

25p
LESS THAN THE
DAILY MIRROR

ROYAL WORLD EXCLUSIVE

- PRINCE IN 4HR SUMMIT
- LUNCH FOR 2 AT WINDSOR



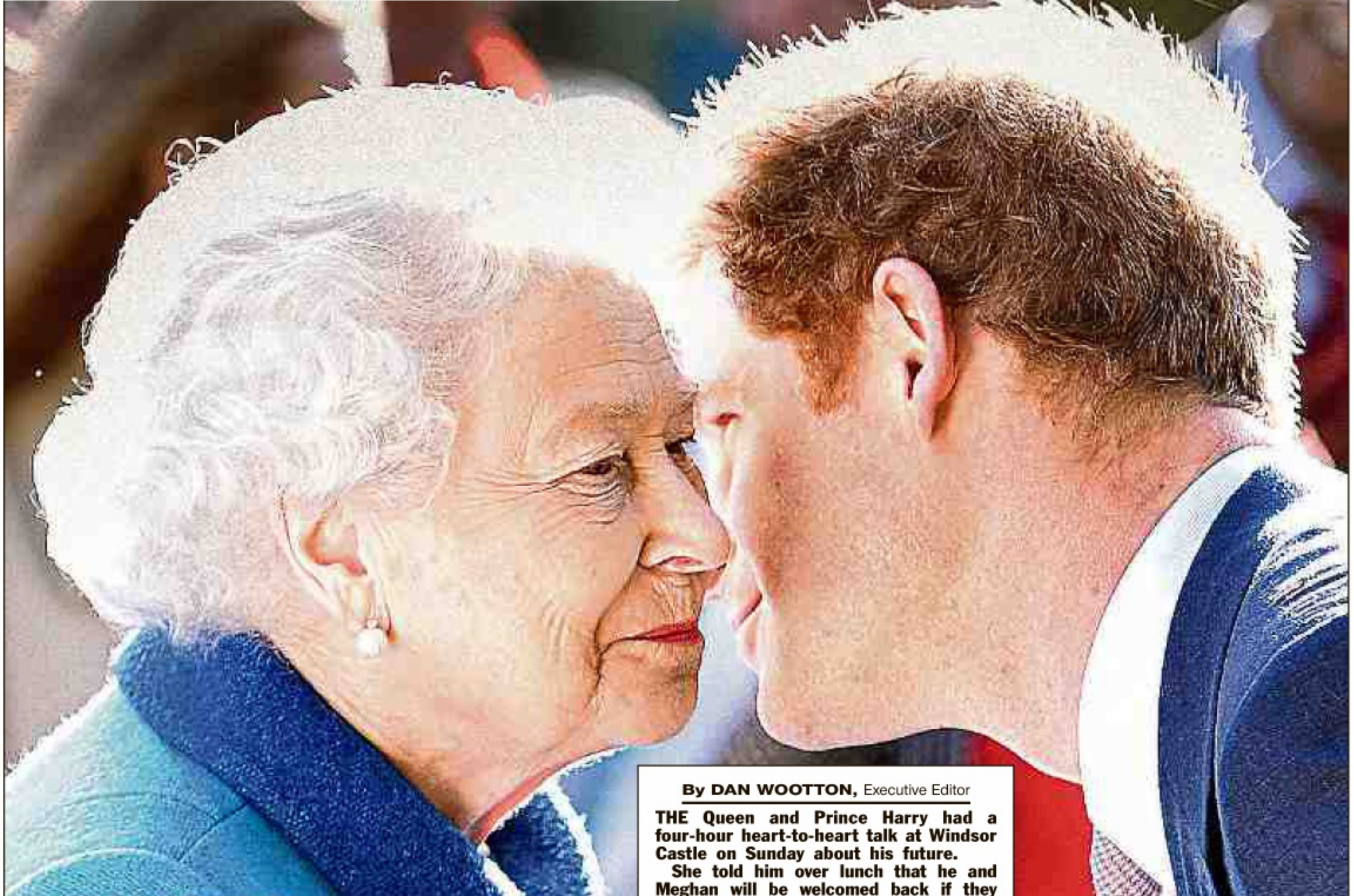
Determined . . . Mr Johnson

PM: My war on Covid-19

By KATE FERGUSON

BORIS Johnson will today throw the country on to a war footing to battle the coronavirus outbreak. Downing Street's battle plan will put the nation on red alert for a string of restrictions in the event of mass infection. They include urging people to work from home. Retired medics may also be called up if the NHS struggles to cope. It comes as four new cases brings the UK total to 39.

Full Story — Pages 8 and 9



Gracious . . . Queen held peace talks with Harry

By DAN WOOTTON, Executive Editor

THE Queen and Prince Harry had a four-hour heart-to-heart talk at Windsor Castle on Sunday about his future. She told him over lunch that he and Meghan will be welcomed back if they ever decide to rejoin the royals. A source said: "Hopefully it cleared the air."

Full Story — Pages Four and Five

The Queen & Harry... KISS AND MEG UP



Leaving . . . Meg and Harry

GET READY FOR A NEW YOU

FREE INSIDE

7

EXCLUSIVE

Slimming

WORLD

RECIPES

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ECONOMY CORONAVIRUS FEAR BUG HITS BUDGET

By TOM NEWTON DUNN

CHANCELLOR Rishi Sunak is drawing up a major cash package to help fight the coronavirus crisis in next week's Budget.

Forecasters have warned the virus's spiralling outbreak is now likely to wreak havoc on the UK economy. Treasury insiders revealed the crisis has forced the new Chancellor to make changes to Virus package... Sunak

Rishi has to slam brakes on spending

his first Budget, due in just eight days. The package, which could run to hundreds of millions of pounds, will provide emergency support for individuals and businesses hit by the chaos. It will include cash to

keep struggling firms afloat and allowances for the self-employed if income dries up. Fresh emergency funding has also been set aside for the NHS if it is overwhelmed by sufferers. But Downing Street sources insisted a major tax cut for 31million workers will

still go ahead. Boris Johnson is said to be determined that Mr Sunak delivers on the Tories' election promise to raise the National Insurance contributions tax-free threshold to £9,500 per year, giving a £100 tax cut.

Major new investment spending to level up left-behind areas in the North and the Midlands will also still be in the Budget.

A Downing Street source said: "Tax cuts and infrastructure spending is just the sort of stimulus the economy may need, so that will all still go ahead."

PM's war on virus — Pages 8 & 9
The Sun Says — Page Ten

Shop tax £15k woe

THOUSANDS of shopkeepers may lose about £15,000 if, as expected, entrepreneurs' tax relief is axed in the Budget, it is claimed. The move would put 10 per cent on the Capital Gains Tax bill of a business's sale, says the Federation of Small Businesses.

Izzard in MP plan

EDDIE Izzard is quitting comedy to stand as a Labour MP.

At a show in West London at the weekend, he announced he wanted to "make a change".

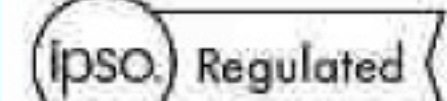
The star, 58, had just completed 29 marathons in 29 days to raise £136,000 for charities.

He recently told The Chris Evans Breakfast Show on Virgin Radio UK: "I'm not a brilliant runner either."

CORRECTIONS & CLARIFICATIONS

DAVID PEMSEL — APOLOGY

On 28 November 2019 we published a front page article on Mr Pemsel. Mr Pemsel complained that he did not behave as alleged. We accept that the article did not accurately reflect his position. We have removed the article and will not republish it. We apologise to Mr Pemsel.



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WELSH WHINES

A new law means people now pay a minimum alcohol price in Wales, making the cheapest bottle of wine cost £4.69.

WIND BIG CASH LIFT

MORE windfarm subsidies are set to get the green light in a major government U-turn.

Four years after then PM David Cameron scrapped the scheme, they will be able to compete for support with other renewable energy technologies. But no windfarms will be constructed near communities that oppose them.



Waxwork gets baby's dummy

BORIS Johnson's wax model at Madame Tussauds got a temporary new baby-carrier yesterday.

The sling was strapped to the PM's chest following the announcement that he and partner Carrie Symonds are expecting their first child.

PAXMAN RANT JOY

JEREMY Paxman says he has kept a box full of viewers' death threats, marriage proposals and "shocking suggestions from schoolgirls".

The ex-Newsnight host has them because they are "eternally tickling" or could turn out to be significant.

Paxo, 69, wrote: "Most of the rudest letters were complaining about a supposed lack of manners."



sky NEWS HD

WEATHER with NAZANEEN GHAFAR



TODAY: Rain and hill snow in northern areas will ease through the morning. Bright elsewhere with sunny spells and showers.

TONIGHT: Dry and clear for most, allowing frost, mist and fog to form. But showers for northwestern Scotland. Towards dawn, rain will move into the South West.

OUTLOOK: Tomorrow, rain will push across the South, with snow on the Welsh hills. Northern areas will see bright spells and some scattered showers. On Thursday, early rain in the South East should clear to leave bright spells. Showers in the North West.

WED 7°



THU 7°



FRI 7°



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.

				27
				14
				12
				14
30	13	14	10	

PUZZLES: PAGE 40

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Today's birthdays

SINGER CAMILA CABELLO, 23, above left, physicist **BRIAN COX, 52,** above right, athlete **FATIMA WHITBREAD, 59,** model **ALEXINA GRAHAM, 30,** TV host **ALEX ZANE, 41,** actress **JESSICA BIEL, 38,** singer **RONAN KEATING, 43,** reality star **CAROLYN UNDERWOOD, 38.**

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AL'S FRUITY NUMBER

MODEL Alexina Graham looks like she cannot wait to get her teeth into her 30s.

The Brit posed in a flowery bikini while scoffing a watermelon before her 30th birthday today. She recently posted a

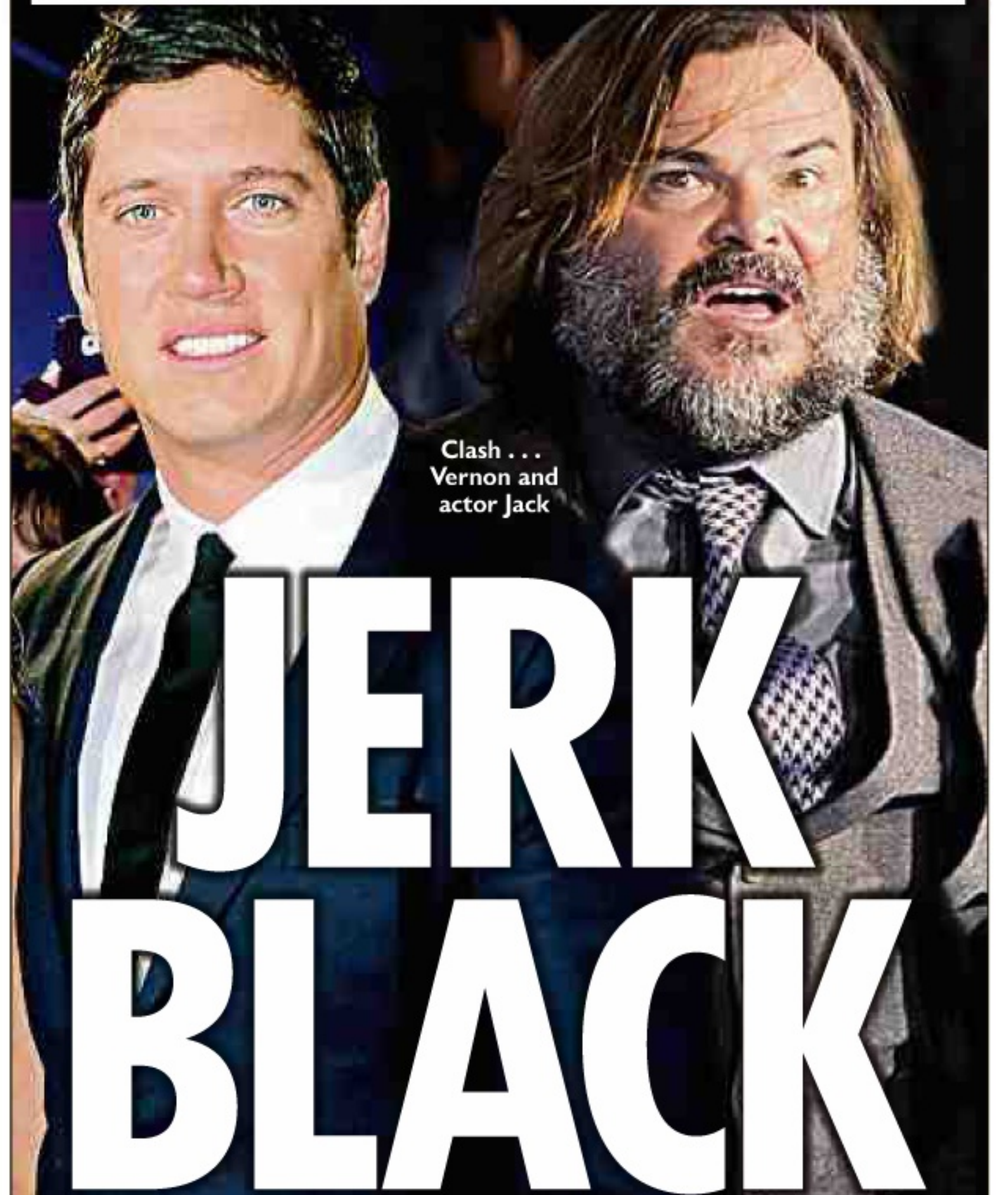
By **JOE KASPER**, Bizarre Reporter

workout video on Instagram, right, and wrote: "They say your body will start to change after 30! Well I'm ready for you. Bring it on!"



EXCLUSIVE

Kay calls film star 'rude, arrogant, pig-faced, ck, d**k and an a*****e!'**



Clash...
Vernon and
actor Jack

JERK BLACK

FAMILY Fortunes host Vernon Kay has called Hollywood star Jack Black a "pig-faced c**k".

The mild-mannered presenter, 45, said the School of Rock star acted like an "absolute d**k" every time he interviewed him.

Kay, married to Strictly host Tess Daly said: "I don't know whether he'd had a hangover or whether it was because I was either the first or last interview of the day but he was horrible."

"He was an absolute d**k, an

By **ANDY HALLS**

a*****e." Kay said Black, 50, was promoting his movies while Kay was a "nervous" youngster working for T4 at the time.

He went on: "When you're so rude, arrogant, and pig-faced to a young TV presenter, who's so nervous and trying to hone his skills, and you're so arrogant to dismiss that, it's just not on. He was just a c**k."

Kay, who is hosting BBC coverage of Formula E Prix in Rome on April 4, added of his remarks: "I hope he reads it, and let this be a lesson to Jack Black."

andy.halls@the-sun.co.uk

Picture: BARBARA PARIS

JOEY ESSEX ON GRAFTERS, VAJAZZLES AND SALTY POTATOES

**SEE PAGES
16 & 17**

EXCLUSIVE: QUEEN'S BID

● PAIR HAVE LUNCH WITH THE CORGIS



Chat witness... corgi goes for walk. Right, cucumber sandwich

● QUEEN SAD SHE DOESN'T SEE ARCHIE



Stroll... Harry's home is a short walk from Windsor Castle

● ...BUT MAJ GIVES PRINCE HER SUPPORT

ROYAL FAREWELL

MARCH 5 Duke and Duchess of Sussex will attend the Endeavour Fund awards at Mansion House in London for wounded soldiers

MARCH 6 Harry will attend the opening of a new Silverstone Motor Racing museum with Lewis Hamilton

MARCH 7 Harry and Meghan will be at the Royal Albert Hall for the Mountbatten Music Festival for Royal Marines charities

MARCH 8 Meghan will take part in events to mark International Women's Day

MARCH 9 The couple will join the Queen and other royals - including Kate and Wills - at Westminster Abbey for a Commonwealth Day service. It will be the final official appearance by the 'Fab Four'



By **DAN WOOTTON**
EXECUTIVE EDITOR

THE Queen met Harry at Windsor Castle on Sunday for an extraordinary fireside chat to clear the air about his and Meghan's imminent royal departure.

Harry spent four hours with his 93-year-old grandmother, who is believed to have ended their heart-to-heart by saying: "You are much loved and will always be welcomed back."

Harry, 35, had discreetly strolled from his Frogmore Cottage home in Windsor Home Park to the castle, where he and the Queen shared a light lunch and tea as they discussed his future.

Her Majesty agreed to the meeting after Harry requested a chat. A royal source said: "The Queen had a lot to talk to Harry about and this was the ideal time for them to both say their piece."

"When Harry and Meghan announced they wanted to quit, it all happened very quickly and it was very stressful for all concerned."

"Sunday was the first time the Queen has had the chance to talk to

Harry on his own and really find out what his plans are. It was a much more relaxed environment and they were both able to speak their mind."

The chat came amid reports that the Queen is "very sad" that she sees so little of Harry and Meghan's son Archie.

The source added: "It's fair to say she is very upset about him and Meghan leaving and she would love to see more of Archie, as would Prince Charles and the rest of the family."

"But she accepts at the moment that his mind is made up and he intends to live in North America."

"However she also wanted to make it clear that the arrangement can only work if they do not exploit their royal status and try to 'cash in' - that's why she wouldn't let them use the word 'royal' for their foundation."

"The Queen is protecting the institution and she is also aware of the cost of security."

"That is something that still needs to be resolved. But Harry is also a much-loved grandson who she has always doted on."

'The way forward looks more positive'

"She made it very clear to him that he and Meghan are always able to come back if they change their minds and she will welcome them with open arms."

"Hopefully the chat cleared the air and the way forward is looking more positive."

"But she wanted to make certain Harry knew there were limits and the whole set-up is subject to a review after 12 months."

Meghan is expected to fly in to London in the next 48 hours for the couple's final royal jobs together for the foreseeable future.

But Archie is not expected to join them. The nine-month-old will remain in Canada, looked after by a nanny and Meghan's best friend Jessica Mulroney.

A new poll suggests 90 per cent of the UK public believes the taxpayer should not pay for Harry and Meghan's round-the-clock protection if they live abroad.

Canada will cease to pay the bill from the end of this month.

Princess Diana's former police bodyguard Ken Wharfe said: "It will be sad for the Queen not to see her great-grandson but in security terms Archie is probably safer staying in Canada."

"What can't happen is for Harry and Meghan to lose their Scotland Yard officers and go private."

"It wouldn't be safe and they need protection more than ever."

"The solution might be for the Queen or Prince Charles to stump up some or all of the cost of protection and give it back to the taxpayer. This is a new situation and new ideas are needed."

Harry is thought to have arrived at the castle at around 1pm on Sunday and had lunch of poached salmon and salad with the Queen.

Their talks went on throughout the afternoon, with only Her Majesty's dogs as witnesses. They finished after a tea of scones and cucumber sandwiches.

One source said Harry was seen leaving "deep in thought".

Meanwhile, William, whose spat



Staying in Canada... son Archie

with Harry reportedly triggered the royal fallout, was watching his team Aston Villa lose the Carabao Cup final to Manchester City at Wembley. Harry and Meghan will join William and Kate - the Fab Four as they had been known - the Queen, Charles and Camilla at the Commonwealth Day service at Westminster Abbey next week.

It will be Harry and Meghan's last duty as senior royals and the first time the couple have appeared with the family since The Sun revealed their Megxit plan in January.

On Thursday the pair will attend the Endeavour Fund awards at Mansion House in London, which recognises the bravery and achievements of wounded and sick servicemen.

The following day Harry will be at the opening of a new Silverstone Motor Racing museum with Lewis Hamilton.

And on Saturday Harry and Meghan are guests at the Royal Albert Hall for the Mountbatten Music Festival, which raises funds for Royal Marines charities.

The following day Meghan will take part in events to mark International Women's Day.

Harry's aides say the couple will return "regularly" to the UK, with him attending the London Marathon in April as its patron.

Both will be at the Invictus Games - the sporting event for wounded servicemen that Harry created - at the Hague in the Netherlands in May.

But one royal insider said last night: "The reality is that they will spend most of their time in Canada and the States. The Queen knows this and that's why she wanted to make her feelings known at the weekend."

She hopes a working compromise has been reached, but only time will tell."

LOOKING TO THE FUTURE



The Queen yesterday at Windsor Castle

TO HEAL RIFT ON MEGXIT

Happier times...
Harry and Meghan
show off Archie to the
Queen, Prince Philip
and Meg's mum Doria

I still think
that Harry
will return



By
**ARTHUR
EDWARDS**
Sun Royal snapper

THE Queen has a lot on her plate at the moment.

The last thing she wants is more family problems.

Prince Harry would have unburdened himself when he went to lunch with her at Windsor Castle.

The Queen, who is a kind, loving grandmother, I'm sure listened to Harry and gave him great advice at the end of their lunch.

She was not vindictive when she took Harry and Meghan's royal titles away or forbade them from using the name Sussex Royal.

One of her main roles in life is to protect the institution of monarchy. She is ruthless in doing so.

Harry and Meghan are determined to make their own way in North America.

But however many bankers they talk to and whatever they get paid, it won't replace the buzz Harry gets when he is involved with the Invictus Games.

I still believe that Harry will one day return to his family and to royal duties and once again become the most popular member of the Royal Family.

I'm sure on this occasion the Queen would have loved to have seen Archie. So let's hope Harry brings her great-grandson back here for his first birthday in May.

Picture: CHRIS ALLERTON/SUSSEX ROYAL

**You're much loved
and you'll always
be welcomed back**

GREEK BORDER CHAOS



Innocent victim... toddler caught by tear gas



Crisis... battle at the border. Right, refugees on the march

A MIGRANT flees tear gas during battles with Greek troops near the border with Turkey.

Tens of thousands of refugees from the Syrian civil war tried to breach land and sea borders in Greece and Bulgaria yesterday.

It came after Turkey's President Erdogan abandoned an agreement

From NICK PARKER, in Bulgaria

with the EU to hold them in refugee camps. A boy of around six drowned when an overloaded dinghy capsized off the island of Lesbos.

Erdogan is trying to pressure Europe into offering Turkey more support over the refugee crisis.



Pub row... Mark

Landlord 'killed by a punch from boy'

By ADAM BENNETT

A PUB landlord was killed by a single punch as he tried to move on a gang of drugged-up teens, a court heard.

Mark Winchcombe, 58, had closed up his pub last September but went outside to tackle the rowdy gang of six boys.

He was hit with a "ferocious punch" and died of a brain injury the following day.

The court was told the alleged killer, aged 16, who cannot be named, later sent two Snapchat messages to pals saying "Oops" and "Boys you shouldn't say anything".

He denies manslaughter. The gang had allegedly been taking cocaine before the attack outside the Smiths Arms, in Neath, South Wales.

The trial at Swansea crown court continues.

Topshop lad crush

A BOY of ten was crushed to death by a Topshop store barrier, an inquest heard yesterday.

Kaden Reddick was swinging on the 180kg structure, which was four times heavier than him, when it fell on his head.

His mum and gran were shopping for jeans.

The barrier was being used as a queue divider at the Reading store.

A jury heard Kaden, of Burghfield, Berks, died of a traumatic head injury.

They also heard about a similar incident when a girl, ten, was hit by a falling barrier in Glasgow.

The inquest continues.

Boris ex ma dies

BORIS Johnson's former mother-in-law has died.

In more heartache for the PM's ex-wife Marina Wheeler, her mother Dip passed away on February 23 aged 88.

Marina, 55, was Indian-born Dip's eldest daughter and the PM is expected to go to her funeral on Thursday.

The blow comes on top of QC Marina's divorce from Mr Johnson after 25 years of marriage, which was finalised last month.

Mr Johnson's father Stanley told The Sun: "Dip was deeply admirable in so many ways. I have written to Marina to send my condolences."

HOLY ORDERS

Men and women of the cloth can wear priestly garb made from eco-friendly bamboo designed by Lotties Eco, of Worcs.

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PLAN TO LIFT BAN

GM GRUB FROM U.S. 'ON TABLE'

SUPERMARKET shelves could be stocked with genetically modified food under a future trade deal with the US.

Lifting the EU-imposed ban on GM food was left on the table after the Government published its long-awaited negotiating brief for trade talks with America.

It could be a key compromise to help secure a deal as the majority of America's processed foods contain genetically modified ingredients. Trade

By MATT DATHAN

Secretary Liz Truss said wages could rise by up to £1.8billion a year from the lowering of tariffs in a US trade deal.

Consumers will potentially also benefit from "lower prices on key consumer goods".

But Ms Truss insisted Britain will drive a hard bargain, saying: "If we don't get the deal we want, we will be prepared to walk away."

Last night a Government spokesman confirmed that GM imports would be up for discussion but "strict controls" will apply.

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£1.8bn
Estimated yearly wage boost from US trade deal's tariff blitz

1D HARRY TELLS OF MUGGING

**One has a
knife...I
run like a
madman
but no one
will let me
in their car**

Radio revelation
... Harry in New
York yesterday

By ELLIE HENMAN

HARRY Styles has told how he dashed into traffic to get away from a gang of robbers who held him at knifepoint.

The singer, 26, said the drivers thought he was "mad" and refused to let them into their cars – before he sprinted off in a pair of corduroy flares.

The ex-One Direction star, speaking at length for the first time about the Valentine's Day incident, also revealed he refused to unlock his precious phone containing his celeb contacts.

Harry said yesterday: "I was walking home from a friend's house and I see this group of guys with their hoods up and faces covered. I turn my music off and I hear them trying to catch up.

"I cross the street and they cross the street and I think, 'For f***s sake, I'm going to get robbed'.

"The guys are like, 'Can we talk to you for a minute?' There's nobody around and my heart's pounding.

"He's like, 'Do you smoke weed? Do you want weed?' I said, 'No'. He was like, 'What have you got on you?' And they gathered around me and I said, 'I haven't got anything'. And he's like, 'Stop f***ing around'."

Harry said he then had some quick-thinking to do in the late-night incident in Hampstead, North West London.

He recalled: "I had some cash in my pocket, so I pull it out and he takes it from me. And I had my headphone jack sticking out of my pocket and he's like, 'What's that plugged into?'

"So I pull out my phone and I'm thinking, 'OK this is annoying but I'll wipe it and get a new phone'. And then the guy's like, 'Unlock your phone,' and the other one pulls his shirt up and he's got a knife sticking in his pants, and I was like, 'S**t'."

"I said, 'I'm sorry mate, I can't unlock my phone'. The guy's like, 'You have ten seconds,' and he starts counting down. I was like, 'I can't'."

The phone contains the details of all his showbiz pals, including TV host James Corden, Louis Tomlinson and his other former 1D bandmates, plus supermodel Kendall Jenner.

Harry then risked his life by deciding to flee into traffic. He explained to US shock-jock Howard Stern on SiriusXM: "I just run into the road and tried to stop a car and obviously, mad man runs into the road, you won't let them into your car."

"They don't let me in, I try and get in another car and they don't let me in. So I just turned and run back towards the area where I live."

But he added: "Usually when I'm out walking I'm wearing running stuff and this was the one time I was wearing like corduroy flares and shoes. I was like, 'I'm going to have to f***ing sprint all the way up this hill'."

However he said the robbers then went the other way with his cash.

Police said enquiries are ongoing into the attack at on February 14.

ellie.henman@the-sun.co.uk



Attack... last month



Star contacts... Corden, Jenner & Tomlinson

AIR KILLING 8.8M

AIR pollution is causing around 8.8million premature deaths around the world each year, a study suggests.

It is reducing life expectancy by an average of 2.9 years, experts have calculated. An international team of

authors found it shortens lives far more than wars and other violence and diseases, such as malaria and HIV/Aids.

They suggested that without fossil fuel emissions, global life expectancies would increase by more than a year.

Sun

A DRIVE for stem cell donors saw nearly 5,000 people queue in the rain in Worcester – and helped save the lives of six blood cancer patients.

SPOT

WEB TECH RISK

OWNERS of internet-connected cameras and baby monitors are being urged to take extra precaution to thwart hackers.

The National Cyber Security Centre said smart tech users should change

default passwords, update software often and disable remote camera access from the net if not used.

NCSC's Dr Ian Levy said: "Without the right security, they can be vulnerable to cyber attacks."

COVID-19 FLU CRISIS

VIRUS HITS FOUR

All our lives



Plan... Hancock, left, yesterday

By KATE FERGUSON
and SHAUN WOOLLER

BORIS Johnson will today tell nervous Brits the deadly coronavirus could change everybody's lives.

His stark warning comes as four more UK cases were confirmed last night, including the first child, taking the total to 39. The PM is to throw the country on to a war footing to fight the outbreak, with Brits put on red alert for a string of new restrictions.

A Downing Street insider last night warned that if coronavirus becomes a pandemic "then life cannot carry on as it does now".

A new four-part battle plan will include a "social distancing" strategy, with Brits urged to work from home and avoid unnecessary journeys.

Ministers will launch a PR blitz telling the public to wash their hands regularly.

An army of retired doctors and nurses could also be called up amid fears the NHS will struggle to cope. Border officials could stop ill folk from entering Britain.

And supermarkets are said to have plans to combat panic buying.

A senior government source said: "If we do end up in the scenario where this is a full epidemic, steps will have to be taken that mean life can't carry on quite as it does now."

Vowing to give the NHS whatever money or resources it needs, Mr Johnson said people should brace themselves for a "very significant expansion" of coronavirus.

He said: "It is highly likely coronavirus will spread more widely in the coming days and weeks."

The PM will launch the strategy in Downing Street today – joined by Chief Medical Officer Professor Chris Whitty and Chief Scientific Adviser Sir Patrick Vallance.

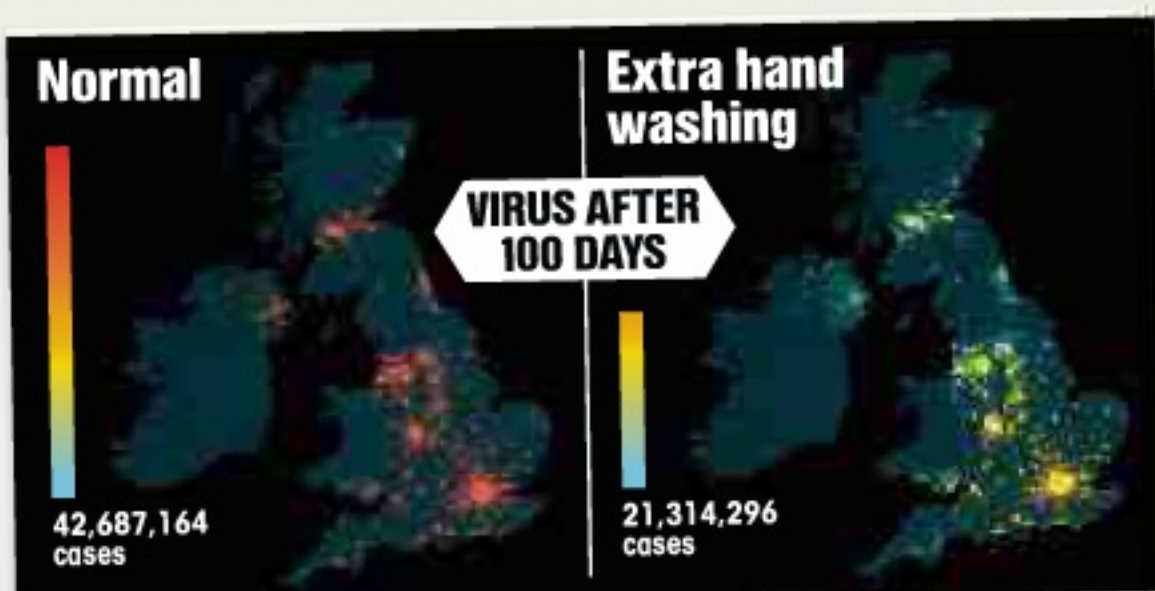
It will lay out the Government's four-stage plan – contain, delay, research and mitigate. No10 believes it will take "months rather than weeks" for the outbreak to peak.

