £31.02 TC £82.62). 6.02 Saucy Demi 5-1 (1-2-3 £21.13 TC £47.03). 6.19 Mindy Moo 7-2 (3-6-5 £18.92 TC £48.34).

CHELTENHAM COUNTDOWN: 5 DAYS TO GO

CLAN'S THE MAN

Obeaux is my Festival No1, says Nicholls

By TOM PEPPER

PAUL NICHOLLS has told Festival punters to join his Clan.

The champion trainer has assembled a star-studded team for next week's glittering jumps party in the Cotswolds.

Frodon, **Politologue** and **Sir Psycho** are all strongly fancied by an excited Team Ditcheat.

Yet Nicholls knows he could be playing a waiting game as he waits for what he hopes will be a fab Friday when **Solo**, **Greaneteen** and **Clan Des Obeaux** *(right)* take to the stage.

Solo is a red-hot 3-1 favourite for the Triumph, while Greaneteen is a 7-1 jolly for the Grand Annual.

Yet it is the return of his King George hero Clan Des Obeaux – a best-priced 8-1 with William Hill in the Gold Cup – which has Nicholls buzzing the most. Nicholls, 58 next month, said: "I'd say Clan is my best chance of the week.

"He has worked well with Frodon recently and has a great prep.

"I've really been thrilled with him.

"He is only eight years old and we now know he is best fresh.

"He is in as good a shape as he has ever been. People say he doesn't like Cheltenham but he has run some good races there.

"In last year's Gold Cup he was bang there jumping the last but we will ride him with more restraint this time.

"He is twice the horse he used to be. When he is fit and fresh he is lethal."

Solo has only run once for Nicholls since joining the set-up from France but it was some run at Kempton. Nicholls said: "We knew he had an engine and he will make up into a lovely chaser.

"He is the highest-rated novice hurdler in England now so he must have a bit of a chance in the Triumph I would think.

"He really had the wow factor at Kempton. He probably could have run a big race in the Champion Hurdle if I had thought of entering him for it!"

Greaneteen is the third leg of what could be a big last day for Nicholls.

He said: "He has won all three over fences, having won two over hurdles last year. He should go really well in the Grand Annual off a mark of 150."

While Nicholls is hoping for a big finish at the Festival, it could be a slow burner. He said: "We may not even have a runner on Tuesday. Maybe I will go down the pub and watch the racing on the box!"

SOUTHWELL ON THE SAND

GOING: STANDARD

2.00 LADBROKES HOME OF THE ODDS BOOST HANDICAP (Class 5); 3-y-o; v£3,429; 1m. (6 runners)

1 (6) 64423-4 **BROKEN RIFLE 29** I Furtado 9-7..... **Kieran Shoemark 93**
2 (5) 4-153 **RIVER SONG 14 (D)** A Watson 9-3..... **Adam J McNamara 97**
3 (1) 567-114 **RULERS KINGDOM 14 (BF,D)** M Johnston 9-3 ... **Andrew Breslin (5) 91**
4 (4) 48-9 **MYSTIC RIVER 63** J Ferguson 9-1 ..... **Hector Crouch 85**
5 (3) -541834 **RED JASPER 12 (V)** M Appleby 8-12 ..... **Ben Curtis ●99**
6 (2) 005-011 **LIGHT LILY 8 (T;CD)** P D'Arcy 8-2..... **George Rooke (5) 98**

BETTING: 15-8 Light Lily, 7-2 Broken Rifle, 4 River Song, 5 Rulers Kingdom
WHERE FAVOURITES FINISHED: 3 2
2019: Love Your Work 9-0 Robbie Walsh 2-1 (A West) drawn 2, 3 ran.

Sun Racing FORM

BROKEN RIFLE (9-2) 2-1 stayed on, 4th of 8 (btn 5½l) to Lion Tower (9-9) (Southwell 6f (5) £3,429 AW).
RIVER SONG (9-7) 4-1 led until 4f out, led 3f out, headed finish, 3rd of 6 (btn ½l) to Kodiellen (8-11) **RULERS KINGDOM** (9-2) 2-1 fav led 4f out until 3f out, 4th (btn 1½l) (Chelmsford 1m hcap (5) £4,787 AW).
MYSTIC RIVER (9-5) 8-1 9th of 13 (btn 17l) to Summit Reach (9-5) (Chelmsford 1m hcap (4) £5,434 AW).
RED JASPER (9-9) 11-1 pushed along 2f out, ridden, stayed on, 4th of 7 (btn 2¾l) to Casaruan (8-2) (Chelmsford 1m hcap (6) £2,846 AW).
LIGHT LILY (8-11) 5-4 fav led 1f out, went clear, very easily, bt Never Said Nothing (9-7) 5l (6 ran) (Southwell 1m app hcap (6) £2,782 AW).

2.35 BOMBARDIER GOLDEN BEER MEDIAN AUCTION MAIDEN STAKES (5); £3,429; 1m. (12 runners)

1 (5) 8- **BRUTE FORCE 198** D Kubler 4-10-0..... **Adam J McNamara —**
2 (10) 04 **ITS ALL CLOVER NOW 38 (H)** D Shaw 5-10-0..... **Lewis Edmunds 79**
3 (4) 76 **CONVIVIAL 13** M Hammond 5-9-9..... **Dougie Costello 76**
4 (6) 5 **ACES N KINGS 10** R C Guest 3-8-10 ..... **Martin Dwyer 78**
5 (9) 3-6 **CAPTAIN ST LUCIFER 17** I Furtado 3-8-10..... **Shane W Kelly 98**
6 (1) 54 **DANDE 6** Phillip Makin 3-8-10..... **Ben Curtis 87**
7 (12) 5 **EL AGRONOMO 29** I Furtado 3-8-10 ..... **Jason Hart 76**
8 (3) 5 **INGLEBY COMMAND 15** J Ward 3-8-10..... **Tom Eaves 75**
9 (7) 52 **MESMERIC 8** M Johnston 3-8-10 ..... **Franny Norton 86**
10 (2) 2 **SHOOT TO WIN 15** T Easterby 3-8-10..... **Duran Fentiman 98**
11 (8) 64 **BETUSHKA 19** R Fahey 3-8-5..... **Andrew Mullen ●99**
12 (11) 6- **SUMMERBRIDGE 105** J Bethell 3-8-5..... **Luke Morris —**

BETTING: 11-4 Betushka, 4 Shoot To Win, 5 Mesmeric, 11-2 Captain St Lucifer
WHERE FAVOURITES FINISHED: 1 2 1 1 3
2019: Lennybe 3-8-10 M Sanna 5-4 (D Brown) drawn 4, 4 ran.

3.10 BETWAY CLASSIFIED STAKES (6); value to winner £2,782; 6f. (12 runners)

1 (5) 95/09-7 **BADGER BERRY 27** C Wallis 4-9-7..... **William Carson 75**
2 (3) 0308-84 **CHAMPAGNE MONDAYS 8 (B;CD)** S Dixon 4-9-7 **Jonathan Fisher (5) 70**
3 (8) 47-9720 **GHOST BUY 6 (P,T)** I Furtado 4-9-7..... **Tom Eaves 98**
4 (6) 34-0035 **HELLOFAGAME 16 (T)** R J Price 5-9-7 ..... **Tom Marquand 77**
5 (9) 00704-6 **JAILBREAK 27 (P,T★)** C Allen 4-9-7..... **William Carver (5) ●99**
6 (10) 80968-0 **LACAN 27 (B★)** M Appleby 9-9-7..... **Ben Curtis 85**
7 (7) -934956 **POPPY MAY 6 (P;C,D)** J Given 6-9-7 ..... **Franny Norton 91**
8 (12) 590-296 **REBECKE 23** L Mongan 4-9-7 ..... **Daniel Muscutt 93**
9 (11) 234-220 **TILSWORTH ROSE 15 (B)** J R Jenkins 6-9-7 ..... **Lewis Edmunds 94**
10 (2) 032968- **TIZWOTITIZ 122 (H)** S Hollinshead 4-9-7..... **Toby Eley (5) 78**
11 (4) 0-65 **MRS MUNNELLY 17 (V)** D P Quinn 3-8-7 ..... **George Rooke (5) 79**
12 (1) 70809-4 **PARKER'S BOY 46 (B)** B Barr 3-8-7..... **Luke Morris 88**

BETTING: 4 Poppy May, 9-2 Champagne Mondays, 5 Parker's Boy, 6 Ghost Buy
WHERE FAVOURITES FINISHED and 2019: No corresponding race.

3.45 BOMBARDIER BRITISH HOPPED AMBER BEER HCAP (5); value to the winner £3,429; 1m. (6 runners)

1 (3) 01221-1 **CHARLIE ARTHUR 14 (CD)** R Hughes 4-9-9 ..... **Finley Marsh (3) 98**
2 (4) 65-7322 **MISTER MUSIC 5 (CD)** A Carroll 11-9-9..... **Elisha Whittington (7) 92**
3 (6) 56016-6 **KENTUCKYCONNECTION 23** B Smart 7-9-7 ..... **Dougie Costello 85**
4 (1) 18050-5 **ZODIAKOS 14 (CD)** R Fell 7-9-5..... **Ben Curtis ●99**
5 (2) 4734-43 **NOBLE ACCOUNT 13 (P)** J Feilden 4-9-1 ..... **Charlie Bennett 85**
6 (5) 76-7112 **THE EAGLE'S NEST 5 (T;BF,CD)** A Dunn 6-8-10..... **G Rooke (5) 97**

BETTING: 9-4 Charlie Arthur, 3 Mister Music, 4 The Eagle's Nest, 5 Noble Account, 8 Kentuckyconnection, 10 Zodiakos
WHERE FAVOURITES FINISHED and 2019: No corresponding race.

Sun Racing FORM

CHARLIE ARTHUR (9-2) 11-4 led 4f out, stayed on, bt Velvet Vision (9-5) 1l **ZODIAKOS** (9-6) 11-1 headway 4f out, one pace, 5th (btn 6½l) (6 ran) (Southwell 1m hcap (5) £3,429 AW).
MISTER MUSIC (9-5) 4-1 outpaced in rear, headway 2f out, every chance final furlong, battled, lost on the nod, btn ns by Native Silver (9-4) (7 ran) (Southwell 1m hcap (5) £3,429 AW).
KENTUCKYCONNECTION (9-1) 20-1 headway 2f out, kept on, 6th of 14 (btn 4½l) to Kind Review (8-13) (Newcastle 7f hcap (5) £3,429 AW).
NOBLE ACCOUNT (9-9) 11-2 tracked leader, led 2f out, pressed final furlong, caught post, 3rd of 9 (btn hd) to Traveller (9-6) (W'hampton 1m 1f hcap (6) £2,782 AW).
THE EAGLE'S NEST (9-6) 6-4 fav held up, headway 3f out, challenged 2f out, led 1f out, headed finish, rallied, btn hd by Palazzo (8-13) (10 ran) (Southwell 1m hcap (6) £2,782 AW).

EACH-WAY THIEF

HAVE an e-way double at Wincanton. EARTH MOOR (4.10) goes well in the mud and has champ Richard Johnson back in the saddle. Pair him with SPIDER'S BITE (4,45) who can bounce back to form after a recent breathing op.

TEMPLEGATE

2.00 ..... LIGHT LILY (nap)
2.35 ..... Mesmeric
3.10 ..... Champagne Mondays
3.45 ..... The Eagle's Nest
4.20 ..... Doc Sportello
4.50 ..... Mukha Magic

TOM PEPPER

2.00 ..... Rulers Kingdom
2.35 ..... Shoot To Win
3.10 ..... Poppy May
3.45 ..... Kentuckyconnection
4.20 ..... ZYLAN (nap)
4.50 ..... Mukha Magic

■TIC-TAC: Round L-H AW fibresand track with a 3f run-in. There is a straight 5f course. ■DRAW: Low best from 6f to 1m. ■TOP TRAINERS (2015-2020): M Appleby 101-787, S Dixon 48-620, R Fahey 34-191, D Shaw 29-230. THIS SEASON: M Appleby 9, I Furtado 7, G Kelleway 4. ■TOP JOCKEYS (2015-2020): B Curtis 60-320, L Morris 58-499, A Rawlinson 42-275. THIS SEASON: B Curtis 14, J Hart 6, D Muscutt 6. ■LONGEST TRAVELLER: The Eagle's Nest (3.45) trained at Wellington. Round trip of 422 miles. ■TRAINERFAX: S Dixon won 4.20 in 2012, 2016 & 2018. M Johnston won 2.35 in 2013 & 2015. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON SKY SPORTS RACING

4.20 HEED YOUR HUNCH AT BETWAY HANDICAP (4); value to the winner £5,208; 5f. (7 runners)

1 (2) -212342 **ZYLAN 8 (CD)** R Fell 8-9-9..... **Ben Curtis 98**
2 (7) 046-145 **AIRSHOW 42 (B★;CD)** M Appleby 5-9-7..... **Alistair Rawlinson 97**
3 (3) 827537- **BROKEN SPEAR 128 (D)** T Coyle 4-9-7 ..... **Harry Russell (7) ●99**
4 (6) 601149- **HARRY HURRICANE 103 (P;D)** G Baker 8-9-6..... **George Rooke (5) 85**
5 (4) 8417-36 **ALEEF 18 (T;D)** R Beckett 7-9-3..... **Rob Hornby 91**
6 (5) 2150-32 **DOC SPORTELLO

WINCANTON

GOING: SOFT (GOOD TO SOFT)

TEMPLEGATE

1.50 ....Hollymount Holly
2.25 ....Sending Love
3.00 ....Harry Haze
3.35 ....Putdecashonthedash
4.10 ....Midnight Midge
4.45 ....Spider's Bite
5.20 ....Time To Tinker

TOM PEPPER

1.50 ....Born In Borris
2.25 ....Call Simon
3.00 ....Dr Oakley
3.35 ....Footloose
4.10 ....Hygrove Percy
4.45 ....Barbrook Star
5.20 ....Frankie Baby

TEMPLEGATE'S TRIO: Light Lily (Southwell) and War Whisper (double, Newcastle) with Lastin' Memories (Carlisle). TOM PEPPER'S DOUBLE: Zylan (Southwell) and Mint Condition (Carlisle). SUNRATINGS' NAP: EARTH MOOR (4.10 Wincanton). SIRIUS, Sun On Sunday, nap: MIA MENTO (6.30 Newcastle).

■TIC-TAC: Right-handed track of 1m 4f, with 9 fairly stiff fences and a 200yd run-in. ■LEADING TRAINERS (2015-2020): P Nicholls 105-302, C Tizzard 36-273, P Hobbs 20-169, H Fry 16-92. THIS SEASON: P Nicholls 15. ■TOP JOCKEYS (2015-2020): H Cobden 63-203, S Twiston-Davies 29-126, D Jacob 21-75, R Johnson 20-117. THIS SEASON: H Cobden 14. ■LONGEST TRAVELLER: Calypso Jack (3.35) & Deewhy (3.35) trip of 296 miles. ■FIRST RUN SINCE WIND OP: Cucumber Gin (1.50), Blazer's Mill (2.25), En Coeur (3.00), Kalarika (3.00), True Thoughts (3.00), Mr Washington (3.35), Cilaos Glace (4.10), Spider's Bite (4.45). ■JACKPOT: 1-6. ■LIVE ON RACING TV

1.50 IRISH THOROUGHBRED MARKETING MARES' NOVICES' HURDLE (Class 4); £4,224; 1m 7f. (15 runners)

1 F-2P **AKARDASHIAN 35 (T★)** J Scott 5-11-0 ... **Matt Griffiths —**
2 6 **BLAZING DESTINY 58 (H★)** D Steele 6-11-0 ... **Niall Houlihan (7) —**
3 51 **BORN IN BORRIS 46** C Tizzard 6-11-0 ... **Harry Cobden —**
4 777 **CHINA FLOWER 39** T Lawes 5-11-0 ... **Tom Cannon 97**
5 9- **CUCUMBER GIN 353** N Martin 6-11-0 ... **Bryan Carver (5) —**
6 P **HIMEMIYA 35** M Blake 7-11-0 ... **Kieron Edgar —**
7 118 **HOLLYMOUNT HOLLY 49** K Bailey 6-11-0 ... **David Bass —**
8 **JUST TARA** L Cabble 8-11-0 ... **Ben Jones (3) —**
9 0-48 **KAYF SERA SERA 13** A Honeyball 5-11-0 ... **Rex Dingle (3) 76**
10 5 **LITTLE RIVER BAY 80** P Hobbs 5-11-0 ... **Richard Johnson —**
11 13-1P80 **MARILYN MONROE 8** A Honeyball 7-11-0 ... **Aidan Coleman 82**
12 4PUP/00 **MRS TROUT 44 (H)** K Bishop 10-11-0 ... **Miss Thomasina Eyston (7) 72**
13 -314069 **NOTAWORDOFALIE 65** Jonjo O'Neill 5-11-0 ... **Jonjo O'Neill Jr. ●99**
14 40- **WHOOPSEY 322** H Daly 5-11-0 ... **Tom O'Brien —**
15 80 **MOSSY GLEN 47** J W Mullins 4-10-6 ... **Jeremiah McGrath —**

BETTING: 11-8 Hollymount Holly, 3 Born In Borris, 4 Little River Bay, 6 Whoopsey, 25 Marilyn Monroe, Notawordofalie, Akardashian, Kayf Sera Sera
WHERE FAVOURITES FINISHED: 1
2019: Miranda 4-10-12 Harry Cobden 2-5 Fav (P Nicholls), 11 ran.

2.25 DOWNLOAD THE STAR SPORTS APP NOW! MAIDEN HURDLE (5); winner £3,249; 2m 4f. (12 runners)

1 08R6 **ALKADEMON 32** L Blackford 6-11-2 ... **Sean Houlihan (3) —**
2 9P5 **ARDBRUCE 24** J W Mullins 7-11-2 ... **Jeremiah McGrath —**
3 2/1-4 **BLAZER'S MILL 63 (BF)** O Murphy 6-11-2 ... **Richard Johnson —**
4 052P **BUCKHORN GEORGE 64** C Tizzard 5-11-2 ... **Jonjo O'Neill Jr. ●99**
5 6 **CALL SIMON 90** P Hobbs 5-11-2 ... **Tom O'Brien —**
6 504 **HOW'S THE CRICKET 35** J Farrelly 5-11-2 ... **Robert Dunne —**
7 -220P0P **INTO THE WOODS 8 (B★,T)** D Pipe 6-11-2 ... **Tom Scudamore —**
8 5P0 **LEGENDE DE MINUIT 13** H Fry 6-11-2 ... **Jonathan Burke —**
9 5/234F2 **MICKEY BUCKMAN 14** G L Moore 7-11-2 ... **Joshua Moore 90**
10 1/3 **SENDING LOVE 26** P Nicholls 7-11-2 ... **Harry Cobden 95**
11 PPP-7P9 **THESTOPPERDUNNE 105 (P)** K Bishop 7-11-2 ... **James Best —**
12 9 **SAM MIGUEL 35** C Heard 4-10-7 ... **Liam Heard —**

BETTING: 2 Mickey Buckman, 5-2 Sending Love, 4 Buckhorn George, 6 Blazer's Mill, 7 Call Simon, 25 How's The Cricket, 33 Ardbruce, Legende de Minuit
WHERE FAVOURITES FINISHED: 1 2 1-2
2019: Storm Arising 5-11-2 Harry Cobden 11-8 JtFav (P Nicholls), 10 ran.

3.00 JULIA DUFF 60TH BIRTHDAY HANDICAP HURDLE (5); value to the winner £3,249; 2m 4f. (18 runners)

1 6-0P9 **FENRIR BINDING 77 (T)** G Smyly 5-11-12 ... **Jordan Nailor (5) 95**
2 17-8256 **STREETS OF FIRE 47 (T★)** J-R Auvray 6-11-10 ... **Hugh Nugent (5) ●99**
3 2/5P1-P **KALARIKA 60 (B,T)** C Tizzard 7-11-10 ... **Harry Cobden 90**
4 PU-5978 **ESPRESSINO 44 (H)** C Down 6-11-9 ... **Bryan Carver (5) 97**
5 67947 **KENDELU 42 (P)** N Hawke 5-11-7 ... **David Noonan 95**
6 1/6-80 **FIRST DESTINATION 120** R Stephens 8-11-6 ... **Tom O'Brien 90**
7 117-347 **GOODGIRLTERESA 34** K Woollacott 10-11-5 ... **Mr Josh Newman (7) 90**
8 P07-3U1 **DR OAKLEY 8 (C)** H Oliver 6-11-5(7ex) ... **James Davies 96**
9 06-544P **EN COEUR 86** J W Mullins 6-11-3 ... **Jeremiah McGrath 95**
10 165P790 **SPRING STEEL 32 (T)** A Dunn 11-11-3 ... **Miss Thomasina Eyston (7) 85**
11 3237-P7 **CASSIVELLAUNUS 45 (B★)** D Steele 8-11-0 ... **Niall Houlihan (7) 93**
12 1223/48 **I'M IN CHARGE 251 (T)** J G Cann 14-11-0 ... **Nick Scholfield 94**
13 56-0863 **HARRY HAZE 44** P C Dando 8-10-13 ... **Mitchell Bastyan (5) 96**
14 562208P **OUR NEST EGG 39 (H,T)** P Henderson 7-10-12 ... **Paddy Brennan 95**
15 4U76554 **NO NO TONIC 32 (P★)** M Gillard 6-10-8 ... **Mr Fergus Gillard (7) 96**
16 755 **KAPITALISTE 32 (P★)** A Dunn 4-10-7 ... **Adam Wedge 98**
17 0-P0154 **TRUE THOUGHTS 76 (T;CD)** L Young 5-10-5 ... **Gavin Sheehan 96**
18 -760345 **CANDYMAN CAN 44 (H)** L Hurley 10-10-2 ... **Page Fuller (3) 96**

BETTING: 9-4 Dr Oakley, 7 Harry Haze, 8 No No Tonic, 10 Kalarika, 12 Goodgirlteresa, Streets Of Fire, Candyman Can, 14 True Thoughts
WHERE FAVOURITES FINISHED: abd abd 3 UR 5
2019: Amzac Magic 7-11-7 Nick Scholfield 4-1 (Jack Barber), 14 ran.

Sun Racing FORM

FENRIR BINDING (11-1) 100-1 under pressure 3 out, weakened, 9th of 14 (30l) to Northofthewall (11-6) (Hereford 2m mdn hdle (5) £2,794 heavy).
STREETS OF FIRE (11-9) 33-1 weakened last, 6th of 16 (10l) to Tactical Manoeuvre (10-13) (Taunton 2m 3f hcap hdle (5) £3,834 heavy).
KALARIKA p/up latest, (11-3) 8-1 led 5 out, stayed on well, bt Galactic Power (11-12) 6l (12 ran) (Exeter 2¼m hcap hdle (5) £3,899 heavy).
ESPRESSINO (10-13) 33-1 handy, mistake 2nd, weakened quickly, 8th of 11 to Endless Flight (10-13) (Exeter 2¼m hcap hdle (4) £4,094 heavy).
KENDELU (11-12) 25-1 headway 3 out, never on terms, 7th of 12 (btn 41l) to Jobsonfire (10-11) (Wetherby 3m nov hcap hdle (5) £3,509 soft).
FIRST DESTINATION (10-12) 66-1 outpaced 3 out, never a threat, 10th of 13 (btn 29l) to Silver Hallmark (11-5) (Chepstow 2m (4) £3,769 soft).
GOODGIRLTERESA (11-5) 11-1 rear, no chance 9th, 7th of 10 (well btn) to Indian Brave (11-12) (Chepstow 2m 3f hcap ch (4) £4,289 heavy).
DR OAKLEY (10-3) 16-1 hung left 2 out, led last, clear flat, bt Lily The Pink (10-13) 4½l (16 ran) (Wincanton 2m 5f hcap hdle (4) £4,224 soft).
EN COEUR p/up latest, (10-12) 25-1 never near leaders, 4th of 8 (btn 23l) to Adjutant (11-1) (Stratford 2m nov hdle (4) £4,484 good to soft).
NO NO TONIC (10-5) 11-1 one pace, 4th of 17 (2¼l) to Tactical Manoeuvre (11-9) **SPRING STEEL** (11-4) 50-1 never a factor, last (Taunton 2m 3f hcap hdle (5) £3,834 soft).
CASSIVELLAUNUS (9-11) 66-1 ridden and weakened 9th, 7th of 9 (btn 32l) to Mister Murchan (10-5) (Plumpton 3m 1f hcap hdle (4) £6,108 soft).
I'M IN CHARGE (11-5) 20-1 behind, tailed off 3 out, 8th of 13 (well btn) to Midnight Folie (10-4) (Cartmel 2¾m hcap hdle (5) £3,639 good).
HARRY HAZE (10-8) 5-1 kept on well run-in, 3rd of 15 (btn 5¼l) to Lily The Pink (11-7) **CANDYMAN CAN** (10-1) 8-1 kept on, 5th (btn 7¾l) (Exeter 2m 1f hcap hdle (5) £3,184 heavy).
OUR NEST EGG p/up latest, (10-2) 25-1 rear, tailed off, 8th of 9 (btn 48l) to Flowing Cadenza (10-7) (Ascot 2m 7f nov hcap hdle (4) £6,758 heavy).
KAPITALISTE (10-7) 33-1 tailed off 4 out, never a factor, 5th of 8 (well btn) to Northofthewall (11-10) (Taunton 2m 3f nov hdle (4) £4,809 soft).
TRUE THOUGHTS (10-9) 5-1 pushed along, went poor 4th last, 4th of 8 to Out On The Tear (11-2) (Uttoxeter 2m hcap hdle (5) £2,794 heavy).

3.35 STARSPORTS.BET NOVICES' HANDICAP CHASE (4); value to the winner £4,809; 3m 1f. (12 runners)

1 P5-31P3 **CLONDAW BISTO 27 (B)** Suzy Smith 9-12-0 ... **Tom O'Brien 97**
2 3P-12P8 **PADDYS RUNNER 91 (P)** C Williams 8-11-12 ... **Adam Wedge 85**
3 4-4375 **FOOTLOOSE 28 (T)** J Snowden 6-11-12 ... **Gavin Sheehan 93**
4 /77P2FP **BILL AND BARN 34 (V★)** J W Mullins 9-11-11 ... **Nick Scholfield 98**
5 3-34361 **HIT THE HIGHWAY 91 (P,T;C)** C Gordon 11-11-10 ... **Tom Cannon 97**
6 3-7522F **PUTDECASHONTHEDASH 39 (P★,T)** K Burke 7-11-9 . **Tom Bellamy ●99**
7 3/0-35P **MR WASHINGTON 41 (P,T)** D Dennis 7-11-0 ... **Sam Twiston-Davies 83**
8 P6-068P **DARSI ROSE 32 (P)** L Hurley 7-10-6 ... **Edward Austin (7) 80**
9 20-9937 **MR MAGILL 32 (T)** K Burke 8-10-5 ... **Ben Godfrey (7) 91**
10 2-258PP **COCK A DOODLE DOO 34** V Williams 8-10-5 ... **Charlie Deutsch 91**
11 0P-00F **DEEWHY 41 (H★,T)** L Jewell 7-10-0 ... **Doubtful 89**
12 0-687P **CALYPSO JACK 41 (V★)** L Jewell 7-10-0 ... **David Crosse 88**

BETTING: 11-4 Hit The Highway, 3 Putdecashonthedash, 6 Clondaw Bisto, 7 Footloose, 8 Bill And Barn, 10 Cock A Doodle Doo, 12 Mr Magill, 16 Mr Washington
WHERE FAVOURITES FINISHED: 4 1-4 3
2019: Findusatgorcombe 7-10-6 Bryony Frost 3-1 (J Frost), 9 ran.

Sun Racing FORM

CLONDAW BISTO (10-13) 10-1 led 7 out, headed last, 3rd of 10 (25l) to Sheneededtherun (11-7) (Bangor-on-Dee 3¾m hcap ch (4) £4,614 soft).
PADDYS RUNNER (11-9) 40-1 lost place 11th, 8th of 10 (btn 47l) to Kilbrew Boy (11-8) (Wincanton 2½m hcap ch (4) £6,551 good).
FOOTLOOSE (11-4) 9-1 behind, never dangerous, 5th of 10 (btn 31l) to Loud As Lions (11-0) (Huntingdon 3m nov hcap ch (4) £6,498 soft).
BILL AND BARN p/up latest, (11-9) 16-1 led 3 out, headed finish, 1¼l by Sign Of War (10-8) (16 ran) (Chepstow 3m hcap ch (4) £4,289 heavy).
HIT THE HIGHWAY (11-8) 12-1 made all, stayed on gamely, bt Phoenix Rock (11-7) 1¼l (10 ran) (Wincanton 3m 3f hcap ch (5) £4,224 good).
PUTDECASHONTHEDASH fell latest, (10-6) 11-2 chance when mistake last, held flat, btn 2¼l by Nearly Perfect (11-9) (10 ran) (Wincanton 3m 1f nov hcap ch (4) £6,628 soft).
MR WASHINGTON p/up latest, (11-10) 5-1 no impression, 5th of 7 (btn 45l) to Aniknam (10-4) (Uttoxeter 2m 7f hcap hdle (5) £2,794 heavy).
DARSI ROSE p/up latest, (10-11) 100-1 weakened 5th, tailed off, 8th of 14 (47l) to King Roland (11-4) (Exeter 2¼m mdn hdle (4) £4,549 soft).
MR MAGILL (10-8) 6-1 no real impression 2 out, 7th of 17 (12l) to Tactical Manoeuvre (11-9) (Taunton 2m 3f cond hcap hdle (5) £3,834 soft).
COCK A DOODLE DOO p/up latest, (11-4) 9-1 weakened 3 out, 8th of 11 (btn) to Templier (10-9) (Hereford 2m nov hcap ch (4) £4,809 soft).
DEEWHY fell latest, **CALYPSO JACK** (11-2) 200-1 never on terms, 7th of 10 to Cat Tiger (11-5) **DEEWHY** (11-2) 200-1 tailed off, last (Plumpton 2½m nov hdle (3) £6,498 soft).

4.10 DAVY RUSSELL'S BLOG STARSPORTSBET.CO.UK HCAP HURDLE (3); £6,498; 2m 5f. (12 runners)

1 04-247F **SMACKWATER JACK 8 (BF,D)** O Murphy 6-11-12 ... **Lewis Stones (7) 95**
2 412-017 **DUC DE BEAUCHENE 70 (T;D)** D Pipe 7-11-11 ... **Tom Scudamore 88**
3 12123-6 **COLLOONEY 70 (T)** O Murphy 6-11-9 ... **Aidan Coleman 89**
4 46/1474 **HYGROVE PERCY 35 (P★)** N Mulholland 7-11-9 ... **Harry Reed (3) 98**
5 211-120 **EARTH MOOR 12** P Hobbs 6-11-8 ... **Richard Johnson ●99**
6 7611-8U **CILAOS GLACE 85** O Sherwood 7-11-7 ... **Jonathan Burke 92**
7 2-78P00 **KUIPER BELT 12** C Williams 6-11-5 ... **James Bowen 85**
8 1622-11 **MIDNIGHT MIDGE 105 (H;C)** R Hodges 6-11-5 ... **Bryan Carver (5) 98**
9 504-2U7 **LUNGARNO PALACE 35** F O'Brien 9-11-5 ... **Paddy Brennan 97**
10 18/8-U1 **DARSI IN THE PARK 26** Jonjo O'Neill 7-11-2 ... **Jonjo O'Neill Jr. 93**
11 3-41444 **DEMON FOU 70 (CD)** J Scott 7-11-0 ... **Nick Scholfield 93**
12 4500975 **UNO MAS 14** C Williams 6-10-0 ... **Adam Wedge 90**

BETTING: 9-4 Darsi In The Park, 9-2 Midnight Midge, 7 Smackwater Jack, 8 Hygrove Percy, 10 Cilaos Glace, Duc De Beauchene, 12 Earth Moor, Demon Fou
WHERE FAVOURITES FINISHED: 2
2019: Kings Ryde 7-11-9 Nico De Boinville 13-2 (N Henderson), 13 ran.

Sun Racing FORM

SMACKWATER JACK fell latest, (10-12) 9-1 never on terms, weakened flat, 7th of 11 (btn 12l) to Goodbye Dancer (10-5) (Cheltenham 3m hcap hdle (2) £13,763 good to soft).
DEMON FOU (9-11) 12-1 held up, ridden between last 2, kept on, 4th of 8 (btn 10l) to Third Wind (11-3) **COLLOONEY** (10-7) 18-1 never near leaders, 6th (btn 16l) **DUC DE BEAUCHENE** (10-9) 9-2 outpaced 2 out, never able to challenge, 7th (btn 17l) (8 ran) (Wincanton 2m 5f hcap hdle (2) £11,574 heavy).
EARTH MOOR (11-4) 6-1 ridden after last, kept on, btn 6¾l by Espoir De Romay (12-0) **HYGROVE PERCY** (11-9) 7-1 outpaced 3 out, kept on last, 4th (btn 9¾l) **LUNGARNO PALACE** (11-7) 16-1 weakened last, 7th (btn 14l) **UNO MAS** (10-8) 50-1 tailed off, 9th (btn 38l) **KUIPER BELT** (11-12) 150-1 weakened, 10th (btn 45l) (11 ran) (Wincanton 2½m cond hcap hdle (3) £7,148 soft).
EARTH MOOR (10-11) 14-1 weakened 2 out, 12th of 17 (17l) to Downtown Getaway (11-8) **KUIPER BELT** (10-13) 100-1 never a factor, tailed off, last (well btn) (Kempton 2m 5f hcap hdle (3) £6,498 good to soft).
CILAOS GLACE u/rider latest, (11-10) 10-1 tailed off, 8th of 12 (btn 20l) to Simply The Betts (11-8) (Chepstow 2m nov hcap ch (3) £7,018 soft).
MIDNIGHT MIDGE (10-3) 9-2 made all, stayed on well, bt Myplaceatmidnight (11-12) 3l (13 ran) (Wincanton 2½m hcap hdle (3) £6,823 soft).
DARSI IN THE PARK (11-4) 25-1 middivision, shaken up 2 out, led last, ran on well, bt Jack Valentine (10-13) 7l (11 ran) (Uttoxeter 2m mdn hdle (4) £3,769 soft to heavy).
UNO MAS (10-3) 7-1 in rear, weakened from 3 out, 5th of 6 (btn 32l) to Informateur (11-13) (Sedgefield 2½m hcap hdle (3) £5,913 heavy).

4.45 DOWNLOAD THE STAR SPORTS APP NOW! HCAP CHASE (3); winner £8,447; 3m 1f. (8 runners)

1 91-25P5 **AUBUSSON 57** J Williams 11-11-9 ... **Lizzie Kelly (3) 87**
2 6-63143 **LE BOIZELO 50 (C)** R Walford 9-11-7 ... **Mr Thomas O'Brien (5) 97**
3 /52U-8P **SPIDER'S BITE 67** H Daly 8-11-7 ... **Tom O'Brien 85**
4 7-6134P **BARBROOK STAR 47 (P;CD)** P Hobbs 8-11-4 ... **Richard Johnson ●99**
5 111-156 **WAIKIKI WAVES 27 (B)** G L Moore 7-11-2 ... **Jamie Moore 96**
6 36-073P **AIR NAVIGATOR 34 (P,T)** T R George 9-11-2 ... **Jonathan Burke 97**
7 483P4-4 **QUITE BY CHANCE 32 (T;C)** C Tizzard 11-11-1 ... **Jonjo O'Neill Jr. 90**
8 972-285 **BROADCLYST 32** C Down 8-11-0 ... **Bryan Carver (5) 98**

BETTING: 4 Le Boizelo, 9-2 Barbrook Star, 5 Air Navigator, 6 Waikiki Waves, Quite By Chance, 7 Spider's Bite, Aubusson, 12 Broadclyst
WHERE FAVOURITES FINISHED: abd abd 1 5 2
2019: Barbrook Star 7-11-5 Tom O'Brien 7-1 (P Hobbs), 8 ran.

Sun Racing FORM

AUBUSSON (10-12) 10-1 lost place 9th, weakened, 5th of 7 (btn 46l) to Dragon D'Estruval (11-12) (Ludlow 3¼m hcap ch (3) £7,018 soft).
LE BOIZELO (11-4) 13-2 led 12th until 2 out, no extra in 3rd, 3rd of 8 (12l) to Django Django (11-12) (Newbury 2m 7f hcap ch (3) £7,343 heavy).
SPIDER'S BITE p/up latest, (11-8) 9-1 weakened before last, last of 8 (btn 49l) to Pym (11-13) (Ascot 3m nov hcap ch (3) £8,058 soft).
BARBROOK STAR p/up latest, (11-7) 12-1 well held 4 out, 4th of 10 (btn 17l) to Captain Drake (11-9) (Exeter 3m hcap ch (3) £11,696 soft).
WAIKIKI WAVES (10-8) 12-1 in last pair, never on terms, 6th of 11 (btn 35l) to Legal Eyes (11-1) (Kempton 3m hcap ch (3) £8,447 good to soft).
AIR NAVIGATOR p/up latest, **BROADCLYST** (10-11) 8-1 soon in touch, kept on and every chance flat, just held, btn nk by Worthy Farm (11-12) **AIR NAVIGATOR** (11-7) 11-1 no impression with front pair from last, 3rd (btn 3l) **LE BOIZELO** (11-9) 9-2 fav kept on same pace, 4th (btn 6¼l) (11 ran) (Wincanton 3m 1f hcap ch (3) £9,097 heavy).
QUITE BY CHANCE (11-0) 33-1 middivision, plugged on 3 out, 4th of 10 (btn 14l) to Cap St Vincent (11-6) **BROADCLYST** (11-0) 10-1 weakened 3 out, 5th (btn 28l) (Taunton 2m 7f hcap ch (3) £8,058 soft).

5.20 CALL STAR SPORTS ON 08000 521 321 MAIDEN NH FLAT RACE (5); winner £2,274; 1m 7f. (14 runners)

1 1-3 **BOBHOPEORNOHOPE 64** K Bailey 5-11-4 ... **David Bass ●99**
2 5 **CAPTAIN BIGGLES 99** O Murphy 5-11-4 ... **Richard Johnson —**
3 **CHERUBIN DE PAIL** S Thomas 5-11-4 ... **Sam Twiston-Davies —**
4 33 **FRANKIE BABY 76 (BF)** W Greatrex 5-11-4 ... **Lee Cosgrove (10) 88**
5 8 **GLENTRUAN 35 (H)** P Hobbs 5-11-4 ... **Tom O'Brien 92**
6 4 **GRANGECLARE GLORY 103** D Pipe 5-11-4 ... **Tom Scudamore —**
7 24 **ONEUPMANSHIP 69** J Barber 5-11-4 ... **Nick Scholfield 98**
8 7-342 **SMURPHY ENKI 95** C Gordon 5-11-4 ... **Tom Cannon —**
9 2P-3F1 **SONG OF THE HUNTER 46** G Haywood 6-11-4 ... **David Noonan —**
10 0 **THAT OLE CHESTNUT 35** J Scott 5-11-4 ... **Matt Griffiths 91**
11 2 **TIME TO TINKER 90 (BF)** P Nicholls 5-11-4 ... **Harry Cobden 98**
12 **WINDANCE** A Honeyball 5-11-4 ... **Aidan Coleman —**
13 **ARCTIC POET** R Buckler 4-10-10 ... **Sean Houlihan (3) —**
14 **LIGHT EM UP NIGEL** N Martin 4-10-10 ... **Daryl Jacob —**

BETTING: 3 Time To Tinker, 4 Bobhopeornohope, 7 Oneupmanship, 8 Frankie Baby
WHERE FAVOURITES FINISHED: abd abd 1 2 1
2019: Green Dolphin 5-11-4 Noel Fehily 7-4 Fav (H Fry), 12 ran.