Ministers hope they can hold it off until spring – giving time for a vaccine to be developed.

The plan will stress the need for the vulnerable – those over 60 and with pre-existing health conditions – to protect themselves.

Speaking last night, after ministers including Heath Secretary Matt Hancock attended an emergency Downing Street meeting, the PM said the country is "very well prepared".

But he warned ministers could take extreme measures, including

PM WARNING
AS UK IS PUT
ON RED ALERT

Stark... graphic on possible danger of no hand washing

1 IN 5 BOOST
BY HYGIENE

NEARLY one in five Brits would be protected from Covid-19 if we all wash our hands more, figures show.

The 42.7million who could pick up a virus in 100 days would fall to 21.3million by scrubbing up five to ten times a day.

The statistics came from the makers of a documentary about a pandemic.

It was based in Haslemere, Surrey – ironically the location of the first case of coronavirus developing within the UK.

Mathematician Hannah Fry said: "This is our 2018 simulation of the difference

By AMIR RAZAVI

that everyone washing their hands five to ten times a day might make to the spread of a flu-like virus.

"See how much time it buys us?"

Meanwhile, a poll shows most Brits are doing nothing to protect themselves from the coronavirus.

Only 35 per cent have bothered to improve personal hygiene like washing their hands more or using sanitiser.

IT'S IN
YOUR
HANDSTHE MASK
BUGS US

A MAN has been spotted wearing a gas mask at a busy train station – as fears over coronavirus grow.

He was snapped at Milton Keynes Central at around 8am yesterday by commuter Matt Brown, 51.

Matt said: "It was surreal. I did a double take. I was incredulous, really. He looked like he was going to storm the station!"

placing cities in lockdown, closing schools, and cancelling music festivals and football matches.

Brits are to be told what an outbreak may mean, though ministers fear it could spark mass panic.

But the PM, below, said: "I have absolutely no doubt this country will not be defeated by coronavirus, and we will come through it very well, in the end."

Four more UK cases were confirmed last night, including the first under-18, bringing the total to 39.

A pupil at Churston



Ferrers Grammar School in Torbay, Devon, became Britain's first confirmed child case. It is believed they and a relative were infected on a visit to northern Italy.

However medics were baffled by another new case – a patient from Harlow, Essex, who had no contact with anyone from any hotspots. It sparked fears the virus is spreading rampantly throughout the UK.

Prof Paul Cosford, from Public Health England, said most patients had links to countries where there was widespread infection.

But he added: "There is a small number now where it is much more difficult to find that link, and that's leading us to think we may well see more widespread infection in the UK fairly soon."

An NHS employee working at Kent's Maidstone Studios, where Catchphrase, Blind Date and Take Me Out are filmed, was also diagnosed. He was in an office rented by the North East London NHS Foundation Trust, where staff have now been told to work from home.

A school close to Prince Charles' Highgrove Estate in Tetbury, Gloucs, fears an outbreak after

eight staff had to self-isolate. A special needs school in Farnham, Surrey, also closed for a deep clean after a member of staff was exposed to a coronavirus patient.

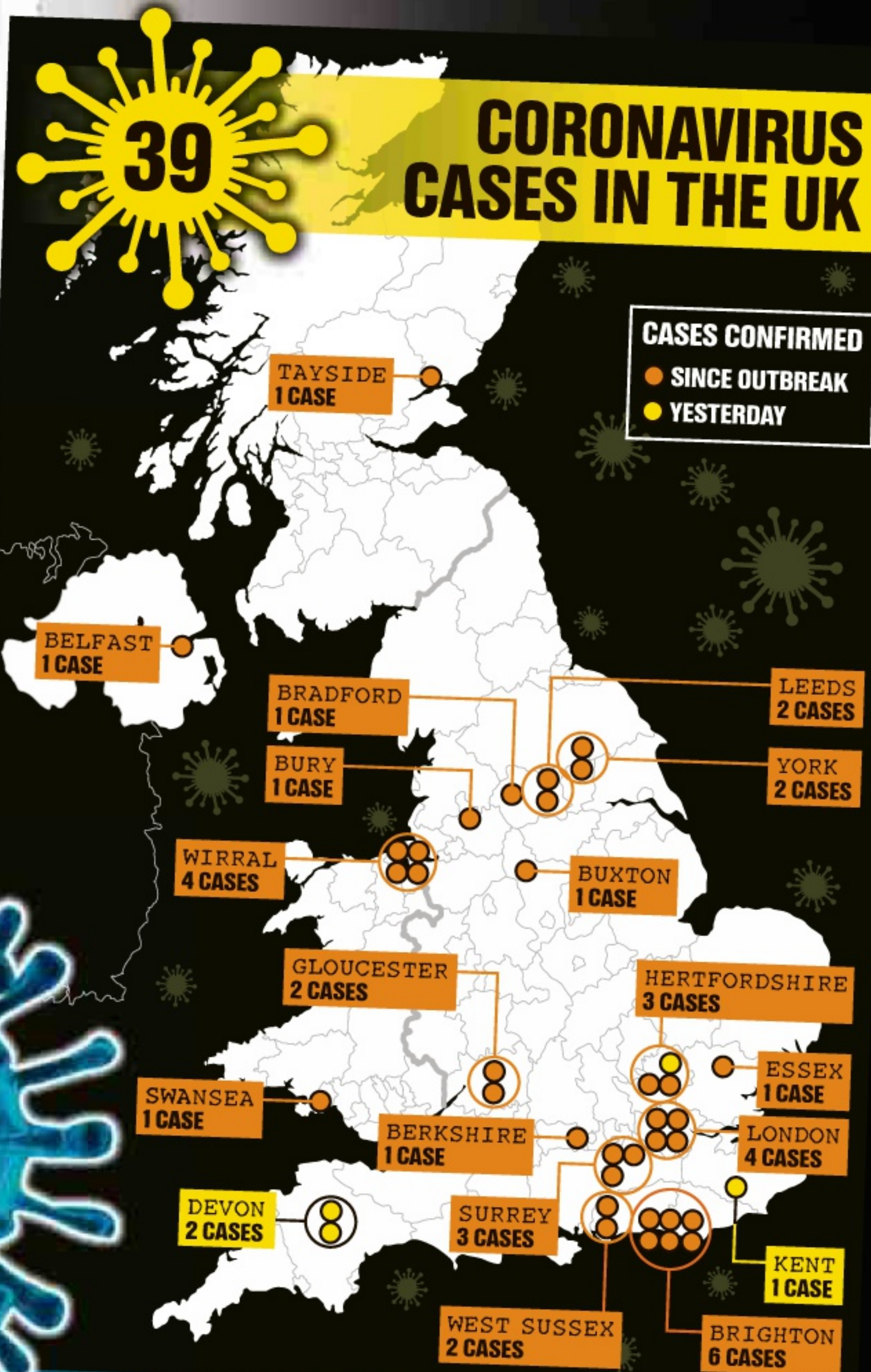
Meanwhile, a Chinese woman was discharged from Lewisham Hospital, South East London, after recovering from the virus.

Online supermarket Ocado said it was running out of stock as Brits stockpiled. Yesterday the OECD – the club of wealthy nations – said the virus could cause the biggest financial crisis in a decade.

kate.ferguson@the-sun.co.uk
The Sun Says – Page Ten

MORE INCLUDING FIRST CHILD

will change



Whoa bruv!
I don't want
yer germs



Hands free . . . traditional welcome is risky

FEET AND GREET PALS

TRADITIONAL greetings are looking a bit shaky amid the Covid-19 crisis so we show you how to do it Chinese style for better hygiene.

Footage has shown them kicking around a new foot-to-foot salute called the Wuhan Shake, after the disease torpedoed the handshake.

So forgo the traditional grip and greet and copy their quick foot taps. Best done sober for balance.



Playing footsie . . . pair toe the line safely

Cancer scare

A **CANCER** hospital worker was wrongly diagnosed with coronavirus. A swab showed the front-line clinician had been infected and dozens of vulnerable patients had to be tested. At least ten staff then self-isolated. But secondary checks showed the result had been a "false positive". Full service is resuming at Mount Vernon Cancer Centre, in North West London.

BA PASSENGER PLEDGE

BRITISH Airways is cancelling hundreds of flights – but is offering refunds or waiving the change fee on any trip booked in the next two weeks.

It means passengers who book a flight in the next fortnight will be able to delay travel if the situation changes or they choose not to fly. Andrew Brem, British Airways' chief commercial officer, said: "By waiving our change fee, customers who book flights between today and March 16 can have the added confidence to book a trip with BA that



suits them." It comes as the firm cancels hundreds of flights to Europe and even New York as demand plummets. And low-cost carrier Ryanair yesterday announced a 25 per cent drop in short-haul flights – mainly to and from Italy – for the next three weeks. It has seen a drop in bookings and a rise in passenger no-shows.

Germ of idea

SCHOOL children are playing a "coronavirus game" at break times. Victims are chased and "breathed on", then quarantined in the climbing frame "for the rest of lunchtime with no human rights", according to a pupil at a central London school. BBC Asia Pacific editor Celia Hatton said: "It's funny but also kind of heartbreaking that this is the case."

THE Sun SAYS

Cops' betrayal

THE probe into how fast two cops drove to a terror attack is a sickening outrage.

You would think a jihadist in an apparent suicide vest slashing passers-by in a South London street fully merited their most urgent attention.

Indeed one crashed as he rushed to protect the public. But instead of being commended for their courage, they are being formally investigated, put on restricted duties and barred from driving police vehicles.

Both have been served with "notices of investigation for dangerous driving and gross misconduct".

This fetish for box-ticking is redolent of the insane witch-hunts into our troops' actions in defence of their country. That has destroyed morale among Our Boys. This Met Police madness can only do the same with our cops.

How can soldiers fight, knowing an army of human rights lawyers is waiting to pounce if they step out of line even in the white heat of war? Likewise how can cops tackle terror atrocities knowing they may be probed, and face possible prosecution, even over the speed they drive there?

Too often Britain abandons common sense over our police and military.

Time this Government re-established it.

Virus threat

BORIS Johnson is right to prepare us for the worst on coronavirus. We should take his warnings seriously.

Yet more than half of us have not changed our habits at all, not even washing our hands more. Seventy per cent have no fear of catching the bug.

That may be unsurprising given only 40 UK cases so far and no deaths on our soil. But the PM is not exaggerating when he says everyone's life is likely to change – and that we must expect a substantial expansion in infections.

We may face major disruption as part of the global effort to beat this disease. Let's not be surprised when it happens.

And Chancellor Rishi Sunak must produce a very different Budget now.

Stock markets have plummeted and business confidence has been upended. Holiday plans are in disarray. BA is already cancelling hundreds of flights.

To stimulate demand, Mr Sunak should lower taxes and the Bank of England must cut interest rates . . . though even that may not be enough.

Our chances of catching Covid-19 remain very low.

That probably won't prevent this disease having a major impact on our lives.

Choccy horror

WE have floods and a plague. What next? Swarms of locusts? Boils?

No. It's worse: a crippling shortage of Maltesers, Revels and Galaxy bars from the Mars factory in Slough.

We are a stoic people. But this could break us.

SHOW WAS BASED IN HASLEMERE



2018

CHILLING . . . Dr Hannah Fry as Patient Zero in BBC show. Within three days, 86 per cent of Haslemere residents were 'infected'



2020

TOWN IN TURMOIL . . . grim notice in Haslemere after a local man became the first to contract coronavirus in Britain

Two years ago, BBC faked a pandemic in Surrey town...now it's close to reality there

IT was meant to be a groundbreaking experiment – a hypothetical "shock horror" glimpse into an apocalyptic future.

Set in Haslemere, Surrey, 2018 BBC show *Contagion!* set out to portray what would happen if a deadly disease gripped Britain.

TV mathematician Doctor Hannah Fry played "Patient Zero", a woman infected with a deadly virus who unwittingly becomes a super-spreader as she visits the pub, does some yoga and shops.

Within three days, 86 per cent of the people taking part in the trial had "caught" the disease in the Surrey town.

Fast-forward two years and, in a disturbing coincidence, Haslemere finds itself at the centre of a frantic search for a real-life Patient Zero who has spread the deadly coronavirus.

Visitors to the town yesterday spotted a homemade sign pinned to an electricity box by a local wit who, referencing the virus's epicentre in China, has written: "Haslemere – twinned with Wuhan."

But today, few are laughing in the prosperous commuter town of 10,000 people.

Last night the streets were eerily quiet as locals were gripped with fear of contracting the respiratory disease that has so far killed more than 3,000 people worldwide.

Residents have deserted the High Street and some of those who have braved the outside world are wearing masks.

The Surrey town is now a zone of national concern as it is home to the first person in Britain known to have contracted the flu-like virus without having travelled abroad to a hotspot such as Italy, Iran or China.

Haslemere's first confirmed

By GRANT ROLLINGS and PATRICK GYSIN

case of coronavirus created a "family cluster" of three more people who have tested positive – one in Surrey and two in neighbouring West Sussex.

But while the identity of the man – who had presented himself at the Haslemere Health Centre GP surgery – is known to medics, the burning questions are: Who gave him the disease? Who is Patient X? And are they a super-spreader?

Locals and officials are desperate for answers, with some people frustrated at the lack of information released about who is ill.

Resident Angela Turner, 39, said: "If we know who it is, we can avoid their home."

"If we know their identity, it will stop all the speculation on social media."

"It can't be pleasant for them but at least they are isolated from everyone."

Tracy Daring, 62, added that rumours are rife that Patient X is a commuter: "The real worry is if the person is going back and forth to London every day."

"The train takes just under an hour and they could be infecting a lot of people, depending on what time they

travel – the trains of a morning are usually packed in rush hour."

Kevin Carthy, 44, who commutes from the affluent market town into London, said: "The place is a lot quieter than usual and people are worried – even more so because we don't know who the person is with the virus and where they have been."

Meanwhile, the town is doing everything it can to minimise the risk, while still allowing regular life to carry on.

Haslemere's Camelsdale Primary School has told parents that a family linked to the school will remain in self-isolation until Friday after members spent time with one of the town's confirmed cases last month.

Panic buying

But head teacher Sarah Palmer said the school, which has 215 pupils aged four to 11, would stay open based on the Health Secretary's advice.

The Prince Of Wales pub has a sign outside telling customers it is closed until further notice as someone who visited it has tested positive for coronavirus.

Haslemere Health Centre has now reopened having been shut for a

deep clean. The Royal British Legion Club in the nearby village of Hindhead has also been temporarily closed for a deep clean after one of Surrey's confirmed cases of coronavirus visited.

A member of staff there said the move came on the advice of Public Health England, which had been in touch after tracing known contacts of the Surrey man who first tested positive.

Panic buying has seen antibacterial handwash and hand gel sell out in the town's Boots and Lloyds Pharmacy.

Mayor John Robini urged people to stay calm, follow the health advice and continue to support local businesses.

With its links to the outside world, Haslemere is exactly the kind of place that would be on the front line when a virus sweeps in from abroad.

The BBC's *Contagion!* suggested that illness might start in Asia, which it did, and that it would spread remarkably quickly. In the groundbreaking TV experiment, 30,000 volunteers across Britain downloaded an app which registered whenever they came within 20 metres of the phone of an "infected" participant.

In the show, a team of scientists assessed the data and predicted that such a pandemic would hit 43million people across the UK, leading to 900,000 deaths.

At the time Dr Fry, an associate professor at University College London, wrote: "At some point in the future – possibly the very near future – Britain will be hit by a deadly pandemic, and its impact could be utterly devastating."

She can only hope her words do not come back to haunt her.



DEEP CLEAN . . . Haslemere Health Centre





Sobbed... Hanlon

E-cyclist cleared over fatal collision

By CRYSTAL JONES

AN electric bike rider wept as he was cleared of killing a pedestrian.

Brickie Thomas Hanlon, 32, was doing 30mph, 10mph over the limit, before he knocked down Sakine Cihan.

The 56-year-old, who had tried to cross the road despite green lights, died the next day in August 2018 from a "catastrophic" head injury, the Old Bailey heard.

Judge Mark Dennis QC said: "It is not possible to tell if she looked right or left as one should."

Mr Hanlon, of Leyton, East London, denied causing death by careless driving. He held his head in his hands and sobbed as the jury foreman announced the verdict.

It is believed to be the first death of a pedestrian in Britain after a collision with an e-bike.

Tragic tot knife kill

A TODDLER was stabbed to death in an incident at a farmhouse yesterday that also left a baby and mum seriously injured.

The second child was flown by helicopter for emergency treatment.

It is understood the children's mother — a nurse in her 30s — is being treated for injuries that were self-inflicted.

She and her husband had moved into the house just outside Belfast some months ago with their children.

Police have confirmed they are not looking for anyone else in connection with the death in Larne, Co Antrim.

£70 bills shift cost

MOVING your gas and electricity supplier via an auto-switching service online could cost you an extra £70, experts say.

Citizens Advice says some customers could get a better utilities deal if they did a more thorough search themselves.

They explained it is because auto-switchers often only search prices from utility firms that will pay a commission.

It found some are comparing fewer than 15 out of around 70 suppliers.

Dame Gillian Guy, of Citizens Advice, said: "It's essential that better safeguards for customers are put in place now."

NOT SO FAST

A planning ban on McDonald's and Costa Coffee opening near market town St Clears, South Wales, was overturned.

JUNGLE JEN

By THEA JACOBS

JENNIFER Lopez goes wild for the jungle look in green patterned shirt and trousers — echoing a previous plunging gown.

The singer, 50, wore a Versace outfit in the same print as last year's Milan Fashion Week frock, below.

This time she covered more than the bare necessities in Miami, Florida.



Versace fan... Jen in dress

EXCLUSIVE

Proper Charlies & the no chocolate factory



GLITCH LEADS TO SHOPS SHORTAGE

By DANIEL JONES, HARRIET COOKE and BEN LEO

BRITS face a chocolate shortage after the Mars factory was hit by a mechanical glitch.

It has stopped producing some of the UK's favourite brands, including Galaxy Ripples, Maltesers, Revels and Minstrels.

Chocolate lovers have been complaining of a shortage in shops and supermarkets over the past month. Mars is the UK's second biggest chocolate firm with typical sales of around £650million a year.

But its factory in Slough, Berks, is believed to be at less than half capacity while engineers work "round the clock" to fix the problem.

Galaxy fan Matt Cottrell, 32, from St Neots, Cambs, said: "Every time I go into the shops, the date of delivery keeps changing and it's been like this for a month now."

James Dillinger, 42, from Leeds, said: "What's happened to Galaxy Ripples? I haven't been able to find them anywhere for a month."

"People are worried about coronavirus, but this is the real crisis. My favourite bar

complaining of a shortage in shops and supermarkets over the past month. Mars is the



Breakdown... at Mars factory

to cheer me and the wife up." Bosses apologised for a "mechanical breakdown" but said Snickers and Mars are still being made, while its Easter egg availability is "largely unaffected".

The Sun Says — Page Ten

PRITI IN 'BULLY' PAYOUT

£25k overdose claim

A FORMER aide took an overdose after being bullied and sacked by Home Secretary Priti Patel, legal documents claim.

The legal papers seen by the BBC say the woman was a Department for Work and Pensions official who spent the night in hospital after taking prescription drugs.

Ms Patel was the employment minister at the time. She was said to have shouted for the woman to "get lost" in an "unprovoked", aggressive way.

It is claimed the same woman was given a £25,000 payout by the department when she threatened legal action.

The news came as Cabinet minister Michael Gove announced yesterday that there would be a probe into bullying allegations against Ms Patel.

The Cabinet Office will look into claims made by former Home

**EXCLUSIVE by
TOM NEWTON DUNN**

Office boss Sir Philip Rutnam, who resigned on Saturday.

Mr Gove told the Commons the inquiry, to be led by Cabinet Secretary Sir Mark Sedwill, will decide if Ms Patel broke the ministerial code.

He also confirmed all historical complaints against Ms Patel will be heard.

Mr Gove said the PM backed Ms Patel, calling her "a superb minister doing a great job".



Killed... Natalie

Progress on 'rough sex' plea

By JOHN REILLY

THE Government will launch a review into the "Fifty Shades" rough sex defence used by killers to dodge murder convictions.

It will run alongside the new Domestic Abuse Bill to be re-introduced to Parliament today.

The number using the defence has soared since 2000, say campaigners.

Natalie Connolly, 26, was killed by partner John Broadhurst, 41, in 2016. He hurt her "within the boundaries of desires" and was jailed for 44 months for manslaughter.

Her dad Alan Andrews, 52, who was invited to the Commons for today's event, said the review was "not a day too soon".

The Bill forces councils to house victims of domestic abuse, in a victory for The Sun's Give Me Shelter campaign.

GLOBAL HARMING

Some 73 per cent of kids fear for the planet and 19 per cent have had a bad dream over climate change, says a BBC poll.

IT'S STELLA MOOCARTNEY



STELLA McCartney makes a mooove to raise anti-fur awareness — by getting a model to dress up as a cow.

The designer, 48, also had two rabbits, a fox, a horse and a crocodile at her Paris Fashion Week show. Stella, far

right, who was joined at the event, right, by US actress Ashley Benson, 30, said: "We are the only luxury fashion house in the world that's not killing animals."

"I wanted to make that point, but in a joyous way."



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Pest... Bobrova

10wks jail for 1,200 nuisance 999 calls

By ADAM BENNETT

A WOMAN who made more than 1,200 nuisance 999 calls has been jailed. Jelena Bobrova, 54, continued to ring the emergency number after being given a criminal behaviour order.

She even challenged cops to arrest her during 39 rambling calls in just four hours last month.

When nicked a week later, she denied making the calls and blamed a "technical glitch".

But Bobrova, of Clapham, South London, was found guilty of breaching the order by Croydon JPs and jailed for ten weeks.

Her phone calls are said to have cost the Met £10,000 over three years. Sgt Terry Collman said: "These calls prevent people in a genuine emergency from speaking to police and receiving help when they most need it."

Teen car cost falls

THE cost of driving for young motorists has fallen by nearly £800 in the past year, figures show.

They still face average bills of £6,071 from driving lessons to buying a car, then insuring and taxing it, said the annual study by GoCompare.

But this compares with £6,846 a year ago.

The cost of buying a motor has fallen by an average of £700 in the past year to about £3,650.

And insurance bills for 17 and 18-year-olds, which averaged £3,392 in 2012, are now £1,737 due to black box technology, which forces young drivers to be more careful.

£1 store chills out

POUNDLAND said yesterday it will extend its frozen and chilled food ranges to 60 stores after a successful trial.

Almost one in ten of its stores will get the new range after linking up with frozen specialist Fulton Foods in a roll-out starting this month.

The expansion will cover the North and Midlands, with the first stores benefiting in Gateshead, Hartlepool, Sunderland and Nottingham.

Poundland boss Barry Williams said: "We're here to bring customers more of what they love, and frozen and chilled food is high on their list."

LET'S GET IT GONE

Unheard Marvin Gaye songs are among a music firm's 1960s vinyl trove set to net £100,000 at auction in Chippenham, Wilts.

3 LIONS ACE WEDS IN TORN JEANS



Jordan Bennett... 'keeper dresses down for big day



SAFE HAND IN MARRIAGE

Couple's first smooch as man and wife

EXCLUSIVE by PAUL SIMS and RICHARD MORIARTY

ENGLAND goalkeeper Jordan Pickford wed his childhood sweetheart yesterday — in ripped jeans and baseball cap.

The unshaven £60,000-a-week World Cup hero strolled to a register office with Megan Davison.

The Everton stopper and Megan, both 25, arrived arm in arm five minutes late with son Arlo, one, and only five guests.

Just 25 minutes later, they emerged as newlyweds, sharing a kiss while pals took snaps on phones in Crewe, Cheshire.

An onlooker said: "They didn't dress to impress. It looked like they were out shopping. It sure wasn't Premier League!"

"After the photos, the whole wedding party got in a people-carrier and left." A source said Jordan, also in tracksuit top and trainers, and his bride — blouse and white fur — wanted a "low-key" day.

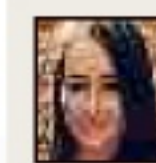
They added: "There's low-key and then there's baseball cap and ripped jeans low-key. What on earth was he thinking?"

"Okay, this was the formal legal bit. But surely he could have found a suit from somewhere? It was their wedding day."

After the season, the couple will jet to the Maldives for a wedding ceremony before a party in the UK. Pickford, a 2018 World Cup star for England, will then join his teammates for Euro 2020.

paul.sims@the-sun.co.uk

EYES OFF THE BALL

By CLEMMIE FIELDSEND
Deputy Fashion Editor

JORDAN'S wedding look earns him a red card. Would it have hurt to have worn a suit?

Nuptials or not, his £882 ripped Amiri jeans with leather inserts worn with a £1,050 Givenchy zip top is a style no-no.

Jor not getting married in that!

Picture: CHRIS NEILL/ANDY KELVIN

MARGARET GOT

THE Sun

RAFFLE

FEVER

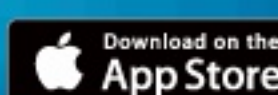
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Margaret, 67, from Manchester, is buying a new caravan to enjoy weekends away with her husband and their rescue dog.

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FLOODING HELL 'NOT OVER YET'

BRITAIN'S flood crisis is "not over yet" with more downpours coming, experts said yesterday.

More than 70 warnings were in place last night – mostly in the South West, Welsh border areas and Yorkshire – along with 125 flood alerts. A low pressure system is likely to bring more rain to the Midlands and parts of Wales on Wednesday.

More than 4,300 homes were flooded due to storms Ciara and Dennis but the impact of Storm Jorge is still being assessed.

Residents at Snaith, East Yorks, were evacuated before the River Aire burst its banks. Locals in Iron-

By PAUL SIMS, Sun Weatherman

bridge, Shrops, and Bewdley, Worcs, were also ordered to leave their homes after flood defences buckled.

Levels on the River Severn are expected to peak overnight and into today and will stay high for three to four days.

It follows a record rainfall high for February – the 202.1mm UK average beating the 193.4mm in 1990.

An Environment Agency spokesman said: "It's not over yet. We don't want people to get complacent."

Met Office forecaster John Griffiths added: "We're not out the woods."



Deluge... at Snaith

UK rains supreme

The UK has experienced one of its wettest and warmest winters.

December, January and February saw an average total rain of 18½ins, ranking it the Met Office's fifth wettest winter on record.

Not only was last month the wettest February with an average of 8¼ins of rain, but also the fifth wettest of any month since 1862.

The quarter was also mild with an average UK temperature of 5.28C. Five of the UK's ten warmest winters have come since 2013.

TOURIST BOARD

THE Essex tourist board is going upmarket. It wants to kill off the county's stereotypes after locals grew sick of being known for TV reality hit *Towie*.

But Joey Essex, 29, one of the show's biggest stars, reckons they should embrace the glitz and glamour instead of shouting about historic market towns such as Saffron Walden.

Here is Joey's heartfelt tribute to his home county.



WALD CLASS... Saffron Walden

WITHOUT Essex, Great Britain would have a serious glamour shortage.

Only our boys and girls know how to wear a smart suit or designer "peng" dress. No other county comes close in the style stakes.

And nobody puts in the hours in the gym like we do to look good. We know we're cool.

There is a reason why my home county was chosen as the base for *The Only Way Is Essex*.

Do you honestly think *The Only Way Is Suffolk* would have worked? *The Only Way Is Yorkshire*?

Don't be silly.

Instead of trying to rebrand our county, our snobby tourism board should celebrate everything we are about – the glitz, glamour, year-round tans and the motors we drive.

Forget market towns like Saffron Walden, which they want to big up.

Everybody knows these types of quiet places exist in Essex. It's been recognised by that title since the 12th Century.

We should be all about Brentwood, Chigwell and Buckhurst Hill, which are some of the most sought-after places to live in the country. Why else would all the wealthy footballers and boxers come to live here?

I am so proud of Essex I am **NAMED** after it. Being from here, I feel like I'm living the dream – or should I say "reem"?

What other part of the country has produced the number of celebrities we have?

I'm sure half of the contestants on *Love Island* are from Essex because producers hand-pick the best-looking salty potatoes.

Tough cookies

And we do proper, non-reality celebs too, like Posh and Becks, Denise van Outen and Helen Mirren. Dame Helen's even won an Oscar.

That's not by fluke, either. Oh my dizzle.

I used to love Victoria Beckham. I was fascinated by her in the *Spice Girls* days.

She sums up everything about an Essex girl, as she's risen to the top in music, fashion and business... and married a footballer.

You see, when you come from Essex you are born with a natural drive and ambition.

And we're also innovators. It was us who came up with the vajazzle, after all.

Be it boys or girls, you want to succeed and make something of yourself. If you're from Essex, you are a born do-er.

Look at the girls in *Towie* who have successful businesses: Lucy Mecklenburgh, Amy Childs and my cousin Chloe Sims.

My pal Gemma Collins – *The GC* – is one of the most talked-about women on the planet and a highly successful social media influencer.

They are all businesswomen as well as reality stars and have made some serious dosh.

I've met girls from all over the world and they are all so different to Essex girls.

The locals are brave and ferocious, which might be something to do with them being brought up by East End families who are quite tough.

A lot of people from that area moved here after World War Two and produced some tough cookies.

People around here are so determined to succeed. It's just something to do with this area.

You see young, pretty boys and girls driving nice cars and people know if you want to be like that, you have to work hard for it. I've been to

‘We’re also innovators. It was us who came up with the vajazzle, after all’



places like Los Angeles and nobody grafts there. They just lie about waiting for something to happen.

In Essex, there's a passion to do well. Seeing everyone being successful – driving around in nice cars and looking good wearing reem clothes – gives you that determination.

Look at the City in London. It's full of Essex boys and girls who take the train in the early hours to Liverpool Street and Fenchurch Street to make big money.

I had no brains at all. I was an Essex boy trying to do stockbroking. I worked at three different trading firms.

Obviously, I failed miserably. But I never stopped trying – working in a fish market and as a tea boy, which I got sacked from. But look at me now.



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THE FAIRER
ESSEX...
reality hit's
female cast

MECK IT BIG...
Towie beauty Lucy

MOTOR MOUTH
... Joey appears
on MTV Cribs

WRIGHT STUFF
... Towie's Mark
and Michelle Keegan

SWEET SPOT
... Brentwood's
Sugar Hut club

BRIGHT LIGHTS... dazzling Lakeside shopping centre

Rebrand Essex? Reem on!

By **JOEY ESSEX**

I'm running a multimillion-pound business and have over five million followers on social media. Wallop!