GREYHOUND SELECTIONS

■SUNDERLAND: 11.03 Footfield Frano (1-3-2) 11.19 Frainey Jim (1-2-6) 11.34 Mouna Kimberlite (5-4-6) 11.48 Titanic Destiny (1-6-2) 12.04 Calzaghe Jet (6-1-4) 12.18 Tornaroy Tiger (nap) (4-6-5) 12.33 Candlelightspice (1-4-2) 12.48 Ballyhoe Alpha (4-6-3) 1.04 Kilbarry Lion (1-4-5) 1.19 Lexington Avenue (nb) (6-5-1) 1.33 Faith In Spades (4-6-3) 1.51 Pronto Bonzo (2-5-3)
■PERRY BARR: 11.11 Brendos Buddy (nap) (6-3-5) 11.26 Whizzing Jenny (3-5-1) 11.41 Baileys Birchy (4-1-2) 11.56 Newinn Brexit (4-3-5) 12.11 Kiki Do U Luv Me (6-3-5) 12.26 Ballymac Flor (nb) (2-3-1) 12.42 Woe Boy (5-1-6) 12.57 Swift Sinful (5-1-4) 1.12 Suirview Betty (6-4-5) 1.27 Some Detail (1-5-3) 1.44 Horgans Magic (1-3-5) 1.59 Baggios Sky (2-4-1)
■SHEFFIELD: 2.08 Tootsville King (5-4-1) 2.27 Amazing Act (6-4-3) 2.47 Broomwell Wren (2-1-6) 3.07 Stonepark Ann (2-5-6) 3.27 Kilara Marciano (1-3-6) 3.47 Curiosity Shop (4-2-6) 4.07 Greenhill Honey (2-1-3) 4.27 An La Fada (1-2-4) 4.46 Glenvale Jet (5-2-4) 5.06 Highview Avril (nap) (6-3-4) 5.22 Bumblebee Bailey (1-6-5) 5.39 She Talks (1-2-3) 5.56 Sullane Jet (nb) (3-1-5) 6.11 Bartlemy Bella (3-4-5)
■NEWCASTLE: 6.22 Bramble Amelia (nap) (5-3-6) 6.39 Colliery Gibbo (6-3-4) 6.55 Kylevan Brae (2-6-5) 7.09 Colliery Billy (nb) (4-5-2) 7.26 Fireside Sal (3-6-5) 7.42 Floss (5-3-6) 7.57 Memyselfandyou (6-3-5) 8.13 Glenvale Barry (5-4-2) 8.29 Swift Andre (5-6-1) 8.44 Swift Sensible (1-4-2) 8.59 Killieford Glen (1-4-3) 9.14 Farloe Sparrow (3-6-4)
■HOVE: 6.27 Fernandog Torres (1-5-2) 6.44 Road To Success (6-2-5) 7.03 Gemini Valentina (4-6-1) 7.17 Wheres Emma (1-2-3) 7.33 Get On Cupid (nap) (6-3-4) 7.49 Dognor Roxie (6-2-5) 8.06 Clairekeith Rhia (nb) (1-5-2) 8.21 Antigua Fire (6-2-5) 8.38 Shoot The Bolt (4-3-6) 8.53 Mill Hill (1-3-5) 9.08 Vigorous Kevin (1-5-2) 9.26 Aayamza Royale (3-2-6) 9.42 Antigua Breeze (4-2-5) 9.57 Diesel Minnie (4-6-2)
■YARMOUTH: 6.29 Swift Carmen (6-1-5) 6.47 Turnthatphoneoff (1-2-6) 7.05 Actress (3-1-5) 7.19 Fahrenheit Storm (5-4-1) 7.36 Tranquil Vista (1-2-3) 7.52 Right So Velvet (nap) (3-4-2) 8.08 Hartwood Foxie (nb) (5-6-2) 8.23 Colski Tara (2-1-5) 8.37 Hart Zar Glass (6-1-4) 8.51 Blackstone Jemma (4-2-5) 9.06 Skeard Princess (2-3-5) 9.22 Fahrenheit Jojo (1-4-5)

NEWCASTLE

GOING: STANDARD

TEMPLEGATE

4.55 ....Agreed
5.30 ....Superiority
6.00 ....War Whisper (nb)
6.30 ....I Know How
7.00 ....Harry George
7.30 ....Zarkavon
8.00 ....Hong Kong Dragon
8.30 ....Qaaraat

TOM PEPPER

4.55 ....Agreed
5.30 ....Street Life
6.00 ....Young Tiger
6.30 ....Glenamoy Lad
7.00 ....Mango Chutney
7.30 ....Don't Be Surprised
8.00 ....Hong Kong Dragon
8.30 ....Qaaraat

■TIC-TAC: Round L-H AW fibresand with a 3f run-in. There is a straight 5f course. ■DRAW: Low best from 6f to 1m. ■TOP TRAINERS (2015-2020): M Appleby 101-787, S Dixon 48-620, R Fahey 34-191, D Shaw 29-230. THIS SEASON: M Appleby 9. ■TOP JOCKEYS (2015-2020): B Curtis 60-320, L Morris 58-499. THIS SEASON: B Curtis 14. ■LONGEST TRAVELLER: The Eagle's Nest (3.45). Round trip of 422 miles. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON SKY SPORTS RACING

4.55 NOVICE STAKES (Class 5); 3-y-o; winner £3,429; 1m 4f. (4 runners)

1 (1) **5 ALEYDALI 7 (B★)** K Scott 9-5 ... **P Dennis**
2 (3) **3-3 DARK HEART 13 (BF)** M Johnston 9-5 ... **P J McDonald**
3 (2) **62-2 AGREED 13** J Gosden 9-0 ... **R Havlin**
4 (4) **0 CHENILLE 19** L Mullaney 9-0 ... **C Hardie**

Agreed ● 99, Dark Heart 94.
4-9 Agreed, 7-4 Dark Heart, 66 Chenille, Aleydali

5.30 APPRENTICE HANDICAP (6); 3-y-o; winner £2,782; 5f. (6 runners)

1 (2) **646- SUPERIORITY 128** K Burke 9-7 ... **M Coles (7)**
2 (1) **1233 COMEATCHOO 10 (BF,D)** P McEntee 9-1. **S P Davis**
3 (3) **4-34 STREET LIFE 17 (V)** R Fahey 8-11 ... **C Murtagh**
4 (5) **77-9 LADY LATTE 19 (H★)** K Burke 8-10 ... **R Pindar (5)**
5 (4) **0-00 IT'S NOT MY FAULT 6 (P★)** P Midgley 8-5 .. **H Shaw**
6 (6) **000- CHARMORE 118** W Storey 8-2 ... **A Breslin (3)**

Street Life ● 99, Comeatchoo 98, Lady Latte 97.
7-4 Superiority, 5-2 Comeatchoo, 3 Street Life, 8 Lady Latte, 10 It's Not My Fault, 50 Charmore

6.00 HANDICAP (4); winner £5,208; 5f. (9 runners)

1 (9) **3-83 DOUBLE UP 28 (P,T;D)** I Williams 9-9-8.. **P J McDonald**
2 (6) **1-57 CHITRA 12 (C,D)** D Kubler 4-9-7 ... **J Fanning**
3 (5) **1-13 ALOYSIUS LILIUS 13 (P;CD)** G O'Leary (Ire) 4-9-7.. **Doubtful**
4 (7) **5266 FOXY FOREVER 15 (B,T;D)** M Wigham 10-9-4 **T Hamilton**
5 (1) **07-2 WAR WHISPER 15 (D)** P Midgley 7-9-4 **P Mulrennan**
6 (2) **7131 TATHMEEN 15 (CD)** A Brittain 5-9-4 ... **C Hardie**
7 (4) **80-7 PRIMO'S COMET 49 (CD)** J Goldie 5-9-1... **P Dennis**
8 (8) **0-12 JONBOY 28 (B;CD)** D Brown 5-8-13 ... **R Da Silva**
9 (3) **-223 YOUNG TIGER 14 (H;CD)** T Tate 7-8-11 . **JP Sullivan**

Double Up ● 99, Aloysius Lilius 98, Foxy Forever 97.
4 Tathmeen, 9-2 War Whisper, 6 Chitra, 7 Jonboy, 8 Double Up, 10 Young Tiger, Foxy Forever

Sun Racing FORM

DOUBLE UP (9-9) 9-1 chance entering final furlong, stayed on same pace, 3rd of 6 (btn 3¼l) to Dandys Gold (9-3) (Newcastle 6f hcap (4) £5,208 AW).
CHITRA (8-9) 25-1 faded final furlong, last of 7 (2¾l) to Hareem Queen (8-9) (Lingfield 5f Listed £25,520 AW).
ALOYSIUS LILIUS (9-0) 5-1 kept on inside final furlong to go 3rd close home, 3rd of 10 (btn 4¾l) to Sceptical (9-10) (Dundalk 6f hcap €10,200 AW).
TATHMEEN (8-7) 9-4 fav ran on inside final furlong, led inside final 50 yards, kept on, bt **WAR WHISPER** (8-9) 10-1 kept on inside final furlong, took 2nd near finish, ½l **FOXY FOREVER** (8-11) 6-1 never reached leaders, 6th (btn 2¼l) (7 ran) (Newcastle 5f hcap (3) £7,439 AW).
JONBOY (8-12) 11-2 led, headed close home, led post, bt Buniann (8-11) ns **FOXY FOREVER** (9-7) 10-1 no impression inside final furlong, 5th (btn 1¾l) **PRIMO'S COMET** (9-5) 8-1 weakened inside final furlong, last (btn 3¼l) (Newcastle 5f hcap (4) £5,072 AW).
TATHMEEN (8-7) 11-2 held up, travelled strongly, ran on inside final furlong, led close home, bt **JONBOY** (8-7) 6-1 led, driven over 1f out, ran on, headed close home, sh hd (6 ran) (Newcastle 5f hcap (4) £5,208 AW).
YOUNG TIGER (9-2) 5-1 led 1f out, headed and stayed on same pace inside final furlong, 3rd of 6 (btn 1l) to Red Stripes (8-4) (Southwell 5f hcap (5) £3,429 AW).

6.30 HANDICAP (4); winner £5,208; 6f. (8 runners)

1 (2) 104/ **NORTHGATE LAD 902 (C)** B Ellison 8-9-10 **B Robinson**
2 (1) **09-2 GLENAMOY LAD 23 (T;CD)** M Wigham 6-9-9 **J Fanning**
3 (3) **010- EQUIANO SPRINGS 135 (CD)** T Tate 6-9-7 . **JP Sullivan**
4 (7) **47-4 MIA MENTO 23 (D)** P Chapple-H 4-9-6 ... **J Mitchell**
5 (4) **113- BUCCANEERS VAULT 160 (BF,CD)** P Midgley 8-8-12 **K Stott**
6 (6) **21-1 I KNOW HOW 19 (B;CD)** J Camacho 5-8-6. **C Hardie**
7 (8) **-342 INSURPLUS 7 (C)** J Goldie 7-8-6 ... **P Dennis**
8 (5) **44-2 INDIAN SOUNDS 19 (D)** P Midgley 4-8-4. **D Fentiman**

I Know How ● 99, Indian Sounds 98, Insurplus 97.
3 I Know How, 5 Glenamoy Lad, Mia Mento, 6 Buccaneers Vault, 13-2 Equiano Springs, 8 Insurplus

SANDOWN DOUBTS

By TOM PEPPER

TOMORROW's Grand Military Gold Cup meeting at Sandown must pass an 8am inspection today.

**The chase and hurdle courses have areas of false ground and clerk of the course Andrew Cooper said: "We've

Hearn so hot on AJ 'n Fury

UP FOR BIG GRIN . . . Joshua is eyeing up elusive WBC belt

EDDIE HEARN has a plan in place for Anthony Joshua to face the winner of Tyson Fury versus Deontay Wilder III in December.

WBA, IBF and WBO champ AJ wants to land the WBC belt being contested again on July 18 – if he beats mandatory challenger Kubrat Pulev on June 20.

Fellow Brit Fury famously won his last showdown with Wilder in Las Vegas in February.

But the American exercised his right to a rematch – keeping Joshua away from the one title missing from his collection for at another ten months.

By WALLY DOWNES Jr

But Matchroom boss Hearn revealed he has spoken to Fury's US promoter Bob Arum and the huge decider is just around the corner.

Hearn said: "We spoke on Tuesday and have been talking about how the deal would work.

"We're willing to do the deal and sign the deal now for December – subject to AJ winning and Fury winning.

"We would also do the same for Wilder if he wins the rematch.

"We're a little cautious because of the Andy Ruiz memories and all the talk of Wilder and undisputed.

"We've just got to get Pulev beat and Fury has to beat Wilder."

Saudi Arabia, which hosted Joshua's December rematch win over Andy Ruiz Jr, would love that potential mega-fight.

But Cardiff and Las Vegas are also in the running.

Any deal will come down to cold hard cash once the soon-to-be-decided WBC king and AJ know how much money is on the table for a two-fight deal.

And Hearn said: "The fighters will say, 'Tell me what's out there' and there are only three options. Wales, because it's December, Vegas or Saudi.

"For me, any deal is likely to be a two-fight deal. In an ideal world they would both want to do it in the UK.

"But we would have to come up with something special in the UK to even get to half the numbers of another territory as there's no government help.

"It's just ticket prices and pay-per-view – that's it. You're up against governments willing to pay huge site fees to bring the fight there."

Fury is only planning on two more fights before retiring from boxing.

He said: "I've already been undisputed heavyweight champ. When I beat Klitschko I had all the belts, so as far as I'm concerned Joshua just has my leftovers."

HAUL GOOD . . . Fury at home with promoter Frank Warren

He Can hurry

By WALLY DOWNES Jr

BILLY JOE SAUNDERS looks favourite to land a megabucks May fight with Saul 'Canelo' Alvarez but told his bitter rival to hurry up or 'f* off'.**

Britain's WBO super-middleweight champion *(below)* has a long-running feud with four-weight superstar Canelo, 29, who repeatedly vows to deny him a life-changing payday.

Canelo's Las Vegas showdown on May 2 – planned around the Mexican holiday Cinco De Mayo – is just eight weeks away and Saunders, 30, or Callum Smith, 29, need to know if they should be packing a suitcase.

Promoter Eddie Hearn said: "I think Billy Joe is the frontrunner now but previously it was Callum.

"Both fighters are standing by to see who gets the golden ticket but neither have set a deadline.

"Billy has been telling me for two weeks, 'I want to know today or tell Canelo to f*** off'."

Lew's green team

LEWIS HAMILTON praised his Mercedes team for pledging to be carbon neutral by the end of the 2020 F1 season.

On stage at Wembley's WE Day, which celebrates young people's power for positive change, Hamilton said: "It's great to see Merc taking responsibility for sustainability."

The six-time world champ, who switched to a plant-based diet, added: "I'm now more aware of the environmental issues we're facing and want to have a positive impact."

HE'S THUMB EXAMPLE . . . Hamilton on stage at youth event WE Day

WITH A GP NOT FAR, FAR AWAY

IT'S A DARK TIME FOR FORMULA ONE AS REBEL ALLIANCE STRIKES BACK IN FERRARI FUEL STORM...

CAR WARS

FORMULA ONE is in revolt after SEVEN teams went to war with the FIA over their handling of the Ferrari "cheat" storm.

By BEN HUNT

The rebel group have split the sport in two, threatening to sue the governing body over their "deal" with Ferrari after a potential law breach.

Those teams forming the resistance include Lewis Hamilton's Mercedes plus Red Bull, McLaren, Renault, Racing Point, AlphaTauri and Williams.

They are all furious over the FIA's attempts to cover up their investigation into Ferrari's 2019 engine – after paddock claims that the Italian giants broke rules relating to the amount of fuel used.

And the huge row has plunged the sport into turmoil just days before the new season kicks off.

The Australian Grand Prix is set to take place in Melbourne a week on Sunday against a backdrop of chaos.

Last week, the FIA released a statement saying it had "reached a settlement" with Ferrari after completing their probe – but insisted details would remain confidential.

And yesterday, seven of the ten F1 teams issued a strongly worded joint statement over their shock that the FIA had refused to explain whether Ferrari had actually broken the rules.

The action group demanded "full disclosure" of the report as their statement read: "We were surprised and shocked by the FIA's statement regarding the conclusion of its investigation into the Scuderia Ferrari Formula One Power Unit. An international sporting regulator has the responsibility to act with the highest standards of governance, integrity and transparency.

"After months of investigations undertaken by the FIA – only following queries raised by other teams – we strongly object to the FIA reaching a confidential settlement agreement with Ferrari to conclude this matter.

"We hereby state publicly our shared commitment to pursue full and proper disclosure in this matter – to ensure that our sport treats all competitors fairly and equally.

"We do so on behalf of the fans, the participants and the stakeholders of Formula One.

"In addition, we reserve our rights to seek legal redress before the competent courts."

The only teams not to protest were Ferrari plus Haas and Alfa Romeo, who both use Ferrari engines to power their cars. The storm poses yet another headache for the sport's owners, Liberty Media, who are already battling against the killer coronavirus.

The bust-up stems from accusations Ferrari had found a trick way to bypass the FIA's software – that monitors the amount of fuel being used by the engine – to give them an extra boost of speed.

It reached a head after a technical directive was issued to clarify matters ahead of last year's US GP, where suddenly Ferrari's run of six poles came to an abrupt end.

Teams are angry, not only at the FIA's "settlement" but also the timing of the release, crucially coming after the designated six days of pre-season testing.

One team insider said the lenient punishment "sounded like community service" and also joked that the FIA acronym stood for "Ferrari International Assistance."

Tweet @benjhunt

SEEING RED . . . rivals say Ferrari broke fuel rules

THE ROGUE ONES!

WHAT HAVE FERRARI DONE AND HOW DID THEY DO IT?

Teams believe Ferrari found a trick way last season to boost the power of their engine on the straights, making them quicker, particularly during qualifying.

Rivals teams suspect they achieved it by burning more fuel. F1 rules limit the amount you can use so there was a feeling that Ferrari achieved this by somehow by-passing or tricking the FIA's monitoring devices.

WHY ARE THE TEAMS ANGRY?

The fact the FIA wanted to keep their findings secret. In the interests of fairness, findings should be made public.

WHAT HAPPENS NOW?

This will cause a stink ahead of the first race and Ferrari will get stick.

The teams want a full disclosure but ultimately they would probably like to see Ferrari punished. If Ferrari lose their points — which is unlikely — other teams would earn more prize money.

GRIEVING Geraint Thomas paid tribute to the man behind his 2018 Tour de France win, saying: "I'll never forget his dancing in Paris."

Team Ineos sporting director Nicolas Portal, 40, died from a heart attack on Tuesday.

Thomas, 33, added: "Nico was so talented."

SPORTS UPDATE

MYLER . . . reality check

Rich's got wee issue

By GARY CARTER

RICHIE MYLER hopes to bathe in success after almost having something else to bathe in after his last win — his son's wee!

The Leeds ace was buzzing after helping his side to a 36-0 hammering of Warrington last Friday and picking up the man-of-the-match award for his first stint at full-back.

But thoughts of a blissful night's sleep ended when youngest boy Louis wet the bed, on his side!

And Myler admitted: "It brought me down to earth and reality hit home."

Leeds come up against the man who last got them to the top, Brian McDermott, tonight — now at Toronto Wolfpack.

Myler added: "I hope he gets a great reception."

JO KONTA dumped Kim Clijsters out of the Monterrey Open in Mexico for her first win for six months.

The British No1 beat the multiple slam ace 6-3 7-5 in the Belgian's second match since returning to the Tour.

Nick Kyrgios and Marin Cilic will play at Queen's in June.

CRICKET JACK BACK ON TOUR

Don't fall asleep, you might not wake up

LEACH FEARED HE'D DIE OF SEPSIS

HEALTHY RETURN . . . Jack Leach at England's team hotel in Colombo

By JOHN ETHERIDGE

JACK LEACH has revealed for the first time that he feared for his life during a terrifying bout of illness earlier this winter.

England spinner Leach, 28, said: "I remember thinking, 'Don't fall asleep because you might not wake up'.

"It was that serious in terms of how I was feeling."

Leach was struck down by sepsis in late November, near the end of the tour to New Zealand, and then did not bowl in South Africa because of further illness.

As if that was not bad enough, a man who is more vulnerable than most to infection and illness now has the global coronavirus pandemic to worry about.

Leach arrived on Tuesday in Sri Lanka for the two-Test tour as the senior slow man and a key bowler in England's pursuit of victory.

The Somerset left-armer took 18 wickets at 21 apiece when England whitewashed Sri Lanka 3-0 in late 2018.

But the two other spinners on that trip — Moeen Ali and Adil Rashid — made themselves unavailable this time, meaning Leach must operate alongside the less experienced Dom Bess and Matt Parkinson.

Leach's No1 priority, however, is to stay healthy.

He has Crohn's disease, which weakens his immune system, and recalls with horror contracting sepsis, a potentially-fatal form of blood poisoning, after first suffering from gastro-enteritis.

He explained: "I didn't know too much about it at the time, how serious it could be, but I remember feeling very, very ill.

"I was out of it, really. My blood pressure was dropping quickly, my heart-rate was 190 and my temperature was 40 degrees. That's when they called an ambulance.

"Once I got antibiotics in my arm and on a drip, I started to feel better quite quickly — but it still took a couple of nights in hospital. I was probably still recovering when I flew back from New Zealand."

A total of 11 England stars caught the bug at the start of their South African tour. Leach was more seriously affected due to having Crohn's.

He said: "I picked up a couple of things in South Africa and my body couldn't cope.

"Other people got ill but I struggled to fight it off like a healthy person would. My medication for Crohn's weakens my immune system, so it's a bit more of a struggle.

"You can start to feel fine in general but playing high-level sport is a completely different thing and probably something I didn't think about enough.

"As sportsmen, we try to push through pain. You don't want to be weak mentally or physically but unfortunately I was weak physically.

"With your health, you sometimes have to take a step back."

Because of Covid-19, guests at the team hotel in Colombo are being scanned by infra-red sensors that detect anybody running a temperature — and the staff are wearing masks.

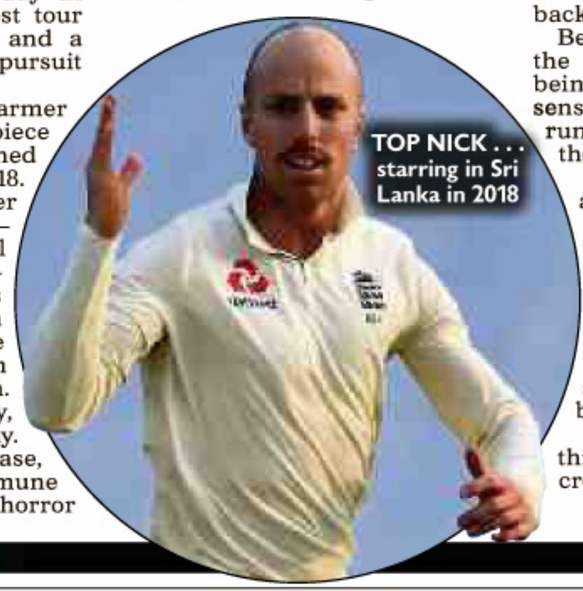
Leach, also recovering from a calf strain, insisted: "I've come to a safer place. I've been nervous in England but I feel fine here.

"I guess I'm a little more concerned than others.

"We have been given packs with wipes, hand-sanitiser and we're drinking bottled water.

"I just have to do the right things and keep my fingers crossed."

Tweet @JohnSunCricket



TOP NICK . . . starring in Sri Lanka in 2018

VUNIPOLA . . . out

KO'D

From Back Page

after the Italian government last night announced ALL sports events would be suspended until April 3 unless they can be staged without fans present.

Six Nations bosses held an emergency meeting and decided to postpone the match rather than play in an empty stadium.

The news will cause chaos for 20,000 fans who have already booked travel for England's final game of the tournament.

The death total in Italy from the virus had last night reached 107 from over 3,000 cases.

And both ITV and the BBC had already decided not to send staff to Rome.

The Italian government's decree read: "Sports events of all kinds are suspended. However, it is permitted to carry them out behind closed doors."

Eddie Jones' side were due to fly to the Eternal City after taking on Wales at Twickenham on Saturday.

Ireland's health minister called off Saturday's Dublin game against Italy last week and that fixture might not even be played until the autumn as the spread of the virus wreaks havoc across the globe.

England have already ordered prop Mako Vunipola to stay away from their camp, on the advice of their medical team, after he flew via Hong Kong on his return from Tonga last week.

However, he has been cleared to play for Saracens against Leicester in two days by his club, who refused to adopt England's ultra-cautious approach.

Government guidelines suggest only people who show symptoms of the deadly virus need to self-isolate for 14 days.

And Vunipola has shown no ill-effects after flying home for a family matter with injured brother Billy.

Saracens said: "Travellers returning from Hong Kong are not currently subject to mandatory quarantine or self-isolation unless they become symptomatic.

"Neither Billy nor Mako have displayed symptoms."

Meanwhile, SIX other people involved in cycling's UAE Tour have tested positive for coronavirus.

Team INEOS yesterday took the decision to withdraw from all racing until the Volta a Catalunya on March 23.

They said they owed a "duty of healthcare to riders and staff" in these "exceptional times".

It also gives them a chance to mourn sporting director Nico Portal, who died on Tuesday aged 40.

Boss Sir Dave Brailsford said: "This is a uniquely sad moment for everyone at the team.

"This pause will give us the time to grieve for Nico — but I also believe it is in the best interests of both cycling and the wider public."

ENGLAND v WALES 2 DAYS TO GO

ROSS: I'LL BE BOSS

Moriarty back-row battle

By DAVID FACEY

THE Welsh powerhouse born in England cannot wait to tangle with the Englishman forged in Wales.

Ross Moriarty is also looking forward to taking on the "young pup" who become a real attack dog.

Wales back rower Moriarty is relishing the chance to go up against the much-hyped England duo of Sam Underhill and Tom Curry.

Moriarty *(left)*, 25, saw plenty of both players while at Gloucester, before linking up with the Dragons two years ago, and admits they are fulfilling their potential.

But the Merseyside-born hardman, who helped the England Under-20 side win the Junior World Cup before following dad Paul and uncle Richard into the Wales team, is clearly keen to prove a point against Underhill, 23, and 21-year-old Curry.

He said: "Sam was in the academy when I was at Gloucester but he didn't really get a look-in. He moved to the Ospreys where he did quite well.

"He took an opportunity in Wales and that's got him into the England team.

"I played against Tom quite a few times for Gloucester against Sale. He was a young pup at the time but you could tell he had a lot of potential. He's showing it now in an international shirt. Fair play to him and Sam but it doesn't make me worried about anything.

MORIARTY . . . with U18s

"It's a good challenge which I'll look forward to.

"Getting stuck into people physically is my bread and butter. And we know if you don't match England physically then you've got no chance."

Moriarty does not react well to the suggestion he could have joined Underhill and Curry in the Red Rose back row.

He was born in St Helens after his dad left Wales to play rugby league for Widnes.

He snarled: "Playing for England Under-20s was something I looked at as an opportunity to make an impact in the game, which I grabbed with both hands.

"If I hadn't taken that route I might never have played for Wales.

"So you can't look at it like, 'He should never have played for England, blah, blah, blah'.

"That's not the case. I only lived in England for two years and then I moved back to Wales until I was 16, when we moved to Gloucester. So I'm pretty Welsh, if you get me!"

EDDIE JOKES . . . England boss Jones enjoys himself during yesterday's training session

SCRUM ON THEN!

MARO ITOJE plans to pulverise the Wales pack as England believe that their scrum is becoming a major weapon.

By JONNY FORDHAM

With new forwards coach Matt Proudfoot on board from South Africa – the side that ripped Eddie Jones' World Cup finalists apart in Japan – Itoje believes they have taken their game to the next level.

Prop Mako Vunipola has been stood down due to coronavirus fears, but England have Joe Marler, rated as the best set-piece scrummager in the country, as well as dynamic Ellis Genge to take on the Dragons at Twickenham on Saturday.

And second-row Itoje *(right)* warned Wales: "I have experienced being on the other side of a team where they have a dominant scrum and it's not nice and not comfortable.

"We like to use our scrum as a weapon and when you can't use it, it is almost seen as a weakness and it is not a place you want to be in. Every pack would say the same thing in terms of trying to have a dominant lineout, maul.

"We've always seen the scrum as important but Matt has come in and probably placed a greater importance on it with both sides of the ball – when we have it and when the opposition puts in.

"It is the responsibility of not just the front row, but everyone in the pack. When the scrum is getting marched forward, as a front row, you get massive pats on the back.

"I get just as much enjoyment of winning a scrum penalty as I do a maul penalty. They are both massive parts of the game and that is what Matt has come in and tried to emphasise."

Marler added: "Matt has added a different mindset to the scrum and more licence to attack, which is always nice for a prop to hear.

"It's trying to get the back rowers to buy into loving scrummaging, as much as we do. It's been noticeable – seeing back-rowers smiling for a scrum session has been good."

Not only will England look to hit Wales up front but they will also look to restrict their backs.

Tackling-machine Itoje knows that by targeting fly-half Dan Biggar they can suffocate Wales' backs and deny them their first Championship win in London since 2012.

Itoje said: "Biggar is their ten, so we know that we are going to have to stop him playing his best game."

On the domestic front, Harlequins have signed England star **CHRIS ASHTON** following his departure from Sale Sharks.

The wing, 32, who won the last of his 44 England caps a year ago, has scored 20 Test tries. He said: "I can't wait to get started."

NEVILLE . . . slump

Neville: I Believe in better

From STEVE BRENNER in Orlando

PHIL NEVILLE is sure he can turn around England's post-World Cup slump.

The Lionesses boss has come in for flak — with his side winning just two of their last seven games since losing a dramatic semi-final to the USA in France eight months ago.

Neville will be reunited with the world champs here tomorrow tonight, as England attempt to defend the SheBelieves Cup they won last summer.

But the Americans are unbeaten in 28 games — and fancy their chances of extending that superb run.

Neville said: "When I first got the job two years ago, it seemed to take a massive upwards curve.

"In our first SheBelieves match we beat France and I thought, 'This will not last forever, there will be a downturn'.

"The best managers can get the sack, I was always prepared for that.

"The thing I was really passionate about was that I wanted to protect my squad. I see players who have their mojo back — we're in a good place."

Boss Neville is without crocked full-back Lucy Bronze for the four-team tournament, which also includes Japan and Spain.

in association with William HILL

Top Tips

by FINLO CLARKSON

MANCHESTER UNITED record goalscorer Wayne Rooney will be lining up against the Red Devils in tonight's FA Cup tie at Derby.

Odion Ighalo is in line for a start and having scored in the Europa League game against Club Brugge is 10-11 to bag another tonight.

Rooney's best hope of a goal will come from a penalty and you can get a spot kick to be awarded and scored for either side at 4-1.

It could go the distance and Derby are a tasty 25-1 to nick it in extra-time.

DIAMOND: Ighalo to score anytime, 10-11.
NEXT BEST: A penalty to be awarded and scored, 4-1.
LONGSHOT: Derby to win in extra-time, 25-1.
(all odds supplied by William Hill)

BLUES' LITTLE BIG MAN

BULLY FOR YOU, BILLY

Gilmour lesson from Maguire

BAD CHOKE . . . Maguire grabs Gilmour

WE SAID HE WAS GOOD! READ ALL ABOUT HIM AT thesun.co.uk/football

By ANDREW DILLON

BILLY GILMOUR has little legs but a long memory — and he will never forget being 'bullied' by Harry Maguire.

Maguire literally went for the jugular against a boy eight years younger, and more than a foot shorter, during Chelsea's League Cup defeat against Manchester United in October.

And 5ft 6in midfielder Gilmour learned a hard and valuable lesson against United's 6ft 4in centre-half.

Yet he proved just how far he has come on Tuesday night with a brilliant man-of-the-match performance.

The Glaswegian, 18, ran rings round Liverpool in the FA Cup to show he can compete with bigger boys – and win.

He said: "That was pointless for Maguire but obviously he is going to try to bully young ones and that's where I need to learn how to be stronger.

"I have been working on that and can only get stronger as a player.

"But that was definitely a learning curve when he gripped me up in the box. I remember that very well.

"Basically, he was saying I'm a wee guy. He was pushing me off, gripping me by the throat and that's something I have to deal with.

"But I won't let that happen again, that's for sure."

United's captain might want to watch his ankles for teethmarks when he next faces Chelsea – which could yet be this season with both teams still in the FA Cup.

Gilmour has already proven himself a tough cookie mentally. He joined Chelsea for £500,000 from Rangers in 2017 just after taking his GCSEs and moved to Surrey on his own, aged just 16.

His mum had planned to join him, but a decision was taken for Gilmour to go it alone and live with a host family to help him mature.

Gilmour showed why he is so highly rated by Blues boss Frank Lampard by running rings around Liverpool in their 2-0 fifth-round win.

Lamps first clapped eyes on Chelsea's newest talent off the production line while studying for his coaching badges at the club's Cobham training HQ and has raved about him ever since.

The win over Jurgen Klopp's runaway Premier League leaders was only his third start – but already he feels settled.

And the pint-sized midfielder is already gaining a reputation for having a big heart.

Gilmour said: "I've had a bit of a taste of it now, so wasn't really nervous. I was more looking forward to going out there and showing what I can do.

"It was a really good game. We won, stuck together and played really well.

"What's not to love? And to beat Liverpool as well!

"I'm not here to be just a player being quiet. I need to tell folk to get into position. It's the same for people telling me.

"That's how I get better and they get better. Just telling folk to help out.

"I have to communicate well, specifically with my position and the way that I play."

Gilmour has adapted his game to make the most of his talents, appreciating he will never outmuscle the big guys.

Ahead of Sunday's home Premier League clash against Everton, he added: "When I came to Chelsea we were given individual action plans and had to focus on a player.

"Mine was Cesc Fabregas – I just loved how he played.

"So I watched a lot of videos of him and, now I'm older, I've tried to put it into the games and it's working."

VAN: KEEP CALM

By ANDREW DILLON

VIRGIL VAN DIJK wants shell-shocked Liverpool team-mates to ignore the haters and keep plugging on to glory.

But the defender admits the Prem leaders need to improve after an alarming dip in form – which has coincided with the absence of Jordan Henderson.

Liverpool have won 82 per cent of their games when the England star has played, compared with just 58 per cent without him.

Tuesday's 2-0 FA Cup defeat at Chelsea was the third loss in four games.

But they remain 22 points clear in the title race.

And Van Dijk *(right)*, 28, said: "There are people that are never satisfied. They are always looking for negative things.

"Either you're going to think about these things and go with that negative spirit or you just focus on the good things – and I'm definitely focusing on the good things.

"We are in a very good situation, close to what we all hope to achieve. Let's just go for it, enjoy it.

"This is a big blow but we were playing against a very good side."

Chelsea join Atletico Madrid and Watford in beating Liverpool in a miserable two weeks.

Van Dijk thinks it is because teams are shutting up shop against them.

He said: "If you look at the three games before Chelsea, they are quite similar in their approach against us.

"Atletico are one of the best teams that play in that kind of way. And we lost with a corner.

"The West Ham game, they were also playing defensively and we tried to find solutions. It's the most difficult thing in football to break a team down.

"We don't need to talk about the weekend at Watford too much any more.

"The way we lost was totally deserved. It was a very tough day for all of us.

"We wanted to keep winning every game but we deserved to lose at the weekend. We all knew it.

"We all discussed it. We got over it easily because we accepted we have to improve."

LIVERPOOL THIS SEASON (All comps)

STATS reveal just how important Jordan Henderson is to Liverpool this season — with an 82% win rate with him and 58% without.

WITH HENDERSON		WITHOUT HENDERSON
34	Games	12
28	Wins	7
4	Draws	2
2	Defeats	3
2.1	Ave goals for	1.9
0.7	Ave against	1.8
82%	WIN RATE	58%

HIGHEST WIN RATES IN PREM 2019-20

(Minimum: 25 games played – all Liverpool)

	Games	Win rate		Games	Win rate
JORDAN HENDERSON	25	96%	Roberto Firmino	28	93%
Mo Salah	25	96%	Virgil van Dijk	28	93%
Andy Robertson	28	93%	Georginio Wijnaldum	27	92%
Trent Alexander-Arnold	28	93%	Sadio Mane	25	92%

FA CUP 5th ROUND

DERBY v

AWARD . . . Mata with Fernandes

Treble a Gunnar

By NEIL CUSTIS

OLE GUNNAR SOLSKJAER believes Liverpool can NEVER emulate the Treble triumph of Manchester United 1999 heroes.

Jurgen Klopp's side are hailed by some as England's best ever.

Yet while they might be on their way to League glory for the first time in 30 years they are out the FA Cup and clinging on in the Champions League.

United boss Solskjaer said: "The Treble was a fantastic achievement. We hope we're going to do it again but it's a difficult task and more or less impossible.

"There are so many good teams around. It has changed domestically, it was us or Arsenal in '99 and now there's more of us."

Liverpool have now lost more games in all competitions – five – than the four Manchester United lost in 1998-99.

United were unbeaten in the Champions League and FA Cup that year and Solskjaer would sacrifice points for Cup glory.

He said: "It's about trophies. If you could choose the games you lose, you would rather lose three in the League and in the League Cup game than three in the cups and one in the League."

While the FA Cup will have been last on Klopp's list of priorities, Solskjaer believes the competition is still special.

He said: "It was a fantastic final to play in back in '99 and it's always been the last game of the season, a spectacle, you can never under-rate the FA Cup."

Solskjaer's £46.6million January signing Bruno Fernandes won the club's Player of the Month award for February.

Bird eyes his hero

By GRAHAM HILL

MAX BIRD used to have Wayne Rooney's name on the back of his replica Manchester United shirt — and dreamt of playing alongside the Old Trafford legend.

As a United season-ticket holder, he never thought it would actually happen — until now that is. Not only is Bird *(right)*, 19, playing in the same team as Rooney at Derby, the ex-England captain is backing him to make a name for himself.

The midfielder said: "I dreamt of playing in the same team as Wayne Rooney — but I didn't think it would actually happen!

"I was a bit overwhelmed when Wayne came to Derby. After last season I didn't think it could get much better with Frank Lampard and Ashley Cole coming.

"When he signed I thought this is my opportunity, I have to try to impress him and hopefully I have."

'There's fight in the old dog yet'

OLE FIRES ROO WARNING

By NEIL CUSTIS

OLE GUNNAR SOLSKJAER warned Wayne Rooney that any goal he scores against Manchester United will come off of his club-record tally.

And the Old Trafford boss reckons his old team-mate is on a mission to prove "there's still fight in the old dog".

Despite his tongue-in-cheek comments, Solskjaer believes the Derby player coach – who rattled in 253 goals for the Red Devils – still possesses a real danger to his team's silverware hopes this season.

Solskjaer said: "He's a threat in and around the box and from set plays. Wayne will show what he can do and he wants to prove there is still fight in the old dog.

"We've got to be on our toes and not give him any space in midfield because he's got that Paul Scholes-like passing range."

Rooney left United having scored just four more goals than fellow club icon Sir Bobby Charlton.

Now he faces his old club in a Rams shirt in the FA Cup fifth round at Pride Park tonight.

But Solskjaer joked: "He gave absolutely everything for this club. But any goal he scores against us will be chalked off his goals tally!"

Solskjaer believes Rooney's place in the pantheon of United greats will always be appreciated by former team-mates and fans alike.

He said: "Wayne's been a fantastic player for Manchester United. He played here for so long, he's the club's top scorer, won so many trophies.

"I don't think the fans under-rated him, everyone appreciates what he did for us.

"He's still welcome. He still comes to Old Trafford and will get a good reception from our away fans."

Solskjaer said Rooney's influence on and off the pitch was so great that he became his son Noah's favourite player.

He said: "He makes you feel good if you're 80 years old or ten years old – he was my Noah's favourite player, not just because of what he did as a player but the person he was in and around the place.

"When he becomes a manager he'll affect his players and he knows the game. He wants to stay in the game and he's a great person."

Solskjaer was diplomatic when asked if Rooney could one day be boss at Old Trafford now that he has made his first step into coaching with Derby.

Solskjaer smiled: "Yeah, well, it depends on how much you put into the job and how much you want it.

"It takes over your life but it's the second best after playing. I am sure there are many ex-players and managers who want my job."

Solskjaer is starting to see the fruits of his labours as United boss almost a year after being given the job permanently.

He will keep pushing to get the club back to the top and is not afraid to cast players off if they don't have the same drive.

He said: "I've got to make decisions and one day, well, you give them one warning and that's it probably.

"And then the next thing maybe

ROONEY CAREER RECORD

	2002-03	2003-04	2004-05	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018	2019
	EVERTON		MANCHESTER UNITED													EVERTON	DC UNITED	
GAMES	37	40	43	48	55	43	49	44	40	43	37	40	37	41	39	40	21	31
GOALS	8	9	17	19	23	18	20	34	16	34	16	19	14	15	8	11	12	13

MANCHESTER UTD

7.45PM, BTS1 & talkSPORT

RED, WHITE 'N ROO . . . Derby ace Rooney wants to show United he can still cut it

WAYNE AT MAN UTD	
Debut age	18y 339d (Sep 28, 2004)
Last game age	31y 212d (May 24, 2017)
Games started	497
Substitute apps	62
Goals	253

WAYNE AT DERBY	
Debut age	34y 70d (Jan 2, 2020)
Last game age	34y 128d (Feb 29, 2020)
Games started	14
Substitute apps	0
Goals	4

WAYNE IS WARRIOR

Desire still drives him on

By PHIL CADDEN

WAYNE ROONEY admits he still sees the red mist . . . even at the age of 34.

The hothead Derby captain lines up against old club Manchester United in the FA Cup fifth round tonight.

And United's record goal-scorer Roo – whose Old Trafford team-mates tried to curb his temper by making him count to five during a fiery moment – revealed he raged after a 3-2 defeat to Luton in January.

It goes to show his desire to win still burns as bright as ever.

The Rams ace, who netted 253 times for United and 53 for his country, admitted: "I am still trying to learn how to control it now.

"It came into play a couple of weeks ago when we played Luton away.

"I went in the dressing room and I absolutely erupted. I had to take myself away before I went too far. I took myself into the shower area and had a few seconds to myself."

Rooney, who won 12 major trophies in 13 years at Old Trafford, will be hell-bent on dumping his old club out of the FA Cup at the fifth-round stage tonight.

He even admits he would celebrate if he scores against former team-mate Ole Gunnar Solskjaer's Red Devils.

Rooney laughed: "Yeah, of course. My time at United, I loved every minute of it. I'm a Derby player and I want to win. For that 90 minutes, obviously I want United to lose.

"Everyone will understand I want Derby to win in this game and after that I will go back to being a United fan wanting them to win.

"I can't wait. The one team I wanted in the draw was United.

"We were on the coach going to the hotel the night before a game when the draw was taking place and there was a cheer when United came out.

"It is a great draw for us, having United come to our ground and for the fans it is a great game to go to.

"For us as a team it is a great challenge for us to come up against United, to see if we can beat them.

"I've seen Ole a few times now he's been in the job and it will be nice to see him, Michael Carrick and a few of the players I played with who are still there.

"But this is a game that is a big opportunity for us to go into the quarter-finals of the FA Cup.

"Obviously for United, there is this and the Europa League where they have a chance to win a trophy this season, so we know that they won't be taking it lightly."

Rooney, who won the full set of trophies at United – five Premier League titles, Champions League, Europa League, Club World Cup, FA Cup and three League Cups – says the Old Trafford dressing room was the best he experienced.

Ex-Everton forward Roo added: "Without doubt it was the United one.