Essex was known back in the day for girls wearing white stilettos and boys looking like Ken dolls.

That's still true – and we're proud of that – but there is so much more.

It's an amazing place to live. We're surrounded by three massive shopping centres – Lakeside, Bluewater and Westfield Stratford – so there's plenty of places to get your threads from.

Selfridges is just a 45-minute drive from Chigwell – and it's also on the Central Line, which takes you straight into Oxford Street.

And Sheesh, in Chigwell, is one of the most popular restaurants for

famous people to go to. We have a load of beaches and an amusement park in Southend, where I used to spend a lot of my weekends while growing up.

There's a bit of investment going on there too, so I'm sure it won't be long until it becomes really fashionable again.

Further out, in Colchester, there's an historic castle and a zoo.

And don't forget that Marconi invented the radio in Chelmsford.

I know places like Brentwood and Chigwell get all the attention thanks to shows like Towie, but Essex is mega country too.

There's so many farmy-type settings which do posh pub lunches and serve old-man beer, which you'll get in Saffron Walden.

There's something for everyone... but the quiet life isn't for me.

Footballers and celebrities move to Essex because it's such a chilled place. You can go for drives where you'll see nice scenery and some amazing houses.

But it's not just Premier League stars. Non-famous people from all over the country move here because they want to hang around with us lot and live the Essex lifestyle.

They want to get in with the crowd here. It's a fascinating place. I don't think I'll ever move out of Essex. There's no area quite like it.

There's just something behind that name "Essex".

As soon as you tell people you're from Essex, they know you're a boy.

COUNTY HAS IT LARGE

- **ESSEX** gets two mentions in the list of the top 20 most affluent areas in the UK – Brentwood and Ingatestone.
- **Southend Pier** is the longest in the world at 1.34 miles and is a Grade II listed building.
- **Population** of the various settlements range from just 200 people in some villages right up to 168,000 in county town Chelmsford.
- **Tourism** in the county is worth £3.4 billion a year.

- **The largest coastline** in the UK, clocking in at 350 miles, can be found here.

- **Property magnate** and Foxtons estate agents founder Jon Hunt is the county's richest man, worth £1.4 billion.

- **It has some of the most prestigious private schools** in the UK, including Brentwood School, where past pupils include Chelsea boss Frank Lampard.

Thug ran over cop

A MINI driver admitted running over a cop while trying to resist arrest.

PC Chris Burnham, 48, suffered a fractured skull and was in a coma for a week after being mown down in Coventry.

Yesterday Tekle Lennox, 37, admitted GBH over the September incident.

An attempted murder charge was dropped.

Lennox, of no fixed address, is in custody to be sentenced at Warwick crown court today.

WASH AND DOE

Washing-up liquid was used to free a muntjac deer trapped between metal railings in Sutton Coldfield, West Mids.

ARISE, SIR LOIN

Menu that made king 'knight steak' found



Majestic... King James & beef

THE menu where King James I is said to have invented "sirloin" after knighting a joint of beef has been found.

It lists 129 dishes, mostly meat, laid on for the royal feast in 1617.

Included in the

By **ADAM BENNETT**

dinner was a loin of beef which legend states was so tasty that James got his sword out to honour it.

He is then said to have declared: "Loin, we dub thee knight henceforward be Sir Loin! Arise Sir Loin."

However many have disputed the story, and say "sirloin" is an old French word

predating James' visit. James was staying at Hoghton Tower, in Lancashire, where three massive meals were prepared for dinner, supper and breakfast the next day.

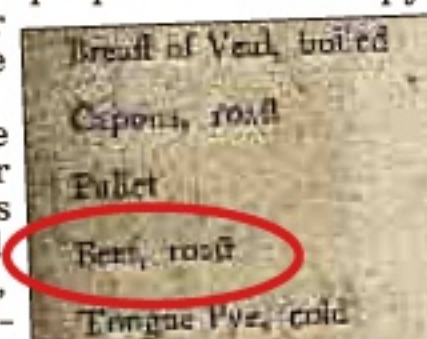
Along with the beef, right, other extravagant items listed included "swan roast, one, and one for tomor-

row", "quails, six for the King", "meats' feet", and "umble pye".

A copy of the menu, which was printed by the Houghtons in 1790, was found last year.

It is expected to fetch £800 tomorrow at auction in Cirencester, Gloucs.

adam.bennett@the-sun.co.uk



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Mother's in a twist over text

By **REBECCA FLOOD**

A NEW mum was left red-faced after accidentally texting about her gynaecological problems to a delivery driver.

Jessica Courtney, 22, hastily tapped up a text about bleeding after having son Jensen and fired it off to what she believed was her health visitor's phone number.

But minutes later she



Blunder... Jessica

saw a reply saying "I'm not a doctor. I'm Stuart, your Hermes delivery driver. If you're worried, pop into the pharmacy or see your GP."

She responded: "OMG! That's so embarrassing. Sorry lol."

Jessica, from Bognor Regis, West Sussex, is fine now and can see the funny side. She said: "I was absolutely mortified. I've learned to save numbers in my phone now."

Stuart, 43, said: "It seemed obvious she was worried and I didn't want to leave her hanging."

'Escapee a danger'

A MAN who fled a hospital's mental health unit after leaving a fellow patient fighting for life is a significant risk to the public, police warn.

The victim was left in a critical condition after being assaulted before Ronnell Dennis, 26, escaped from Hillingdon Hospital on Sunday. He was later seen in Wembley, North West London.

The Met's Supt Duncan Slade said: "Dennis may be suffering from a mental health crisis and could behave in an unpredictable manner."

NO TIME TO FRY

A dry martini flavour popcorn has been created by Joe & Seph's to mark new James Bond film No Time To Die.



Curtis love is no Maur

By **JOE KASPER**, Bizarre Reporter

LOVE Island stars Maura Higgins and Curtis Pritchard have split after seven months.

The pair, who met on ITV2's reality show last summer, called it quits weeks after a huge row at the National TV Awards.

Maura, 29, posted on Instagram: "We tried to make it work but it wasn't to be."

After Love Island, the Irish beauty appeared in Dancing On Ice. Curtis, 24, is the brother of Strictly dance pro AJ.



Charity fraud... Fisher

Gambler took £70k off Kids in Need

By WILL BARKER

A GAMBLING addict who tricked BBC's Children in Need into backing his anti-bullying charity has been jailed after blowing nearly £70,000.

John Fisher, 35, launched Action 4 Bullying in 2014 with pal David Turner, 28, and was supported by celebs.

The pair said the group was for the "protection of good health among children in Birmingham" and took £122,000 in grants.

But Fisher started "bullying" Turner into letting him use charity cash for his online habit, the city's crown court heard.

The pair, of Erdington, admitted fraud. Fisher got 30 months' jail but Turner got 22 months suspended.

Action 4 Bullying has since folded. Det Con Jade Southern said: "Fisher was a bully, seeing the charity as a revenue stream."

£8k fuel card con

A SACKED security company worker kept using the firm's fuel card to the tune of almost £8,000.

Paul Crane, 55, was axed due to difficulties in getting the necessary clearance as he had a previous conviction for theft from an employer.

But he failed to return his work van, tools or fuel card. The van was recovered, but ex-bosses found he went on to use the card 108 times.

Crane, of South Shields, Tyne and Wear, pleaded guilty to theft and fraud at Newcastle crown court.

He got a one-year suspended jail term and must attend drug rehab.

Lazenby 'lady 007'

FORMER James Bond actor George Lazenby has called for a female to play the next 007.

It comes after the 80-year-old actor, who starred in 1969 Bond flick On Her Majesty's Secret Service, came under fire for claiming modern men "have no balls" because "women have taken over".

Asked if a woman should play the secret agent, George responded: "Why not? There's some tough girls around."

"Girls are more believable. I can't see it not working if you get the right woman."

"But I would imagine she'd have to be English."

IN WITH A SHOUT

Brits voted birds chirping in trees as their top sound but nearly one in ten prefer market traders shouting, a poll found.

STREATHAM ATTACK OUTRAGE



IN LINE OF FIRE

Gun cop stands over Amman

Write-off... unmarked car driven by one of the Met's firearms officers

KICK IN TEETH FOR HERO TERROR COPS

2 face sack for crash while rushing to knifings

By MIKE SULLIVAN, Crime Editor

TWO armed police officers involved in a car crash while racing to the Streatham terror attack may be sacked.

The pair are being investigated by the police watchdog for alleged dangerous driving as well as gross misconduct – the most serious disciplinary measure and punishable with dismissal.

But furious colleagues described the investigation as "a complete joke".

Police union boss Ken Marsh said: "The public will be appalled to hear brave officers responding to a terror attack can be treated in such a manner."

"What kind of message does this send? These officers put their lives on

Knife terror... Amman



Courage... police at scene

the line that day to protect the public and yet their careers are at risk as the hindsight brigade decide to justify their existence. "These people need to understand the split-second decisions police officers have to take."

The crash occurred while the officers, who were in different cars, drove in convoy with blue lights and sirens towards Streatham High Road,

where 20-year-old jihadi Sudesh Amman had stabbed two passers-by.

The collision near Streatham Common, South London, also involved a third vehicle which was driven by a member of the public.

One of the officers smashed into a wall, writing off his unmarked black BMW. Six people were treated at the scene, five of whom went to hospital.

The second officer, in a marked Armed Response Vehicle, was in "close proximity" though not directly involved in the collision. The officer drove on to help colleagues confronting convicted terrorist Amman, who was later shot dead.

Following the February 2 attack, Boris Johnson praised "the speed and bravery of the police who responded".

The Independent Office for Police Conduct confirmed it has served "notices of investigation" against the two officers, who are still working but removed from driving duties.

It added: "A criminal investigation does not mean that criminal charges will necessarily follow. Misconduct notices do not imply guilt but are to inform the officer that their behaviour and conduct are under investigation."

The Sun Says – Page Ten



Tweeted... officer's receipt

You silly burgers

FOOD chain Shake Shack was labelled "disgraceful" on social media after staff ridiculed a uniformed cop.

The name given to the officer's order in the central London branch was ACAB – slang for "all cops are b*****s". The firm is now investigating.



instaglam

Who else would REBEL WILSON celebrate her 40th birthday in a US forest with but, er, Love Island's MONTANA BROWN?

PRETTY WOMAN: THE MUSICAL

Piccadilly Theatre, London

ICONIC 1990 movie *Pretty Woman* has landed on the West End stage. I sent along two fans to check out the new musical.

His view

FROM the get-go, this is a heart-warming retelling of the film – sensual, sexy and full of sass.

It is truthful to the iconic flick and doesn't try to modernise it with woke changes to the much-loved story, which audiences will be grateful for.

AIMIE ATKINSON, who was also brilliant in West End musical *Six*, breathes new life into the role of Vivian Ward made famous by **JULIA ROBERTS** – while **DANNY MAC** plays businessman Edward Lewis brilliantly.

The musical numbers, which turn it into an all-singing and sometimes-dancing spectacle, are a welcome addition thanks to the genius songwriting of **BRYAN ADAMS**. Go and see it now, you won't be disappointed

★★★★
HOWELL DAVIES

Her view

FRESH from Broadway, this is as glitzy and glam as the movie was.

And while the story of a hopeful hooker in search of love and luck is as enticing as ever, the premise is somewhat depressing in 2020.

The idea that businessman Edward Lewis, played faultlessly by **DANNY MAC**, has to come to the rescue as a rich provider to bubbly, bright Vivian, portrayed with gusto by **AIMIE ATKINSON**, feels a little dated.

In this day and age, surely musical theatre can offer an alternative to the knight-in-shining-armour schtick.

Fans of the film are in for a treat, as the costumes and jokes are an exact match – and the songs, penned by **BRYAN ADAMS**, are catchy.

★★★★
HANNAH HOPE



FIRST
REVIEW



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

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NORMANI IN VIDEO STORM

A VIDEO has surfaced online that allegedly shows former **FIFTH HARMONY** star **NORMANI** mocking Asian people by putting on an accent.

The Motivation singer, *inset*, has come in for criticism over the clip, which emerged just days after Normani slammed her ex-bandmate **CAMILA CABELLO** for herself previously using racial slurs in social media.

In this video, which also features **LAUREN JAUREGUI** from the girl group, a woman who fans claim is Normani can be heard putting on a stereotypical "Asian" accent and saying: "Check out my nail lady, she so pretty, she so fine. Look at my nail. She do my nail for free. That's the best kind."

Last Friday, in an interview in the US, Normani spoke out about past remarks by Camila on Tumblr which included use of the N-word and speaking in a similar "Asian" accent – for which Camila apologised last December. Weighing in on that, Normani said: "It would be dishonest if I said this scenario didn't hurt me. It was

devastating that this came from a place supposed to be a safe haven and sisterhood – because I knew that if the tables were turned, I would defend each of them in a heartbeat.

"It took days for her to acknowledge what I was dealing with online and then years for her to take responsibility for the offensive tweets that recently resurfaced.

"Whether or not it was her intention, this made me feel that I was second to the relationship she had with her fans.

"I hope an important lesson was learned. I hope there is genuine understanding about why this was unacceptable."

Normani's team have been approached for comment.



● **OZZY OSBOURNE** says stem cell treatment and Pilates will help him manage his Parkinson's disease and get back on stage.

His wife **SHARON** told *Good Morning Britain*: "There's a professor there (Switzerland). He hasn't got a cure for Parkinson's – no one has – but what he can do is get Ozzy's immune system to here [pointing up]. Now, if Ozzy was to catch a cold, it would turn into pneumonia."

"This professor has come up with a way of doing stem cells which helps with the pain. He could hopefully get rid of the pain and then Ozzy will be healthier to deal with the Parkinson's."



SOBS WITH JESY

THEY'VE been on the receiving end of plenty of unnecessary criticism over the years – and **LITTLE MIX** clearly hate dishing it out themselves.

The girl group, *above*, struggled to hold back the tears during a session for their new BBC1 singing competition *The Search* on Friday night, when they were forced to send some of the wannabes packing.

JESY NELSON and **JADE THIRLWALL** sobbed after axing two talented singers during the auditions, which were held in front of a studio audience at The Backstage Centre in Purfleet, Essex.

The pair had to be comforted by band-mates **PERRIE EDWARDS** and **LEIGH-ANNE PINNOCK** before filming could resume.

An audience member said: "The girls have invested a lot in the people taking part in the show and feel attached to all of them."

"So to have to start waving goodbye to some of the acts was really difficult. Some of

● I CAN appreciate a handsome man when I see one, and **ED WESTWICK** is definitely in that category.

The *Gossip Girl* actor had plenty of cool swagger about him as he posed at the third annual Mammoth Film Festival portrait studio in California. He was at the festival as he has co-written and directed 18-minute movie *Tether*, which premiered there.

That's all he needs to get the job done.



biz
meter



TAYLOR SWIFT has been named the world's best-selling recording artist of 2019. The IFPI, which represents the recorded music

industry worldwide, announced she had topped the list for the second time yesterday thanks to her album *Lover*. She previously held the title in 2014 while other recent recipients include **ED SHEERAN**.



KIND-hearted **KATY PERRY** has announced a one-off, free concert in Victoria, Australia, for those who have been affected or helped

extinguish the bushfires. It is scheduled for March 11. Katy said she had been left heartbroken by the recent devastation and wanted to "help provide a little bit of joy to a country that's given me so much joy."



SIMON BOYLE'S

Barre

MY TEAM: Howell Davies, Ellie Henman and Joe Kasper

MILEY'S A JETT-SETTER

EXPECT more head-banging than twerking from **MILEY CYRUS** when she tours her new music – she's going rock 'n' roll.

The ex-Disney star, *right*, has revealed she once again teamed up with **MARK RONSON** on her upcoming tracks, after they worked together on 2018 hit *Nothing Breaks Like a Heart*. But this time she is channelling **JOAN JETT**. In an interview in Australia

yesterday, Miley said of finishing work on her tunes: "We're super-close. I'm feeling the urgency and I am definitely actively on it."

"I've got some music that is sounding super rock 'n' roll."

"Me and Mark, we have a couple of songs. We have about two or three songs on my next project together and they've got some Joan Jett vibes, just bringing back rock 'n' roll."



bizz bit

HALSEY is planning an extended hiatus from touring when her current run of dates ends in August. She said: "2020 will mark the end of me touring for a long time. Thanks for making the memories special. I am cherishing every night."

It's Jade Thirlwail

AT LITTLE MIX TALENT SHOW

the singers got upset and that set off Jesy and Jade. It's the hardest part of the show so far and it was a highly emotional night.

"Jesy and Jade both had tears streaming down their faces."

"It's clear the show means so much to them and they really care for their acts."

The programme has a similar format to *The Voice*, which switched from the Beeb to ITV in 2017.

They whittled down hundreds of hopefuls

Behind closed doors, the girls whittled down hundreds of hopefuls to six groups.

Those six bands then performed before a studio audience in a bid to get through to the live finals.

Two or three members of each band were sent home, prompting the 'chart-toppers' outpouring of emotion.

The surviving singers were told they would remain in their groups for the finals, with

one band then crowned overall champions.

The pre-recorded auditions will go out in April before four live shows in May, airing in primetime Saturday night slots.

As well as getting the chance to work with Little Mix and top producers, the winning group will join Jesy, Jade, Perrie and Leigh-Anne for 35 dates of their upcoming summer tour.

That will save them forking out for their own Little Mix tickets.



KYLIE'S FAIRY TAIL BRAID

IF **KYLIE JENNER** ever gets stuck up a high building, this braid will come in handy for boyfriend **TRAVIS SCOTT**.

The reality star wore the absurd Rapunzel-like hair extension for a snap she posted on Instagram.

The billionaire make-up tycoon has been spending

more time in recent weeks with rapper Travis, who is the father of her daughter Stormi.

As *The Sun* exclusively revealed, the pair reconciled following a break-up last year.

Perhaps getting him behind the camera to take Kylie's social media snaps helped seal their reunion.

DUA LIPA has confirmed my story from last month that her next single will be *Break My Heart*, which samples **INXS's** *Need You Tonight*. The Don't Start Now singer, whose second album *Future Nostalgia* is due out on April 3, said on Australian TV: "I'm really excited for that one. That's gonna be the next song everyone's gonna hear. I just shot the video for it."

LEWIS CAPALDI is on course to reclaim the UK No1 album spot with his debut *Divinely Inspired* To A Hellish Extent, ten months after it was released. It's in the lead ahead of **FIVE FINGER DEATH PUNCH's** new record *F8* at No2, last week's chart topper *Map Of The Soul: 7* by **BTS** at No3, and **JAMES TAYLOR's** *American Standard* at No4.

bizz bit

VICTORIOUS FESTIVAL has added **MANIC STREET PREACHERS** to its line-up. The Welsh rockers join **IAN BROWN**, **NILE RODGERS**, **THE STREETS** and **ROYAL BLOOD** at the event in Southsea, Portsmouth from August 28 to 30.

bizz bit

LADY GAGA has revealed new album *Chromatica* will feature 16 tracks, including new single *Stupid Love*, and come out on April 10. She posted a picture, which she insisted isn't the cover, along with the news on Twitter.

THE Sun SAVERS



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Edited by GISELLE WAINWRIGHT

DEAL OF DAY



GET three cards for the price of two on Moonpig.com, just use the code CARD342 at the checkout.

CHEAP TREAT



SPICE up your Monday evening with a bag of McCain Lightly Spiced Wedges, £1, down from £2 at Tesco.

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QUIDS IN... put lots in piggy bank with our spring saving tips

Spring clean your finances

WITH spring around the corner now is a good time to clean up your finances as well as your home.

I've been looking at ways to make a tidy saving on your monthly outgoings.

Here are my favourites...

SWITCH ON: Moving bank accounts takes less time than you think and can make you cash. First Direct gifts you £100 for switching, while NatWest has just announced that it will give you £175 if you switch to its main account, matching an existing offer from HSBC. If you recommend a friend to Nationwide and

they switch their current account to the building society, you both get £100 each.

CASH IN: Apps such as Chip, Plum and Cleo connect to your bank account and auto-save without you noticing. Even if it's only a couple of quid each month, it'll help build up a rainy-day fund and takes minutes to set up. Cashback sites are always a good way to save. You can currently get £31.50 back when purchasing your car insurance with Money Supermarket via TopCashback.co.uk.

VOUCH FOR IT: I always scout around for deals on Voucherscodes.co.uk before heading to the supermarket or eating out. For example, you can get a code for £5 off selected cleaning product orders more than £15 at Tesco. Sign up to newsletters while you are in store and check your email as you will often find an intro code or offer has been sent.

SAVVY TRAVEL: Save on fuel costs by walking or taking the bus where you can. With rail fares rising by 2.7 per cent last month, I recommend booking longer trips using the Megabus. When I last checked, a trip from London to Norwich on a Saturday in March was £5.53. The same journey cost £57.30 by train.

SIDE HUSTLE: There are plenty of easy ways to make a bit of extra cash. I've tried mystery shopping and taking online surveys, which can pay between 50p and £5 a time. Check out yougov.co.uk, surveypotter.com and pineconeresearch.co.uk.

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

TOP SWAP



£2

A BAG of 690g Birds Eye Field Fresh frozen mixed veg is £2 at Asda but switch to its own bag of frozen mixed veg and you'll get a kilo for just 94p.

SAVE: £1.06 plus get an extra 310g of veg



94p

Reader's saving tip

MARIAN THORLEY, from Manchester, says: "Coffee grounds can be reused as garden fertiliser. Ensure you work it well into the soil. You can pick up free bags of coffee grounds from many cafes."

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Charge... Stokes

Ace held over ex 'stalk' rap

By GRAHAM MANN

FOOTBALLER Anthony Stokes has appeared in court charged with stalking his ex-girlfriend.

The former Sunderland and Celtic forward, 31, was arrested at Gatwick on Friday after flying in from a break in Dubai.

Prosecutors claim he sent offensive texts and emails to ex Eilidh Scott last year despite a four-year court order banning him from any contact.

Stokes is also accused of calling and messaging her parents and making offensive and inappropriate remarks about her.

The former Republic of Ireland international, now on a six-month deal with Iranian club Persepolis, denied the charges at Hamilton Sheriff Court, South Lanarkshire.

He was released on bail to stand trial next month.

His club were unaware of the arrest, saying they thought he was still in Dubai with family.

'No guide dog' win

A BLIND man has successfully prosecuted a fifth cab driver for refusing to take his guide dog.

Colin Perreira, 24, filmed his latest rejection on his phone in Watford.

Uber driver Mohammed Hafiz Raja would not let the dog, Sid, into his car.

Raja, of Watford, was convicted of breaching the Equality Act and ordered to pay more than £1,700 in costs by Westminster JPs. Uber has axed him.

Colin, of Hemel Hempstead, Herts, said it was important to prosecute to defend disabled people.

Poor kip hits heart

THOSE over 45 without a regular bedtime are twice as likely to get heart disease, scientists suggest.

Shift workers and those who get different amounts of sleep each night are also at higher risk, as are people from ethnic minority backgrounds.

The team from Brigham and Women's Hospital in Boston, in the US, studied 1,992 adults for five years.

Dr Tianyi Huang said: "We hope this will help raise awareness about the potential importance of a regular sleep pattern in improving heart health."

SHOCKING PIC OF TOT

A SINGLE KISS DID THIS TO MY BABY



Oarlah in hospital... and recovered with her mum Hollie, right



Picture: LUCY LAING

Mum's warning over herpes virus

DISTRESSING images show a baby girl with herpes — a virus which can be transmitted by a single kiss.

Little Oarlah was rushed to hospital aged just six months amid fears she could go blind. She contracted the virus despite mum Hollie Cruickshanks imposing a ban on people kissing her.

Viral spots and sores spread from Oarlah's body, across her head and face and even got into her left eye.

Hollie, 21, said: "When I saw those, I was filled with horror. I knew she

could be blinded. The thought of her losing her sight was devastating."

Oarlah was on a drip in hospital while Hollie and partner Bradley Airlie, also 21, faced an anxious wait for news. Luckily, tests showed the tot's eyesight was not damaged and the swelling reduced after 24 hours.

Hollie, from Dundee, gave birth in November 2018. While pregnant, she saw a post on Facebook from a mum whose baby caught herpes from a kiss.

Hollie said: "I was horrified. Peo-

ple thought I was paranoid when I said I didn't want anyone kissing Oarlah but I'd seen what it could do. I couldn't help myself and I kissed her on the forehead when she was born, but then I banned all her visitors from kissing her.

"I tried to protect her and she still got this horrible virus."

"We tried to think of anyone who could have kissed her, but the doctors told us that it could also be transferred on the hands too."

Hollie says Oarlah, now 15 months, has made a full recovery, but added: "I still don't let anyone kiss her. We feel very lucky she came through it."

UNWISE TO KISS IF SICK

By CAROL COOPER
Sun Doctor

HERPES viruses are very contagious and the first time a person catches it is usually the worst.

Around 90 per cent of people are thought to carry herpes, but very few babies catch it.

When my children were young, I was reluctant to let people kiss them.

It's certainly unwise to kiss or touch a baby if you have an active infection of anything.

EXCLUSIVE by LUCY LAING

EASTER TRAIN HELL

TRAIN travel over Easter will be seriously disrupted by engineering work.

Network Rail plans 420 "crucial upgrades", costing £113million, from Good Friday to Easter Monday — April 10 to 12. The West Coast main line will be closed north of Crewe, Cheshire.

Services from London Euston to

Watford, Milton Keynes and Northampton will be reduced. Fenchurch Street station in the capital will be shut and services amended from Paddington.

Network Rail chief Andrew Haines urged people to check before travelling.

He said: "We know train performance has to improve."

Sun

MORE than a fifth of Brits aged 16 to 29 believe World War Two was fought in the 1950s or '60s instead of 1939-45 a poll of 2,000 has revealed.

SPOT

STAFF'S LEAP IN PAY

A COMPANY boss is paying his staff extra because it's a leap year and 2020 has more working days than normal.

Most on an annual salary will effectively work February 29th for no additional pay. And due to the way bank holidays fall this year, there are 254 work days — the highest since 2008.

David Fraser, who runs Ready 10 PR agency in North London, worked out his staff will do three days extra this year.

He said: "The losers in this are those on PAYE as freelancers might still get a day rate. We thought this was unfair on our team and they should be looked after during such a statistical anomaly."

AGATHA WOODS DUNNIT

Author ghost riddle

A MUSEUM is said to be haunted by whodunnit writer Agatha Christie's ghost.

Staff in the author's hometown claim that Christie's books are mysteriously knocked off the gift shop's shelves when no one is around. A ghostly apparition of a woman has also been caught on camera – and CCTV has filmed leaflets being apparently hurled around. Carl Smith, manager of Torquay Museum in Devon, said the ghostly woman was wearing old-fashioned clothing.

He added: "We saw something in the middle of a photo and when we adjusted the contrast we clearly saw the woman. It was a bit of a surprise and pretty creepy."

"There was no one else present when the photo was taken so we are at a loss to explain it."

Gift shop boss Francesca Ferrara says she has seen books fly off shelves

Books . . . Christie



By ADAM BENNETT

four times – and they were always by Christie, who created detectives Miss Marple and Poirot.

In another incident, finger and thumb prints appeared on the inside of a case housing an Egyptian mummy, even though it had not been opened for years. Carl said: "It freaked a few people out."

The museum has a large collection of Christie memorabilia. She died in 1976 aged 85.

REDDY, SETTER, GO



SOFA, SO GOOD



THIS litter of playful puppies is a huge boost for Britain's most endangered dog breed.

The demise of the Irish red and white setter has seen it rise to the top of the Kennel Club's vulnerable breeds list.

Just 39 new puppies were registered in 2019, compared to 35,347 Labradors, the UK's favourite dog.

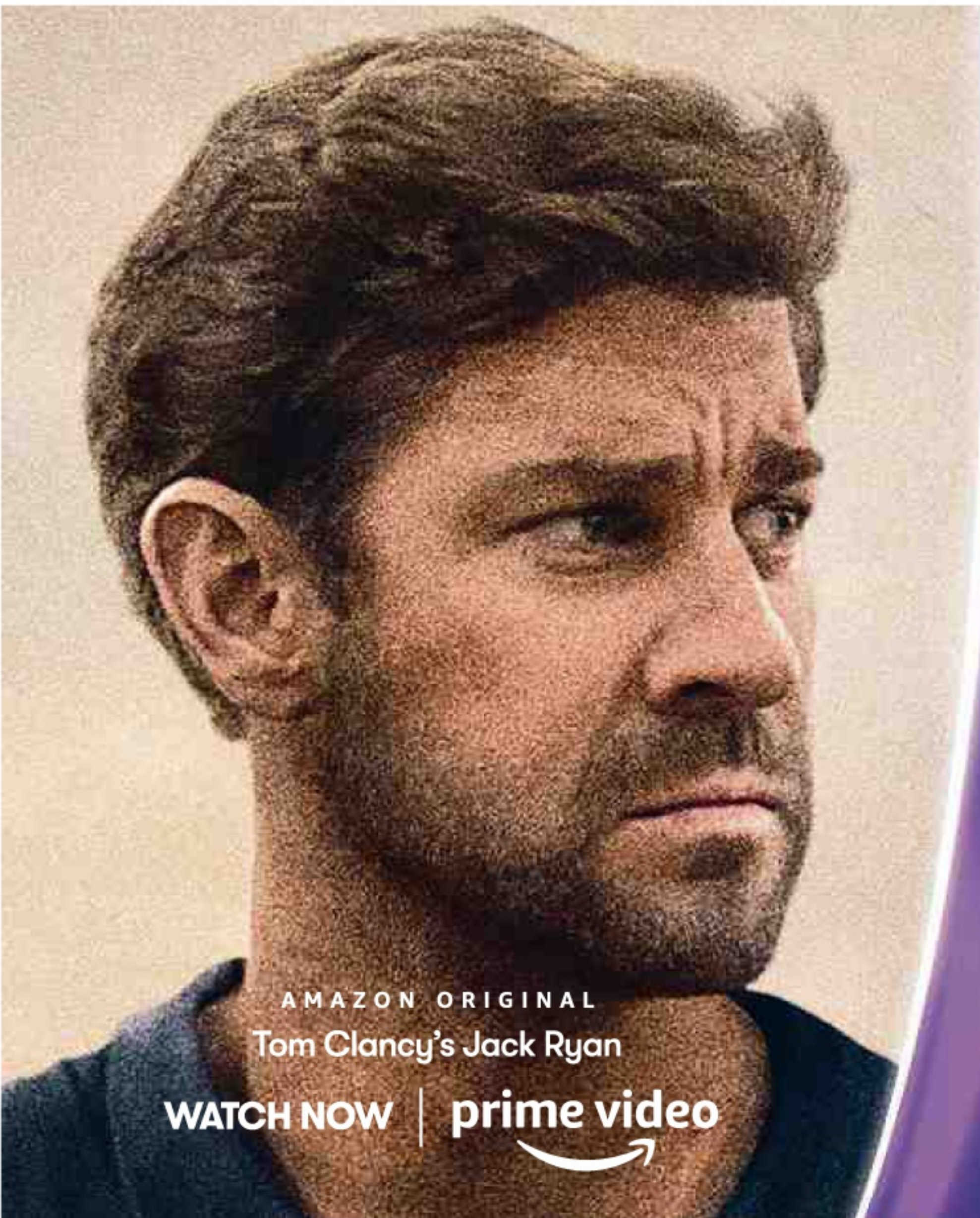
The red and whites are traditional gun dogs that date back to Roman times – but have fallen

By WILL BARKER

out of favour with the rise in popularity of designer crossbreeds such as cockapoo and labradoodles.