"I was there for many years and to be in there with team-mates but also people who you keep in touch with as friends."

Rooney joined Derby as a player-coach under Phillip Cocu in January.

He said: "I am not putting sessions on because I am still training.

"But all of the preparation for whoever we are playing, the opponents, with the video analysis, the meetings with the staff, I am involved with them, trying to give us the best preparation for the games at the weekend or in midweek."

they are not here any more – you don't have to explain every time then."

It is a steely side of boss Solskjaer that has already resulted in Romelu Lukaku and Alexis Sanchez being shown the door.

Paul Pogba will be next this summer if United can get the right money for the midfielder.

Solskjaer is looking to create a mentality at the club where winning is everything and the frills and rewards that come with that are secondary.

He said: "Football has changed and some players get affected by 'I've made money, I've made this, I've won a trophy, I can sit back and relax'.

"I had the best of the lot as a player. If you win something you move on.

"The squad I was in with Roy Keane, Gary Neville, Ryan Giggs, Scholesy, you won something but you moved on.

"You want to be better. You want to win the training session the next day or playing cards.

"That group of Treble-winners we had in 1999, their personality and the drive and the hunger in them was unbelievable.

"I didn't have that when I came to Manchester United. I was happy smiley, I was always trying to be the best I could be but when I came here and started to win things I realised it was not what football's all about.

"It was not just trying to better yourself, it's challenging yourself all the time and being hungry and going for it."

And that hunger has still not left Wayne Rooney – as United will be all too aware of tonight.

HEYDAY . . . Rooney hugs United team-mate Solskjaer back in 2006

CARRICK'S CALL

By GRAEME BRYCE

MICHAEL CARRICK reckons Wayne Rooney will become a top boss once he hangs up his boots.

Rooney, 34, has one eye on moving into the dugout as he enters the final phase of his playing career.

Former Manchester United star Carrick is now part of Ole Gunnar Solskjaer's coaching staff and thinks his old team-mate will soon follow him in studying for his Uefa Pro licence.

He said: "He'll go on to coach or manage one day. He knows the game so well, he's intelligent on the pitch.

"He took on the role of leader in his final years at United. It wouldn't surprise me at all if Wayne stayed in the game for a long time."

Carrick says he was shocked by the demands of playing for United, where winning is not enough — you have to do it in style.

He thought he had entered a madhouse when he witnessed Sir Alex Ferguson and Ryan Giggs rip into each other after WINNING at Watford. Carrick said: "It hit home pretty much straight away. I thought I'd come from a big club in Spurs but, in truth, it was a big jump in class.

"My first match was Watford away and we won 2-1. I was thinking it was a good away win but then the boss came in and went absolutely mental. I remember thinking, 'This is different!'.

"Giggsy had scored but the gaffer had a go at him anyway.

"Ryan was the only one that would have a go back at him, so Sir Alex and him went at it for ten minutes.

"And all the time, I am thinking, 'This is a team that's just won three points away from home — at Tottenham they would have snapped your hands off!'.

"Eventually, when it all calmed down, Fergie turned to Giggsy and said, 'You! Don't ever talk to your grandad like that again!'.

"There is a different expectation and different standard. That is just how it is at United."

2019-20	DERBY	CLUB TOTAL	ENGLAND	TOTAL
GAMES	14	742	120	862
GOALS	4	310	53	363

(All comps)

HONOURS (all with Man Utd)

Premier League	5
FA Cup	1
League Cup	3
Community Shield	4
Champions League	1
Europa League	1
Club World Cup	1
TOTAL	16

FA CUP

SHEFF WED 0 M CITY 1

AGUERO 53

MILESTONE . . . Sergio Aguero scores his 254th Manchester City goal to overtake Rooney's United record

MATCH STATS

SHEFF WED		MAN CITY
0/1	Shots on/off target	9/9
0	Blocked shots	2
20%	Possession	80%
201	Passes	804
2/4	Corners/offsides	6/4
1/0	Yellow/red cards	1/0

Serg 'N destroy

AGUERO PASSES ROONEY MANC MARK

By MARTIN BLACKBURN

SERGIO AGUERO struck early in the second half to be crowned the new Roo-ler of Manchester goalscorers.

The Etihad idol's goal took his tally to 254 for City – one more than a certain Wayne Rooney managed across town at Old Trafford.

He still needs a few more to dethrone the King himself, Denis Law, whose 275 goals were spread across both clubs.

But no matter what happens, Aguero will always be football royalty in the eyes of those of a sky blue persuasion in Manchester.

And while this victory will not go down as one of Aguero's most memorable moments, it got Pep Guardiola and his players dreaming of more silverware.

No wonder City fans refer to Wembley as Etihad South.

Just three days after lifting the Carabao Cup there, only Newcastle stand between them and a return to the legendary venue for the FA Cup semi-finals.

You would not bet against them going all the way in this one, too.

City were never at their best here but still had too much for Garry Monk's spirited Owls.

It is 23 years since Wednesday last reached the FA Cup quarter-finals and ending that barren run against City always looked like a huge task.

The holders have not lost a one-off domestic cup tie since the shock defeat to League One Wigan more than two years ago.

Since the draw was made in late January, Wednesday's form has dipped and their fans have grown disillusioned, meaning Hillsborough was nowhere near full. High ticket prices and the fact it was live on TV would not have helped either.

Under-fire boss Monk sprang a surprise by handing keeper Joe Wildsmith a first start in 18 months.

It was the hosts who had the first chance as Jacob Murphy drifted in from the right but planted a left-footed effort wide.

City were completely dominating the ball but not moving it with their usual zip – and, as a result, chances were hard to come by.

John Stones hung up a pass to the back post and Gabriel Jesus planted his header wide when he should have hit the target.

The best chance of the half came when Riyad Mahrez curled over a free-kick which was met by Nicolas Otamendi – but his header thumped against the bar.

The Argentine defender got there first to another free-kick minutes later, but this time his header was high over the top. And just before half-time, Stones came round the back and headed a free-kick by Benjamin Mendy into the ground and up over the bar.

Guardiola told his players they should have been thinking of winning their next trophy as soon as they hit the Wembley showers on Sunday evening.

Yet they needed a bit of a freshen-up at half-time here.

Despite winning just one of their last eight matches, Wednesday had coped reasonably comfortably with what City had to offer.

But City looked a different proposition after the break.

Before long Aguero had his team's first effort on target of the night – but his tame effort should have tested Wildsmith more.

Then Mendy's thumping shot was tipped on to the bar by Wildsmith.

The 24-year-old keeper was there again to get down low and save Bernardo's fizzing effort.

But City were turning the screw and the breakthrough came as Mendy slipped in Aguero. Wildsmith got a good hand on the Argentine's shot but failed to keep it out.

The Owls fought to the end and could have grabbed an unlikely equaliser as Alex Hunt's cross found its way to the back post, where fellow sub Steven Fletcher could not quite get a toe on it.

DREAM TEAM RATINGS

SHEFF WED: Wildsmith 7, Palmer 6, Iorfa 7, Borner 6 (Lees 45, 6), Murphy 6, Pelupessy 5, Bannan 6, Lee 6 (Hunt 63, 6), Fox 6, Da Cruz 6, Forestieri 6 (Fletcher 56, 5). Subs not used: Dawson, Urhoghide, Harris, Nuhiu. Booked: Palmer.

MAN CITY: Bravo 6, Cancelo 7, Stones 7, Otamendi 7, STAR MAN MENDY 8, Rodri 7, D Silva 6, B Silva 6, Mahrez 7, Jesus 7, Aguero 7 (Sterling 86, 6). Subs not used: Ederson, Gundogan, Zinchenko, Fernandinho, Foden, Garcia. Booked: Mahrez.

(Ratings supplied by whoscored.com)

KEV DOUBT FOR DERBY

KEVIN DE BRUYNE is a doubt for Sunday's Manchester derby after picking up a back injury in the Carabao Cup final win over Aston Villa last weekend.

The Belgian was not fit for last night's FA Cup win at Sheffield Wednesday and boss Pep Guardiola admits he does not know how long he will be out.

Pep said: "Kevin was not fit. He fell down in a bad position in his back. I don't know for Sunday. It's better to go there winning games, being in the FA Cup than being out."

City were never at their best but Sergio Aguero's goal puts them in the last eight.

The Argentine striker's second-half winner against Wednesday failed to stop a telling off from Guardiola.

Aguero, who did not obey Pep's orders, said: "He is a good manager and crazy!"

Guardiola was delighted to book a quarter-final trip to Newcastle later this month.

He said: "What is important is that we are there.

"It's the FA Cup. We cannot win the league, we have the FA Cup and Champions League so we knew it.

"It was their final. We prepared for that, we talked about this game and at the end we had success."

DE BRUYNE . . . injury

LEKO . . . 'let down'

Leko left raging at race case

By GARY STONEHOUSE

JONATHAN LEKO launched a stinging attack on the FA, PFA and top anti-racism bodies over his N-word abuse hell.

FA chiefs have banned Leeds keeper Kiko Casilla for eight games and fined him £60,000 for racially abusing Leko — who was on loan at Charlton.

But Leko, 20, claims he had no support from the players' union, Kick It Out or Show Racism The Red Card during his ordeal.

The West Brom forward blasted: "It made me question whether I would be prepared to go through it all again, were I on the receiving end of similar abuse in the future."

Casilla, 33, was rapped for calling Leko a "f*ing n*****" — despite the Spaniard denying using racial language.**

But Leko fumed: "I am relieved the process is now complete and the FA have upheld what I have always known to be true.

"That I was racially abused by Casilla in a manner which still angers and upsets me to this day.

"I've been disappointed with the time it has taken to reach this point.

"It was difficult to watch Casilla continue to play for such a lengthy period as if nothing had happened.

"I urge the game's governing bodies to look into their own processes.

"It was 22 weeks between the incident and the hearing — during which I had minimal contact from the PFA, of which I am a member.

"And no support from anti-racism bodies such as Kick It Out and Show Racism The Red Card."

PFA chiefs apologised to Leko last night, saying: "We do not want any player to feel unsupported when going through something as difficult as this.

"We'll review our procedures to ensure we learn from this moving forward."

Kick It Out declined to comment last night.

Moss hit with fine

BOURNEMOUTH coach Neil Moss has been fined £1,150 after he admitted using foul language during the 3-0 Premier League defeat at Burnley.

He accepted the FA's improper-conduct charge, having been sent to the stands by referee Mike Dean at Turf Moor.

Bournemouth saw two goals ruled out by VAR, the second after Adam Smith had handled inside his own area in the build-up — with Burnley then scoring from the resulting penalty.

LEICESTER 1 BIRMINGHAM 0

PEREIRA 82

SO PERFECT!

Ricardo late show outfoxes brave Brum

RICARDO PEREIRA was a bloody hero as he bravely headed Leicester into the quarter-finals.

The Portuguese right-back suffered a gash above his right eye after colliding with defender Jake Clarke-Salter when heading in Marc Albrighton's cross.

That goal, eight minutes from time, was enough to KO the brave Brum and carry the Foxes to within 90 minutes of a Wembley semi-final.

Pereira and Co will now fancy their chances of flooring Chelsea at home in the next round.

And they will have revenge in mind – having been dumped out at the same stage of the competition by the Blues in 2012 and 2018.

Foxes manager Brendan Rodgers paid tribute to his Portuguese man of phwoar.

He said: "We'll relish fighting to get to Wembley.

"It was always going to be tough for us if you look at Birmingham's record.

"I felt the goal was coming and we finally ended up getting it with a great header by Ricardo. He's a brilliant player who always wants to get forward and is up there with the top right-backs at this level."

By GRAEME BRYCE

The Foxes have never won the FA Cup in 136 years of trying, despite having four final appearances.

But Leicester, third in the league and closing in on a Champions League spot, are now dreaming of ending their hoodoo.

Rodgers turned this tie on its head when he called on his big guns as Harvey Barnes and Youri Tielemans were sent on to save the day.

James Maddison had smacked the crossbar with a deflected effort and was brilliant throughout.

But it was Pereira who was head and shoulders above the rest when he settled this tense fifth-round tie.

However, they made rather heavy work of it.

Leicester had not lost at home in the FA Cup to a side from a lower division since Wycombe beat them 2-1 here in March 2001.

So confidence was not exactly in short supply, even if their form had dipped of late.

Rodgers' side were winless in their last five games and, without their talisman Jamie Vardy, this was never going to be an easy passage against their Championship opponents.

Pep Clotet's Brum arrived with more than 5,000 raucous fans – on the back of a 13-match unbeaten run – determined to cause mischief.

Despite being 15th in the Championship, Birmingham were nobody's mugs. After all, how many clubs could choose to leave a £50million-rated mainstay out of their team?

Yet that is what Clotet decided to do as he gave 16-year-old sensation Jude Bellingham the night off.

The Blues boss feared burning the youngster out after he clocked up more than 30 appearances.

Yet even without him and injured winger Jeremie Bela – who had scored in two of his three FA Cup appearances this season – the visitors reached half-time unscathed.

In truth, Rodgers' men hardly laid a glove on them. In fact, the only time keeper Camp was called on in a dull opening 45 minutes arrived six minutes before the break.

Maddison bobbed and weaved in front of Maxime Colin before rifling in a ferocious right-foot shot.

Camp hurled himself to his left, smiling to the cameras no doubt, as he tipped the ball away spectacularly.

Rodgers' men had 76.1 per cent first-half possession. Yet that was their only shot on target.

The hosts' frustration continued after the break, until Pereira finally broke Brum hearts.

And Birmingham chief Clotet said: "We all feel disappointed not to get through. We knew we had to be spot-on in all our duties."

DREAM TEAM RATINGS

LEICESTER: Schmeichel 6, STAR MAN PEREIRA 8, Evans 6, Soyuncu 6, Chilwell 7, Praet 6, Ndidi 6 (Tielemans 60, 6), Maddison 6 (Choudhury 84, 6), Albrighton 7, Iheanacho 6, Gray 6 (Barnes 66, 6). Subs not used: Justin, Morgan, Ward, Perez. Booked: Soyuncu.

BIRMINGHAM: Camp 5, Colin 6, Dean 6, Clarke-Salter 6, Pedersen 7, Harding 6 (Gardner 71, 6), Sunjic 6, Kieftenbeld 6 (Montero 84, 6), Mrabti 6 (Crowley 84, 6), Jutkiewicz 6, Hogan 6. Subs not used: Roberts, Trueman, Boyd-Munce, Burke. Booked: Jutkiewicz.

(Ratings supplied by whoscored.com)

MATCH STATS

LEICESTER		BIRMINGHAM
2/5	Shots on/off target	1/2
5	Blocked shots	5
77%	Possession	23%
746	Passes	231
4/2	Corners/offsides	3/0
1/0	Yellow/red cards	1/0

HEADS, WE WIN ... Pereira (inset) beats Lee Camp to break deadlock

SPORTS ROUND-UP: RESULTS & FIXTURES

FOOTBALL

EMIRATES FA CUP: Fifth Round

LEICESTER (0) 1 – Pereira 82
BIRMINGHAM (0) 0 – Att: 27,181

SHEFF WED (0) 0 – Att: 20,995
MAN CITY (0) 1 – Aguero 53

TOTTENHAM (1) 1 – Vertonghen 13
NORWICH (0) 1 – Drmic 78. Att: 58,007

(aet; Norwich win 3-2 on penalties)

LADBROKES PREMIERSHIP

KILMARNOCK (2) 2 – Brophy 17 (pen), Kiltie 23
ABERDEEN (1) 2 – McGinn 38, McLennan 50. Att: 4,217

LIVINGSTON (1) 2 – Guthrie 24, Robinson 46
CELTIC (1) 2 – McGregor 16, Rogic 90. Att: 8,640

MOTHERWELL (2) 4 – O'Hara 17, Campbell 25, 75, Watt 90
ROSS CO (1) 1 – Fontaine 3. Att: 3,191

RANGERS (0) 0 – Att: 48,167
HAMILTON (0) 1 – Moyo 56

ST MIRREN (0) 0
ST J'STONE (0) 0 – Att: 4,287

	P	W	D	L	F	A	Pts
Celtic	29	25	2	2	84	19	77
Rangers	28	20	4	4	63	19	64
Motherwell	29	14	3	12	40	37	45
Aberdeen	29	11	9	9	37	35	42
Livingston	29	10	9	10	41	38	39
Hibernian	29	9	10	10	41	46	37
Kilmarnock	29	9	6	14	31	40	33
St Johnstone	28	7	12	9	27	46	33
Ross County	29	7	8	14	29	59	29
St Mirren	28	6	8	14	23	36	26
Hamilton	29	5	9	15	29	50	24
Hearts	28	4	10	14	30	50	22

LADBROKES CHAMPIONSHIP - Arbroath 0 Dunfermline 0.

LADBROKES LEAGUE TWO: OFF - Brechin v Annan Athletic (waterlogged pitch).

BETVICTOR SOUTHERN PREMIER SOUTH - Taunton Town 3 Hendon 3.

BETVICTOR ISTHMIAN PREMIER: OFF - Kingstonian v Haringey (waterlogged pitch).

CRICKET

SECOND ONE-DAY INTERNATIONAL (Bloemfontein) - Australia 271 (Short 69, Finch 69; Ngidi 6-58) v South Africa 274-4 (Malan 129 no, Klaasen 51). **South Africa bt Australia by 6 wkts.**

FIRST T20 INTERNATIONAL (Pallekele) - West Indies 196-4 (Simmons 67 no) v Sri Lanka 171 (K Perera 66; Thomas 5-28). **West Indies bt Sri Lanka by 25 runs.**

TOUR MATCH (Wollongong): **3rd 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).

TENNIS

WTA LYON OPEN (France): **1st Rd** - S Kenin (US) bt V Diatchenko (Rus) 6-4 6-3; O Dodin (Fra) bt M Minella (Lux) 6-4 6-4. **2nd Rd** - A Van Uytvanck (Bel) bt V Tomova (Bul) 3-6 6-4 7-6; C Giorgi (Ita) bt A Cornet (Fra) 4-6 7-6 6-2; C Garcia (Fra) bt Y Bonaventure (Bel) 7-5 6-2; O Dodin (Fra) bt J Teichmann (Swi) w/o.

WTA ABIERTO GNP SEGUROS (Monterrey, Mexico): **1st Rd** - J Konta bt K Clijsters (Bel) 6-3 7-5; A Potapova (Rus) bt G Gatto-Monticone (Ita) 6-4 4-6 6-4. **2nd Rd** - R Peterson (Swe) bt K Bondarenko (Ukr) 7-6 7-5; M Bouzkova (Cze) bt A K Schmiedlova (Svk) 6-4 6-1.

TODAY'S SPORT

EMIRATES FA CUP Fifth Round

Derby v Man Utd.....7.45

RUGBY UNION: Specsavers National Championship - Neath v Bargoed (7.30).

RUGBY LEAGUE: Betfred Super League - Leeds v Toronto Wolfpack (7.45).

CRICKET: ICC Women's Twenty20 World Cup (Australia): **Semi-finals** - England v India (Sydney, 4am), Australia v South Africa (Sydney, 8am).

GOLF (to Mar 8): **Arnold Palmer Invitational** (Florida, USA). **Commercial Bank Qatar Masters** (Doha).

DARTS: Unibet Premier League: Night Five (Westpoint Arena, Exeter).

Sport SHORT

UNDER-FIRE Ipswich boss Paul Lambert will not be sacked.

An insider said: "The club went from paying players £16,000 a week to as low as £3,000. So people have to be realistic."

PREM'S VIRUS WARNING TO CLUBS

CORONAVIRUS CRISIS

FAN BAN PLAN

Chiefs discuss 'behind-closed-door' games

TUESDAY . . . SunSport's back page story

From Back Page

and FA chiefs had begun war-gaming virus scenarios in a bid to get the season finished.

Italy last night announced that all sport fixtures – including Serie A – will be staged behind closed doors until April 3.

And now all 20 Prem clubs have been sent a letter regarding the worldwide spread of deadly Covid-19.

More than 95,000 coronavirus cases have been reported worldwide, with 87 in the UK, while more than 3,000 people have died. Clubs are being urged to ensure the highest hygiene standards but there was also an acknowledgement, for the first time, that there is a possibility of the Government banning all large gatherings of people, forcing matches to be played without spectators.

That would be the option of last resort for Prem chiefs and also the clubs, with a concern that fans may still choose to congregate outside of grounds that are hosting vital games.

Clubs have also been advised to reduce non-essential visitors and keep face-to-face meetings to a minimum.

The instructions came as Inter Milan president Steven Zhang said: "Closing doors but continuing matches is the right thing to do."

Inter have had two Serie A games postponed since the outbreak and also played a Europa League tie against Ludogorets behind closed doors last month.

West Ham boss David Moyes said last Saturday: "Football behind closed doors is not worth it as football is for fans. I hope we can find a way of overcoming what is going on."

But Zhang, born in China where the outbreak began, added: "As a club, we've a responsibility to deliver the right message. Safety is the highest priority."

Uefa has set up a working group to assess the situation – and the prospect of European ties over the next fortnight going ahead without fans is growing.