Now Ve Callaghan, one of the few remaining UK breeders of red and white setters, has hit the jackpot with an extra-large litter of ten puppies.

It represents a quarter of puppies born for the whole of last year – and Ve, of Melton Mowbray, Leics, has already found homes for all of them.



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BEYOND LIMITS

FOR 10 RARE PUPS



Picture: PHIL YEOMANS/BNPS

Jim Cuddy, chairman of the Irish Red and White Setter Club, said: "Having ten new puppies does help the breed, given as there were only 39 last year."

"The aim is to sell the puppies to new owners in the hope they will go on to breed from the bitches."

"Once people have a breed they tend to stick with that breed in the future."

"Setters need a good couple of hours of exercise a day. Today everyone has to have a job and don't necessarily have the time to do that." Julian

Barney, a setter breeder, said there are a variety of reasons for the dogs' fall in popularity.

He added: "We have this fashion for smaller designer dogs and setters are a size that suit a particular environment. They wouldn't be good in a flat."

"The general public also don't know they exist. When I take mine for a walk in our local country park, people ask me what it is because they've not seen one before."



GANG'S ROLEX CONVOY

Victims tailed miles

A GANG of Rolex robbers tailed wealthy victims' cars for up to 125 miles after spotting their watches.

The crooks kept them under surveillance on motorways before striking in quiet locations.

Laura West was followed in her Mercedes GLA from London until she stopped to buy chips in her home village of Hingham, Norfolk, last March. She had a Rolex wrenched off her wrist. Her car and rings were also stolen.

Restaurant owner James Smith was followed home 16 days later to Loughton, Essex, and hit with a baton for his £16,000 watch. Jagraj Bhandal, was tailed back from East London to Belbroughton, Worcs, where his Rolex was stolen.

A source said: "It's believed the gang were looking out for victims driving expensive cars."

Judge... Moore

By **MIKE SULLIVAN** and **ROB PATTINSON**

They pulled up next to them and if they saw a driver wearing a Rolex they followed them."

Freddie Aguis, 28, and John Weaver, 33, of

Hackney, East London, and Shane Johnson, 29, of no fixed abode, have admitted robbery.

They will be sentenced tomorrow at Norwich crown court by Judge Katharine Moore.

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WRITER'S ADVICE FOR PM'S FLANCEE



1

WED ... Boris and Allegra Mostyn-Owen tie the knot in 1987



TRY AGAIN ... wife No2 Marina Wheeler married Boris in 1993

2

3

THIRD TIME LUCKY ... PM and fiancée Carrie Symonds

BORIS JOHNSON'S chequered love life has left some critics sceptical of his blossoming romance with Carrie Symonds, who is to become his third wife.

Carrie, 31, announced on Sunday they are engaged and she is expecting her first child with the 55-year-old Prime Minister.

One writer who also fell in love with an older man and became his third wife knows all too well the judgment Carrie faces.

Here, she offers the new First Lady advice on overcoming the hurdles of being No3 - and how it will all be worth it.

WHEN I said "I do" in spring 2008, little did I know I should have repeated it twice more.

Because when committing to my husband Pascal, I was really agreeing to take on his two exes - and all their kids, too.

We've all heard of the Second Wives' Club.

I'd like to flag the even more elusive Third Wives' Club.

It's one hell of a tough role to take on. Like bride-to-be Carrie, I'm also a third wife.

I met my now-husband Pascal, who is a carpenter, in 2007. I was 36 and he was 46. We'd both been single for around 18 months.

Being involved with someone older than me was intoxicating.

Middle-aged men, as Carrie knows, are supremely confident in their skin. They properly woo you.

Yet after the early, lusty honeymoon days have worn off, that's when reality kicks in.

We know our blokes come into the relationship with more excess baggage than Joan Collins on her hols.

Wives and children who have gone before you have an opinion on you and your relationship, and an on-going role in your other half's life.

Pascal's social circle dismissed me as just another bit on the side.

I lost count of the times I heard: "It'll never last."

Before I walked down the aisle I'd cottoned on that Pascal was not a saint.

When blokes like Boris Johnson, Donald Trump and my other half get to their third significant relationship, it's fair to say they've earned the title "player". They've been unfaithful and made mistakes.

They're human. I had The Talk with Pascal early on. The one that goes: "Cheer up me and it's over."

Carrie and Boris reportedly argue with gusto - who can forget their "red wine row" which hit the headlines last summer? - and we are no different.

There came a moment when I was heartily sick of being referred to as "the girlfriend", and we married a year after we met.

Suddenly, as his wife, we went from being a frivolous couple to being taken seriously.

Pascal loved planning our wedding. It was the first time he got to organise a ceremony his way.

I'd also been married before and was happy to let him unleash his inner Groomzilla.

Afterwards, I bent over backwards to get on with the stepkids.

My youngest stepson Antonio was 11 when I became his stepmum.

Two of my sisters have kids and they helped me get into his psyche. My two older stepchildren were in their twenties when we

first met. We have made the effort to get along because of the man we had in common.

My birthday was no longer as important as the kids' ones were and Christmas was all about them too. As a third wife, you have to be gracious and accepting of this.

But there are limits and I quickly learned to stand my ground.

Boris might be PM but Carrie and their unborn child should be the priority in the Johnson world.

I'm tough as old boots

Previous wives and family shadow your future.

I won't open the can of worms that is my relationship with my husband's exes. But at first there were tears - and they were mine.

All I could change is how I responded. So I ignored them and adopted Michelle Obama's mantra: "When they go low, we go high."

That's why I drew a line about what I wouldn't put up with.

I refused to go on family holidays or go to events with any of my husband's exes present.

Why should I live in his past when I prefer to focus on creating our future? My in-laws and step

kids know I'm not a doormat. I'm their son and father's wife, but I'm also me.

We are celebrating our twelfth wedding anniversary in May. Nowadays almost half of marriages end in divorce and two out of three "blended families" don't make it.

I regularly congratulate myself for having got this far. There are sacrifices, though. Devastatingly, my eldest stepson contracted skin cancer in 2013 and died a year later.

The grief inflicted on Pascal and my two other stepchildren meant I shelved any plans for us to have a child together. It would have been too much for them to handle.

Today we have created a life in a gorgeous part of France.

I'm focused on our future. I've got the Third Wife role so sussed that the only thing my husband regrets is not having met me sooner.

He is happier in his skin and I've found I can be as tough as old boots when I need to be.

People try to write off us third wives as a bit of totty. But we are VERY strong women.

Good luck to Carrie.

And the Johnson clan? I reckon they're lucky to have her.

Being wife No3 is hard work but worth it, Carrie



By **SAMANTHA BRICK**



I THREE WED ... Samantha and Pascal



Hair ... from poet

Byron's locks in a locket get £20k

By **CRYSTAL JONES**

A LOCK of hair from the poet Lord Byron has sold for nearly £20,000.

The clump of the wordsmith's light brunette mop had been kept in a gold and enamel locket for almost 200 years.

George Byron died of fever, aged 36, during the Greek War of Independence while fighting the Ottomans in 1824.

The hair was taken by Italian pal Count Pietro Gamba, who was with Byron in his final days.

He gave it to Sir James Emerson Tennant and it sold with some of Tennant's medals for £18,000.

Beatrice Campi, specialist at Chiswick Auctions, said: "It was a very important and rare lot."

Byron was known for a string of high-profile liaisons and fathering several illegitimate children.

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 22.

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



PAY WITH YOUR SunSAVERS WALLET

MPs 'big boozers'

MPs down more booze than the average Brit, new research shows.

They are more likely to indulge at least four times a week and tot up ten units on a typical day.

That is equal to a bottle of wine, five pints or ten shots of spirit.

Drinks in Parliament's bars are much cheaper than nearby pubs.

Dr Tony Rao, a psychiatrist at King's College London, said: "There are six bars open most evenings when MPs are voting or waiting to vote."

BUYIN' FERRY

The Teignmouth Shalton Ferry service in Devon - one of the UK's oldest dating back to 1296 - is on sale for £100,000.

LUMLEY RAID HELL

Joanna: I was ambushed by Haitian highwaymen

JOANNA Lumley has told how she was ambushed by bandits who threatened: "Your money or your life."

The Absolutely Fabulous star, 73, said she and a crew were robbed while filming for a travel show.

It happened in November in Port-au-Prince, the capital of poverty-hit Haiti in the Carib-

By **CRYSTAL JONES**

bean. She said: "Suddenly there was a blockage across the road. They'd put branches down."

"Our bodyguards got out and said, 'Come on guys, clear it away'. And they said, 'No, we want your money or your life'."

"Sometimes they dig trenches, pour oil in and set fire to it, then they come with guns and take your wallets."

Fortunately, the bandits let Joanna and her team pass with-

out anyone being hurt. The actress and presenter said she was not fazed by the experience.

She went on: "I'm not really an afraid kind of person. If you look timid, people and animals pick it up very fast."

"In Haiti, people are so poor, but if you say 'Bonjour' and put your hand out, you've made friends immediately."

She told Radio Times that she enjoyed working there despite the dangers. She said: "We arrived on the day of a riot, so

we had a police escort to the hotel. Riots break out like wild-fires across the land and if you're in that place, you're stuck. It's not a strain, I love it."

Describing the poverty, she said: "The country's broken, nothing works."

"There are unbelievably poor communities - children sleeping rough, abandoned by their families."

That affects you terribly." *crystal.jones@the-sun.co.uk*



Team... Joanna and crew at work

Car jaunt of boy, 11

A BOY of 11 was caught behind the wheel of a car - after a relative gave him a lesson to stop him playing Grand Theft Auto.

The family member claimed they got so "fed up" with the child spending all day on his PlayStation that they took him to practice for real in a Blackpool car park.

A Lancashire Police spokesman posted: "The adult has been reported for traffic offences."

CIDER SLIDER

Cider sales fell £21million to £835million last year, the biggest loss in any beer category, says market analyst Kantar.



EXCLUSIVE by **ANDY JEHRING**

CORRIE'S Alison King is spotted with her fiancé for the first time since kissing a co-star at the National Television Awards.

The actress, 46, was in a kebab joint with IT salesman David Stuckley, 36, on a romantic getaway in the Lake District.

A source said: "They weren't exactly loved up but they were hugging and laughing."

The actress, who plays Carla Connor, appeared to smooch fellow Street star Mikey North, 33, at the awards bash in January, which she denies.



Supporter... Rod

Rod fest raid over 'fake' CD & DVDs

By **ROBIN PERRIE**

ROD Stewart fans were shocked when officials raided a charity event endorsed by him to seize bootleg CDs and DVDs.

The Rod Stewart Big Weekend has raised £150,000 since its launch in 2002 and the singer, 75, donates items.

The Alzheimer's Society was the nominated beneficiary at this year's three-day event, run by Sir Rod's fan club and attended by 1,000 people.

But trading standards and the British Phonographic Industry seized around 150 unofficial recordings after a tip-off.

David Featherstone, a stallholder at the event in Walsall, said: "Rod himself and our patron Mary, his sister, give their blessings every year so copyright isn't an issue."

Another fan protested: "It's well-meaning fans selling to other fans."

Trading standards said some had breached copyright and trademark law.

Robinson 'bash' rap

FAR-RIGHT extremist Tommy Robinson has been arrested over a bust-up in a pool at a Center Parcs resort.

The English Defence League founder, 37, is said to have confronted another holidaymaker before "smacking" him in the face, a source said.

Police said one man was treated for an injury.

Sunday's incident allegedly took place in front of families in the tropical dome at Center Parcs Woburn Forest, Beds.

Police said a man, 37, of Bedford, was arrested on suspicion of common assault and bailed pending an investigation.



Snog... story on North and King



HM Government



CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

The best way to protect yourself and others is:



Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.



Catch your cough or sneeze in a tissue, bin it, and wash your hands.

If you have recently arrived back from specified areas follow the returning traveller advice. Check the list of areas and find out more at

nhs.uk/coronavirus

PALACE 3 GO TO JAIL FOR RAIDS

THREE soldiers who guarded the Queen were jailed yesterday after a wave of late-night shop raids in three days.

Hooded Kristopher James-Merrill, 20, Dillon Sharpe, 23, and Elnur Bracegirdle, 21, used a stun gun and knives in the vicious spree.

The Grenadier Guardsmen, famed for the bearskin hats they wear on duty outside Buckingham Palace, struck across South London with ex-QPR youth player Marlon Wright, 26.

Ringleader Sharpe, behind 12 raids, got 13 years while Bracegirdle was jailed for six. Both pleaded guilty. James-Merrill and Wright – convicted after a trial – each got five years. Judge Timothy Lamb QC, told Kingston crown court the soldiers had brought “disgrace” to the Army. Det Sgt Jamie Witts said: “This case is both shocking and somewhat disheartening in that these men were in positions of responsibility and trust – three have served their country.”

By MIKE SULLIVAN

mike.sullivan@the-sun.co.uk

Robber... Sharpe



STILL TO
COME IN



bizarre

Love Isle
Kem's new
goal friend
PAGE 33



Fabulous DAILY

Get your
kids into
character
PAGES 36 & 37

WEBSITES' 15% HOTEL MARK-UP'

BOOKING British hotels direct is nearly always cheaper than using an online travel agent, a watchdog reveals today.

Of ten phoned, eight quoted a better price than that listed for them on booking.com.

They also offered incentives including a free upgrade, discounts on food and spa treatments, free breakfast, and free parking. Which? Travel said

online agents are often costlier due to commission on bookings – typically 15 to 25 per cent.

Booking.com and Expedia denied it.

Hotels are barred from undercutting agents online by rate-parity clauses. Rory Boland, editor of Which? Travel, said: “Customers should not be

By BEN LEO

8 in 10
hotels contacted
offered a better
deal with direct
booking

duped into thinking they are getting the best price from a hotel booking site. It might be a good place to start... but you should always call or email for the best chance of getting the cheapest deal.”

AS STAR WEARS THREE TRICK



KIM KARDASHIAN must have the biggest vat of talc in Hollywood.

How else could the reality star squeeze the world's most famous bottom into THREE latex catsuits in a single day?

Kim wore a trio of daring, brown Balmain one-pieces for Paris Fashion Week. And presumably she went easy on the drinks to keep tricky toilet trips to a minimum.

While catsuits are perfect for showing off curves, are they worth the effort?

ABBY McHALE asked model Emma Candon, 20, from South London, to time how long it takes to get in and out of seven styles.

Can y on as



Time to put on: 48secs
Time to take off: 24secs

EMMA SAYS:

“THIS fits like a glove but the black wet-look material emphasises every lump and bump, so wearing this to a restaurant and eating a big meal is a total no-no!

“I had to wiggle my way in and out of it but it felt easy enough considering it has a zip along the back and long sleeves.”

Black wet-look, £35, Ann Summers; heels, £40, MissPap; earrings, £4, Primark



Time to put on: 1min 10secs
Time to take off: 39secs

EMMA SAYS:

“THIS was so fiddly to get on because of the back zip – it's a snug fit.

“You'd need an army of people to help you squeeze into it.

“I lost a few sequins on the way but it fits perfectly once on.

“You should wear it if you want to unleash your inner Beyonce – if you manage to get it on in the first place.”

Nude jewelled, £70, Asos; heels, £28, Schuh; earrings, £3, Primark



Time to put on: ...
Time to take off: ...

EMMA SAYS:

“AS it is str bigger bu doesn't sta “It's als legs and that, it was to get on a “Having to wear thi

Red velv both Mis brac

THREE AND EASY
... Kim slipped into a trio of latex Balmain catsuits for Fashion Week visit

KEY ONE-PIECES IN A SINGLE DAY WE ASK... You put a catsuit as quick as Kim?



**Fastest
off**

Time to put on: **16secs**
Time to take off: **11secs**

EMMA SAYS:

"Without a topless, you definitely need a bra to fill it. Otherwise it'll sag up or feel secure. It's also extremely baggy on the stomach. But because of the spaghetti straps as you can't adjust them. However, it was easy to get on and off. I said all that, I wouldn't want to wear it. It's so unflattering."

Red velvet catsuit, £15, hoops, £5, MissPap; stilettos, £28, Asos; bangle, £3.99, New Look



**Fastest
on**

Time to put on: **15secs**
Time to take off: **13secs**

EMMA SAYS:

"THIS is very comfortable though slightly baggy around the bust, so it's not doing much for my figure. There's not enough support with the spaghetti straps as you can't adjust them. However, it was easy to get on and off. This is a good choice for a night out and there's room for dinner, too!"

Purple, £13.50, Elsie & Fred at Asos; heels, £30, MissPap; bangle, £4.99, hoops, £4.99, both New Look



Time to put on: **40secs**
Time to take off: **21secs**

EMMA SAYS:

"THE sheer material means it doesn't fit the body snugly, especially around the bum, so it's not very flattering. It is thin material but took longer than I thought it would to get on. I feel like I wouldn't want to wear this after a big meal either as it would just show off everything, whether it's tight or not."

Yellow and black, £20, Missguided; heels, £29.99, Public Desire; hoops, £4, Miss Selfridge



Time to put on: **45secs**
Time to take off: **17secs**

EMMA SAYS:

"IT feels tight around the calves but baggy around the stomach and hips. It was also too short in the body and hard to stretch and manoeuvre into. It was easy to get off after wearing for a short time but the fabric doesn't have any give – so if you had been dancing on a night out, you might have a 'Ross from Friends' moment."

Pale pink vinyl, £11, Boohoo; heels, £12, and earrings, £7.50, both MissPap



**Model's
fave**

EMMA SAYS:

"Super flattering and easy to get on and off. Perfect for a festival"

Teal design, £10, Boohoo; heels, £28, Asos; bangle, £2 for pack of 3, earrings, £4, both Primark

Time to put on: **46secs**
Time to take off: **17secs**

tvguide Tuesday



6am Breakfast (S,HD)
9.15 Britain's Housing Scandal
 A council housing team investigate a Liverpool street invaded by vermin. (S,HD)
10.00 Homes Under The Hammer
 Properties in Bilston, Stoke-on-Trent and Croydon. (S,HD)
11.00 Wanted Down Under (R,S,HD)
11.45 Saved On Camera (S,HD)
12.15 Bargain Hunt From the Isle Of Anglesey. (R,S,HD)
1.00 BBC News At One (S,HD)
1.30 Regional News (S)
1.45 Doctors Abz's life is turned upside down after a night out. (S,HD)
2.15 Jimmy McGovern's Moving On
 Drama starring Kacey Ainsworth as a blind woman. (S,HD)
3.00 Escape To The Country
 Jules Hudson searches for a Cambridgeshire home. (S,HD)
3.45 Money For Nothing An old radiogram and a chest of drawers are transformed. (S,HD)
4.30 Ready Steady Cook
 With Akis Petretzikis and Anna Haugh. (S,HD)
5.15 Pointless (R,S,HD)
6.00 BBC News At Six (S,HD)
6.30 Regional News (S)



6.30 am Money For Nothing (R,S,HD)
7.15 Escape To The Country (R,S,HD)
8.00 Sign Zone: Spy In The Wild
 Snow monkeys. (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 The Super League Show (S,HD)
1.50 Best House In Town (R,S,HD)
2.30 Terry And Mason's Great Food Trip (R,S,HD)
3.00 Red Rock (R,S,HD)
3.45 The Great Interior Design Challenge The competitors aim to impress while working in Kentish weatherboard cottages. (R,S,HD)
4.45 Portillo's State Secrets
 Michael Portillo unearths Hitler's hidden medical files. (R,S,HD)
5.15 Flog It! Experts Raj Bisram and Adam Partridge search for antiques in Kent. (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 Michael Portillo travels from Belfast to Portrush. (R,S,HD)



6am Good Morning Britain (S,HD)
9.00 Lorraine Entertainment and fashion news. (S,HD)
10.00 This Morning Celebrity chat and lifestyle features. (S,HD)
12.30 Loose Women More celebrity interviews and topical debate from a female perspective. (S,HD)
1.30 ITV Lunchtime News (S,HD)
1.55 Regional News (S,HD)
2.00 Judge Rinder Real-life cases in a studio courtroom. (S,HD)
3.00 Tenable Five friends from Manchester who work in the telecoms industry answer questions about top 10 lists. (R,S,HD) Then **Local Weather**
4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. (S,HD)
5.00 The Chase Bradley Walsh presents as contestants answer general knowledge questions and work as a team to take on ruthless quiz genius the Chaser and secure a cash prize. (S,HD)
6.00 Regional News (S,HD)
6.30 ITV Evening News (S,HD)



6.30 am Cheers (R,S,HD)
7.20 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 Philadelphia. (R,S)
12.00 C4 News Summary (S,HD)
12.05 Find It, Fix It, Flog It
 Henry Cole makes good money restoring an antique pine sideboard in Sheffield. (R,S,HD)
1.05 Posh Pawn James Constantinou test-drives a £30,000 Radical racing car. (R,S,HD)
2.10 Countdown (S,HD)
3.00 A Place In The Sun (R,S,HD)
4.00 A New Life In The Sun: Where Are They Now? Catching up with a bar owner in Spain whose business fell apart. (S,HD)
5.00 Come Dine With Me
 Contestants from south-east London compete. (R,S,HD)
6.00 The Simpsons Homer upsets a new neighbour. (R,S,HD)
6.30 Hollyoaks Edward lets Marnie down gently when she comes on too strong. (R,S,HD)



6am Milkshake!
9.15 Jeremy Vine (S,HD)
11.15 Nightmare Tenants, Slum Landlords More alarming tales from the buy-to-let system. (R,S,HD). (R,S,HD) Followed by **5 News At Lunchtime**
12.15 Paddington Station 24/7
 Train enthusiasts descend on Paddington. (R,S,HD) Followed by **Access**
1.15 Home And Away (R,S,HD)
1.45 Neighbours (S,HD)
2.20 A Wicked Vendetta When her daughter is abducted with no demand for ransom, an ex-hostage negotiator has to investigate the crime on her own. Thriller starring Katrina Begin. (2018) **5** (S,HD)
4.00 Friends (R,S,HD)
4.30 Friends Chandler dates Rachel's boss. (R,S,HD)
5.00 5 News At 5 (S,HD)
5.30 Neighbours Aaron tries to get Mark Brennan and Paige together. (R,S,HD)
6.00 Home And Away Ryder is charged with uploading the sex tape. (R,S,HD)
6.30 5 News Tonight (S,HD)

THE WEIGHT IS OVER

7.00 The One Show
 Another mix of nationwide reports and live studio-based chat. (S,HD)
7.30 Match Of The Day: The FA Cup
 Chelsea v Liverpool. Kick-off at **LIVE** **7.45**. Gary Lineker presents all the action from the fifth-round tie at Stamford Bridge. The Blues defeated Championship sides Nottingham Forest and Hull City in the previous rounds, while Liverpool overcame rivals Everton, before beating League One Shrewsbury Town in a replay while fielding the youngest side in the club's history. The sides met here in the Premier League in September with the Reds prevailing 2-1. With analysis from Alan Shearer, Ian Wright and Glen Johnson. (S,HD)
10.00 BBC News At Ten (S,HD)
10.25 Regional News (S)
10.35 Beauty Laid Bare
NEW (1/3) Four members of the public investigate the secrets of the beauty industry, beginning by travelling to the Hollywood Hills to attend one of the world's biggest make-up conventions. They discover how social media is becoming an increasingly important tool in the industry's marketing machine, and question the environmental impact of plastic packaging. (S,HD)
11.15 The Truth About Takeaways
 Journalist Nikki Fox teams up with scientists at Liverpool John Moores University to discover what takeaways do to our health, what's really in them and how people can kick the habit. In a unique experiment, 15 volunteers eat nothing but takeaways for two weeks and undergo a barrage of tests, from blood sugar and body fat to gut bacteria. (R,S,HD) Followed by **Weather**
12.20-6am BBC News (S,HD)

7.00 Top Gear
 (6/6) Paddy McGuinness, Freddie Flintoff and Chris Harris put the fire brigade, the police and the ambulance service to the test to see whose vehicles are the fastest. (R,S,HD)
8.00 Back In Time For The Corner Shop
 (2/6) The Ardens get a taste of running a store in the 1920s, 30s and 40s, which was considered the golden age of the corner shop due to the plentiful availability of packaged food. However, rationing quickly has a devastating impact on both the shop and the family's day-to-day lives. (S,HD)
9.00 Murder 24/7
 (5/5) A forensic search of a property gives the police the breakthrough they need in the search for Carl Hopkins' murderer. However, it also produces evidence that complicates the case. (S,HD)
10.00 Better Things
 (9/12) Sam is at the Hamletville theatre festival trying out a new play for Broadway. Comedy-drama created by and starring Pamela Adlon. (S,HD)
10.30 Newsnight
 Presented by Emily Maitlis. (S,HD) Followed by **Weather**
11.15 Putin: The New Tsar
 The story of Vladimir Putin's rise to power. Contributors include former confidante Sergei Pugachev, chess grandmaster Garry Kasparov, Jack Straw and William Hague. (R,S,HD)
12.15 Sign Zone: Win The Wilderness - Alaska Three of the couples are taken to a glacier system that is home to wolves and bears. (R,S,SL,HD) **1.15** Murder, Mystery And My Family (R,S,SL,HD) **2.00-2.45am** Island Medics (R,S,SL,HD)

7.00 Emmerdale
 Marlon feels guilty over April's recent bullying, and Billy is forced to keep the truth from Dawn over Will and Harriet's arguing. (S,HD)
7.30 Dr Ranj: On Call
NEW Dr Ranj Singh offers advice on how to spot and treat common illnesses and accidents. In the first episode, he goes on call with the West Midlands Ambulance Service. Plus, journalist Kylie Pentelow explores some of the latest techniques that could transform people's lives and save the NHS millions. (S,HD)
8.00 Love Your Garden
 Alan Titchmarsh and the team creates an elegant tea garden with a fully equipped kitchen for a charity volunteer in Birmingham who makes cakes for injured members of the services. (S,HD)
9.00 Britain Underwater: Fighting The Floods
 A report from the communities that were hardest hit by the recent storms Ciara and Dennis. With behind the scenes access to the Environment Agency as they work to stem flooding. (S,HD)
10.00 ITV News At Ten (S,HD)
10.30 Regional News (S,HD)
10.45 Tyson Fury: The Gypsy King
 (2/3) The boxer enjoys some downtime in Morecambe after defeating Tom Schwarz in Las Vegas, before preparing for his next contest against Otto Wallin back in Vegas. (R,S,HD)
11.40 Tenable
 A team of five family and friends answer questions about top 10 lists, then try to score a perfect 10 in the final round. Quiz hosted by Warwick Davis. (R,S,HD)
12.30 Teleshopping (HD) **3.00** The Home Game (R,S,HD) **3.50** Nightscreen (HD) **5.05-6am** Judge Rinder (R,S,SL,HD)

7.00 C4 News (S,HD)
8.00 Nightmare Cruises: Going Overboard
 Documentary examining cases where passengers on cruise ships fell overboard, examining the chances of survival and what steps can be taken to prevent further tragedies. (S,HD)
9.00 24 Hours In A&E
 A teenager is rushed to hospital with a lacerated wrist after putting his hand through a pane of glass, while another patient discusses being diagnosed with a chronic condition. (S,HD)
10.00 The Windsors
 (2/6) Charles and Camilla reluctantly agree to attend Kate's father's birthday celebrations, where long-standing rivalries flare up over who has bought him the best present. Also, Fergie takes Beatrice and Eugenie to Glastonbury. (S,HD)
10.35 Celebrity Crystal Maze
 (2/6) Anita Rani, Jeff Stelling, Hannah Cockcroft, AJ Pritchard and Tom Rosenthal explore the four zones of the Maze, tackling a range of skill, mystery, physical and mental challenges. (R,S,HD)
11.30 Prison
 (3/3) The emotionally charged difficulties of being a mother in prison with staff at Foston Hall believing that keeping family contact is vital to reduce reoffending. (R,S,HD)
12.30 Ramsay's Kitchen Nightmares USA (R,S) **1.20** **FILM** What Richard Did. Drama starring Jack Reynor and Roisin Murphy. (2012) **5** (S,SL,HD) **2.55** Come Dine With Me (R,S,HD) **3.50** Grand Designs (R,S,HD) **4.45** Location, Location, Location (R,S,HD) **5.40** Kirstie's Vintage Gems (R,S,HD) **5.50-6.30am** Countdown (R,S,HD)

7.00 M&S Vs Waitrose: Which Is Better Value?
 Documentary examining the ongoing rivalry between these two supermarkets as they wage their daily war to attract the well-heeled shoppers of Britain. (R,S,HD) Then **5 News Update**
8.00 Dogs Behaving (Very) Badly
 (9/10) Graeme Hall helps to train three dogs that go overboard in protecting the family home, as well as a cavapoochon who loves to run faster than its owners can handle. (S,HD) Followed by **5 News Update**
9.00 Ben Fogle: Make A New Life In The Country
 (4/4) Ben meets a couple in the Malvern Hills who have given up successful careers in London to run their own brewery. (S,HD)
10.00 My New Greek Life
 (4/4) A couple who retired to Kefalonia struggle with being separated from family. Laura and Ross move their yacht to a new island, only to encounter fierce weather. (S,HD)
11.05 Eamonn & Ruth Meet The Billionaires
 (3/6) Eamonn Holmes and Ruth Langford meet Dr Mohammad Zahoor and his wife Kamaliya in Ukraine, to see how the billionaire couple have spent some of their fortune. (R,S,HD)
12.05 How To Have A Better Orgasm
 Seven women give intimate interviews about their diverse experience of orgasms. (R,S,HD) **1.00** The 21.co.uk Live Casino Show (S,HD) **3.00** Access (R,S,HD) **3.10** Hotel Inspector: Checking In, Checking Out (R,S,HD) **4.00** Tattoo Disasters UK (R,S,SL,HD) **4.45** House Doctor (R,S,SL) **5.10** Nick's Quest (R,S,SL) **5.35-6am** Wildlife SOS (R,S,SL,HD)



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 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. McGarrett awaits trial for the Governor's murder. Then, a 15-year-old paddleboarder is abducted. (R,S,HD)
3.00 MacGyver Angus helps a presidential candidate who needs a heart transplant. (R,S,HD)
4.00 Modern Family Two episodes. Phil turns on the charm to stop a student from quitting his class. Then, Alex is up for a prestigious government job that requires a family interview. (R,S,HD)
5.00 The Simpsons Bart becomes a tennis expert. (R,S,HD)
5.30 Futurama Two shows. Planet Express faces tough competition. Then, Dr Zoidberg is sentenced to death for committing a serious breach of etiquette. (R,S)