It is feared England v Italy at Wembley on March 27 will be axed, with the friendly a key part Gareth Southgate's Euro 2020 preparations.

But former Chelsea boss Gianluca Vialli, part of the Italy coaching set-up, said: "I don't know if the game will go ahead. We assume it is but it is difficult for us."

EURO VISION . . . Southgate and Smalling

It's a Small apology by Gareth

By MARTIN LIPTON

GARETH SOUTHGATE said sorry to Chris Smalling for his public England rejection — and opened the door to a stunning recall ahead of Euro 2020.

Manchester United defender Smalling, who impressed on loan at Roma this season, was hurt by Southgate's decision to axe him from national duty in November 2017.

Southgate suggested Smalling's limitations in playing out from the back meant he was not suited to his Three Lions blueprint.

But the England boss now admits he was "unfair" on Smalling and paved the way for a potential return to the fold.

Southgate said: "I have never ruled anybody out. I think that would be wrong.

"I think I said I probably regretted the way the message came across if, by praising others for certain attributes, there was criticism for Chris. It was my fault and it was unfair on him."

The England chief suggested that Smalling had fallen behind the likes of Harry Maguire, John Stones and Eric Dier in the pecking order because that trio could "do it better" than him.

Smalling has not been in the England frame since missing out of the 2018 World Cup semi-final run.

But with Stones and Everton's Michael Keane enduring torrid times, the 30-year-old is very much back in the England reckoning.

Southgate and his assistant Steve Holland flew out to Italy to watch Smalling in action before Christmas.

The England boss added: "I spoke to him when I left him out of the squad and explained what I explained to everybody.

"Of course, because of the way it came out, there was little point – I wasn't going to say anything that hadn't already been said.

"But I think he's done well in Italy, playing at another big club.

"He was obviously playing at a big club before. We're watching everybody because we've got to make sure we make the right decision."

He's been Cenk back

By TONY LITTLE

CENK TOSUN has returned to parent club Everton for scans on a knee injury.

The Turkey striker *(below)* is said to have suffered a serious problem while on loan at Crystal Palace. He will have medical tests at Everton's Finch Farm base before the extent of the problem is known.

Tosun, 28, moved to Selhurst Park in January until the end of the season.

He has made two starts and three substitute appearances for Palace, scoring one goal in the 2-2 draw at Manchester City.

Roy Hodgson's men have an option to sign Tosun permanently in the summer for £20million.

But that move could be in jeopardy if the injury is serious – as could his participation at Euro 2020.

FA CUP 5th RND

SPURS

VERTONGHEN 13

KRUL WAY TO GO

Tim's got bottle for a shootout

THRILLS 'N SPILLS . . . Josip Drmic seizes on a fumble from Michel Vorm to net Norwich's equaliser

GLOVELY MOMENT . . . hero keeper sends message to Canaries fans

FA CUP QUARTER-FINAL DRAW

Sheff Utd	V	Arsenal
Newcastle	V	Man City
Norwich	V	Derby/Man Utd
Leicester	V	Chelsea

(Games to be played weekend of March 20-23)

MATCH STATS

TOTTENHAM		NORWICH
7/7	Shots on/off target	6/8
5	Blocked shots	4
50%	Possession	50%
611	Passes	625
9/0	Corners/offsides	8/2
1/0	Yellow/red cards	2/0

By PAUL JIGGINS

TIM KRUL was the Norwich hero as he saved two shootout penalties – after appearing to have a cheat-sheet written on his water bottle.

He stopped efforts from Troy Parrott and Gedson Fernandes to deny trembling Tottenham a last-eight spot.

Incredibly, the Dutch keeper was given a list of Spurs' likely spot-kick takers and whether they tend to hit the ball left or right.

The 31-year-old is known as a penalty specialist – and was even brought off the bench in the last minute of extra time to save twice in the shootout as Holland beat Costa Rica in the 2014 World Cup quarter-finals.

His Norwich side will now play Derby or Manchester United – the Canaries' first FA Cup quarter-final for 28 years – after this stunning win.

But Krul's counterpart Michel Vorm had a night to forget, as his horror blunder gifted Josip Drmic a late equaliser after Jan Vertonghen's thumping early header.

And Spurs even had a Serge Aurier effort heroically cleared off the line by Ben Godfrey minutes before the end of the 90.

Both teams huffed and puffed in added time but spot-kicks looked somewhat inevitable as the shot-shy rivals laboured in front of goal. Spurs spent the best part of two seasons playing their home matches under the Arch before moving into their magnificent new stadium 11 months ago.

But they have not reached an FA Cup final since beating Nottingham Forest 2-1 in 1991. A day that will always be remembered for Gazza losing his head – and a chunk of his career – with a reckless thigh-high challenge on Gary Charles.

That said, eight-time winners Spurs had reached the semi-final stage in two of the previous three seasons.

Boss Jose Mourinho has seen his Spurs reign hampered by injuries since taking charge in November.

But after this team selection, you wonder how much he enjoys courting controversy and playing 'woe is me', as he made three changes from Sunday's 3-2 home defeat by Wolves.

He certainly did not seem to help himself by handing Vorm his first start for 18 months – and leaving the

MOURINHO SHOOTOUT RECORD AS MANAGER OF ENGLISH CLUB

CHELSEA

Oct 26, 2005	Charlton (h)	LC	L 5-4
May 1, 2007	Liverpool (a)	CL	L 4-1
Aug 5, 2007	Man Utd (n)	Shield	L 3-0
Aug 30, 2013	B Munich (n)	SC	L 5-4
Oct 27, 2015	Stoke (a)	LC	L 5-4

MAN UTD

Sep 25, 2018	Derby (h)	LC	L 8-7

TOTTENHAM

Mar 4, 2020	Norwich (h)	FAC	L 3-2

1 NORWICH 1 AET: NORWICH WIN 3-2 ON PENS

DRMIC 78

SPOT ON . . . Dutch goalkeeper Tim Krul saves Gedson Fernandes' penalty as Spurs are dumped out

HOW PENALTY SHOOTOUT UNFOLDED...

✓ Dier	✗ Lamela	✓ Lo Celso	✗ Parrott	✗ Gedson	2
✗ McLean	✓ Idah	✓ Stiepermann	✓ Cantwell		3

his best defender Toby Alderweireld on the bench.

But Spurs had the first big chance of the game in the 11th minute when Steven Bergwijn's quickly taken short free-kick caught Norwich napping – and sent Lucas Moura haring off.

Just outside the box, Moura offloaded the ball to fellow South American Giovani Lo Celso, who was overlapping on the right.

But the Argentinian's shot was well blocked by Krul.

Yet there was nothing the classy stopper could do to keep out Spurs' opener on 13 minutes as Belgium defender Vertonghen rose above his marker Jamal Lewis to head in Lo Celso's free-kick at the far post.

Vertonghen may have marked the occasion with his trademark 'Superman' celebration – but the visitors' defending was so poor Lois Lane probably could have scored that one.

Norwich's big regret was that they did not test ring-rusty Vorm more in the home goal.

Tottenham's third-choice keeper, who rejoined the club in October after being released last summer, was not forced into a save until the 33rd minute when he blocked Emi Buendia's shot.

Though Vorm, making his first appearance since Spurs' 2-2 draw at PSV Eindhoven in October 2018, then blotted his copybook by almost spilling Lukas Rupp's long-range shot over the line moments later.

Moura should have doubled Spurs' lead following a slip by Mario Vrancic – but the Brazilian's shot was pushed over the bar by Krul.

Tottenham looked a little nervy after the break – only natural for a team on the back of three losses – and began to drop deeper and deeper as they seemed to invite Norwich to attack. Buendia also had a shot deflected over the bar and Vrancic curled a 20-yard free-kick on to the roof of the net.

As the hosts got more anxious, you sensed there might be a sting in the tail.

And so it came to pass as Vorm failed to hold Kenny McLean's 25-yard shot and Drmic bundled in to make it 1-1 in the 79th minute.

In a frantic finale of normal time, Aurier had a shot blocked on the line – but it was Krul who kept his cool in the shootout.

DREAM TEAM RATINGS

TOTTENHAM: Vorm 6, Aurier 6, Sanchez 6, Dier 7, Vertonghen 7, Skipp 6, Winks 6 (Ndombele 81, 6) Moura 7 (Lamela 70, 6), Lo Celso 8, Bergwijn 6 (Fernandes 54, 7), Dele 6 (Parrott 96, 5). Subs not used: Alderweireld, Gazzaniga, Tanganga. Booked: Skipp.

NORWICH: Krul 8, Aarons 7, Hanley 6, Godfrey 8, STARMAN LEWIS 8, Trybull 7 (Tettey 89, 6), Vrancic 5 (McLean 67, 6), Buendia 6 (Stiepermann 97, 6), Rupp 6 (Idah 72, 6), Cantwell 7, Drmic 7. Subs not used: Pukki, Duda, McGovern. Booked: Hanley, Vrancic.

(Ratings supplied by whoscored.com)

SWOTTING UP . . . canny Krul does his homework before the shootout

24 TOTTENHAM were involved in a penalty shootout in the FA Cup for the first time in 24 years since 1996 against Nottm Forest in the fifth round, which they also went on to lose (3-1).

28 NORWICH have reached the quarter-finals of the FA Cup for the first time in 28 years — since 1992. The Canaries went on to be KO'd in the semi-finals by Sunderland.

2 SPURS have kept just three clean sheets in their 24 matches under Jose Mourinho since his first game in charge on Nov 23, with none of those coming in cup competitions (five games).

DIERBOLICAL

From Back Page

crowd as stewards rushed in, while Dier was heard to shout: "He's my brother!"

Spurs boss Jose Mourinho condemned Dier's actions but pleaded for the club **NOT** to punish him.

Mourinho said: "I think Eric Dier did something that we professionals cannot do – but in these circumstances every one of us would do.

"Because when somebody insults you and your family is there and you get involved with the person that is insulting you, in this case a younger brother.

"I think Eric did what we as professionals cannot do. I repeat, probably everyone of us would do.

"This person insulted Eric, his family was there. The young brother was not happy with the situation and then Eric, I repeat did what we professionals cannot do.

"I am with the player and I understand the player. But I repeat, as professionals we cannot do."

The unsavoury incident took place in the lower tier of the West Stand and Mourinho said: "These people are in privileged positions by the tunnel.

"Of course some are Tottenham fans but I think a lot of corporate, a lot of invitations and a lot with special status.

"It's the place of the stadium where I sometimes have doubts over if they are the real Tottenham fans who support the boys to the last."

The FA are certain to investigate the incident – which had shades of Manchester United's Eric Cantona kung-fu kicking a fan at Crystal Palace in January 1995 – and Dier is likely to be punished with a fine and a ban.

Cantona was hit with a massive nine-month FA suspension although Dier did not catch up with the fan in question.

Asked if Tottenham will punish the player, Mourinho said: "If the club does that I will not agree but he did wrong."

Some posts on social media had claimed Dier had jumped into the crowd to apprehend a fan who had allegedly racially abused Gedson Fernandes, the Portuguese star who missed the decisive penalty in the shootout.

But Mourinho dismissed this, insisting: "I cannot say that, I don't know.

"I just know the reaction of Eric was based on his brother, who didn't like what was happening.

"I cannot go in that direction with details."

Spurs visit Burnley on Saturday before their Champions League last-16 return leg at RB Leipzig.

LOST IT . . . steward tries to contain Dier

Mourinho says he fears for his shattered troops.

He said: "I have to think about what's next and I have to speak to my club because I think some of these boys to have a chance to fight Tuesday for a Champions League position – they just can't play on Saturday.

"Behind we have options but not going forward."

Jan Vertonghen headed Spurs in front early on but Josip Drmic bundled a late Norwich equaliser.

They won on penalties to set up a home last-eight tie with Derby or Manchester United.

Canaries boss Daniel Farke, whose side took a huge 9,000 supporters to Spurs, said: "We have played for the fans, given our all on the pitch.

"We want to be brave and attack. We have such unity and spirit. We're the biggest underdogs.

"I can't guarantee if we will stay in the league or win the FA Cup, but we have created memories."

KANE . . . at Spurs last night

Kane: I'll 'definitely' be fit for the Euros

By PAUL JIGGINS

HARRY KANE insists he will be fit to captain England at the Euros this summer — barring "something drastic".

The Tottenham striker has been sidelined since New Year's Day after hamstring surgery.

SunSport exclusively revealed last week Kane is on course to return to action in early April, much earlier than expected.

It is good news for England — with boss Gareth Southgate worried his skipper, 26, might not be fit for Euro 2020.

Kane, in an interview with the Evening Standard, said: "In my head, I'm definitely at the Euros.

"Unless something pretty drastic happens between now and then, I'll be there.

"I'm still not back training with the first team but I'm working hard in the gym.

"We're talking a few more weeks and I'll be playing again.

"I am hoping to be back between the start and the middle of April."

Spurs backed our story on Kane's early return when they announced last week he had started his "on-field rehabilitation."

Troy Parrott has been told by Republic of Ireland boss Mick McCarthy his Euro 2020 dream is OVER — unless he gets a run in the Spurs' team.

Tottenham manager Jose Mourinho refused to send the striker, 18, out on loan in January.

He came on as a sub in last night's FA Cup clash with Norwich — but blundered when he missed a penalty in the shootout as Spurs crashed out.

And his lack of action worries McCarthy, who gave Parrott his only cap in November's 3-1 friendly win over New Zealand.

McCarthy said: "Jose is one of the best managers. If he doesn't want to play him, that's his choice.

"It would suit me but Jose's his own man. Yet it affects Troy's chances if he is not playing."

McCarthy's men will face Slovakia in this month's Euro 2020 play-off semi- — before a potential clash with Northern Ireland.

Mourinho put the boot into Parrott last night, snapping: "Now people can see he has to work a lot, so don't think that Parrott is the second Harry Kane.

"The penalty's nothing — the problem is the 30 minutes before."

thesun.co.uk/sport
Sun Sport

ROO'S ALL FIRED UP FOR UTD

PAGES 54 & 55

SIX NATIONS

Tournament chaos as Italy v England KO'd

By JONNY FORDHAM

ENGLAND'S Six Nations clash in Italy has been called off.

Tournament chiefs will today confirm the postponement of the Rome showdown — originally set for March 14 — because of the coronavirus crisis. The KO comes

Turn to Page 52

SHUT DOWN

MASKED MAN . . . fan at Spurs last night

PREM LEAGUE

Behind-closed-doors warning to all clubs

By MARTIN LIPTON

PREMIER LEAGUE bosses have written to clubs, warning they may have to play behind closed doors due to coronavirus.

It raises the prospect of Liverpool winning the title in an empty stadium.

SunSport revealed on Tuesday how Prem

Turn to Page 57

TOTTENHAM 1 NORWICH 1

AET, NORWICH WIN 3-2 ON PENS

Dierbolical

SPURS STAR CLIMBS INTO STAND TO CONFRONT FAN WHO ABUSED HIS FAMILY

CHAOS . . . Dier in crowd after clambering over seats (right) to confront fan

MOURINHO: HE SHOULDN'T HAVE DONE IT, BUT I HOPE CLUB DON'T PUNISH HIM

ERIC DIER faces an FA ban after climbing 20 ROWS into the stands to confront a fan who was "insulting" his younger brother.

The sensational bust-up came just moments after Tottenham's dramatic FA Cup fifth-round shootout defeat to Norwich. Spurs

By PAUL JIGGINS

and England defender Dier leapt over advertising boards and then clambered over seats to tackle the fan.

Video footage appeared to show the supporter goad Dier with abusive gestures before darting down an exit.

Dier was engulfed in the

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Thursday, March 5, 2020

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CLEANING & HOUSEHOLD

Fairy Original All-In-One dishwasher tablets in Lemon, pack of 22, was £7, now £4 at Morrisons.
SAVE: £3

Marigold Let It Shine Microfibre Cloths pack of four, was £2.95, now £1.75 at Wilko.
SAVE: £1.20

Andrex Gentle Clean toilet tissue 24 rolls, was £10.25, now £8 at Tesco.
SAVE: £2.25

STORECUPBOARD

Kellogg's Corn Flakes 720g, was £2.70, now £2 at Morrisons.
SAVE: 70p

Napolina Penne Pasta 500g, was £1, now buy two for £1.50 at Asda.
SAVE: 50p when buying two

Coca-Cola Zero Sugar 18 x 330ml cans, was £6.50, now £5 at Morrisons.
SAVE: £1.50

FROZEN

Goodfella's Stone-baked Thin Margherita pizza 345g, was £2.50, now £1.50 at Morrisons.
SAVE: £1

McCain Straight-Cut Home Chips 1.36kg, was £2.30, now £2 at Iceland.
SAVE: 30p

Birds Eye Select Mixed Vegetables 690g, was £2, now two for £3 at Morrisons.
SAVE: £1 when buying two

FRIDGE

Cathedral City Mature Cheese twin pack, 2 x 350g, was £6, now £4 at Morrisons.
SAVE: £2

Yoplait Petits Filous Frubes fromage frais, was £2 at Waitrose, now buy one get one free.
SAVE: £2 when buying two

Flora Light spread, 500g, was £2, now £1 at Morrisons.
SAVE: £1

Spring budget

MARCH into the new month with some serious savings. Studies show the average family won't clear Christmas debt until April, so stock up now on spring deals to see you through.

I have scoured the supermarket aisles to bring you a dozen great deals.

Crunch down the costs

- START a stockpile cupboard. Make space for bargain buys to maximise savings.
- Before you shop, check what you already have. Bring forward tins and bottles to use first, adding newer buys at the back.
- Household and cleaning items such as loo rolls won't go out of date, so buy big.
- Seen a good deal on a fresh or fridge item? Use it in time or offer extra to family and friends.

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

WEBSITE of the WEEK

THRIFTY . . . Joseph

WANT to learn to "Manage" your money? Then you need thriftychap.com.

The clear and easy-to-use blog is a treasure trove of cash-saving ideas, along with helpful tips that are great for digging yourself out of debt.

Founder Joseph Seager covers everything from life hacks and the latest deals to "dad savings" and tips for your family to bring in more money.

More unusual ideas include selling broken items and "no-spend challenges".

thriftychap.com HELPING YOU SAVE CASH

Joseph, who hails from Yorkshire but now lives in Lancashire, says: "I have been banging on at my family and friends about using cashback sites, thrifty tips and money-saving ideas for a good few years and decided to start a blog to keep it all in one place. I want to help more people get thrifty."

Here are some of Joseph's tips for families on a budget:

1. Never accept a price renewal for, phone, car or household insurance. Ring up, as the company will always lower it on the phone – or there will be a better priced offer elsewhere for new customers.
2. Buying online? Always check cashback sites first. Even earning cashback at one per cent will add up over time.
3. Make time to talk about finances and educate your children about money . . . but also set aside time to spend together as a family. You can always find ways to make more money but there is no way to create extra time.

TO PIE FOR – Four in ten pie lovers have voted steak and ale as their favourite filling, according to Pukka. It was followed by pork pies, plain steak then chicken and mushroom. Nearly six in ten insist a pie should be served with gravy and chips on the side.

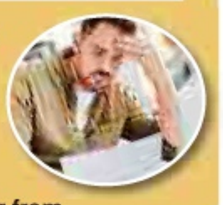
LESS IS MORE – Brits can make a tidy saving by giving up treats for Lent. Netvouchercodes.co.uk says cutting out booze could save £150, kicking a daily shop-bought coffee puts £90 back in your pocket over the period and ditching takeaways £80.

GIRL POWER – To mark International Women's Day on March 8, gift site Not On The High Street is adding ten new products to its Women Supporting Women range. Ten per cent from each sale goes to charity.

GOING UP GOING DOWN

HOL LOT MORE – Booking a trip during the school summer holidays costs around 27 per cent more than in May, according to TravelSupermarket. Families without school-age kids can make great savings by travelling outside of July and August.

A DOG'S LIFE – One in five animal lovers prefer to share the bed with their furry friend than their partner, according to Silentnight. A quarter of owners let their pet hog the bed, steal the duvet or even choose their position in bed first.



STRAPPED FOR CASH: Two-thirds of us admit to running out of money before payday, with more than a quarter borrowing from friends or family. Half told themoneypig.com they couldn't live for longer than a month on their current savings.

Mrs Crunch

In association with Mo

FULL OF FRESH IDEAS TO HELP YOU SAVE MONEY

Deals of the week

A NEW month means more savings and fresh stock on the shelves.

From mops to make-up, we have picked some amazing deals for you.

See what you can save this week as stores gear up for spring.

●Prices correct at time of going to press. Offers subject to availability

Deals

DO things by halves. This Flash Powermop is half-price at Wilko, down from £30 to £15.
SAVE: £15

YOU won't need to Lego of much cash for this offer. Lego Friends Lighthouse Rescue Centre Playset 41380, rrp £55, is now £37.97 at johnlewis.com.
SAVE: £17.03

GOOD grey-cious, what a super save. This two-tone grey Fleetwood bed frame was £399, now £199 at dreams.co.uk.
SAVE: £200

Discount codes

benefit SAN FRANCISCO

YOU will benefit from this savvy saving. Get £10 off orders over £60 at benefitcosmetics.com/uk/ using code SWEET.
SAVE: £10

joules

LOOK posh for less. Snip 20 per cent off at clothing brand joules.com with code JOULESGIN. Use by March 8.
SAVE: Average of £20

amazon

AN Amazing offer: Get a free £10 Amazon voucher when you book a Jet 2 Holiday by March 31. Enter your email at vouchercodes.co.uk/search/?q=jet+2 to claim.
SAVE: £10

Don't miss **The Mrs Crunch Lunch** in the Sun ON SUNDAY **every week**

MEAT PIES

At Tesco, buy one **steak and ale puff pastry pie**, 200g, for £1.50 or two for 2.50.

Have a handful, with Morrisons **mini pork pies**, six, better than half price, down from £2.30 to £1.

Banish the winter blues with Iceland **steak & stilton proper pie**, 220g, £1.

Grab a Higgidy **steak and red wine pie**, 250g, for £3 at Tesco, saving 70p.

Get your fill with two Morrisons 550g pies for £5, including Morrisons **puff pastry chicken, ham and leek pie**, £3.

At Sainsbury's, save 75p on Pukka Pies, including classic **steak & kidney**, 219g, now £1.

Save a third on Waitrose pies including **chicken and gravy pie**, 200g, down from £2.25 to £1.50.

Get more meat for your money with Morrisons' freshly baked British **chunky steak pie**, down from £1.25 to 50p until Sunday.

NATIONAL Pie Week runs until Sunday – and we have crust the way to help you celebrate this classic British dish.

Follow our tips to fill up on fillings without puffing up the price during the annual pie-fest.

Either bake your own homemade dish with recipes from morrisons.com or whack one of these shop-bought wonders in the oven.

Either way, you won't believe your pies . . .

Keep your on the p

FAB OFFERS TO WHET YOUR APPETITE FOR THIS GREAT BRITISH DISH

Chicken and leek pie

Serves four

YOU NEED:
Olive oil
4 rashers unsmoked streaky bacon, diced
500g chicken thigh meat, cut into 2cm pieces
1 onion, diced
2 leeks, trimmed and sliced thickly
150ml white wine
2 tbsp plain flour
200ml chicken stock
200ml whipping cream
1 tbsp wholegrain mustard
320g puff pastry, ready rolled
1 egg, beaten

METHOD: Preheat your oven to 220C/200C fan/gas 7. Drizzle a little olive oil in a large saucepan, then add the bacon and chicken. Sauté over a medium heat for five minutes. Add the onion and leeks and cook for a further five minutes.

Add the white wine and after five minutes mix in the flour and cook for a minute. Pour in the chicken stock and simmer for 20 minutes, then add the cream and mustard. Stir and boil for ten minutes to reduce. Season to taste.

Spoon into a pie dish (approximately 23cm x 30cm). Brush a little beaten egg around the lip of dish.

Unroll the puff pastry and place over the top of the chicken and leek pie filling. Trim away any excess pastry.

Crimp the edges using your fingers or a fork. Brush the pastry lightly with the beaten egg and, using kitchen scissors, snip 3 holes in the pastry. This will allow the steam to escape.

Bake in the preheated oven for 20 minutes or until the pastry is golden brown and risen.

Serves eight

YOU NEED: For the pastry: 400
flour; 2 tbsp custard powder; 200g
cubed; finely grated zest of 1 orange
caster sugar; 100ml ice-cold water.
For the filling: 2kg Bramley apples,
cored and diced; 125g caster
3 cubes orange or lemon-flavoure
beaten egg to glaze; 1 tbsp demerara

METHOD: First, make the pastry.
flour and custard powder into a larg
then rub in the butter with your fin
until the mixture resembles breadcr

Stir in the orange zest and caster
then mix in enough of the cold w
make a soft dough (you may not ne
it). Knead lightly, then wrap in cling f

rrisons
Since 1899

Twitter : @MrsCrunchSun

VEGGIE PIES

Bite into Asda **Extra Special Butternut Squash & Spinach Pie**, 200g, £2.

Have a pie with a French twist, with two Tesco **Vegetarian Mushroom & Camembert Pies**, priced at £1.75 or buy three packs for £4.

For vegans, Clive's **Wholewheat Mushroom Pie**, 235g, is down from £2.95 to £2.45.

Save 70p on Pieminister pies at Ocado, including **Heidi Goats' Cheese, Sweet Potato and Spinach Pie**, 270g, now £3.

Fancy something a bit different? Then try Sainsbury's **Vegan Keralan Coconut Pie**, 250g, £3.

SWEET PIES

Six Mr Kipling's **Bramley Apple Pies** are now £1, saving 50p, at Sainsbury's.

Mr Kipling **Fruit Pie Selection** is half-price at Tesco, now a tempting 90p for a pack of six.

Tesco family-size frozen **Lemon Meringue Pie**, 475g, is down from £2 to £1.50.

eyes
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Lattice pie

g plain
butter,
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peeled,
sugar;
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a sugar.
Sift the
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film and

chill in the fridge for 30 minutes. For the filling, place the apples, sugar and jelly in a pan with a tight-fitting lid, add 2 tbsp water, cover and simmer for ten minutes, until the apples begin to soften and the sugar and jelly cubes have dissolved. Take off the heat and set aside to cool.

Preheat the oven to 200C/180C fan/gas 6. Roll out two-thirds of the pastry and use it to line a 23cm-wide, 4cm-deep pie dish.

Spoon the cooled apple mixture into the dish in an even layer. Roll the remaining pastry out and cut into 1cm-wide strips, long enough to cross the top of the pie.

Brush the rim of the pastry case with the beaten egg, then arrange the pastry strips over the top of the pie about 1cm apart. Press into place at the rim. Repeat across the other way to create a lattice effect.

Brush the strips with beaten egg and sprinkle with sugar. Bake for 35 to 40 minutes, until the pastry is golden. Serve warm, with custard, cream or ice cream.

ADVERTISEMENT FEATURE

Mrs CRUNCH's money savers

This week at Morrisons pick up a 75cl bottle of Villa Maria for £5.99 down from £9.75.

Available in majority of stores. Whilst stocks last. Excludes online. Excludes Gibraltar. Villa Maria Sauvignon Blanc 75cl. Max 6. Offer ends Sunday 8th March 2020.

Morrisons
Since 1899

HALF PRICE

~~£1.50~~

75p

4 pack

HOT CROSS BUNS

Try our *The Best* Extra Fruity Hot Cross Buns. Made with juicy vine fruits, orange zest and spices, and now half price.

Ends Tuesday

Morrisons
Since 1899
The Best

FOR YOUR NEAREST MORRISONS STORE PLEASE VISIT WWW.MORRISONS.COM OR TELEPHONE 0345 611 6111 w/c 02/03/20

Available in majority of stores. Whilst promotional stocks last. Offer/price may vary at morrisons.com and Morrisons Daily. Excludes Gibraltar. *The Best* Extra Fruity Hot Cross Buns 4 pack 18.8p each. Offer ends Tuesday 10th March 2020. Serving suggestion.

MARKET STREET SPECIALS

VISIT OUR COUNTERS FOR WEEKLY SPECIALS.

Morrisons
Since 1899

FOR YOUR NEAREST MORRISONS STORE PLEASE VISIT WWW.MORRISONS.COM OR TELEPHONE 0345 611 6111

w/c 02/03/20

Available in majority of stores. Whilst stocks last. Offers/prices may vary at morrisons.com and Morrisons Daily. Excludes Gibraltar. Sugar Snap Peas £4.60/kg • Baby Corn £5.52/kg • Closed Cup Mushrooms £2.30/kg • Pork Lattice Pie £3.75/kg. Sugar Snap Peas, Baby Corn and Closed Cup Mushrooms offers end Sunday 15th March 2020. Sirloin Steak, Topside Joint, Pork Lattice, Salmon and Chunky Steak Pie offers end Sunday 8th March 2020.

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OFFER ENDS 12 MARCH 2020

CALL: 0330 331 3993
QUOTE: SUNMAGIC

DEPARTURE DATE	ADULTS	1ST CHILD	2ND CHILD	ORIGINAL PRICE	DISCOUNTED PRICE
2 nights' accommodation and 2 days' Disney® Parks entry					
19 March 2020	£199	FREE*	FREE*	~~£398~~	£358
25 May 2020 – May half term	£349	FREE*	£219	~~£698~~	£628
24 August 2020 – summer holidays	£399	FREE*	£219	~~£798~~	£718
17 December 2020	£319	FREE*	£219	~~£638~~	£574
3 nights' accommodation and 2 days' Disney® Parks entry					
29 March 2020	£249	FREE*	FREE*	~~£498~~	£448
9 April 2020 – Easter holidays	£349	FREE*	FREE*	~~£698~~	£628
30 April 2020	£349	FREE*	FREE*	~~£698~~	£628
18 June 2020	£399	FREE*	£239	~~£798~~	£718
5 November 2020	£349	FREE*	£239	~~£698~~	£628
4 nights' accommodation and 3 days' Disney® Parks entry					
6 April 2020 – Easter holidays	£399	FREE*	FREE*	~~£798~~	£718
24 August 2020 – summer holidays	£599	FREE*	£269	~~£1,198~~	£1,078
15 October 2020	£499	FREE*	£269	~~£998~~	£898
17 December 2020	£419	FREE*	£269	~~£838~~	£754
28 March 2021	£419	FREE*	£269	~~£838~~	£754

TERMS AND CONDITIONS: *This offer is valid for new bookings made by 12 March 2020. Prices are room only. Breakfast and meal vouchers can be pre-booked. Prices are per person and are based on a minimum of two adults in a room. Rooms sleep a maximum of four persons, plus one infant. Child prices are subject to sharing a room with two adults Child age is 3-11 inclusive. The cost for infants is £119 on two or three-night holidays and £139 on four-night holidays. Prices are subject to availability. Prices shown are based on a family of three.

FIND MORE SENSATIONAL OFFERS INSIDE

GN Holidays & Voyages

Call: 0330 331 4000 | Quote: THSUN360

The Sun TR

60s & 70s Pop Weekends

Warner Norton Grange, Isle of Wight

WARNER LEISURE HOTELS

ENJOY a popular party weekend at Warner Norton Grange resort on the Isle of Wight. Choose from a range of fabulous line-ups, featuring top acts such as Showaddwaddy, Mud II, Herman's Hermits, Union Gap UK and more. Enjoy great food and modern chalet accommodation in a lovely location overlooking the Solent. Plus there are FREE drinks 6pm to midnight every evening. Over-40s only.

INCLUDES:
- Three nights in standard en-suite chalet accommodation – upgrades available
- Three breakfasts and three dinners
- FREE bar 6pm-midnight every night (selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers)
- FREE return car ferry crossing and on-site car parking
- Full programme of live daytime and evening entertainment

3 nights from £289pp

£10pp DEPOSIT | FREE DRINKS | FREE CAR FERRY

CALL 0330 331 4000
QUOTING: THSUN360

SOUNDS OF SUMMER BIG 60S & 70S SEASIDE PARTY - £319PP
11 September 2020, three nights. The Dreamers, ABBA Arrival and Elvis Through The Years

SWINGING 60S & SUPER 70S SUMMER SEASIDE PARTY - £319PP
18 September 2020, three nights. Showaddywaddy, Union Gap UK and The 60s Explosion

BACK TO THE 60S & 70S BIG CHRISTMAS PARTY - £289PP
20 November 2020, three nights. Mud II, New Amen Corner, Abba Arrival and The Moondogs

BEST OF THE 60S & 70S BIG CHRISTMAS PARTY - £289PP
4 December 2020, three nights. Herman's Hermits, The Rag Dolls and James Williams Showman

We've got Wadd you want

HEAD back to the 60s for this Easter special at Bosworth Hall Hotel, close to the village of Market Bosworth. A super entertainment line-up features The Dreamers, Union Gap UK, Glen Leon (front man of New Amen Corner), The Mersey Legends, Spencer James (ex-Searchers) and DJ Phil Stevens. PLUS there are two-for-one drinks, 7pm to 10pm, every night. Over-40s only.

INCLUDES:
- Selected two-for-one drinks 7pm-10pm every night
- Live nightly entertainment
- Three nights sharing a standard en-suite twin or double room
- Three breakfasts and three dinners

ALSO AVAILABLE AT BOSWORTH HALL:
Soul & Motown Summer Party, 16 August 2020, 2 nights – Memories Of The Four Tops, Sharn Adela, Steve Williamson, Nat Augustin as Stevie Wonder plus DJ Phil Stevens. Two-for-one drinks, 7pm to 10pm, both nights. £159pp, £10pp deposit. Over-40s only.

Back To The 60s Big Easter Special

Bosworth Hall Hotel, Leicestershire

£10pp DEPOSIT | 2-FOR-1 DRINKS

10 April 2020 3 nights £219pp

CALL 0330 331 4000
QUOTING THSUN360

WARNER LEISURE HOTELS

BOP the night away with Showaddywaddy, Elvis Through the Years and The Dreamers at Warner Bembridge at this cracking Christmas Party weekend. Enjoy great music, good food, modern accommodation, FREE drinks every night and FREE return car ferry. Over-40s only.

INCLUDES:
- Three nights in a standard en-suite chalet accommodation – upgrade to main hotel from £30pp
- Three breakfasts and three dinners
- FREE bar 6pm-midnight every night (selected branded beers and spirits, house wine by the glass, selected soft drinks and mixers)
- FREE return car ferry crossing and on-site car parking
- Full programme of live daytime and evening entertainment

ALSO AVAILABLE AT WARNER BEMBRIDGE:
Carry On New Year Party, 8 January 2021 - James Williams Showman, Roy G Hemmings' Dictionary Of Soul and New Year party night. FREE drinks 6pm-midnight, three dinners and three breakfasts, FREE car ferry crossing. From £279pp. Over-40s only

The Big 60s & 70s Christmas Party

Warner Bembridge, Isle of Wight

£10pp DEPOSIT | FREE DRINKS | FREE CAR FERRY

27 November 2020 3 nights £309pp

CALL 0330 331 4000
QUOTING THSUN360

CALL: 0330 331 4000 QUOTE: THSUN360

TERMS AND CONDITIONS: Please note these breaks are private events and can only be booked directly with GN Holidays. Low deposit only £10pp UK breaks (balance due 12 weeks before event). All breaks are based on two people sharing a standard twin or double room/chalet. Free on-site parking at all UK party venues featured. GN Holidays reserves the right to change acts performing at any venue. For further information and bookings call GN Holidays 9am-5.30pm, Monday-Friday, and 9.30am-12.30pm on Saturdays.

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www.cruise1st.co.uk/suntravel | 0330 331 4002

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YOUR FIVE-DAY NEW SOUTH WALES TOUR:

DAY 1: Sydney, New South Wales, for one-night hotel stay.
DAY 2: Begin tour with a sightseeing tour of Sydney, including a tour of the Opera House, visit Mrs Macquarie's Chair, the Eastern Suburbs, the Gap, Bondi Beach and Sydney Harbour Bridge. After your city and sights tour, transfer to Hunter Valley for overnight stay.
DAY 3: Visit the picturesque Hunter Valley Gardens, before afternoon wine tasting opportunities at two vineyards. In the afternoon, head for the stunning Blue Mountains, staying overnight at Katoomba.
DAY 4: Enjoy the fabulous scenery of the Blue Mountains, visit Echo Point and the 3 Sisters. Plus experience Scenic World, the ancient rainforest canopy and the soaring escarpments from the valley floor (entry included). Transfer back to Sydney to check into your Sydney hotel for two-night stay.
DAY 5: Enjoy a day at leisure and explore in this beautiful harbour city. Why not add a memory to last a lifetime with an optional Sydney Harbour Bridge climb?

Luxury New Zealand Adventure With New South Wales Land Tour

CELEBRITY SOLSTICE • 19 NIGHTS • 3 MARCH 2021

Fly UK to Auckland, New Zealand - one-night hotel stay - board Celebrity Solstice for ten-night luxury full-board cruise - Bay Of Islands, NZ - Napier, NZ - Wellington, NZ - Christchurch, NZ - Dunedin, NZ - Dusky, Doubtful & Milford Sound, NZ (scenic cruising) - Sydney, New South Wales, disembark - one-night hotel stay - start New South Wales land tour - fly to UK

Auckland hotel stay • Escorted New South Wales land tour
Brand new low pricing • 5* luxury cruising • Incredible low upgrade pricing

FROM £2799pp
OCEANVIEW £2899pp • BALCONY £2999pp

New South Wales Land Tour & The Best Of New Zealand

MAJESTIC PRINCESS • 20 NIGHTS • 29/30 OCT 2020 & 30/31 JAN 2021

Fly UK to Sydney, New South Wales, for your land tour - board Majestic Princess for 13-night luxury full board cruise - Bay of Islands, NZ - Auckland, NZ - Tauranga, NZ - Picton, NZ - Christchurch, NZ - Dunedin, NZ - Fiordland National Park (scenic cruising) - Sydney, disembark - fly to UK (overnight)

Escorted New South Wales land tour – two dates to choose from
Upgrade to balcony from only £199pp • 5* luxury cruising

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BALCONY £2999pp

New Zealand Serenade With New South Wales Land Tour

SERENADE OF THE SEAS • 26 NIGHTS • 1 MARCH 2021

Fly UK to Perth, Western Australia (overnight) - one-night hotel stay - board Serenade of the Seas for your 18-night full-board cruise - Esperance, Western Australia - Adelaide, South Australia - Melbourne, Victoria - Dusky, Doubtful & Milford Sound, NZ (scenic cruising) - Dunedin, NZ - Christchurch, NZ - Picton, NZ - Napier, NZ - Wellington, NZ - Sydney, New South Wales, disembark - one-night hotel stay - start New South Wales land tour - fly to UK (overnight)

Perth hotel stay • Sydney hotel stay
Escorted New South Wales land tour

FROM £3299pp
OCEANVIEW £3599pp • BALCONY £4099pp

CALL NOW: 0330 331 4002 QUOTE: SUN256

TERMS AND CONDITIONS. Prices and itinerary may vary by date. A limited number of staterooms are available at these promotional prices and may be withdrawn at any time. All prices are from prices and are pp based on two sharing. Offers include all meals and entertainment on board ship and all taxes and surcharges. Visas may be required for certain destinations including Australia and are the customer's responsibility to obtain – please check at the time of booking. Transfers and gratuities may not be included. Full terms and conditions apply.
Prices are correct at the time of going to print. Please check New South Wales tour details at the time of booking.

Newmarket Holidays

Call: 0330 331 3999 Quote: TSX
or go to: thesuntravel.co.uk/newmarket-bogof

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London Tilbury - board Amy Johnson for 32-night full-board cruise - Lisbon, Portugal - Cadiz, Spain - Palermo, Sicily - Nessebar, Bulgaria - Constanta, Romania - Odessa, Ukraine - Istanbul, Turkey - Piraeus, Greece - Limassol, Cyprus - Port Said, Egypt - Valletta, Malta - Catania, Sicily, Italy - Gibraltar - Vigo, Spain (for Santiago de Compostela) - London Tilbury

1st passenger from £5439 2nd passenger FREE*

FROM £2719pp**

Canary Islands & Madeira

COLUMBUS • 16 DAYS • 7 OCTOBER 2021

London Tilbury - board Columbus for 15-night full-board cruise - Amsterdam, Netherlands - Gibraltar - Arrecife, Lanzarote - Las Palmas, Gran Canaria - Santa Cruz de Tenerife, Tenerife - Funchal, Madeira - Leixões, Portugal - London Tilbury

1st passenger from £2269 2nd passenger FREE*

FROM £1139pp**

Grand Cape Verde, Canary Islands, Madeira & Morocco

COLUMBUS • 22 DAYS • 8 NOVEMBER 2021

London Tilbury - board Columbus for 21-night cruise - Rotterdam, Netherlands - Lisbon, Portugal - Funchal, Madeira - Las Palmas, Gran Canaria - Santa Cruz de Tenerife, Tenerife - Mindelo, São Vicente, Cape Verde - Casablanca, Morocco (for Marrakech) - Leixões, Portugal - La Coruña, Spain - London Tilbury

1st passenger from £2259 2nd passenger FREE*

FROM £1129pp**

Azores, Madeira & Portuguese Highlights

MAGELLAN • 16 DAYS • 18 SEPTEMBER 2021

Bristol - board Magellan for 15-night full-board cruise - La Coruña, Spain - Horta, Azores - Ponta Delgada, Azores - Funchal, Madeira - Lisbon, Portugal - Leixoes, Portugal - Cobh, Ireland - Bristol

1st passenger from £2269 2nd passenger FREE*

FROM £1139pp**

Spain, Portugal & Morocco

MAGELLAN • 14 DAYS • 3 OCTOBER 2021

Bristol - board Magellan for 13-night full-board cruise - La Coruña, Spain - Cadiz, Spain - Gibraltar - Casablanca, Morocco (for Marrakech) - Lisbon, Portugal - Leixões, Portugal - Cobh, Ireland – Bristol

1st passenger from £1969 2nd passenger FREE*

FROM £989pp**

Call: 0330 331 3999 Quote: TSX or go to: thesuntravel.co.uk/newmarket-bogof

These holidays are organised and operated by Newmarket Holidays Ltd. ABTA V7812. Single supplements apply. Fares exclude gratuities. Standard phone charges. All prices are extremely limited and may be withdrawn without notice. *Book by 31/3/20. Subject to availability and may be withdrawn at any time. Prices are based on two people sharing a twin cabin **The per person price is calculated as the sum of the first and second passenger prices divided by two and rounded to the nearest nine. Promo code: LAUNCHWINE. Visit newmarketholidays.co.uk/offer-terms for full terms

ADVERTISEMENT FEATURE

Over-50s travel insurance specialists – www.payingtoomuch.com/TheSun

FOR OVER-50s CAR AND HOME INSURANCE, CALL 0330 331 4001

Affordable travel insurance even with pre-existing medical conditions

IT is always important to find the right travel insurance policy for your needs, whether you are taking a short weekend break in Europe or travelling further afield for longer.