6.30 The Simpsons (16, 17 & 18/21) Triple bill. A bully torments Lisa. Next, Homer and the family win a once-in-a-lifetime safari trip to Africa. Then, Bart is pursued by gangsters, Lisa tries to win the school science fair and Marge accidentally slices off Homer's thumb. (R,S,HD)
8.00 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)
9.00 Strike Back: Vendetta (2/10) The team embarks on a dangerous mission after discovering that the sale of the bioweapon will be taking place on a speeding train, which is crawling with Albanian mafia and jihadists. (HD)
10.00 The Trip To Greece (1 & 2/6) Double bill. The return of the comedy with Steve Coogan and Rob Brydon heading off on a gastronomic, island-hopping journey of enlightenment through Greece. Then, Steve Coogan and Rob Brydon's gastronomic tour takes them to the beach home of Mamma Mia!, where they chat about Ray Winstone. (R,HD)
11.00 A League Of Their Own (10/10) Highlights from the latest series. (R,S,HD)
12.00 Jett Daisy cooks up a scheme to be free of Bestic. Last in the series. (S,HD) **1.05 Avenue 5** (R,HD) **1.40 The Heist** (R,HD) **2.40 Hawaii Five-0** (R,S,HD) **4.30 Stop, Search, Seize** (R,S,HD) **5.30-6am Futurama** (R,S)

REGIONAL VARIATIONS
S4C 6am Cwyl 12.00 Newyddion S4C A'r Tywydd 12.05 Ffasiwn Mecanic 12.30 Heno 1.30 Ffermio 2.00 Newyddion S4C A'r Tywydd 2.05 Prynhawn Da 3.00 Newyddion S4C A'r Tywydd 3.05 Corau Rhys Meirion 4.00 Awr Fawr: Peppa 4.05 Y Brodyr Coala 4.20 Antur Natur Cwyl 4.35 Sion Y Chef 4.45 Deian A Loli 5.00 Stwnsh: Boom! 5.10 Seligio 5.15 #FI 5.20 Cath-Od 5.30 Un Cwestiwn 5.50 Ffleil 6.00 Codi Pac 6.30 Rownd A Rownd 7.00 Heno 7.30 Newyddion S4C A'r Tywydd

SKY SPORTS MAIN EVENT

6am LIVE Women's ICC World T20 Cricket. Pakistan v Thailand. **7.30 LIVE** Women's ICC World T20 Cricket. West Indies v South Africa. **11.30** Football Centre **12.00** Sky Sports News **5.00** Sky Sports News At 5 **6.00** Sky Sports News At 6
7.00 Sky Sports Tonight
10.00 The Debate Discussion on the latest football news.
11.00 Live NBA: The Warm Up
12.00-6am Sky Sports News

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** PL Legends **8.00** Best PL Goals **9.00** PL 100 Club **10.00** PL Years **12.00** PL Best Goals **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 Review
8.00 Gary Neville's Soccerbox
9.00 PL Review
10.00 The Debate Discussion on the latest football news.
11.00 PL Best Goals 08/09
12.00 The Debate **1.00** PL Years **3.00** PL Greatest Games **4.00** PL Best Goals 98/99 **5.00** Best PL Goals: Merseyside Derby **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** EFL 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 Goals: Leagues 1 & 2 **6.30** MLS Round-Up Show
7.00 Soccer AM: The Best Bits
7.30 Carabao Cup Final Highlights
8.30 EFL Goals: Leagues 1 & 2
9.00 Best Goals: Carabao Cup 2019/20
9.30 EFL Championship Highlights
10.00 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** EFL Play-Off Final Highlights **5.00-6am** Carling Cup Final 2008/09

SKY SPORTS ACTION

7am Sporting Records **8.00** NFL: A Football Life **9.00** NFL: America's Game **10.00** Sporting Records **11.00** NFL: America's Game **12.00** NFL: A Football Life **1.00** Sporting Records **2.00** Darts Gold **2.30** Boxing Gold **3.30** Darts Gold **4.00** Legends Of Darts **4.30** Sporting Records **5.30** Hooked On Africa **6.00** NBC's Pro-Football Talk **8.00** NFL Highlights **10.00** Hooked On Africa **10.30** Darts Gold **11.00** NFL: A Football Life **12.00** NFL: America's Game **1.00** Super League Gold **2.00** NFL: Greatest Games **3.30** Darts Gold **4.00** Sporting Records **5.00-6am** Sporting Greats

SKY SPORTS ARENA

6am Greats **7.00** Super League Gold **8.00** Super League Highlights **8.30** Greats **9.00** Records **10.00** Boxing Gold **10.30** Super League Highlights **11.00** Super League Gold **12.00** Super League Highlights **12.30** Greats **2.00** NBA Champions: 2009 LA Lakers **3.30** Players Only: Kobe & Shaq **4.30** Greats **5.00** Netball Superleague **7.00** Super League Gold **7.15** Super League Highlights **8.00** NBA Classic Games **9.00** NBA GameTime **9.30** NBA Heatcheck **10.30** Super League Highlights **11.00** Live NBA: The Warm Up **12.00** Kobe Bryant: The Interview **1.00** Allen Iverson: The Answer **2.00** Super League Gold **3.00** Sporting Records **4.00** Greats **5.00-6am** Records

BT SPORT 1

6am Classic MOTD: Thrillers **7.00** WWE Friday Night SmackDown **8.30** No Filter Boxing **9.00** PL Review **10.00** Gallagher Premiership Tonight **10.45** Hyundai A-League Highlights **11.45** Goals Reload **12.00** The Emirates FA Cup **1.30** BT Sport Films **2.30** Premier League **4.00** WWE NXT Highlights **5.00** Goals Reload **5.15** The Emirates FA Cup **6.45** Early Kick-Off **7.00** LIVE Scottish Professional Football League. Hibernian v Hearts. **10.00** PL Reload **10.15** Goals Reload **10.30** PL Review **11.30** LIVE PSA Squash. Action from the Men's and Women's semi-finals of the Windy City Open in Chicago. **4.00-6am** Classic MOTD: Thrillers

BT SPORT 2

6am Goals Reload **6.15** Early Kick-Off **6.30** The Emirates FA Cup **8.00** V8 Supercars Highlights **10.00** MotoGP Highlights **3.00** LIVE UEFA Youth League. Benfica Under-19 v Liverpool Under-19. **5.00** Score Best Bits **5.30** Ligue 1 Highlights **6.30** FIA World Endurance Championship **7.30** V8 Supercars Highlights **9.30** 30 For 30 **11.30** UFC Main Event **12.30** Early Kick-Off **12.45** Goals Reload **1.15** Coppa Italia **1.45** Fishing: On The Bank **2.45** Hyundai A-League Highlights **3.45** Goals Reload **4.00** Bundesliga Highlights Show **5.00-6am** FIA World Endurance Championship

BT SPORT 3

6am Ligue 1 **2.00** Gallagher Premiership Rugby Highlights **4.30** Gallagher Premiership Tonight **5.15** FA Women's Super League Continental Cup **6.45** Goals Reload **7.00** Bundesliga Highlights Show **8.00** WWE Monday Night Raw **10.30** WWE NXT **12.15** Ladbrokes Premiership **1.45** Early Kick-Off **2.00** Inside Sailing **2.30-3am** Gearing Up

8.00 Pobol Y Cwm **8.25** Rownd A Rownd **8.55** Newyddion 9 A'r Tywydd **9.00** Cynffwrdd **10.00** Walter Presents: Yr Un Awyr **11.00-11.35pm** Nyrsys **BBC ONE WALES** As main BBC ONE except: **11.30am** X-Ray **12.00** Saved On Camera **12.30-1pm** Bargain Hunt **10.35** Young, Welsh And Pretty Minted **11.05** **NEW** Beauty Laid Bare **11.45** The Truth About Takeaways **12.45-6am** BBC News **BBC TWO WALES** As main BBC TWO except: **1.50pm** First Minister's Questions **2.40-3.00** Coast **11.15** New Voices From Wales **11.25pm-12.15am** Natural World

TONIGHT'S PICKS

The Trip To Greece Sky One, 10pm



STEVE COOGAN and Rob Brydon are off on another jolly. This time, it's Greece, via Turkey, following in the footsteps of Odysseus. Hilarious.

Dr Ranj: On Call ITV, 7.30pm



DR RANJ SINGH has his own show, which today sees him hit the road with the West Midlands Ambulance Service and hear about pioneering healthcare.

Nightmare Cruises: Going Overboard, C4, 8pm



APPARENTLY, someone goes overboard while on a cruise ship every two weeks. This docu reveals all about the risky business that is cruising.

Britain Underwater: Fighting The Floods, ITV, 9pm



THIS one-off visits communities that have been hit by flooding, exploring the evacuation process and the long-term impact.



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with
Sun
every
Saturday



GRAB YOUR TASTY RECIPE PULLOUT



Don't miss exclusive pullouts every day this week,
with delicious recipes for filling family feasts.

CONTINUES IN **THE Sun** TOMORROW

tvguide Tuesday

FREEVIEW



CELEBS GO DATING, E4, 9pm

This week on the dating show, Amy Childs goes on a second date with Jamie. Plus, Liv Bentley's love life could be looking up with an intimate date in a shed with roofer Dom.

BBC FOUR **freeview 9**

7pm Beyond 100 Days **7.30** The Yorkshire Dales. Adventurer Paul Rose explores the region. **8.00** King Alfred And The Anglo-Saxons **9.00** Royal History's Biggest Fibs With Lucy Worsley **10.00** The Stuarts **11.00** Armada: 12 Days To Save England **12.00** Inside The Medieval Mind **1.00** Rhythms Of India **2.00** Socrates: Genius Of The Ancient World **3.00-4am** Royal History's Biggest Fibs With Lucy Worsley

ITV2 **freeview 6**

7am The Ellen DeGeneres Show **7.50** Emmerdale **8.20** Coronation Street **9.20** Superstore **10.15** Dinner Date **11.15** Dress To Impress. Dating show.

ENTERTAINMENT

SKY ATLANTIC

6am Storm City **7.00** Without A Trace **10.00** The West Wing **12.00** Blue Bloods **1.00** CSI: Crime Scene Investigation **2.00** The West Wing **4.00** Without A Trace **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Save Me. Residents of The Towers stage a reconstruction of Jody's abduction. **10.00** The L Word: Generation Q. Bette feels guilty about lying to Angie. **11.10** Babylon Berlin **12.10** Oz **1.20** **FILM** Game Change. Drama with Julianne Moore. (2012) **3.35** Californication **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** Nothing To Declare **7.00** Border Security: Australia's Front Line. Two episodes. **8.00** Ghost Whisperer **9.00** The Good Doctor.

MOVIES

SKY CINEMA PREMIERE

6am Hot Air (15, 2018) ★★★★★ **8.00** The Candidate (15, 2018) ★★★★★ **10.15** The 2020 Top Ten Show **10.30** Killers Anonymous (15, 2019) ★★ **12.15** Godzilla: King Of The Monsters (12, 2019) ★★ **2.30** Straight Up (15, 2019) ★★★★★ **4.15** UFO (12, 2018) ★★★★★ **6.00** The 2020 Top Ten Show **6.15** Killers Anonymous (15, 2019) ★★ **8.00** Godzilla: King Of The Monsters (12, 2019) ★★ **10.15** Straight Up (15, 2019) Comedy with Katie Findlay. ★★★★★ **12.00** Mapplethorpe (18, 2018) ★★ **2.00** Extracurricular (18, 2018) ★★ **3.45** UFO (12, 2018) ★★ **5.30-6am** Monster Family: Special

SKY CINEMA COMEDY

7.10am Sometimes Always Never (12, 2018) ★★★★★ **8.45** The Wedding Guest (15, 2017) ★★ **10.30** Tag (15, 2018) ★★★★★ **12.15** Instant Family (12, 2018) ★★★★★ **2.15** Arizona (15, 2018) ★★ **3.45** Sometimes Always Never (12, 2018) ★★★★★ **5.20** Grand-daddy Day Care (12, 2019) ★★ **7.00** Instant Family (12, 2018) ★★★★★ **9.00** Tag (15, 2018) Comedy with Jeremy Renner. ★★★★★ **10.50** Pineapple Express (15, 2008) ★★★★★ **12.50** The Wedding Guest (15, 2017) ★★ **2.45** Changeland (15, 2019) ★★ **4.25-6.25am** Roxanne (PG, 1987) ★★★★★

SKY CINEMA ACTION

6am Alpha (12, 2018) ★★★★★ **7.45** Winchester '73 (U, 1950) ★★★★★ **9.30** Lethal Weapon (15, 1987) ★★★★★ **11.30** Lethal Weapon 2 (18, 1989) ★★ **1.30** Lethal Weapon 3 (15, 1992) ★★ **3.45** Lethal Weapon 4 (15, 1998) ★★ **6.00** Lethal Weapon (15, 1987) ★★★★★ **8.00** Lethal Weapon 2 (18, 1989) ★★ **10.00** Lethal Weapon 3 (15, 1992) ★★ **12.15** Lethal Weapon 4 (15, 1998) ★★ **2.25** Never Grow Old (15, 2019) ★★ **4.15-6am** Winchester '73 (U, 1950) ★★★★★

SKY CINEMA KIDS BOOKS

6am Cloudy With A Chance Of Meatballs 2 (U, 2013) ★★★★★ **7.35** Babe (U, 1995) ★★★★★ **9.10** Babe: Pig In The City (U, 1998) ★★★★★ **10.50** Harry Potter And The Chamber Of Secrets (PG, 2002) ★★★★★ **1.35** The Many Adventures Of Winnie The Pooh (U, 1977) ★★★★★ **2.55** The Chronicles Of Narnia: The Voyage Of The Dawn Treader (PG, 2010) ★★ **4.50** Babe (U, 1995) ★★★★★ **6.25** Cloudy With A Chance Of Meatballs 2 (U, 2013) ★★ **8.00** Harry Potter And The Chamber Of Secrets (PG, 2002) ★★★★★ **10.45** Jumanji (PG, 1995) Adventure with Robin Williams. ★★★★★ **12.40** The Chronicles Of Narnia: The Voyage Of The Dawn Treader (PG, 2010) ★★ **2.35** Babe: Pig In The City (U, 1998) ★★★★★ **4.20-6.15am** Jumanji (PG, 1995) ★★★★★

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 **8.00** Two And A Half Men **9.00** Family Guy **10.00** Plebs **11.00** Family Guy **11.30** American Dad! **12.25** Two And A Half Men **1.25** Ibiza Weekender **2.25** Don't Hate The Playaz **3.15** Nightscreen **3.30-6am** Teleshopping

ITV3 **freeview 10**

6am Classic Coronation Street **6.55** Classic Emmerdale **7.55** Heartbeat **8.55** The Darling Buds Of May **10.00** That's My Boy **10.30** Inspector Morse **12.40** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.55** Midsomer Murders **5.55** Heartbeat **7.00** Poirot **8.00** Midsomer Murders **10.00** Scott & Bailey **11.00** Inspector Morse **3.10** Nightscreen **3.30-6am** Teleshopping

ITV4 **freeview 24**

6am Quincy ME **7.00** Kojak **8.10** The Saint **9.15** Minder **10.20** The Professionals **11.25** The Sweeney **12.30** Quincy ME **1.35** Kojak **2.35** The Saint **3.45** Minder **4.50** The Professionals **5.55** The Sweeney **7.00** The Chase Celebrity Special **8.00** Giant Lobster Hunters **9.00** **FILM** Assassins (1995) **11.40** **FILM** Wanted (2008) **1.50** Auto Mundial **2.20** The Protectors **2.45** Nightscreen **3.00-6am** Teleshopping

E4 **freeview 13**

6am Hollyoaks **7.00** How I Met Your Mother **8.00** Baby Daddy **9.00** Mike & Molly **10.00** The Big Bang Theory **11.00** The Goldbergs **12.00** Brooklyn Nine-Nine **1.00** The Big Bang Theory **2.00** Baby Daddy **3.00** Mike & Molly **4.00** The Goldbergs **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory

The team treat a boy who is unable to speak. **10.00** Law & Order: Special Victims Unit. Kat crosses the line when she follows up on her suspicions about a trainer at her boxing gym. **12.00** CSI: Crime Scene Investigation **1.00** Criminal Minds. Two episodes. **3.00** Ghost Whisperer **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 **7.00** NCIS. Two episodes. **9.00** Family Guy **11.00** American Dad! **12.00** Family Guy **1.00** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic Of Doyle **5.00-8am** Teleshopping

GOLD

6am Teleshopping **7.35** You Rang, M'Lord? **8.35** The Good Life **9.15** Porridge **9.55** Hi-De-Hi!

7.00 Hollyoaks **7.30** Man With A Plan **8.00** The Big Bang Theory **9.00** Celebs Go Dating **10.00** First Dates **11.05** The Big Bang Theory **12.00** Brooklyn Nine-Nine **1.00** Celebs Go Dating **2.05** First Dates **3.00** Gogglebox **3.55** The Big Bang Theory **4.45-6am** How I Met Your Mother

MORE4 **freeview 18**

8.55am Kirstie's Handmade Treasures **9.15** A Place In The Sun: Winter Sun **10.05** A Place In The Sun **11.05** Emergency Helicopter Medics **12.10** 999: On The Front Line **1.15** Escape To The Château: DIY **2.15** Four In A Bed **4.55** The Secret Life Of The Zoo **5.55** Car S.O.S **6.55** Escape To The Château: DIY **7.55** Grand Designs: The Street **9.00** Britain's Most Expensive Home: Building For A Billionaire **10.00** 999: On The Front Line **11.10** 24 Hours In A&E **12.15** 8 Out Of 10 Cats Does Countdown **1.20** Ramsay's Kitchen Nightmares USA **2.15** 24 Hours In A&E **3.20-3.45am** Food Unwrapped

5USA **freeview 21**

6am Teleshopping **8.00** Cruise TV With LovellBookit **9.00** Criminals: Caught On Camera **9.45** CSI: NY **11.25** The Mysteries Of Laura **12.25** Law & Order **8.00** NCIS: New Orleans **9.00** The Enemy Within. Shepherd returns to Langley. **10.00** Law & Order: Special Victims Unit **1.50** 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 **10.00** Nightmare Tenants, Slum Landlords **11.00** The Nightmare Neighbour Next Door **12.00** Can't Pay? We'll Take It Away! **3.00** Neighbours **3.30** Home And Away

10.35 Last Of The Summer Wine **12.35** Keeping Up Appearances **1.15** Dad's Army **1.55** Hi-De-Hi! **2.35** The Good Life **3.15** Keeping Up Appearances **3.55** Dad's Army **4.35** Last Of The Summer Wine **6.35** The Good Life **7.15** Porridge **7.55** Dad's Army **10.35** Mrs Brown's Boys **11.15** Peep Show **12.20** Mrs Brown's Boys **1.00** Dad's Army **1.35** Peep Show **2.40** Marley's Ghosts **4.00-6am** Teleshopping

COMEDY CENTRAL

6am Teleshopping **8.00** Will & Grace **10.00** The US Office **11.00** Friends **1.35** Friends: First Dates **2.05** Friends **3.10** My Name Is Earl **5.00** Friends **9.00** **FILM** Billy Madison. Comedy starring Adam Sandler and Bridgette Wilson. (1995) **10.55** The Daily Show. Satirical talk show hosted by Trevor Noah. **11.30** The Ricky Gervais Show. Two episodes. **12.35** Russell Howard's Stand Up Central. Double bill. **1.35** South Park **3.25** Bad Robots **4.15** The US Office **5.00-6am** Teleshopping

4.35 Spider-Man 3 (12, 2007) ★★★★★ **7.00** Spider-Man: Into The Spider-Verse (PG, 2018) ★★★★★ **9.00** Venom (15, 2018) ★★★★★ **11.00** Spider-Man (12, 2002) ★★★★★ **1.10** Spider-Man 2 (PG, 2004) ★★★★★ **3.25** Spider-Man 3 (12, 2007) ★★★★★ **5.50-7.20am** Underdog (U, 2007) ★★

SKY CINEMA SCI-FI/HORROR

6am Above The Shadows (12, 2019) ★★ **8.00** Blade Runner: The Final Cut (15, 1982) ★★★★★ **10.00** Flash Gordon (PG, 1980) ★★★★★ **12.00** A Quiet Place (15, 2018) ★★★★★ **1.45** Glass (15, 2019) ★★★★★ **4.00** Above The Shadows (12, 2019) ★★ **6.00** Flash Gordon (PG, 1980) ★★★★★ **8.00** A Quiet Place (15, 2018) ★★★★★ **9.45** Glass (15, 2019) ★★★★★ **12.00** Blade Runner: The Final Cut (15, 1982) ★★★★★ **2.00** Death Do Us Part (18, 2018) ★★ **3.45** Iron Sky: The Coming Race (15, 2019) ★★ **5.30-6am** Sky Cinema Preview

SKY CINEMA THRILLER

6.35am Steel Country (15, 2018) ★★ **8.20** Vault (15, 2019) ★★ **10.10** The Da Vinci Code (12, 2006) ★★ **12.40** The Mule (15, 2018) ★★ **2.50** Jacob's Ladder (15, 2019) ★★ **4.30** The International (15, 2009) ★★ **6.30** The Da Vinci Code (12, 2006) ★★ **9.00** The Mule (15, 2018) ★★★★★ **11.00** Gran Torino (15, 2008) ★★★★★ **1.00** Wild Things (18, 1998) ★★ **3.00** Thoroughbreds (15, 2017) ★★★★★ **4.35-6.20am** Point Last Seen (PG, 1998) ★★

FILM4 **freeview 14**

11am The Naked Truth (U, 1957) ★★ **12.50** Rage At Dawn (U, 1955) ★★ **2.40** The Longest Day (PG, 1962) ★★★★★ **6.20** The Core (12, 2003) ★★ **9.00** Gifted (12, 2017) ★★★★★ **11.05** Conan The Barbarian (15, 2011) ★★ **1.15-3.25am** A Dark Song (15, 2016) ★★

TCM MOVIES

4.15pm Cimarron (PG, 1960) ★★ **7.15** The Nevadan (U, 1950) ★★★★★ **9.00** Out For Justice (18, 1991) ★★ **11.00** Payback (18, 1999) ★★ **1.10** Assassins (15, 1995) ★★ **3.35-7.05am** Hollywood's Best Film Directors

TALKING PICTURES **freeview 81**

11.30am Sammy's Super T-Shirt (U, 1978) ★★ **12.45** Make Mine A Million (U, 1959) ★★ **2.25** Mad About Men (U, 1954) ★★ **4.10** Another Man's Poison (PG, 1951) ★★ **6.00** No Lady (U, 1931) ★★ **7.20** Please Turn Over (12, 1959) ★★ **9.00** Reilly: Ace Of Spies **10.00** Mr Denning Drives North (12, 1951) ★★ **11.50** Tread Softly Stranger (PG, 1958) ★★ **1.35** The Party's Over (12, 1965) ★★ **3.25** Ghosts On The Loose (U, 1943) ★★ **4.45** Sound Waves And Their Sources **5.00-6.30am** Adele Roberts

4.00 House **6.00** Neighbours **6.30** Home And Away **7.00** Benefits Britain: Life On The Dole **8.00** **FILM** Jumanji (1995) **10.00** **FILM** Battle: Los Angeles (2011) **12.25** Sinkholes **1.20** Young, Dumb And Banged Up In The Sun **2.20-4am** Riverdale

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** Murder Uncovered **10.00** World's Most Evil Killers **11.00** The Force: Essex **12.00** Banged Up Abroad **1.00** 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 **7.15** Cops UK: Bodycam Squad **8.00** American Pickers **9.00** Storage Hunters UK **10.00** American Pickers **12.00** Cop Car Workshop **1.00** Top Gear **2.00** Cops UK: Bodycam Squad **3.00** Sin City Motors **4.00** Top Gear **6.00** Taskmaster **7.00** Room 101 **8.20** Have I Got A Bit More News For You **9.20** QI **10.00** Taskmaster **11.00** Hypothetical **12.00** Taskmaster **1.00** Have I Got A Bit More News For You **2.10** Jon Richardson: Ultimate Worrier **3.00** Zapped **3.35** The Indestructibles **4.00-6am** Teleshopping

REALLY **freeview 17**

6am Fantasy Homes By The Sea **7.00** Cruise TV With LovellBookit **8.00** Homes Under The Hammer

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** Tipping Point **7.00** My Dream Home **8.00** Sun, Sea And Brides To Be **9.00** Inside The Ambulance **10.00** The Wedding Fixer. A low-cost Indian fusion wedding in Canterbury. **11.00** Inside The Ambulance **12.00** One Born Every Minute **1.00** Great Ormond Street **1.50** Code Black **2.35** Renovate My Home: Leave It To Bryan **3.00-6.15am** Teleshopping

SKY COMEDY

6am Teleshopping **8.00** Everybody Hates Chris **9.00** Parks And Recreation **10.30** 30 Rock **12.00** The Mindy Project **1.30** Modern Family **2.30** Everybody Hates Chris **3.30** Parks And Recreation **5.00** 30 Rock **6.30** Modern Family **7.30** The Mindy Project **9.00** Curb Your Enthusiasm **9.40** Ballers **10.15** Sex And The City **10.50** The Tonight Show

RADIO



TALKSPORT2 LIVE, TALKSPORT2, 7pm

Live commentary of the FA Cup 5th round match from The Hawthorns. Jake Livermore and his West Bromwich Albion teammates hope to get the better of Newcastle United.

VIRGIN RADIO **DAB** virginradio.co.uk

6.30am The Chris Evans Breakfast Show With Sam Pinkham. The host steps in for Chris. **10.00** Eddy Temple-Morris **1.00** Tim Cocker **4.00** Kate Lawler **7.00** Steve Denyer **10.00** Amy Voe **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** Ian Collins **7.00** James Whaley Feet Ash **10.00** The Late Night Alternative With Iain Lee **1.00** Daryl Morris **5.00-6.30am** James Max

TALKSPORT 1053, 1089MW talksport.com

6am The Alan Brazil Sports Breakfast **10.00** White And Sawyer **1.00** Hawksbee And Jacobs **4.00** Adrian Durham And Darren Gough **7.00** Kick-off. With Hugh Wozenecroft and Danny Mills. **10.00** Sports Bar **1.00** Extra Time With Paul Ross **5.00-6am** Early Breakfast. With Paul Coyte.

TALKSPORT2 **DAB** talksport.com

6am Sportsday **9.00** TalkSPORT 2 Today **10.00** TalkSPORT Exclusives **2.00** The TalkSPORT 2 Social **6.00** TalkWRESTLING. Alex Shane and Alex McCarthy review the latest wrestling action. **7.00** TalkSPORT 2 Live. West Bromwich Albion v Newcastle United. Kick-off at 8.00. **10.00** TalkSPORT 2 Tonight **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. Latest music. **11.00** Indie Show With Jack Saunders **1.00** Annie Nightingale **3.00** Radio 1's Movie Mixtape **4.00-6.30am** Adele Roberts

RADIO 2 **88-91FM** bbc.co.uk/radio2

6.30am The Zoe Ball Breakfast Show **9.30** Ken Bruce **12.00** Jeremy Vine **2.00** Steve Wright **5.00** Sara Cox **7.00** Jo Whalley **9.00** Jamie Cullum **10.00** Trevor Nelson **12.00** QJ Borge **3.00** Gary Davies (R) **4.50** Radio 2 Sounds Of The 80s Mastermix **5.00-6.30am** Vanessa Feltz

10.00 Celebrity Antiques Road Trip **11.00** Antiques Road Trip **1.00** Celebrity Fantasy Homes **2.00** Fantasy Homes By The Sea <

must watch

WHAT? Nightmare Cruises, Channel 4, 8pm.
WHY? A documentary looking at the unsettling phenomenon of cruise passengers falling overboard, and what their chances are of surviving if left adrift at sea.



biZZarre TV

Email: andy.halls@the-sun.co.uk Twitter: @AndyBizarre
 With Rod McPhee

biZZ bit

OVIE SOKO has not checked his DMs to see who has been flirting with him since leaving Love Island last year. The hunk, who is on the YouTube channel of phone company Voxi, said: "It's better to find someone face to face."

DIRTY JOE SOCKED IT TO BEN

JOE SWASH tried to put Dancing On Ice co-star **BEN HANLIN** off his game by hiding smelly socks in the magician's dressing room.

Ben was axed at the ITV show's semi-finals stage on Sunday, after losing out to Paralympian **LIBBY CLEGG** in the skate-off.

He said: "Joe would sneak into my dressing room and put his dirty socks on my radiator so when I came back it would stink of his smelly feet."

Despite the prank, Ben will soon be working with the ex-EastEnders actor. He revealed: "I'm going to be doing a podcast with Joe. It's about us being dads."

"We haven't managed to record anything yet – but maybe after next week, when he's done with the show."

Ben was nervous on Sunday night as a lift that had led his partner **CARLOTTA EDWARDS** to accidentally slice his forearm in rehearsal was kept in their routine – but it went OK.

He is now backing street dancer **PERRI KIELY** to win this weekend's final.



WISE WORDS... Fiona

ON RIGHT LINES, FI

FIONA BRUCE has come up with the ultimate solution for not seeing her wrinkles – and it isn't getting cosmetic enhancements.

The newsreader and host of Question Time and Antiques Roadshow told the Radio Times: "I haven't done Botox, although there are a few women on screen who do."

"If you don't do it, which I don't, you look pretty rough by comparison, now that there is high-definition and ultra high-definition."

"Just don't watch yourself back – that's the way to do it."



AMY'S AIMING HIGH

HERE is Love Islander **AMY HART** wearing a lot more fabric than anyone on the ITV2 hit usually manages.

The former air hostess was helping to hand out gongs at the WhatsOnStage Awards over the weekend.

Guests at the bash included Strictly Come Dancing pro **DIANNE BUSWELL** and her boyfriend **JOE SUGG**, inset.

After dishing out trophies – as chosen by theatre-goers – Amy was eyeing another gig.

She posted online: "Thanks to everyone at @whatsonstage for the opportunity... apparently I did quite well so if you guys at the @oliverawards need anyone..."

She's more likely to be in the audience for that one.

Kem: Piers Loves me

GOAL WON OVER TV HOST

FORMER Love Island winner **KEM CETINAY** says he and **PIERS MORGAN** are now mates – despite the Good Morning host once branding him "brain dead".

Piers called Kem a "dimwit" in 2017 and said he could never be pals with the Essex boy. But they built bridges at the Soccer Aid celeb football tournament last June as Kem scored an equaliser that led to a win on penalties for the World XI team Piers and **HARRY REDKNAPP** were managing.

Kem said: "I really like Piers and I asked him before the game, 'What have I got to do for us to be friends?' and he replied, 'You need to score a goal'."

"That's why, when I scored, I ran to him and gave him a big hug."

"We're good friends now. I wouldn't go so far as to say bromance – I wish it was. But I've got his phone number and probably no other Love Islander has."

Piers hailed the win the greatest night of his life and Kem said: "I'd like to think it was my goal that gave Piers the best night of his life." Soccer Aid raises cash for Unicef and this year's challenge, on June 6, will see Kem in a World XI team



PITCH PERFECT... Piers and Kem hug

featuring sprint champ **USAIN BOLT**, comic **MO GILLIGAN** and football's **PATRICE EVRA**, **JAAP STAM** and **ROBERTO CARLOS**. They face an England team of **OLLY MURS**, McFLY's **DANNY JONES**, comics **LEE MACK**, **JOEL DOMMETT**, **RUSSELL HOWARD** and **TOM DAVIS**, and footballers **CASEY STONEY** and **KELLY SMITH**.

If Kem puts in the same top performance as last year, he'll certainly win over even more pals.

BOLT'S BIG UP FRONT



ALL MAN... Soccer Aid's Usain

THE World XI team in this year's Soccer Aid will have a secret weapon – **USAIN BOLT**'s manhood.

Ex-Love Islander Kem Cetinay, who played in last year's charity match, has revealed the Jamaican former sprinter is so big, he worried he might take someone's eye out in the changing room.

Kem said: "I remember me and **ROMAN KEMP** were having a shower and we were both like, 'Let's both face away here'."

"He's playing again this year – what a guy. I don't want to pre-warn the opposition – I'll let them see it first hand."

"Everyone just has a shower and gets on with it but we'll always acknowledge the big dog. Big man Bolt was always hanging the lowest."

Every football team needs someone who can bring out a big tackle when it's needed.



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biZZ ticker ● Judge Judy show is axed after 25 years
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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/deardeidrefaq

I saw my girl in porn trio video

Dear Deidre

WHILE browsing a porn site one evening, I got more than I'd bargained for - a film of my girlfriend dressed as a nurse and romping with two guys.

I am 26 and have been with my girlfriend for six months.

She is 25 and she admitted to me early on there was a time when she "went a bit wild".

She said she had had flings with a few dodgy guys.

I said that was fine - and I meant it, as I didn't feel threatened by stuff in the past.

She is the most gorgeous girl and I feel very proud when she is out with me holding my hand. My only complaint is that our sex life is a little bit vanilla and bland.

I've done my best to spice things up with different positions and toys.

I bought her a set of sexy lingerie for her birthday, sinful red with stockings, suspenders, the works. I thought she would love it but let's just say I was wrong. So

topic4today

ONE in six pregnancies is unplanned - and most among women aged 20 to 34. My Guide To Contraception e-leaflet explains how to make every child a wanted one. Email or private-message me via my Facebook page to get hold of a copy.

problems@deardeidre.org

we got over that and were doing OK again. Then she was out with her workmates one evening and that's when I logged on and saw her online.

I asked her about it the next day and had thought she would try to deny it.

Instead, she admitted at once it was her. It was with one of those weird guys she knew in the past plus a guy who she had never set eyes on before.

Like I said, the past is the past. What shocked me the most is that she would do all that adventurous

stuff with some bloke she had only just met but never does anything kinky with me.

My girlfriend explained that she has changed since back then. She never does anything now that she doesn't feel totally comfortable with - not for anyone's sake.

I love her to bits and respect what she says, but it still makes me feel second-best.

This has shaken my faith in our love and I'm desperate to fix it somehow.

■ DEIDRE SAYS: That fix will have to come from you in changing the way you think.

Your girlfriend has been very honest with you and she seems like a girl you can trust.

The past is the past and I would say that she went through a difficult time. Yes, she made some mistakes back then - but they made her who she is today. It made her the girl that you love.

Forget about sex toys and raunchy underwear for now. It is early days yet, so focus on showing acceptance of her and on showing your love.

My e-leaflet *How To Thrill A Woman In Bed* will help you to help her have fun.

deidre's photo casebook

NEV'S NEW LODGINGS: DAY 2



YOU SHOULDN'T HAVE INVITED YOUR BLOODY NEPHEW TO LIVE WITH US WITHOUT MY SAY-SO!

HONESTLY, IT WORKS OUT GREAT FOR US, TOO. HARRY AND I COULD DO WITH THE MONEY RIGHT NOW



NOW, IF THINGS DON'T WORK OUT OR YOU DON'T LIKE THE JOB, YOU CAN COME STRAIGHT HOME



SCARED TO STAY AT WEIRD PAL'S PAD

Dear Deidre

I AM staying with a friend who offered me a roof over my head while I sorted out problems with renting a flat but I had not realised before just how weird he is.

He's 48 and has not dated for years. He doesn't have friends and won't go far from home. He runs his life by pointless rules and he wants me to follow them too.

I'm 39 but he expects me to be up in bed every night by 9pm when he turns out the lights.

His kitchen is spotlessly tidy. He has obsessions such as all the bottles and jars in the cupboards must face the right way.

I think he likes having me stay, as it makes people think he's normal. But I can't stay here as it's not good for me and he can be quite scary. Do you think he may have OCD?

■ DEIDRE SAYS: He may have OCD and this may be related to being on the autism spectrum.

You're not going to be staying with him for long but, for friendship's sake, first find out more about autism and related issues.

Check out autism.org.uk. It will help to give you some insight, which may help you feel more understanding and less anxious.

I REGRET LEAVING PROBLEM GAMBLER

Dear Deidre

THE woman I love kept spending and getting deeper into debt, so I left her. I worked all the hours I could to keep a roof over our heads but she was spending so much I just couldn't win.

She has fertility issues and she wouldn't let me sleep with her because, she said: "What's the point?"

I finally left when I couldn't cope any more. We were only two weeks away from getting IVF treatment. It breaks my heart that I was so close to having a family of my own.

She has now admitted she's addicted to gambling.

I'm 42 and she is 31. I lie awake crying at night, wondering if I've done the right thing. She is seeing an IVF counsellor but what help is there out there for me?

■ DEIDRE SAYS: I am so sorry but it could well be a good thing you didn't stay around to father a child with this woman.

She was cruel and dismissive to you and it could have meant a very hard start in life for a child.

Pass on my e-leaflet *Gambling Problems to her*.

And you can find support through CALM - the Campaign Against Living Miserably (thecalzone.net, 0800 58 58 58).

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BeGambleAware.org

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Dear Deidre

I SAW a text on my husband's phone he'd sent to a girl we know. It read: "I love you and miss you." She is only 23 and her dad is his colleague.

I'm 48 and he's 49. We were on our way back from a break in the Canaries. It was a great trip and it made me feel like we were a couple again.

I played a game on his phone on the flight home and clicked on the text by mistake.

When I asked him about it the next day, he insisted it

meant nothing. I thought: "Yeah, right!" It didn't mean nothing to me.

■ DEIDRE SAYS: Tell him he cannot simply sweep this under the carpet. You need to know what there is between him and his colleague's daughter.

If he wants your relationship to survive, he has to convince you he is genuinely sorry and make you feel loved and desired.

You can find help through tavistockrelationships.org or relate.org.uk.

Dear Deidre

DESPITE being 28 years old, I have never been out with a girl. I'm beginning to think it won't happen for me and that I will always be on my own.

All my school friends are married with kids and complain about broken nights' sleep and joke that their wives are just nags. All I can think is: "I wish that was me!"

I've asked girls out. It's not that I'm ugly - I just seem to be one of those men girls say they like but get friend-zoned

every time. I feel depressed at the life I foresee. I'm so lonely and can't bear to think it's not going to change.

■ DEIDRE SAYS: Don't get too down - you are still a young man. And don't spend all your spare time with your married friends!

Turn this around and start enjoying life as a single man.

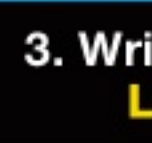
Look for new pastimes women are likely to be interested in - volunteering, say. My e-leaflet on *Finding The Love Of Your Life* will help you too.

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Continues tomorrow

Fabulous DAILY

Edited by
**JOELY
CHILCOTT**



By **LYNSEY CLARKE**
and **CANDICE FERNANDEZ**

DESIGNER clothes, posh food, gifts and grooming... **Claire Kelly Johnston LOVES** to splash cash on her three little pooches.

The 33-year-old bank manager has spent **£13,000** on her "babies" – Pomeranians Cupcake and Teddybear, both a year old, and Chihuahua Popcorn, six months.

Experts reckon the pet industry here will be worth £2billion by 2023. And that is no surprise to Claire, who spends more time with her pets than with pals.

Claire, who is married to chef Stuart Johnston, 36, says: "People might think I'm crazy for spending so much on my dogs but I don't care. They are my precious babies and they deserve the world."

"Stuart laughs whenever I rush home with more shopping bags. But he adores them too. We don't plan on having kids, as our dogs are our children."

"It doesn't shock me that the pet industry is worth so much. So many people treat their pets like their children. We all want the best for our pets – from health-care, to food, toys and clothes."

Claire, from Glasgow, had never owned a dog before buying Cupcake in September 2018.

She says: "I'd always wanted a dog of my own but I worried about leaving it at home all day while I went to work. Once I discovered dog-sitters in my area, I began my search."

"I fell in love with Cupcake as soon as I saw her on Gumtree and I snapped her up, paying the breeder in Poland £800 without a second thought. I had her flown to Scotland the same day."

'I've stopped going to hairdresser. I prioritise'

"Stuart was so excited for me because he knew how much I wanted one. As soon as I cuddled her, she became my whole world."

"I splashed out £300 on sparkling T-shirts, dresses, pyjamas and a personalised wardrobe for her. It takes up a lot of space in our bedroom but I don't mind."

But one pup was not enough and Claire soon added male puppies Teddybear and Popcorn for £900 and £500.

She says: "I visited both of their breeders and met the mum and the dad of Teddybear and also Popcorn's mum – a stud was used with his litter."

"My money goes on spoiling the dogs. Every month, I spend £730 on clothing, toys, pampering sessions, dog-sitters and walkers. I've had to order an extra wardrobe for £150 as they have too many clothes."

"I buy lots from cute little dog clothing stores but the majority of the clothes are bought online. I came across an amazing firm, Furever22. I also use Pet London."

"Once a month I take them to a groomer, who bathes them, cuts their hair and clips their nails. I used to spend £100 a month on myself at the hairdressers but I've stopped so I can prioritise money for the pups. Instead, I go shopping for my dogs while my hair is tied up in a messy bun."

On special occasions, Claire spends even more. She says: "Last

NO PLANS FOR KIDS BUT CLAIRE SPOILS PETS ROTTEN



PUPPY LOVE
... Claire with her Cupcake, Popcorn and Teddybear. Below, with all their toys

I spent £13k on my doggy 'babies' in a year



HAPPY FAMILY ... with hubby Stuart and dogs

Easter I spent £90 on duckling costumes and had Easter eggs made for them. At Halloween, I bought them spooky jumpers and filled party bags with toys and treats. At Christmas, their stockings were filled with soft toys and dog sweets and we took them to a log cabin in St Andrews.

"We wore matching jumpers while we snuggled and watched Christmas films. I got all the dogs gifts for Valentine's Day and cut chicken pieces into heart shapes for their dinners. For Cup-

cake's birthday, I spent £400 on a surprise unicorn-themed party. She had a blow-up castle, a ball pit and an inflatable unicorn.

"When I take them for walks, I dress them up in their ball gown or tuxedo. Every person in the park stops us to admire them in their little outfits." Infatuated Claire takes the trio with her to shops, restaurants and bars.

She says: "I spend all my time with Cupcake, Teddybear and Popcorn. When I'm at work, I miss them terribly. I rarely see my friends and family at weekends because I prioritise the pups."

"My friends get upset when I turn down another night out to hang out with my dogs. They have children but they don't understand that Cupcake, Teddybear and

Popcorn are my 'kids'. I am lucky that my husband has a daughter, Aimee, who is 15, so I am a step-mum to her so I have the best of both worlds. I'm happy with my little family as it is."

When Claire is at work she organises dog-sitters and walkers.

She says: "My dog walker Gayle has become a close friend. Her business, Paws and Claws, is what allowed me to have more dogs as I trust her implicitly with my babies. My dogs adore her. My average cost is £250 a month."

"I spoil them but it's worth it. They deserve the world. I spend more on them than I do on Stuart. But we are both crazy about them and he understands."

"They mean the world to me. You can't put a price on that."

HOW IT ALL ADDS UP:

Cupcake: £800
Teddybear: £900
Popcorn: £500
Then...
Clothes, accessories and treats: £4,800
Dog bed: £50
Wardrobes: £300
Easter, Halloween and Christmas gifts: £1,165
Cupcake's first birthday: £400
Present box: £50
Grooming: £960
Pam: £50
Dog walker & dog sitter fees: £3,000

TOTAL: £12,975*

*Plus regular food bill

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Fabulous DAILY

SIMPLE FOODS MANGO AND TURKEY TAGINE



Serves six

YOU NEED: 1x 400g pot of Nature's Finest mango

1tbsp olive oil
2 onions, finely chopped
2 cloves garlic, crushed
1tsp each of ground ginger, ground coriander and cinnamon
2tsp ground cumin
½ each of cayenne pepper, ground turmeric and smoked paprika
200g fresh tomatoes, chopped
1tbsp tomato puree
1litre chicken stock
800g cooked turkey, chopped or shredded
1x 400g tin chickpeas
Chopped coriander and cooked couscous, to serve

METHOD: Heat the oil in a large casserole dish, then add the onions and cook for ten minutes until very soft and translucent.

Add the garlic and cook for a couple minutes, then add the spices and fry for 4-5 minutes, until they are really fragrant and the pan is dry.

Add the turkey and enough stock to cover, then add the chopped tomatoes and tomato puree. Give it all a good stir, then reduce the heat to low, cover and simmer.

After 30 minutes, drain the mango and chickpeas, add to the pot and stir through.

Taste and season with salt and pepper, adding a little more stock if it is drying out.

Sprinkle with chopped coriander and serve with couscous.

● **Recipe: Nature's Finest**



QUEEN OF HEARTS



SHE may have declared "off with her head" but Alice In Wonderland's nemesis sure knows how to dress in a showstopper of an outfit.

YOU NEED: White, yellow and red card, face paint, scissors, red and white tulle, pencil, safety pins, hair pins, glue or double-sided sticky tape.

1 Draw a heart shape on A4 red card and cut out, stick the card to the black top either using glue or double-sided sticky tape.

2 Take the white card and draw a semi-circle, cut out the circle and discard, with the remainder of the card fasten around the neck, sealing the two ends with glue.

3 Draw the shape of a crown on the yellow card, cut out the outline, make two incisions at either end of the crown and fasten with hair pins.

4 With the tulle (crepe paper will also work) cut vertical strips, tuck into the waistband of the leggings and fasten with safety pins.

TIPS AND TRICKS TO MAKE

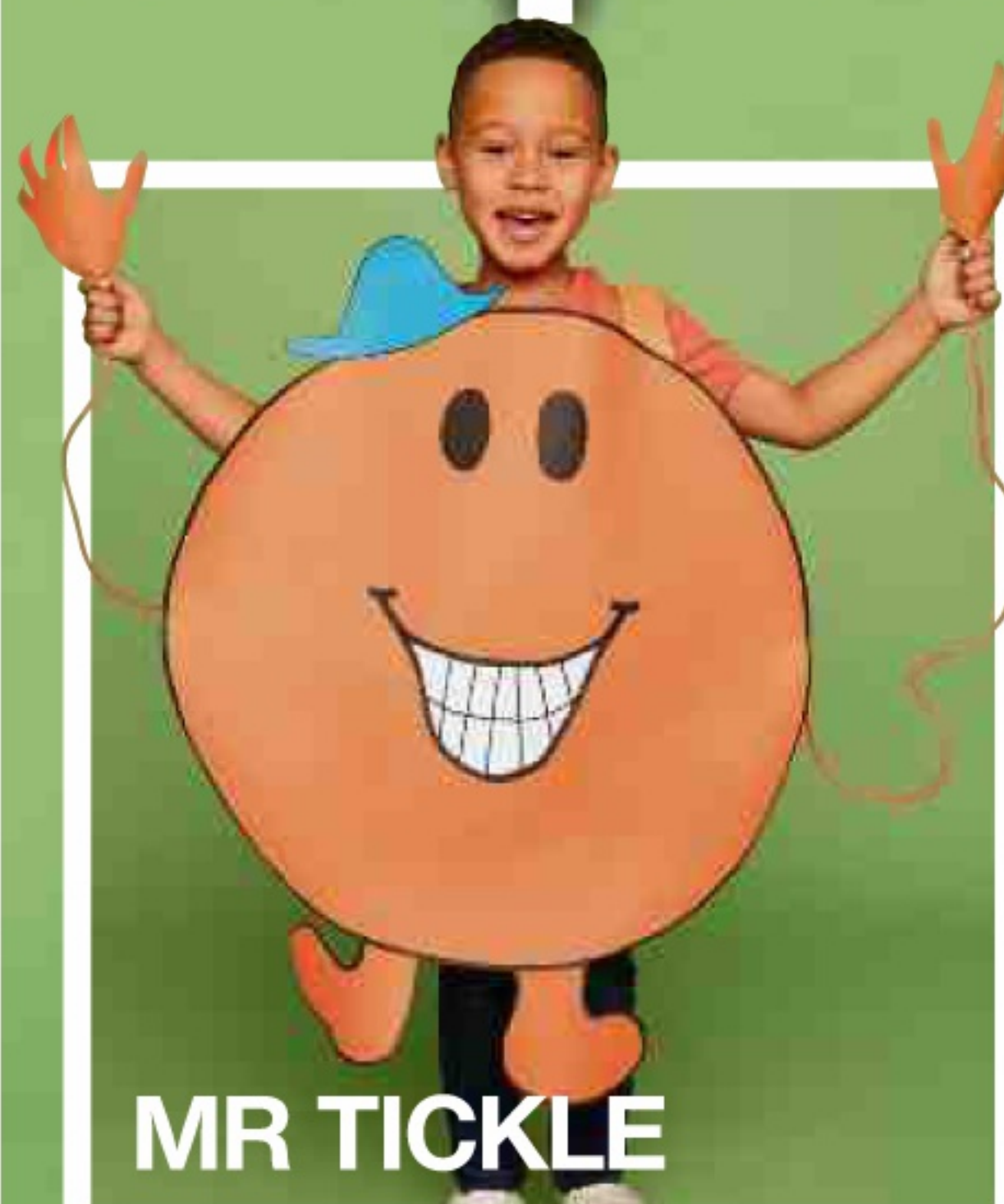
STILL not sorted for World Book Day this Thursday? Then we can help, with our guide on how to kit out your kids as their favourite characters.

With a few clever tips and tricks, some glue and double-sided tape, you'll be able to make costumes from bits you have in the house or

a quick raid of the crafts cupboard – and save a bit of cash too.

Follow **ABBY McHALE's** step-by-step guide to creating famous characters in time for World Book Day – with the help of Jorgie Brown from Oxford and Isaiah Carter from Southampton, both six. ●With thanks to Hobbycraft

You've got it taped!



MR TICKLE

HE'S one of the best-known Mr Men, with arms like spaghetti, and an easy character to recreate with card.

YOU NEED: Skipping rope, orange, blue and white card, black marker pen, glue, masking tape and scissors.

1 Using two separate bits of orange card draw a circle outline on each piece for Mr Tickle's body, then underneath draw the outline of his feet and cut out.

2 With the marker pen draw two eyes and his smile, using white card cut out the shape of his smile and draw on a cross pattern for his

teeth, glue on to the orange card.

3 Using the blue card draw an outline for the hat, cut out and stick on to the top of the orange card.

4 With another piece of orange card draw around both of your hands and cut out, attach to both ends of the skipping rope and thread through the T-shirt tying a knot with the skipping rope at the back to secure.

5 Cut out two strips of orange card and use these to fasten the front and back of the costume together with tape.



YOUR KID'S FAVOURITE OUTFIT

WORLD
**BOOK
DAY**
5 MARCH 2020

PADDINGTON BEAR



Pictures: DAVID CUMMINGS



THE nation's favourite cuddly bear may have been forgotten at the train station but you certainly won't forget this cute costume.

YOU NEED: Blue duffle coat, brown trousers, yellow wellies, brown box, red and brown card, tin foil, black face paint, safety pins, marker pen and black masking tape.

1 In order to make Paddington's hat fold the red card into half and half again, open the card back out once and leaving the opening at the bottom fold one corner down to meet the crease in the middle doing the same on the other side, lift the bottom flap up making a crease and do the same on the other side.

2 With the brown card make a label that says "Wanted on Voyage" and stick to the box, write the initials P.B. in marker pen on the front of the box.

3 Using more brown card cut out the shape of a luggage tag and write on "Please look after this bear - thank you", fasten on to the coat with a safety pin.

4 Take the tin foil and mould into the shape of a handle, fastening it to the top of the box and seal with black masking tape.



THE TIGER WHO CAME TO TEA



THIS friendly tiger is the perfect costume to create at home using an orange T-shirt and some black tape.

YOU NEED: Orange and white card, scissors, black and white tape, a pair of old tights, face paint, orange T-shirt, black leggings, safety pin, something to stuff with (newspapers, socks etc) and a black pen.

1 Cut out a long vertical cylinder shape from the white card, draw on squiggly lines across the card to resemble a tiger's fur, stick the card on to the T-shirt using double-sided sticky tape or glue.

2 Cut out black strips and small triangle shapes of masking tape, stick them on to the T-shirt and cover.

3 Using a pair of old tights, cut one leg off and begin to stuff. Take the orange card and cut vertical strips, place them around the tights and stick with double-sided sticky tape, do this until the tights are covered leaving some gaps of black so it looks like a tiger's tail.

4 Attach to the T-shirt with a safety pin.

SLEEP EASY WITH MORE MAGNESIUM



TIREDDNESS and fatigue can affect anyone. And one in five people struggles to fall asleep **EVERY** night.

Scientists have identified a link between not getting enough sleep and a lack of magnesium in our diet.

A study of 8,000 people by Mineral Check found 70 per cent had low levels of the mineral.

Here, Harley Street nutritionist **KIM PEARSON** details five ways to get more magnesium into your life, which could help you rest easier.

SEEDS: An overactive brain is a common culprit when it comes to keeping us up all night. Supplementing magnesium could aid the relaxation process by regulating your calm centre, the parasympathetic nervous system. And seeds are perfect for this. They are one of the richest sources of magnesium, so try throwing some in your smoothie, or sprinkling them over your salad or porridge for an extra boost. They're also rich in fibre.



DARK CHOCOLATE: As well as being a source of copper and iron, dark chocolate contains magnesium. But if you're going to eat some before bed to help promote better sleep, choose chocolate low in sugar – and a good-quality version with a minimum of 70 per cent cocoa solids. Dark chocolate is also a great source of health-boosting antioxidants.



SPINACH: Magnesium deficiency can cause muscle pain and even spasms, so making sure there is enough in the body helps keep muscles relaxed and control contractions. Spinach and other leafy greens contain magnesium, plus numerous other beneficial nutrients.



Just one cup of spinach provides more than your daily needs for vitamin K, which contributes to the normal functioning of the heart and blood vessels.

BRAZIL NUTS:

Magnesium may impact neurotransmitters which send signals throughout the nervous system to help quieten nerve activity. This can aid you to achieve a restful night with a deeper sleep. Certain nuts are great for providing your fix. These include almonds, cashews and Brazil nuts. They are also a source of the antioxidant selenium which is required for nail and hair health as well as protecting cells from damage.



MAGNESIUM FLAKES:

As well as impacting on our sleep, a magnesium deficiency has been associated with increased anxiety and the risk of depression. Taking a warm bath with magnesium flakes before bed is not only a great way to relax, but will top up levels of this mood-boosting mineral.



Have you or a loved one ever suffered from pressure sores?



You could be entitled to compensation for the pain and suffering caused

For anyone in hospital or nursing care, pressure sores are an ever-present danger.

If you or a loved one have suffered from pressure sores, the memories will be lasting. But there could have been no need for you to undergo such anguish.

Just one of those things?

The sad fact is that, in a huge number of cases, the quality of assessment and care is far below what it should be.

Your right to proper care

If you have developed sores and suffered as a result of a substandard level of care, you are perfectly entitled to compensation for your unnecessary pain and suffering. And that is where we can help.

Your right to consider compensation

Significant awards of damages have already been made to pressure sore victims. Those awards have even extended to the families of loved ones who have died, and suffered pressure sores in the very late stages of life.

Contact us for FREE help and advice

If you or a loved one – an elderly relative, perhaps – have suffered from pressure sores in the last 30 months, we urge you to seek legal advice as soon as possible.

We are specialists in this field, and we're happy to chat through your experience and your concerns. There is no obligation, and your discussion will be absolutely free.

Examples of our settlements:

We obtained £42,400 compensation for a lady who developed a pressure sore having been given an epidural during childbirth. She had been unable to move for a few hours as a result of the injection and developed a pressure sore to her sacrum.

£55,000 compensation for an elderly lady who developed a pressure sore to her leg whilst in hospital.

£9,000 for a gentleman who developed a pressure sore to his heel whilst recuperating in hospital from heart bypass surgery.

YOU WILL NOT BE CHARGED IF YOUR CLAIM IS UNSUCCESSFUL



Call our Pressure Sores team:
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The page where you tell Britain what you think

OLYMPIAN Laura Kenny, pictured, was so courageous getting back on her bike after a horrific crash at the World Championship omnium. Footballers who go to ground at the slightest touch, take note.

CHRIS COURT
Exeter

I READ with despair of a 23-year-old woman who is suing the NHS for not being challenged enough for her decision to transition from a woman to a man when she was 16 years old.

I am sure if her request was turned down she would

have sued for having her human rights violated.

STEVE COCKS
Worthing, West Sussex

I AM tired of the scaremongering about the coronavirus. Most cases are not fatal.

Common flu kills far more people every year but nobody makes a fuss about that.

Talk of cancelling sporting fixtures and closing schools fuels fears and puts more strain on the NHS.

COLETTE MORTIMER
Daws Cross, Essex

IT didn't surprise me to read the wonderfully uplifting story of dogs visiting dementia and cancer patients at Birmingham's Queen Elizabeth Hospital. Dogs will always be man's best friend.

PATRICIA OTTO-LANGUI
Tower Hamlets, East London

DAME EMMA THOMPSON, pictured, has left these flooded shores for Venice, a place that's often flooded. Good choice! A shame her other anti-British showbiz pals, such as Hugh Grant and Lily Allen, haven't gone with her.

ANTHONY SWABY
Doncaster

We must rein in civil service

£50 LETTER

WELL done to Priti Patel.

It's about time we had a Home Secretary willing to assert her authority over the likes of Sir Philip Rutnam and the other rebellious civil servants.

I hope that, like The Sun, the PM and the country stand four square behind this brave woman.

KEITH BALDOCK
Grimsby

CIVIL servants are there to do what the elected Government tells them to. They are not elected and should not please themselves.

Ministers should ensure civil servants in their departments do what they are told – and if they do not, they should be sacked, not allowed to resign.

DAVID ALLEN
Runcorn, Cheshire

TWO female Home Secretaries – Priti Patel and Amber Rudd – with “problems” in the workplace? Is there a common thread? Surely they can't both be wrong?

STEPHEN KEATING
Arundel, West Sussex

THREE pillars of the establishment urgently need bringing to heel – the civil service that was created to serve the Government and thinks it knows best, the judges appointed to administer justice and not restructure laws in their own image, and the BBC that was created to kickstart radio and TV and has grown far beyond the original intent.

PAUL BRAZIER
Wotton-under-Edge, Gloucestershire

MY, my! Sir Philip Rutnam spits out his dummy and resigns after a minister tells him and his staff how it is in words, allegedly, even they would understand.

If you work for the Government of the day, which represents the people, then you do as the Government says. Sir Philip has not been forced out. He has

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WHO is this Treasury adviser Dr Tim Leunig, saying we don't need our own farming and fishing industries?

GEORGE TAYLOR, Durham

AT a time when children go to school hungry and thousands are on the streets or living in appalling conditions, we have to foot the bill for Meghan and Harry, who choose to live in Canada. Disgusting.

INGRID NORTH

WHAT do you call the resignation of Sir Philip Rutnam as Home Office Permanent Secretary? A good start.

B GILL, Keighley, West Yorks

jumped ship in the most childish of ways.

Welcome to the real world where you think you're God and someone tells you straight that you are not. That's life. Well done, Home Secretary.

MALCOLM SYGROVE
Bishop Auckland, Co Durham

COULD it be that civil servants are getting annoyed that we now have a Cabinet minister prepared to do her job?

Could it be these civil servants have ruled the roost for too long and dislike being told what to do? Government makes the laws and civil servants should follow them.

PHIL HUGHES
Broadstairs, Kent

THE Home Secretary put a rocket under a few Whitehall

mandarins. It's about time. These people have sat on their hands for three years trying to stop Brexit. They need sorting out.

At last, someone has shown some backbone.

BARRY SQUIRRELL
Colchester, Essex

FOR the past few years the civil service has been trying to stop Brexit. If Theresa May had shown the same willingness to “sort out” these people she would have had more respect from the people of this country.

Full marks to Priti for having the guts when needed.

FRANK JOHNSON
Witham, Essex

CALL me old fashioned but I feel strongly the Prime Minister ought to set a more moral example by at least waiting until one marriage has properly ended before getting engaged, still less starting a family with his new partner.

SYLVIA KNOWLES
Burgess Hill, West Sussex

WHAT great news that our Prime Minister and his girlfriend Carrie Symonds are to have a child.

This great man, who almost single-handedly dragged us out of Europe, and whose Government is getting on with levelling-up this great country of ours, deserves every happiness.

I hope the baby grows up to be as resolute as the parents.

IAN LEWIS
Leicester

IT looks like Labour have learned nothing from the election. Corbyn is still trying to rule the strings.

Does he want a pole as Shadow Foreign Secretary so he can throw as many spanners in the Brexit negotiations as he can?

Whoever wins the Labour leadership contest should stay well away from Corbyn if they want to win a general election.

KEITH THOMPSON
Cardiff

Mystic Meg

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ARIES March 21 – April 20



Mercury prepares to return to your social life chart, and lines up exciting new contacts, while established friends have amazing ideas to share. You will be inspired and could soon be ready to back up words with actions. As for romance, you are ready to take the initiative and offer a spare ticket to someone special.

TAURUS April 21 – May 21



When you look closer at your ambitions, you can deal with any doubts – and you are ready to take charge of your future. Love planet Venus is about to leave the secrets sector of your chart and some very deep feelings could be revealed that surprise as much as they please you. Lucky names start with “W”.

GEMINI May 22 – June 21



Loving, loyal friendships are also the source of success now – so take time to show special people how much they mean to you. And reconnect with names that may have faded from your mind, but not your heart. A first quarter moon gets your love life moving in the right direction. Luck pays three visits to door 36.

CANCER June 22 – July 22



Mind planet Mercury prepares to move into your deepest hopes chart – with a window of opportunity for second chances. Now you will find ways to measure out energy and emotions. Single? When you both feel you know each other, though you have never met before, you could have found your destiny partner.

LEO July 23 – August 23



Venus has just two days to spend in the truth-detecting sector of your chart. And you read feelings so accurately. Work-wise, you have all the ability you need – and now Saturn gives you the extra determination you require to turn ideas into winning action. Your best source of luck is a former boss.

VIRGO August 24 – September 22



You are ready to learn, and a generally optimistic view of love is your key. Expect the best of relationships, and you'll start to see them in a new light. Your public image is sparkling and scene-stealing, so set up that speaking opportunity. Luck is with you but has to be used.

LIBRA September 23 – October 23



Goal-setting is such a smart way to concentrate your mind – and get excellent results. If you are single, the moon brings an Aries into your life, who is adventurous and inspiring and, yes you could make a great couple. News of family success linked to education could mean so much.