You should ensure that any medical conditions you have are covered.

Mr Gould, from Norfolk, made sure the policy he purchased via **PayingTooMuch.com** suited his needs.

He bought an annual policy so he and his wife had the freedom to book a few trips or travel on a whim without needing to organise further insurance.

Mr Gould said: "I saw **PayingTooMuch.com** advertised in the newspaper and decided to call them. I think it's always best to speak to someone when you have medical conditions.

"I spoke to a very helpful chap who explained all the different options including the cancellation levels."

SAMPLE QUOTE*

Payingtoomuch.com	£46.99
Post Office	£92.16
Co-Op Travel Insurance	£106.12
AA	£114.66
Saga	£195.65

Premiums based on two travellers, both age 60, travelling to Spain for one week, 25/9/20 – 2/10/20. Traveller one diagnosed with angina, taking medication. Traveller two has diabetes, taking medication. (Quotes correct 10/1/20).

Mr Gould was delighted with the price he paid, too. He said: "It was cheaper than the policy I purchased the year before, so I was very happy."

Aaron Hackett, from **PayingTooMuch.com**, said: "We always encourage our customers to find the policy that most suits their circumstances.

"There are many factors to take into consideration when buying travel insurance and our team is here to answer any questions to make that decision easier.

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The Sun
4-PAGE PULLOUT

Slimming WORLD®

The get ready for summer plan

'KIDS LOVE LEARNING TO COOK WITH ME'

BUSY mum Rachel Falcus feared her children would be overweight and bullied at school, just like she had been.

She had tried every fad diet going but always regained any weight she lost.

Luckily, she then discovered Slimming World and dropped an incredible six dress sizes – with the added bonus that her kids learned about healthy eating too.

Rachel, 39, from Newcastle upon Tyne, says: "I was really overweight, ordering in take-aways every night, and I just thought, 'I can't do this once the children grow up.'

"I worried my children would be overweight at school, like I was, and didn't want them to be picked on because of their size."

She lost 3st 7lb in a year and a half – and the proud mum of three, *pictured as she is now*, says: "The best part for me has been having my children on this journey with me. They've loved learning to cook meals from scratch with me. Now it's a way for me and my family to maintain a healthy lifestyle."

Read her full, inspiring story on Page 3.

JOIN YOUR LOCAL GROUP FOR FREE OR GET £15 OFF ONLINE
PAGE 4

LOSE weight without feeling hungry – sounds too good to be true?

All this week we are bringing you exclusive Slimming World recipes which help you shed the pounds while filling up on your favourites.

More and more of us are enjoying meat-free meals, with the number of people going fully vegetarian predicted to double in the next two years.

Today, we bring you recipes for seven delicious veggie meals that will help you to lose weight and keep it off.

SEVEN **EXCLUSIVE** DIVINE VEGGIE RECIPES
Pages 2, 3 & 4

Slimming World DIVINE VEGGIE RECIPES

Mushroom and spinach lasagne

Serves 4

Cooking time: Ready in 1½ hours

INGREDIENTS:

Low-calorie cooking spray
1 onion, finely chopped
400g shiitake mushrooms, chopped
4 garlic cloves, crushed
400g spinach leaves, chopped
800g fat-free natural cottage cheese
¼ tsp freshly grated nutmeg
2 eggs, lightly beaten
600g passata with onion and garlic
12 dried lasagne sheets
30g freshly grated vegetarian Parmesan-style cheese
5 bottled roasted red peppers in brine, rinsed, drained and cut into chunks
Salad, to serve

METHOD: Preheat oven to 200°C/fan 180°C/gas mark 6. Lightly spray a rectangular ovenproof dish with low-calorie cooking spray and set aside. Spray a large non-stick frying pan with low-calorie cooking spray and place over medium heat. Add onion and mushrooms and stir-fry for 10 minutes. Stir in the garlic and spinach and cook for 6-8 minutes or until the spinach has wilted. Season to taste, set aside.

Put the cottage cheese and nutmeg in a mixing bowl. Add the eggs, season to taste and beat until fairly smooth using an electric hand whisk. Spread half of the passata over the base of the prepared dish and top with four lasagne sheets. Spread one-third of the cottage cheese mixture over the lasagne sheets and top with half of the mushroom mixture. Sprinkle over half of the Parmesan-style cheese. Arrange the pepper pieces over the cheese in an even layer and top with four more lasagne sheets. Spread over the rest of the mushroom mixture and half of the remaining cottage cheese mixture.

Top with the last four lasagne sheets, the remaining passata and the rest of the cottage cheese mixture. Sprinkle over the last of the Parmesan-style cheese, cover with foil and bake for 30 minutes. Remove the foil and cook for 15-20 minutes or until the top is lightly browned and the pasta is tender. Cover with foil and leave to stand for 25-30 minutes and serve with the salad.

Five-spice tofu skewers

Serves 4

Cooking time: Ready in 30 minutes

INGREDIENTS:

16 small new potatoes
400g plain/naturally smoked firm tofu cut into bite-sized chunks
16 button mushrooms, stalks removed
8 baby courgettes, each cut into 3 pieces
1 red pepper, deseeded and cut into bite-sized chunks
Salad, to serve

For the marinade:

6 tbsp tomato purée
4 tbsp light soy sauce
Juice of 2 limes
1 tbsp Chinese five-spice powder

METHOD: Cook the potatoes in a pan of lightly salted boiling water for 7-8 minutes or until tender, then drain and pat dry.

Meanwhile, put all the marinade ingredients in a wide bowl, season to taste and whisk well.

Preheat the grill to medium-high.

Tip the potatoes, tofu, mushrooms, courgettes and pepper chunks into the marinade, toss to coat evenly and thread on to eight metal skewers (or wooden skewers soaked for 20 minutes to stop them burning).

Grill the filled skewers for 10-12 minutes, turning frequently and brushing with the remaining marinade every few minutes.

Serve hot with the salad.

Ricotta and spinach crêpes with basil and tomato sauce

Serves 4

Cooking time: Ready in 1 hour 15 minutes

INGREDIENTS:

Low-calorie cooking spray
12 large eggs
2 tbsp dried parsley
1 shallot, finely chopped
4 garlic cloves, crushed
200g chestnut mushrooms, finely chopped
400g baby leaf spinach, roughly chopped
150g ricotta cheese
200g fat-free natural cottage cheese
A large pinch of freshly grated nutmeg
Vegetables, to serve

For the sauce:

500g passata with onion and garlic
1 vegetable stock cube
2 tbsp tomato purée
A large handful of finely chopped fresh basil, plus sprigs to garnish

METHOD: Put all the ingredients for the sauce in a wide saucepan and bring to the boil over a high heat.

Reduce the heat to low and cook gently for 25-30 minutes, stirring occasionally. Season to taste and keep warm.

To make the crêpes, spray a medium-sized non-stick frying pan with low-calorie cooking spray and place over a high heat.

Crack one egg into a small bowl, add pinches of parsley, salt and pepper and beat. Tip into the frying pan, tilt to spread the egg thinly and cook for 1-2 minutes or until lightly browned underneath. Flip over and cook for another 1-2 minutes. Transfer to a baking sheet lined with baking parchment, cover with another sheet of baking parchment and keep warm while you cook the rest of the crêpes in the same way, adding each new crêpe to the pile until you have 12.

To make the filling, spray a large non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the shallot, garlic and mushrooms and fry for 6-8 minutes or until the mushrooms have softened.

Put the spinach in a bowl and pour over a little boiling water. Wilt for 3-4 minutes then tip into a sieve, drain and squeeze out excess water with the back of a spoon. Put the spinach in a mixing bowl. Add the mushroom mix and stir in the ricotta, cottage cheese and nutmeg. Season to taste, and stir.

Divide the spinach filling evenly between the 12 crêpes and roll each one up neatly. Drizzle the warm sauce over four plates then arrange three crêpes on each one. Garnish with basil leaves and serve with your favourite vegetables.

Wild mushroom and chestnut pies

Serves 4

Cooking time: Ready in 1 hour 10 minutes, plus co

INGREDIENTS:

Low-calorie cooking spray
1 onion, finely chopped
2 carrots, peeled and diced
4 celery sticks, finely chopped
2 garlic cloves, crushed
4 tbsp tomato purée
1 tsp Marmite
200g can chopped tomatoes
225ml boiling vegetable stock
500g mixed wild mushrooms (or a mix of button an chestnut), wiped and roughly chopped
2 tbsp chopped fresh tarragon
100g cooked and peeled chestnuts, roughly chopp
Vegetables, to serve

For the topping:

300g celeriac, peeled and diced
½ swede, peeled and diced
2 carrots, peeled and diced
4 potatoes, peeled and diced
100ml boiling vegetable stock
A large handful of finely chopped fresh parsley
2 eggs, lightly beaten

METHOD: First make the topping. Cook the celeria carrots and potatoes in a large saucepan of lightly boiling water for 15-20 minutes or until the vegetab tender. Drain and roughly mash with the stock and seasoning. Leave to cool, then stir in the parsley a fairly smooth.

Meanwhile, spray a large non-stick frying pan wi calorie cooking spray and place over a medium he

Add the onion, carrots, celery and garlic and stir minutes. Add the tomato purée and Marmite and c further 5 minutes.

Add the tomatoes, stock, mushrooms, tarragon chestnuts and simmer for 10-12 minutes or until the reduced and thickened. Remove from the heat and cool slightly. Season to taste.

Preheat the oven to 190°C/fan 170°C/gas mark 5

Spoon the mushroom mixture into four individua (or one big ovenproof dish), top with the mash and 30 minutes or until golden. Serve hot with the vege

Portobello mushroom cheeseburger

Serves 4

Cooking time: Ready in 15 minutes

INGREDIENTS:

4 large portobello mushrooms
Low-calorie cooking spray
125g fat-free natural cottage cheese
2 garlic cloves, crushed
½ tsp dried chilli flakes
A small handful of finely chopped fresh chives, plus extra to garnish
4 x 60g wholemeal rolls, split and toasted if you like
½ cucumber, sliced into ribbons with a peeler
1 tomato, sliced
½ red onion, sliced
Salad, to serve
Spicy wedges, to serve

METHOD: Preheat the grill to high. Remove the stalks from the mushrooms (you can save them to use in another dish if you like) and spray the caps with low-calorie cooking spray.

Season to taste, spread the mushrooms out on the grill pan and grill for 3-4 minutes on each side or until cooked but still firm.

Leave the grill on.

Meanwhile, mix the cottage cheese, garlic, chilli flakes and chives in a bowl and season to taste.

Spoon the mixture into the mushrooms and grill for 1 minute or until hot and bubbling.

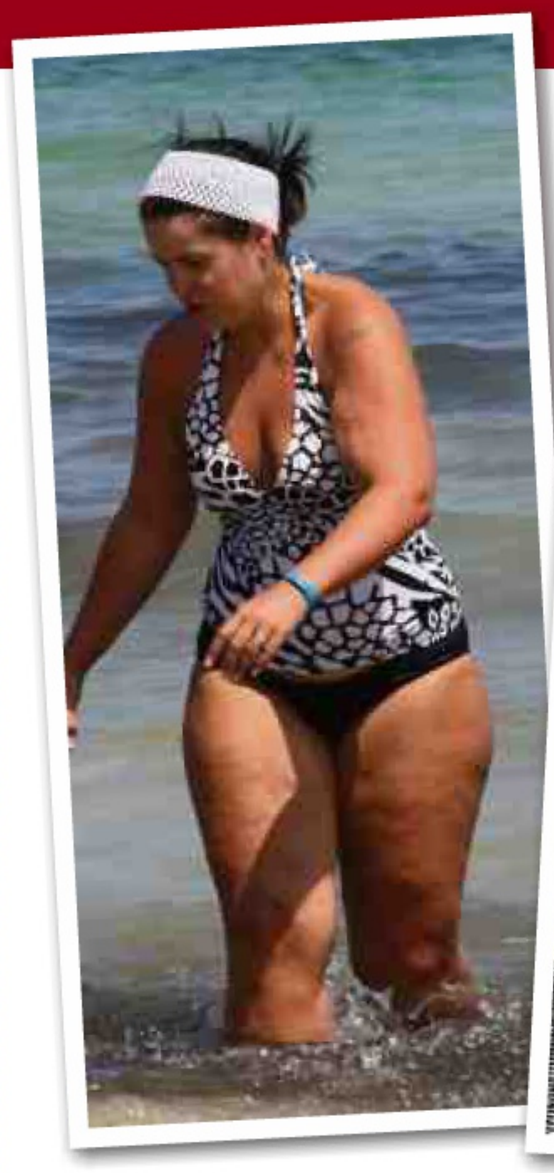
Fill the rolls with the cucumber, tomato, red onion and cooked mushrooms.

Scatter over the chives and serve hot with the salad and spicy wedges (see tip).

TIP: To make spicy wedges, preheat the oven to 200°C/fan 180°C/gas mark 6. Mix a teaspoon each of smoked paprika, ground cumin and cinnamon in a bowl.

Peel four sweet potatoes, cut into wedges and toss in the spices. Spray with low-calorie cooking spray and bake for 30-35 minutes or until tender.

Season with salt to serve.



BEFORE AND AFTER . . . Rachel in swimsuit on holiday and, *right*, as she is now with husband Craig

'I couldn't believe that I was eating the same type of food as before – pizzas, burgers, kebabs – and losing weight'

RACHEL FALCUS had tried every fad diet but never managed to keep weight off. The civil servant, 39, who has children James, 15, Liam, 12, and five-year-old Emily, says it was only after becoming a busy mum and searching for a healthy way of life for her family that she found Slimming World and dropped six dress sizes. Speaking to JENNY FRANCIS, Rachel, who lives in Newcastle with civil servant husband Craig, 39, says:

"I WAS overweight from the age of nine. I didn't play any sports and my mum worked nights so food was always convenience over health.

We had a lot of takeaways and ready meals, as mum rarely cooked from scratch.

I don't know what my weight was back then but I was always the biggest in my class at school and, by my teenage years, I was a size 12.

After college, when I began work as a civil servant, I started trying fad diets.

I did at least two a year and, although I'd lose around a stone, it never stayed off because the diets were unsustainable, so I'd yo-yo up and down.

After I met Craig, we married when I was 23 and I walked down the aisle in a size 12 dress after two months of crash-dieting.

I fell pregnant with James less than a year later, and gained 3st in nine months. The minute I became a mum, I knew I wanted more children, so I just put the weight to the back of my mind.

I had my second child three years later and gained another 3st with that pregnancy, taking me to over 15st and a size 22.

It was only then that something switched in my attitude to my weight.

I was ordering in takeaways every night and just thought to myself: "I can't do this once the children grow up."

I worried my children would be overweight at school like I was and didn't want them to be picked on because of their size – just like me.

I was at a parent-toddler group when one mum told me she was a Slimming World member. She said it was amazing, because she could cook the same healthy meals for herself and her family.

It was what I was looking for, so I went home, researched my local group and signed up.

It was May 2007 when I first walked through the Slimming World doors and it was scary, as I didn't know what to expect.

The minute I heard about the Food Optimising plan and the recipes, I loved it. I couldn't believe I was eating the same foods I was eating before – pizza, burgers, chips and kebabs – and losing weight at the same time.

I was in the kitchen cooking up these healthier versions of the foods I loved and the weight just dropped off. It felt so good to be cooking for my family, knowing it was healthy, and seeing how they enjoyed the meals.

I lost 3st 7lb in 18 months and felt like a new woman. Everyone was amazed at the difference, not just in my looks but my confidence, too.

When I fell pregnant again, at the age of 33, everything was different third time around.

During my pregnancy I ate healthy, home-cooked meals and, instead of feeling sluggish like I had during my first two pregnancies, I had energy.

I only gained a stone over nine months and lost it straight away after giving birth.

I felt so good.

By sticking to the Slimming World Food Optimising plan, I lost another 2st, taking me down to a dress size 10 and 10st 7lb. It gave me the confidence to join a gym and now I go to spin and body-pump classes.

The best part for me has been having my children on this journey. They've loved learning to cook the meals from scratch with me. To them, a takeaway is a rare treat.

My husband has loved it, too, and has lost 5st with my meals.

Now it's a way of life for me and my family.

I've become a Slimming World Consultant and even my mum Lorraine, who's 64, signed up to one of my groups and has lost 2st. Clothes shopping is great fun now and the compliments from friends and family give me a buzz.

I've also saved hundreds of pounds by not getting takeaways – cooking healthy food at home is much better value. If I can do it, you can too."

BEFORE

Breakfast: None
Lunch: Burger and chips
Dinner: Chinese takeout
Snacks: Double Decker chocolate bar

15st 3lb

AFTER

Breakfast: Omelette
Lunch: Jacket potato with beans, or a stir-fry
Dinner: Chilli, spag bol or homemade kebabs
Snack: Blueberries, strawberries and fat-free yoghurt

10st 7lb

DIVINE VEGGIE RECIPES

Quinoa with roasted beetroot

Serves 4

Cooking time: Ready in 1 hour

INGREDIENTS:

800g red and golden beetroot, peeled and cut into chunks
Low-calorie cooking spray
A small bag of baby-leaf spinach
2 red onions, sliced
3 garlic cloves, crushed
300g dried quinoa
1 tbsp fresh thyme leaves, plus sprigs to garnish
800ml boiling vegetable stock
1 red chilli, deseeded and finely chopped

METHOD: Preheat the oven to 200°C/fan 180°C/gas mark 6.

Put the beetroot chunks in a roasting tin and spray with low-calorie cooking spray. Season to taste and roast for 45 minutes or until the edges start to caramelise.

Meanwhile, put the spinach in a bowl and pour over a little boiling water. Leave to wilt for 5 minutes then drain thoroughly and set aside.

Spray a large non-stick saucepan with low calorie cooking spray and place over a medium heat. Add the onions and garlic and cook for 3-4 minutes or until lightly golden.

Rinse the quinoa under cold running water, drain and add to the onions along with the thyme, stock and most of the chilli.

Bring to the boil over a high heat then reduce the heat to low and simmer for 15 minutes or until the liquid has mostly been absorbed, stirring occasionally.

Lightly stir the spinach and beetroot into the quinoa and divide between plates or bowls. Scatter over the remaining chilli and garnish with thyme sprigs to serve.

Sweet potato puff pies

Serves 4

Cooking time: Ready in 1 hour 15 minutes

INGREDIENTS:

2 sweet potatoes, peeled and diced
3 red onions, roughly chopped
2 courgettes, diced
3 carrots, peeled and diced
Low-calorie cooking spray
200ml boiling vegetable stock
2 garlic cloves, crushed
1 tsp dried mixed herbs
1 tsp mustard powder
200g plain quark
A small handful of chopped fresh chives
80g ready-rolled light puff pastry
1 egg, beaten
Vegetables, to serve

METHOD: Preheat the oven to 200°C/fan 180°C/gas mark 6.

Put the sweet potatoes, onions, courgettes and carrots into two large roasting tins and spray lightly with low-calorie cooking spray. Roast for 20 minutes or until soft and nicely coloured, turning occasionally.

When the vegetables are nearly done, put the stock, garlic and dried herbs in a saucepan and bring to the boil over a high heat. Remove from the heat and whisk in the mustard powder, quark and chives. Season the vegetables, divide between four individual pie dishes (that have lips) and spoon in the creamy sauce. Leave the oven on.

Roll out the pastry on non-stick baking parchment and cut into thin strips long enough to cover the pies. Brush the rim of each dish with some of the egg and arrange the pastry strips in lattice patterns over the top of each pie. Brush the pastry with the remaining egg.

Put the pie dishes on to a baking sheet and bake for 15-20 minutes or until puffed up and golden.

Serve hot with the vegetables.

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.

Join your nearest Slimming World group for free when you purchase a 12-week Countdown before March 15, 2020, plus 12 weeks for the price of ten – saving £19.90.

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Your name:.....

Consultant code:.....

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ONLY IN TOMORROW'S Sun : SEVEN DELICIOUS DESSERT RECIPES