SCORPIO October 24 – November 22



Your happy-ever-after zone is in focus for the next few weeks, so get ready to make some key love and life choices. Your zone of learning is moon-inspired, so close your mind to negative chat and trust in your own abilities. A memory or invention task is made for your skills, so give it a go.

SAGITTARIUS November 23 – December 21



You are the most helpful of all the signs, and Venus guides you with a subtle way of putting others first. This speeds a love decision forward, and lets you see how much you can do and how confident you can be. You have been waiting for this moment. Do keep cash deals straightforward.

CAPRICORN December 22 – January 20



Impulsive and dramatic, you make loving fun – and feel like you can be your true self in all bonds. So let your real self shine. Venus ends a time of keeping dreams in check – set ambitions free, and you can fly with them. Luck that friends can share is linked to a writing and performing contest on TV.

AQUARIUS January 21 – February 18



The foundations of your chart are calm and loving, and this is your cue to bring up all kinds of subjects you usually side-step. Start talking and kind Venus will do the rest. A historical building sets the scene for rich meetings or knowledge – but you may not recognise this just yet.

PISCES February 19 – March 20



You are such a great communicator, able to bring out the best in everyone you meet. This skill can put you in front of a camera. A musician, perhaps linked to a faraway country, can be your love keeper. Existing bonds are enhanced by your ability to really hear what special people need to say.

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puzzles

BRAINBUSTER

The three parts of each clue lead to the same answer word.

1. Allow – Rent – Nullified service
2. Lacework – Trap – Goal
3. Stream – Engine type – TV Gladiator

SUNMOJI

What's the sweet food?



We've got all your favourite brain teasers

PAGE 2 **EVENS SOLUTION:** Line 1 **9684** Line 2 **7412** Line 3 **6231** Line 4 **8123**

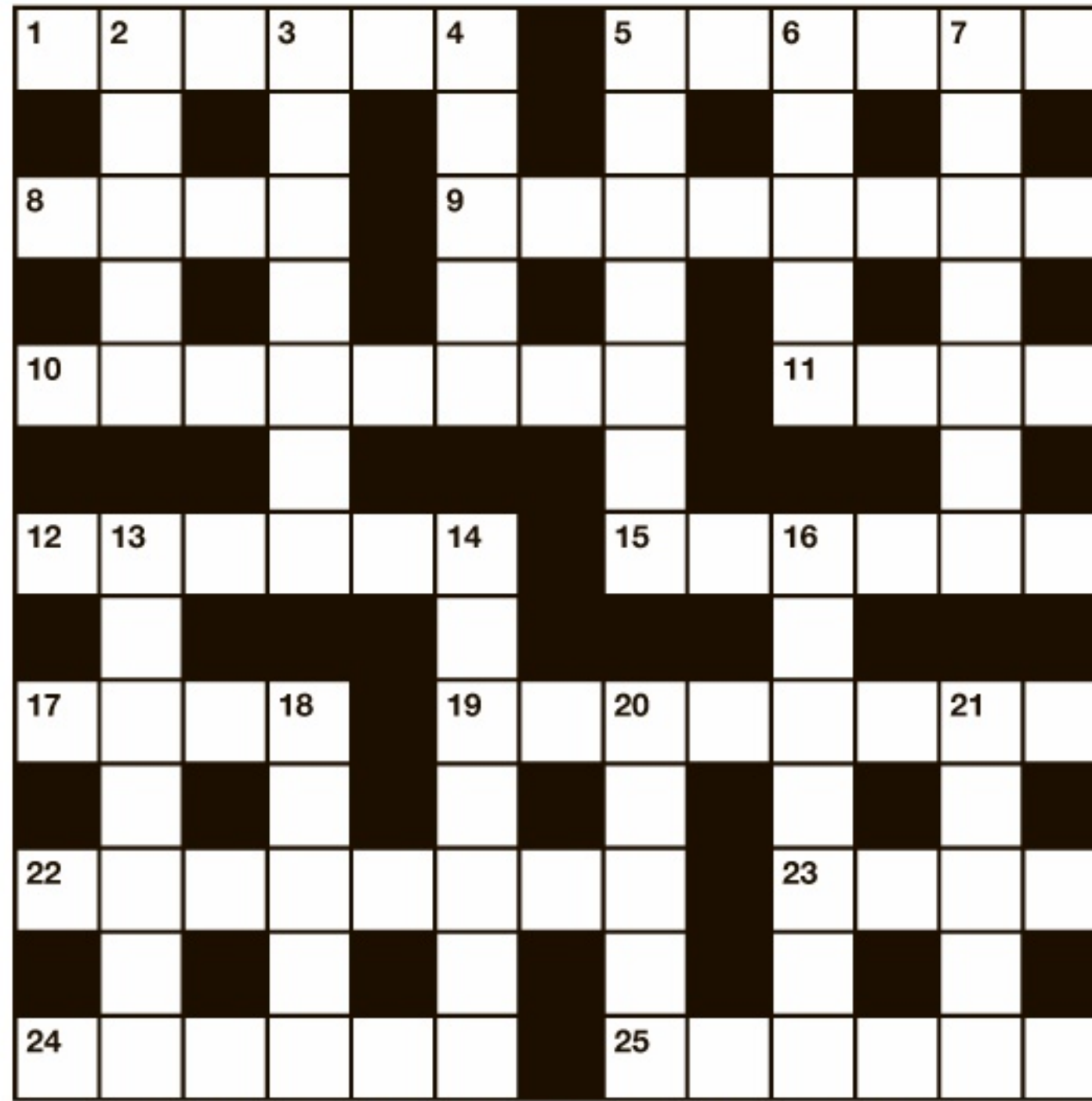
TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

Cryptic clues

ACROSS

- 1 Bride upset about one flier? (6)
 - 5 Large bottom covered by Georgia woman (6)
 - 8 Meat and bone to pick (4)
 - 9 Unseemly dent nice when repaired (8)
 - 10 Hick tours lake that's delightful (8)
 - 11 Close to neverending darkness (4)
 - 12 Coat to take to the cleaners (6)
 - 15 A king in control? Not in 1066! (6)
 - 17 Barely reasonable (4)
 - 19 Anger about traditional clothing industry (3,5)
 - 22 Follower died here in soldier's grip (8)
 - 23 Footwear in punt (4)
 - 24 Burning pictures outside sanctuary (6)
 - 25 In Burundi therapist shows indecision (6)
- #### DOWN
- 2 Current understanding gives example (5)
 - 3 Dwelling in river is let down (7)
 - 4 Somewhat spherical woman (5)
 - 5 Thug doc treated to split costs (2,5)
 - 6 Former Tory once served porridge? (2-3)
 - 7 Tricked girl in Ulster town (7)
 - 13 Daughter into Lauren modelled clean clothes (7)
 - 14 Restructured eastern firm (7)
 - 16 Savoury dish, lightly cooked, needs while (7)
 - 18 Musical idea from Keith Emerson (5)
 - 20 Some sniping at educator kept in school as punishment (5)
 - 21 Romeo in socially acceptable flying machine (5)



Coffee time

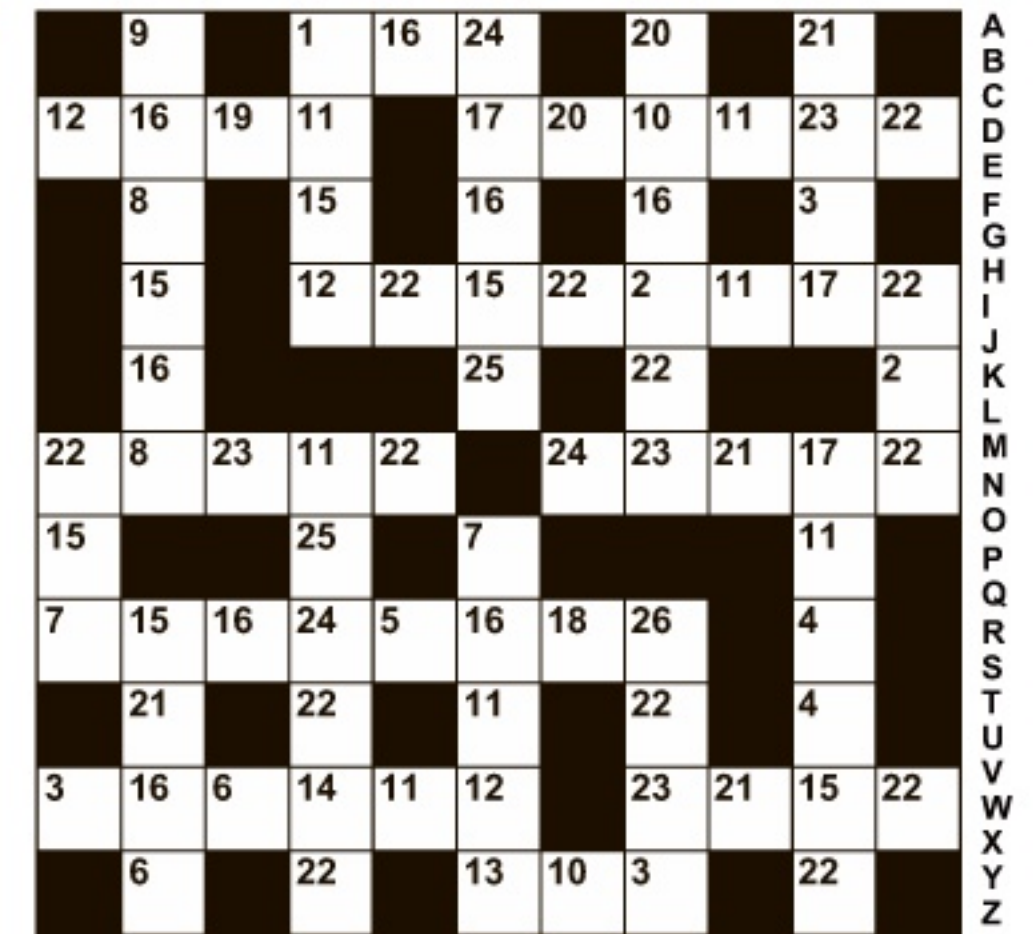
ACROSS

- 1 Golf score (6)
 - 5 Actor Ms Jackson (6)
 - 8 Complaint (informal) (4)
 - 9 Obscene (8)
 - 10 Likeable (8)
 - 11 Approaching (4)
 - 12 Sheepskin (6)
 - 15 Male name (6)
 - 17 Equitable (4)
 - 19 Garments business (informal) (3,5)
 - 22 Disciple (8)
 - 23 Car luggage space (4)
 - 24 Very passionate (6)
 - 25 Shilly-shally (6)
- #### DOWN
- 2 Exemplary (5)
 - 3 Puncture (7)
 - 4 Winter heather genus (5)
 - 5 Share bill (informal) (2,5)
 - 6 Released prisoner (informal) (2-3)
 - 7 Irish county (7)
 - 13 Wash and iron (7)
 - 14 Sincere (7)
 - 16 Cheese on toast (7)
 - 18 Leitmotiv (5)
 - 20 Not publically accessible (5)
 - 21 Male honeybee (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



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: Quip, Wick, Appal, Mauve, Ape, Juror, Notch, Drift, Album, Amp, Eager, Plead, Zest, Yoke, DOWN: Upper, Polar, Women, Court, Adjudge, Exhumed, Oaf, Oil, Ingle, Tarot, Apply, Bleak.

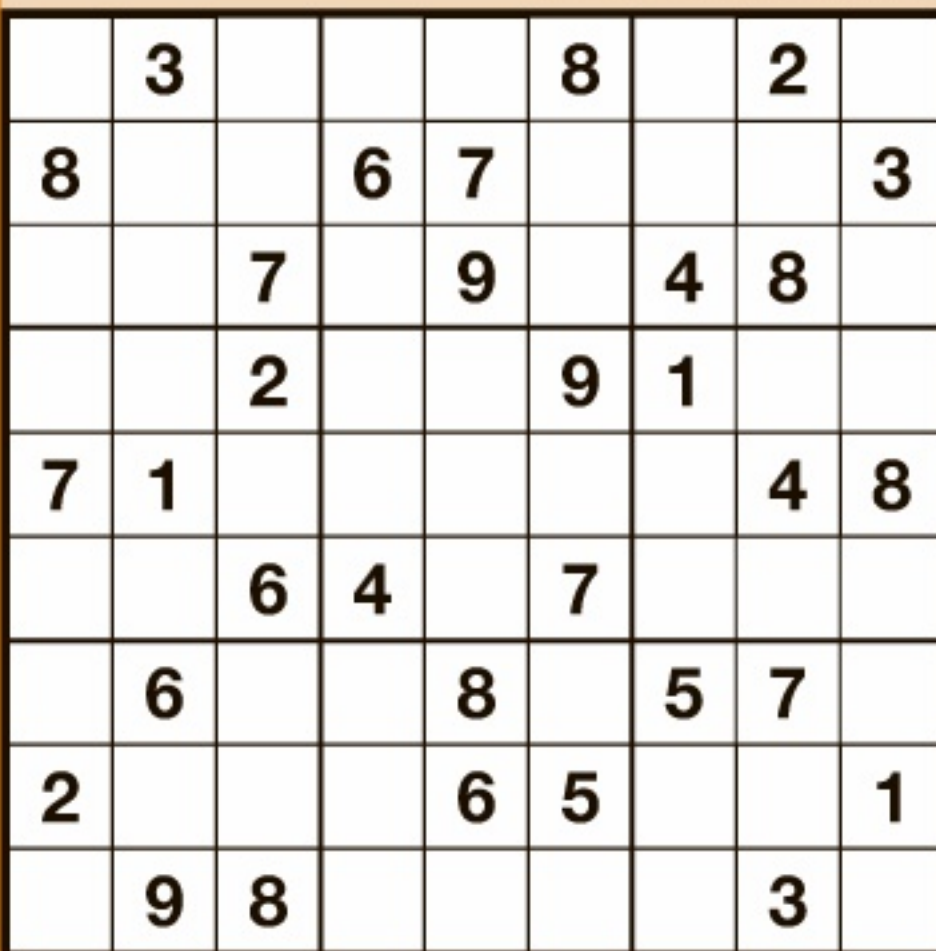
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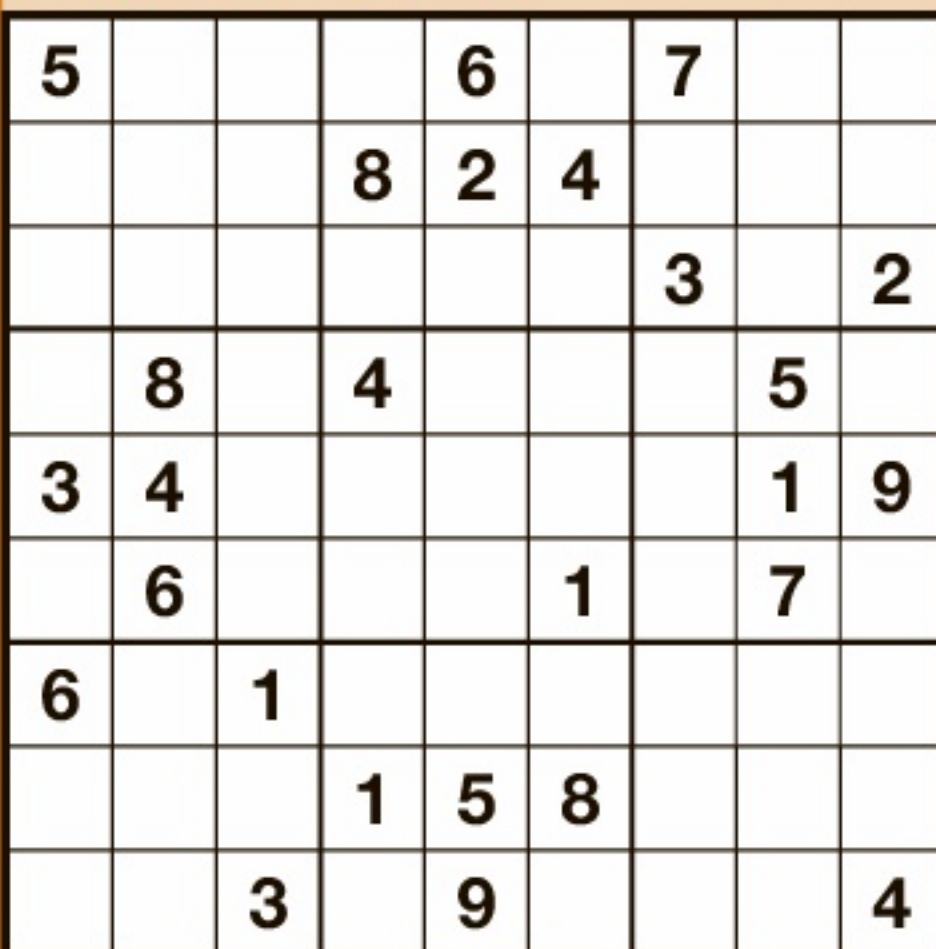
TODAY'S TEASER

CALL 0906 757 7112 FOR CLUES OR SOLUTION (80PPM)



TODAY'S TOUGHIE

CALL 0906 757 7113 FOR CLUES OR SOLUTION (80PPM)



Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary).
Helpline: 0333 202 3390 (9am-5.30pm).
Service provider: Spoke, W1B 2AG

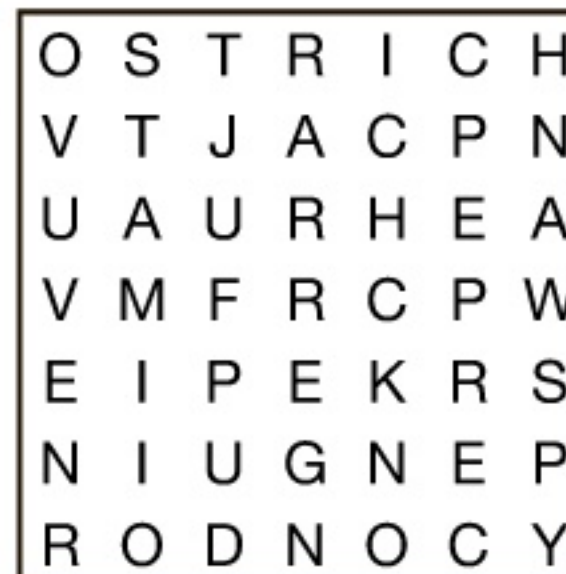
WORDSEARCH

Find seven large birds in the grid. Words can run forwards, backwards or diagonally. Solution below.



NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2018 was 69.2%



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a rugby player:



- 2 & 6 Main character of the film and stage musical Hairspray, played in the original movie by Ricki Lake
- 1 & 9 US actor who played Mahoney in the Police Academy films and starred in Three Men And A Baby
- 3 & 4 Actor who has played Ric Griffin in Holby City since 2001 (second and third letters of surname)
- 5 & 8 Greek-French tennis coach who became Serena Williams' coach in 2012 (fourth and seventh letters of surname)
- 7 & 10 Icelandic composer who won an Oscar for Best Original Score for the film Joker

● Yesterday: Darts player FALLON SHERROCK (Finn Russell, Amanda Henderson, (Kim) Catrall, Nick Cave, (Rickie) Haywood-Williams, Sofia Kenin, (Kaitlyn) Dever). Another Name Game in The Sun tomorrow.
■ If you can't wait until tomorrow for the answers, just call 0901 322 5001. Calls cost 75p plus your telephone company's network access charge.

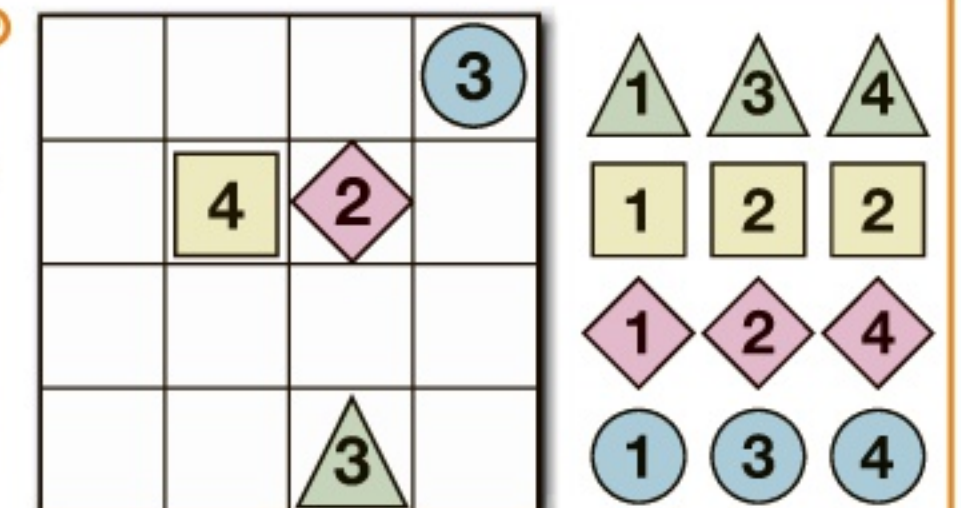
30-SEC NUMBERCRUNCH

HERE is our fantastic puzzle, the 30-second NumberCrunch. There's no better way to keep your brain trained than playing our great teasers. So if you want to stay ahead of the game, you will love this challenge. Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't reach for your calculator – that would be cheating! Write your final answer in the last box of the line. You should be aiming to complete each round in about 30 seconds. Good luck!

BEGINNER	47	+13	÷12	+14	x3	-22	÷5	+31	÷2	+48	ANSWER
INTERMEDIATE	99	÷9	+20	x3	-24	2/3 of this	+101	3/7 of this	+9	+1/6 of this	ANSWER
ADVANCED	370	-218	3/4 of this	-107	x29	+161	4/7 of this	+112	45% of this	+180	ANSWER

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.



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: 33. EXCELLENT: 28. GOOD: 23. GREAT SCORE FOR KIDS: 18.

YESTERDAY: Aching, acing, agile, agin, align, angel, angelic, angle, bagel, bagh, baling, bang, bangle, beaching, began, begin, being, belching, bilge, binge, blag, bling, cabling, cage, change, clang, cleg, cling, gable, gain, gale, gear, genial, gibe, glance, glean, glen, glia, glib, haling, hang, hangi, healing, hinge, inge, lacing, leaching, leching, linage, ling, linga, neigh, ngai, nigh.

Nine-letter word: Bleaching.

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	7 6 5 2 3 9 8 4 1 3 2 1 8 4 5 9 7 6 4 8 9 7 6 1 3 5 2 8 5 6 3 1 4 7 2 9 9 3 4 5 7 2 1 6 8 2 1 7 9 8 6 5 3 4 5 4 8 1 2 3 6 9 7 1 9 2 6 5 7 4 8 3 6 7 3 4 9 8 2 1 5
Toughie	4 8 5 2 9 7 1 3 6 1 2 3 4 6 8 5 9 7 6 7 9 5 3 1 4 8 2 2 3 1 7 8 5 9 6 4 8 6 7 9 2 4 3 1 5 9 5 4 6 1 3 2 7 8 5 1 6 3 7 2 8 4 9 3 9 2 8 4 6 7 5 1 7 4 8 1 5 9 6 2 3

Two-Speed Crossword
ACROSS: 1 Bo-o-ris-h 5 F-ace-T
8 Lathe 9 Dentist 10 Apostles
11 Once 13 TAV-er-n 15 Regina
18 City 19 Double up 22 P-u-rsuit
23 Roger 24 Nanny 25 Nost-r-il.
DOWN: 1 Be-l-fast 2 O-utd-o
3 Ice storm 4 H-i-DD-en 5 Fine
6 Ch-i-ant-i 7 Title
12 Cerberus (three heads)
14 Veteran 16 Appare-l 17 Bolt-on
18 Ca-Po-n 20 Ea-g-e-r 21 Buoy (boy).

Today's Solutions



"The Magic Copper Insoles Stopped My Knee Pain"

When Matthew Johnson was told that he had severe osteoarthritis he was devastated.

THE MRI scan revealed his worst fears, the cartilage in his knees had worn away. He was terrified life would only go down hill from here.

Since he turned 68 grandfather of four, Matthew Johnson's condition had got steadily worse. It all started with just a niggle in his left knee. Then a few months later he started to get pain in both knees, especially in the mornings. The pain got so bad that some days he struggled to get up and down stairs.

But thanks to his son Barry who bought him a pair of Copper Comfort Insoles, he is now back walking 5 miles a day along the sea front. He is full of energy again.

Matthew now 71 said that the insoles had been incredible. "When the pain was excruciating I was gutted not being able to help out with the grandchildren.



Matthew is now back walking 5 miles a day and is full of energy

By J. Higgins

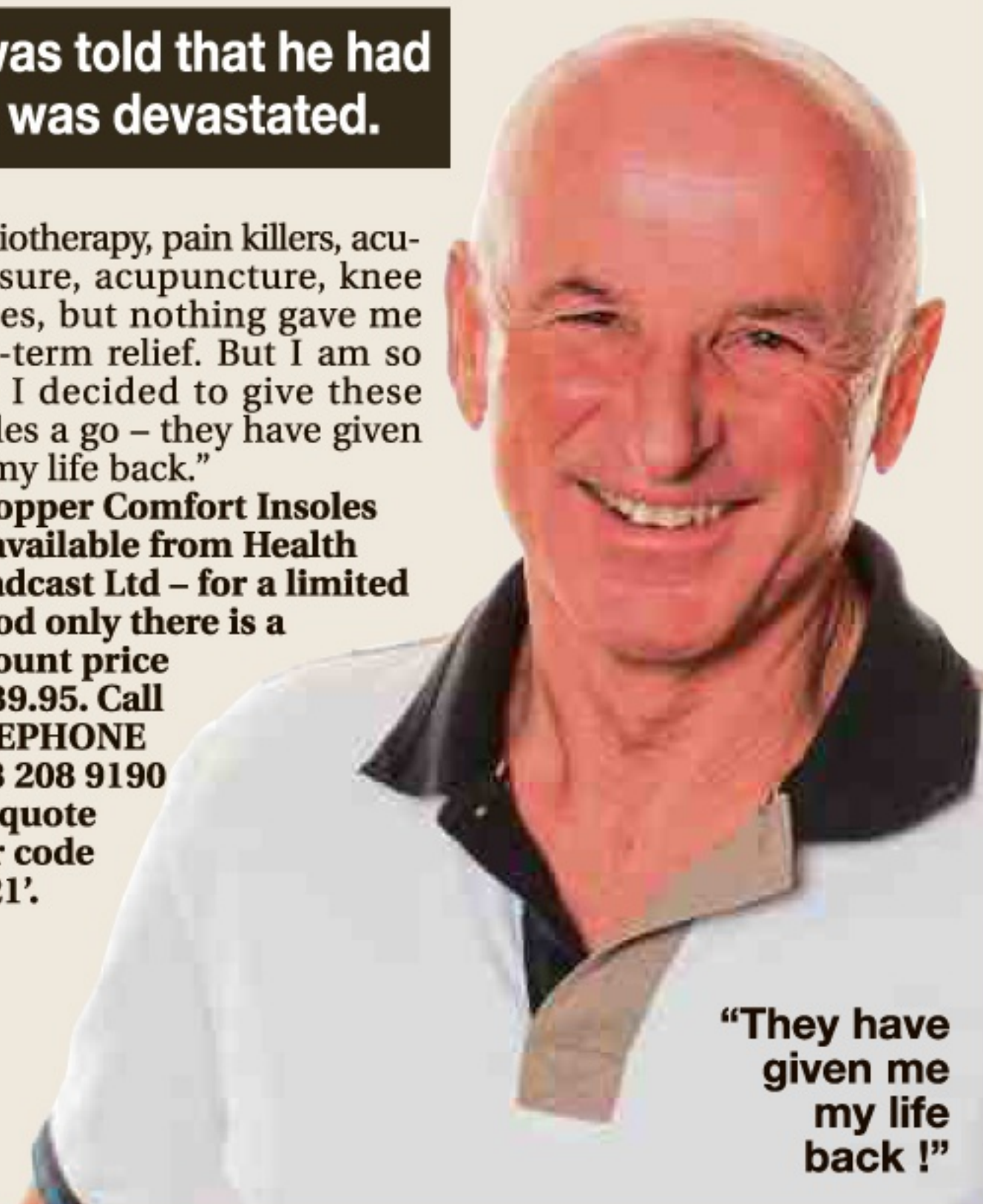
I even thought that I'd have to sell my home and move to a bungalow or worse still into a care home."

Within two months of wearing the Copper Comfort Insoles he got a new lease of life.

He said, "Last summer I could hardly walk, I rarely went out and I was becoming a recluse. The worst thing was being in no state to look after my grandchildren. But now I feel fit as a fiddle, and am back to doing my daily walks and taking the boys to the park for a kick around with the football." Matthew said, "I must admit when Barry gave me the insoles and told me that they might help with my knee pain, I thought he was off his rocker – how could a simple pair of insoles help chronic pain? I tried all kinds of treatments,

physiotherapy, pain killers, acupuncture, knee braces, but nothing gave me long-term relief. But I am so glad I decided to give these insoles a go – they have given me my life back."

Copper Comfort Insoles are available from Health Broadcast Ltd – for a limited period only there is a discount price of £39.95. Call FREEPHONE 0808 208 9190 and quote offer code 'CC21'.



"They have given me my life back!"



"No more foot pain and I've lost ten pounds!"

Suzanne had suffered with painful feet and ankles for years. "I have had a weight problem for as long as I can remember, which has definitely put a strain on my joints. Even after just a short walk my feet and knees would ache, the pain was so bad I relied on driving everywhere, even to my brother's

Suzanne Cameron said that the comfort was instantly noticeable and gave her the confidence to set weekly walking goals.

who lives only a 10 minute walk away. Then I read an article about the Copper Comfort Insoles, a woman who was in a similar situation as me who found that they enabled her to be more active and as a result lost weight. I ordered a pair right away. The comfort was instantly noticeable and gave me the confidence to set myself weekly goals to see how far I would walk. After 6 weeks I am now walking 10,000 steps day, I can't believe it, I have no more foot pain and I've lost 10lbs. These insoles have given me a new lease of life." Ms. S. Cameron."

"Spring in my step and feel fitter and healthier"



"I have worn a copper brace-let for years, I'm not sure how it works, but I definitely feel more energetic when I wear it. I'd much rather find a natural alternative to taking pills. So I was intrigued to

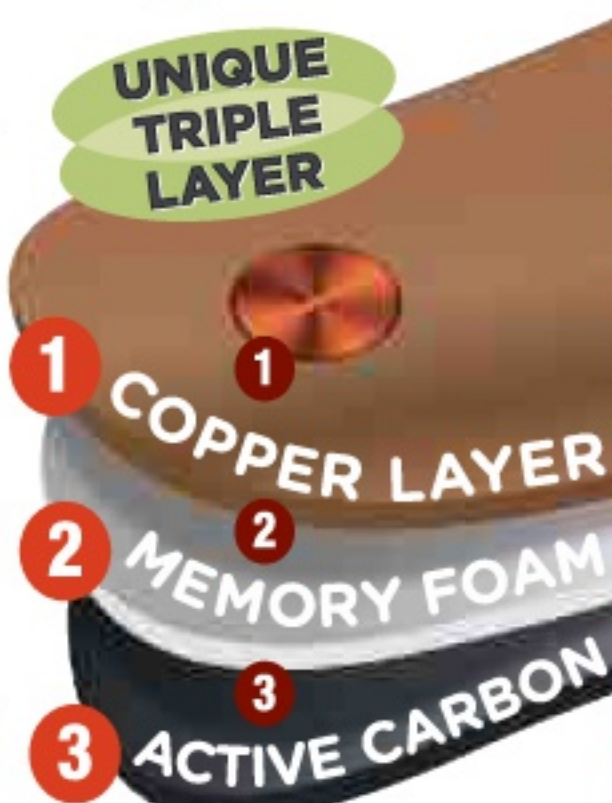
read about foot insoles that contained copper. I have been wearing them for two months now. I can honestly say I feel a spring in my step and feel generally fitter and healthier." Mr P. Rudd

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- 2 Memory Foam gives INSTANT soothing comfort
- 3 Active carbon deodorizing layer



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OFFER CODE: CC21

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☐ Ladies Size(s)

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☐ **SAVE £10.00**
2 pairs of **Copper Comfort Insoles** for **£79.90** **£69.90**

☒ **BEST OFFER SAVE £30.00**
3 pairs of **Copper Comfort Insoles** for **£119.85** **£89.85**

☐ I include p&p of £3.95

TOTAL £

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THE FUTURE IS ELECTRIC

Would you keep your kettle hot throughout the night for your morning cup of tea? Of course not!

So why do we do it for our morning shower or relaxing evening soak in the bath? Keeping large volumes of water hot is highly inefficient and expensive. For many years, heating your hot water using electricity has involved the installation of a bulky and unattractive water cylinder.

Costing thousands of pounds to install and requiring yearly maintenance just to keep the guarantee – these inefficient and environmentally damaging cylinders store large volumes of water, taking-up valuable space in your home.

Welcome to the new world of water heating. Introducing the NEW Aquafficient from Fischer Future Heat.

Aquafficient is the innovative, modern and highly efficient solution to heating water. Using a single 3kW heating element and patented thermal storage technology, the Aquafficient provides instant hot water, without storing water.

No mess - no stress

With no requirement for valves or even a water discharge pipe, the installation of the Aquafficient is mess and stress-free, without the need for

annual servicing and comes with a ten-year warranty as standard.

Manufactured exclusively for the home electric heating experts **Fischer Future Heat**, the Aquafficient uses a natural salt-based thermal storage material to store its heat. Working in a similar way to a combi-boiler, without the expensive maintenance and running costs.

INSTANT HOT WATER

The thermal storage material stores heat, not energy, and as cold water runs through the highly efficient and robust heat exchanger, it becomes hot within seconds and warm water is fed to your appliances in less-than a minute.

The **Aquafficient** can store four times more heat than a domestic water cylinder and provides 150 litres of hot water. Even better, the Aquafficient is half the height of an average water cylinder.

Compatible with Economy 7, Solar PV and other types of renewable electricity sources, the Aquafficient is the way forward when it comes to lowering your carbon footprint.

ARE YOU PAYING TOO MUCH FOR YOUR ENERGY? WHY? YOUR LIGHTS WON'T SHINE ANY BRIGHTER
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A lifetime of service

Based on recent testing, the thermal storage material within the Aquafficient enjoys a life span of over 40,000 cycles, the equivalent of 50 years without you having to service, maintain or replace the thermal store or its contents.



“Aquafficient is a unique system that delivers hot water like never before.”

INFORMATION:

You can learn more about Aquafficient and request your FREE catalogue by calling 0800 103 2729 or by visiting the website at: www.fischerfutureheat.com/aquafficient

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Looking... home-buyer

4YR HIGH IN HOME LENDING

THE number of mortgages approved has climbed to its highest level in nearly four years, figures from the Bank of England show.

There were 70,888 home loans agreed in January, a rise of 4.4 per cent from the previous month and the highest figure since February 2016.

Remortgages also climbed, by 3.9 per cent to about 52,100.

Many home-buyers look to have been waiting for the result of December's election before moving.

But Andrew Montlake of mortgage-broker CORECO warned the sense of optimism in the market could fade very quickly if trade negotiations turn sour.

Meanwhile the attractive mortgage rates being offered by lenders could soon be coming to an end, Simon Gammon of KNIGHT FRANK FINANCE said.

MAKERS BOOSTED

GROWTH in the UK's manufacturing in February was faster than at any point since April 2019.

The IHS MARKIT/CIPS Purchasing Managers' Index was at 51.7 last month — anything above 50 is seen as a sector in positive territory — improving on the 50.0 recorded in January.

But it warned the recovery may be blown off course by the coronavirus outbreak, while the recent flooding has also put pressure on reserve stock.

U.S. DEAL GDP HIKE

A TRADE deal with the US could boost the UK economy by up to 0.16 per cent, the Government says.

But that stimulus will arrive over the next 15 years, according to a new report ahead of talks this month.

The Government said a US deal should lower tariffs on exports and increase trade in services. It said an agreement would increase the UK's gross domestic product (GDP) by between 0.07 per cent and 0.16 per cent.

TRAIN AT MORRISON

MORRISONS is offering 20 apprenticeships to people over 16 so that they can become fully qualified multi-skilled engineers at the largest fresh food manufacturer in the UK.

They will spend four years at the supermarket's sites where fresh and cooked meat, bread, fruit and vegetables, fish, prepared food, eggs, and flowers are made.

Alison Guest of Morrisons said: "We need engineers to ensure we produce good-quality, affordable food."

**THE FTSE 100
ROSE 74.28
TO 6,654.89**



Edited by TRACEY BOLES



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020 7782 4050
e-mail:
tracey.boles@thesun.co.uk

**£1 BUYS €1.15, US \$1.28.
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BRITS' STAR ROLE

TWO British entrepreneurs plan to invest £500million in new film studios in the UK and create 5,000 jobs.

The **CREATIVE DISTRICT IMPROVEMENT COMPANY**, an urban regeneration firm founded by Piers Read and Jeremy Rainbird, will

start this year with a £50million deal to expand Twickenham Studios, one of Britain's leading production facilities.

It was recently credited for an Oscar for sound on Queen's Bohemian Rhapsody and last month a Bafta for mixing Sam Mendes's 1917, left.



7,000 HAVEN JOBS

HOLIDAY firm **HAVEN** is looking to recruit 7,000 workers for its 38 UK parks for this year.

Roles will be full and part-time and cover functions such as leisure, catering, accommodation and security, it said.

It already employs 10,500 people. The com-

pany's Louise Thomas said: "Haven is a key employer throughout the UK and we are proud to be able to offer jobs to thousands of people across a vast range of disciplines and skill sets." Haven had 2.9million guests to its holiday parks last year.

STOCK MARKET TURMOIL CONTINUES

FTSE on a coronavirus rollercoaster

By SIMON READ

UK stock markets finally ended on the up yesterday after a rollercoaster trading session.

The blue chip FTSE 100 closed at 6,655, 1.13 per cent higher than Friday's close.

It is the first significant rise since markets began slumping on February 12 due to coronavirus concerns.

It had soared three per cent in early trading to reach 6,755, buoyed by support from the Bank of England — with the US Federal Reserve and Bank of Japan — which vowed to help stabilise markets.

But the bounce-back lasted just an hour and a half before the index plummeted 350 points to 6,503 by midday.

The slump came after a downbeat economic report that warned global growth could fall to its slowest rate since the financial crisis because of the outbreak.

The negative predictions came from the Organisation for Economic Co-operation and Development, which said a "longer lasting and more intensive coronavirus outbreak" could cause economic growth to halve in 2020, to 1.5 per cent.

But the OECD said if the epidemic peaked in China in the first quarter of this year and other outbreaks proved mild and contained, the economy would grow by 2.4 per cent this year and recover to 3.3 per cent growth in 2021.

Last week saw major stock markets suffer their worst week since the 2008 financial crisis. Some traders remain upbeat. Rupert Thompson of investment managers **KINGSWOOD** said: "Our base case remains unchanged that the global economy should pick up and markets recover their losses later in the year."



BARRED AT BANK

NEARLY 100 **BARCLAYS** branches were shut by climate protesters yesterday.

Greenpeace were protesting against the bank's funding of oil and gas companies.

Activists disabled the doors of 97 branches to stop staff from entering. A Barclays spokesman said:

"We would ask that they stop short of behaviour which targets customers and our colleagues."



SUGAR ON A (VEGAN) ROLL



THE winner of TV's *The Apprentice* has launched a vegan bread range.

Carina Lepore of **DOUGH BAKEHOUSE** is offering the vegan sourdough loaf that fans of *The Apprentice* saw being baked in the final episode of the reality show.

She has also produced a variety of vegan rolls and sweet treats, such as a vegan banana cake, vegan

chocolate brownie and vegan energy balls.

Apprentice host Lord Sugar, left with Carina, said: "We're really looking forward to constant evolution of products, such as the vegan range, which I'll personally be sending to Piers Morgan to try."

The family-run bakery, based in Herne Hill, South London, is planning to open new premises soon.

NMC'S AID PLEA

SCANDAL-hit healthcare company **NMC HEALTH** has called in advisers to help turn it around after its shares were suspended last week.

They had plummeted after short-selling disruptive investment firm **MUDDY WATERS** questioned the validity of its financial statements in

December. NMC asked for the FCA to suspend its shares last week after an independent probe found a black hole in its balance sheet.

The troubled firm turned to investment bank **MOELIS & CO**, bean counters **PWC** and legal experts **ALLEN & OVERY** for help.

CLOSING PRICES

A selection of last night's closing prices:

BARCLAYS: down 5.44

at 143.30

BP: up 15.10 at 411.25

CENTRICA: up 1.18 at 73.30

HSBC: down 3.80 at 520.10

LLOYDS: down 0.66

at 49.54

M&S: down 1.05 at 176.05

RBS: down 6.15 at 172.50

MORRISONS: up 8.85

at 180.10

SHELL: up 48.40 at 1,712.00

ROYAL MAIL: down 1.30

at 161.15

SAINSBURY'S: up 3.05

at 198.80

TESCO: down 0.30

at 228.20

A full list of prices will appear in Saturday's paper.

TRAVELEX WHACK

CURRENCY firm **TRAVELEX** said the New Year's Eve cyber attack that left its systems down for weeks will cost millions.

Banks that rely on the travel money company, including **BARCLAYS**, **HSBC**, and **LLOYDS**, were unable to sell foreign currency to customers in the New Year after the

hack. Yesterday it reported a £25million hit to profits but warned the final figure will depend on talks with insurers.

It has a cyber insurance policy which will offset a "material proportion" of the hit, owner **FINABLR** said. But it is unclear when insurers will pay out.

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GUARANTEED OVER 50 PLAN

“Choose the UK's most popular plan”

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Rated by experts for product
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The most trusted over 50s life cover

When it comes to sorting out life cover, it's all too easy to put it off. But from less than £4 a month, you'll guarantee a cash payout for your family when the time comes.

You can get the reassurance you need with the **UK's most popular plan**. The Guaranteed Over 50 Plan is the simple and affordable way to leave cash for your funeral or as a gift for loved ones. And the payout could be worth thousands.

Beat rising funeral costs

Could your family afford your funeral? With the average cost of a basic funeral now at £4,417, it's something to think about. Many choose the Guaranteed Over 50 Plan to cover some or all of the costs, lightening the load for those left behind – and when you add the free £250 Funeral Benefit Option at no extra cost, you'll lend an extra helping hand.

It's only 12p a day

Life cover doesn't have to cost the earth, trust us. The Guaranteed Over 50 Plan starts from **less than £4 a month** (that's just 12p a day) – it's one

of the most affordable plans of its type, and the payout can be worth thousands. Just bear in mind that inflation reduces buying power over time (that's one thing we can't control).

We're the UK's favourite

We're the nation's No. 1 choice for a plan of this type, so you and those who matter most are in safe hands with us. Over 800,000 people have made a guaranteed cash payout a reality with us – now it's your turn. All we ask is that you keep up with your monthly payments. If you stop paying your premiums, your insurance will end and you won't get anything back. You also need to be aware that depending on how long you live, you could pay in more than the cash sum paid out.

We won't turn you down

When we say guaranteed, we mean it – if you're aged 50-85 and a UK

resident, we promise to accept you. We won't ask about your health and you won't need a medical either. If you die during the first year, we'll pay out all the premiums paid in. And once you've had the plan for one year, it'll pay a fixed cash sum on your death.

When you're ready, we'll sort your cover in minutes – you'll even receive a free pen just for enquiring. It's quick and easy to apply online or just call our friendly UK call centre today. Plus you can choose to enter our Big Cash Draw when you apply.

More details are in the
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Information: 1. **UK's No.1/Most trusted** – Source: Association of British Insurers statistics. 2. **Funeral costs**, SunLife Cost of Dying Report 2020. 3. **Defaqto** 5-star rating applies to Paystop, which is our premium cap option. 4. **Biggest ever gift** for new customers. Gift is sent after six months' premiums are paid. Go to sunlife.co.uk/gift for T&Cs. 5. **Big Cash Draw** – SunLife £50,000 Big Cash Draw entry is open to Guaranteed Over 50 Plan policyholders in England, Scotland & Wales, who confirm their details with SunLife. Residents of Northern Ireland cannot enter the Draw. Full T&Cs via sunlife.co.uk/win. 6. **Further information** at sunlife.co.uk/verify 7. **Terms and Conditions Apply**.

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The Guaranteed Over 50 Plan is only available to UK residents aged 50-85

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In 1817, George III reintroduced the Gold Sovereign to the world, featuring the iconic, St George and the Dragon design by Benedetto Pistrucci for the very first time.

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SOUTHWELL

5.00 HANDICAP (Class 5); winner £3,429; 5f. (8 runners)

- 1 (2) 433 YOU'RE COOL 10 (T;D) D Shaw 8-10-0. L Edmunds
 2 (7) 3225 SIX STRINGS 10 M Appleby 6-9-12. T Ladd (3)
 3 (1) 1232 MOVEONUP 12 (V;BF,CD) G Kelleway 4-9-7 P L Jamin (5)
 4 (3) 39-4 LORNA COLE 21 (D) W Muir 4-9-4. M Dwyer
 5 (4) 6-91 GLOBAL HUMOR 14 (C) J Goldie 5-9-4. P Dennis
 6 (5) 2331 RED STRIPES 12 (B;CD) L Williams 8-9-3 H Shaw (3)
 7 (8) 235 AUGUSTUS CAESAR 21 (P;*) D O'Meara 3-9-1. S Gray
 8 (6) 74-2 NAUTICAL HAVEN 11 S Best 6-9-0. D Costello

Moveonup ● 99, Augustus Caesar 98, Red Stripes 97
 3 Global Humor, 4 Moveonup, 9-2 Red Stripes, 5 Six Strings, 7 Augustus Caesar, 10 You're Cool,

Sun Racing FORM

YOU'RE COOL (9-0) 7-1 kept on same pace in 3rd inside final furlong, 3rd of 5 (btn 17/4) to Restless Rose (9-7) **SIX STRINGS** (8-13) 7-1 slowly into stride, always behind, last (4) (Chelmsford 5f hcap (4) £5,434 AW). **RED STRIPES** (8-4) 7-1 driven 1f out, led close home, but **MOVEONUP** (8-4) evens fav led, headed close home, ns (6 ran) (Southwell 5f hcap (5) £3,429 AW). **MOVEONUP** (8-11) 6-1 led, headed final furlong, kept on, btn 7/4 by Toney The Barone (9-12) **LORNA COLE** (9-6) 20-1 slow to find stride, in rear, never dangerous, 4th (btn 87/4) (6 ran) (Chelmsford 5f hcap (5) £4,302 AW). **GLOBAL HUMOR** (9-2) 8-1 always in touch, led 1f out, stayed on well inside final furlong, bt Jem Scuttle (9-1) 27/4 (6 ran) (Southwell 6f hcap (6) £2,782 AW). **AUGUSTUS CAESAR** (9-8) 2-1 weakened, last of 5 (4) to Dream Game (9-3) (Newcastle 5f hcap (5) £3,429 AW). **NAUTICAL HAVEN** (9-6) 4-1 chased leaders, ridden inside final furlong, kept on and held towards finish, btn 7/4 by Equipped (9-7) (9 ran) (Lingfield 6f hcap (6) £2,782 AW).

5.30 SELLER (6); winner £2,782; 1m 4f. (7 runners)

- 1 (3) 20-4 FIRST FLIGHT 39 (D) A Newcombe 9-9-9. A Mullen
 2 (1) 7173 TIGRAY 6 (T;V;CD) M Appleby 4-9-8. A Rawlinson
 3 (5) 487 GLACIER FOX 8 M Chapman 5-9-5. S Graze (7)
 4 (4) 70-0 ARCHIPPUS 55 (B) M Harrington 7-9-0. T Eaves
 5 (2) 8-34 PUMBLECHOOK 14 (P;BF,D) J Jardine 7-9-0. J Gormley
 6 (7) 26-7 VAMPISH 16 (D) P McBride 5-9-0. J Hart
 7 (6) 66 SANDY STREET 115 D McCain 4-8-13 E McCain (7)

Vampish ● 99, Tigray 88, Pumblechhook 85.
 9-4 Tigray, 3 First Flight, 7-2 Vampish, 6 Pumblechhook, 7 Archippus, 20 Glacier Fox, Sandy Street

6.00 HANDICAP (6); winner £2,782; 1m 4f. (10 runners)

- 1 (4) 878/ CHELSEA'S BOY J32 (D) D McCain 7-9-9. G Lee
 2 (8) 839 CAPE HIDEAWAY 14 (V;D) M Appleby 8-9-7. A Rawlinson
 3 (9) 425 HOWARDIAN HILLS 31 (P;D) V Dartnall 7-9-5. L Morris
 4 (10) 5841 GOING NATIVE 8 (B;CD) O Williams 5-9-5 (sex) B Curtis
 5 (3) 457 WARRIOR'S SPIRIT 11 (P) P Niven 6-9-2 B McHugh
 6 (1) 100 DANIEL DRAVOT 14 (V;C) M Attwater 4-8-12 A Mullen
 7 (6) 00-7 BEAUTIFUL ARTIST 25 (T) R Brislard 5-8-12 K O'Neill
 8 (7) 940 SELLINGALLTHETIME J18 (P;CD) M Usher 9-8-12 W Cox (3)
 9 (2) 8-00 DOUBLE COFFEE 11 J Gallagher 4-8-11 P J McDonald
 10 (5) 005-SHOWSHUTAI J40 C Kellett 4-8-11. J Hart

Howardian Hills ● 99, Daniel Dravot 98, Sellingallthetime 97.
 8-11 Going Native, 5 Howardian Hills, 8 Warrior's Spirit, 12 Sellingallthetime, Cape Hideaway, 16 Daniel Dravot

6.30 HANDICAP (4); winner £5,208; 1m. (5 runners)

- 1 (3) 011- PARALLEL WORLD 65 (C) K Burke 4-9-7. H Shaw (3)
 2 (1) 454 MASHAM STAR 13 (D) M Johnston 6-9-6. P J McDonald
 3 (4) 2473 MOTAWAAFEQ 3 (H) M Appleby 4-9-4. A Rawlinson
 4 (5) 486 ZEYOUN 33 (H) A Dunn 6-9-2. D Muscutt
 5 (2) 139 SILVERTURNSTOGOLD 8 (B;CD) A Carroll 5-9-2. E Whittington (7)

Motawaafeq ● 99, Masham Star 98, Silverturnstogold 97.
 Evens Parallel World, 7-2 Masham Star, 5 Silverturnstogold, 6 Motawaafeq, 12 Zeyoun

Sun Racing FORM

PARALLEL WORLD (9-4) 2-1 fav tracked leader, led halfway, stayed on strongly, bt Milagre Da Vida (8-11) 37/4 (8 ran) (Southwell 7f nov (5) £3,429 AW). **MASHAM STAR** (9-2) 7-1 stayed on, 4th of 8 (btn 7/4) to Trevithick (9-7) (Newcastle 1m hcap (4) £5,072 AW). **MOTAWAAFEQ** (9-8) 10-1 slowly away, pushed along halfway, chance 1f out, no extra, 3rd of 7 (btn 17/4) to Native Silver (9-4) (Southwell 1m hcap (5) £3,429 AW). **ZEYOUN** (8-13) 40-1 weakened, 6th of 7 (14) to Home Before Dusk (9-12) (Kempton 1m hcap (3) £9,338 AW). **SILVERTURNSTOGOLD** (9-3) 8-1 faded, 9th of 14 (5/4) to Swiss Cheer (9-5) (Kempton 1m hcap (4) £6,469 AW).

RACING RESULTS

WETHERBY
 2.00: 1 ACCORDINGTOGINO H Skelton (3-10 fav); 2 Le Chevalier (4-1); 3 Bluefortytwo (10-1); 3 ran; 31; 301. D Skelton. Tr: £120; Ex: £160. Trifecta: £180, CF: £185.
 2.35: 1 SNOUGAR B Hughes (11-2); 2 Going Mobile (16-1); 3 Angel's Envy (9-1). 7 ran (The Crazy Moon 11-8 fav); 11; 9L. D McCain. Tr: £590; £250, £6.10. Ex: £87.80. Trif: £769.60. Trif: £392.20. CF: £70.10. Steel yard.
 3.10: 1 DIODORUS H Ryed (5-1); 2 Thor De Cerisy (6-4); 3 Young Lieutenant (5-4 fav). 5 ran. 17/4; 12L. T Davidson. Tr: £10.70; £1.80, £1.40. Ex: £13. Trifecta: £25. CF: £12.72.
 3.40: 1 MORTENS LEAM P K Donovan (7-1); 2 Frankie Ballou (8-1); 3 Maxed Out King (11-2). 7 ran (Envol De La Cour 6-4 fav). 7/4; hd. M Hawker. Tr: £8.60; £3.10, £3.60. Ex: £60.10. Trifecta: £262. CF: £54.35.
 4.15: 1 MAIN FACT Mr F Gillard (6-4 fav); 2 McGowan's Pass (7-1); 3 Flegmatic (3-1). 9 ran. 8/4; 5L. D Pipe. Tr: £22.20; £1.20, £2. £1.30. Ex: £13.90. Trif: £28.58. Trif: £39.80. CF: £13.01.
 4.45: 1 THE DAWN MAN B J Powell (2-1 fav); 2 Smuggler's Stash (16-1); 3 Spirit Of Hagle (1-1). 10 ran. 4/4; 27/4. M Scudamore. Tr: £2.90; £1.50, £4.30, £1.40. Ex: £31. Trif: £140.06. Trif: £163.70. CF: £31.84. NR: Trimmers L. P/POT: £399.30. Q/POT: £20.20.

GREYHOUND TIPS AND RETURNS

SELECTIONS
 ■NOTTINGHAM: 11.03 Slip The Gears (6-4); 11.19 Slaneville Agnes (4-1); 11.34 Tommy's Lott (4-5-6) 11.48 Narabane Blue (nap) (4-5-1) 12.04 Totally In Motion (1-4-3) 12.18 Salacres Django (2-4-6) 12.33 Colarhouse Daisy (nb) (4-2-6) 12.48 Salacres Maddy (5-4-1) 1.04 Honour Lightning (2-5-3) 1.19 Lindheadflurry (5-3-2) 1.33 Swift Mateo (5-6-2) 1.51 Jumeirah Echo (4-5-1)
 ■KINSLEY: 11.11 Ask Gary (nap) (4-2-6) 11.25 Itz Magic (4-3-1) 11.41 Stonepark Beauty (nb) (5-6-1) 11.55 Eskimo Star (2-6-5) 12.11 Russanda Ricky (1-6-5) 12.26 Ashbourne Queen (6-3-5) 12.42 While Ur (1-6-4) 12.57 Knotmor Lillie (6-5-4) 1.12 Zoos Jet (2-6-1) 1.27 Flagggy Gooey (4-2-1) 1.44 Drumfill Rocket (6-1-2) 1.59 Bielea (2-1-5)
 ■SUNDERLAND: 2.08 Gorrys Hulk (1-2-3) 2.27 Tanna Orion (nap) (1-5-2) 2.47 Gane Gallivanting (1-5-6) 3.07 Autum Marina (nb) (4-6-1) 3.27 Corrig Hugo (6-2-3) 3.47 Ferryforth Jack (2-5-1) 4.07 Banner Puma (3-6-1) 4.27 Dians Diamond (4-5-1) 4.46 All Come (1-3-2) 5.06 Trish Victoria (5-2-1) 5.22 Millstone Milly (5-2-1) 5.39 Balmoral Joey (2-3-6) 5.56 Jumeirah Rocky (5-1-3) 6.11 Westforth Suzi (1-2-6)
 ■HOVE: 2.12 Cragg Wood (1-5-4) 2.32 Get On Kylie (6-4-3) 2.52 Swift Overtime (nap) (3-2-4) 3.11 Classic Tune (2-3-1) 3.29 Giddyup Pope (5-4-3) 3.49 Wycombe Lady (4-2-3) 4.09 Go Get Em Oscar (nb) (2-4-1) 4.29 Farloe Flash (4-3-1) 4.48 Swift Flacira (4-5-2) 5.08 Swift Fanatic (5-3-6) 5.28 Racenight Elia (1-5-2) 5.44 Clairkiche (1-5-1) 6.02 Mellys Majestic (4-6-5) 6.19 Oran Fury (5-6-3)
 ■POOLE: 6.29 Linn Dubh Paddy (5-1-6) 6.47

GOING: STANDARD

TEMPLEGATE

- 5.00.....Red Stripes
 5.30.....Pumblechhook
 6.00.....Going Native
 6.30.....Parallel World
 7.00.....Al Suil Eile
 7.30.....Star Cracker

TOM PEPPER

- 5.00.....Red Stripes (nb)
 5.30.....Tigray
 6.00.....Warrior's Spirit
 6.30.....Silverturnstogold
 7.00.....Glory of Paris
 7.30.....Jem Scuttle

■TIC-TAC: Round left-handed all-weather fibreglass track which runs outside the turf course. There is a straight 5f course. ■DRAW: Low best from 6f to 1m. ■LEADING TRAINERS (2015-2020): M Appleby 101-792, K Burke 43-207, D Shaw 29-232, D Carroll 28-147. THIS SEASON: M Appleby 9, K Burke 6, R Brislard 5. ■TOP JOCKEYS (2015-2020): B Curtis 61-324, L Morris 59-501, A Mullen 42-416, A Rawlinson 42-275. THIS SEASON: B Curtis 14, A Rawlinson 6, J Hart 6. ■LONGEST TRAVELLER: Global Humor (5.00) & Star Cracker (7.30). Round trip of 564 miles. ■FIRST RUN SINCE WIND OP: Chelsea's Boy (6.00). ■LIVE ON SKY SPORTS RACING

7.00 HANDICAP (5); winner £3,429; 7f. (7 runners)

- 1 (5) 4188 CUSTARD THE DRAGON 18 (P;CD) J Mackie 7-9-9. J Fanning
 2 (1) 3165 AL SUIL EILE 25 (C,D) J Quinn 4-9-8. J Hart
 3 (6) 2454 GLORY OF PARIS 4 (V;D) M Appleby 6-9-7 L Morris
 4 (7) 94-2 CAPE GRECO 8 (E;D) G Kelleway 5-9-1. T Eley (5)
 5 (3) 5-16 REDESDALE REBEL 17 S Corbett 4-9-0. G Lee
 6 (4) 950 NICK VEDDER 12 (D) R Brislard 6-8-13. T Eaves
 7 (2) 3516 WAITAKI 6 (D) J Given 7-8-10. JP Sullivan

Al Suil Eile ● 99, Custard The Dragon 98, Glory of Paris 97.
 5-2 Cape Greco, 4 Waitaki, 5 Redesdale Rebel, Glory of Paris, 6 Al Suil Eile, 7 Custard The Dragon, 16 Nick Vedder

Sun Racing FORM

CUSTARD THE DRAGON (9-5) 20-1 raced wide towards rear, weakened over 3f out, 8th of 9 (btn 14) w Love Your Work (9-4) (Southwell 1m hcap (5) £3,429 AW). **AL SUIL EILE** (9-4) 4-1 one pace 1f out, 5th of 6 (11) to Sandridge Lad (9-7) (Southwell 6f hcap (5) £3,429 AW). **GLORY OF PARIS** (9-6) 10-1 took keen hold in rear, led 5f out, headed 1f out, no extra, 4th of 10 (btn 5) to River Dawn (9-4) (Lingfield 1m hcap (5) £3,429 AW). **CAPE GRECO** (8-13) 8-1 chased winner inside final furlong, one pace, btn 37/4 by Straitoutatcompton (9-7) (8 ran) (Southwell 1m hcap (6) £3,493 AW). **REDESDALE REBEL** (8-12) 7-1 one pace, 6th of 11 (47/4) to I Know How (8-10) (Newcastle 6f hcap (5) £3,429 AW). **NICK VEDDER** (8-12) 20-1 rear, 10th of 11 (77/4) to Split Down South (9-1) (Chelmsford 6f hcap (5) £4,787 AW). **WAITAKI** (9-1) 6-1 behind, late headway, 6th of 10 (btn 5) to Sonnet Rose (9-5) (Kempton 7f hcap (6) £3,105 AW).

7.30 HANDICAP (6); winner £2,782; 6f. (8 runners)

- 1 (6) 36/3 KARALINI 14 D P Quinn 4-9-7. P L Jamin (5)
 2 (4) 93-6 INTENSE STYLE 40 (D) P Quinn 8-9-6. G McEntee (5)
 3 (1) 8232 JEM SCUTTLE 14 (B,T) D Carroll 4-9-6. D Nolan
 4 (7) 5521 PUCHITA 8 (P;CD) A Brittain 5-9-5 (sex) C Hardie
 5 (2) 5779 ANDRE AMAR 3 R Brislard 4-9-2. T Eaves
 6 (3) 5595 AQUARIUS 5 (D) M Appleby 4-9-1. L Morris
 7 (5) 9-11 STAR CRACKER 32 (P;D) J Goldie 8-8-12. P Dennis
 8 (8) 700 WICKLOW WARRIOR 139 (P) P Niven 5-8-7. JP Sullivan

Andre Amar ● 99, Jem Scuttle 98, Star Cracker 97.
 5-2 Star Cracker, 11-4 Puchita, 4 Jem Scuttle, 7 Aquarius, 8 Karalini, 14 Andre Amar, 16 Intense Style

VIRGINIA CHICK (2.30 Exeter) is at his best in the mud and usually runs well here. He has had some help from the handicapper.

Ex: £21. Tricast: £251.37. Trifecta: £256.70. CF: £21.39. NR: Slowmo.
 6.15: 1 ORIGINAL CHOICE Hollie Doyle (11-2); 2 Deal A Dollar (7-2); 3 Cosmeopolitan (7-1). 4 ran (Sky Defender 4-5 fav), hd; 47/4. N Litmoden. Tr: £6.10; Ex: £19.40. Trif: £46.40. CF: £21.73. NR: Kodiak Harbour.
 6.45: 1 UNFORGIVING MINUTE A Kirby (4-7 fav); 2 Lady Resat (14-1); 3 Scofflaw (2). 7 ran. 7/4; 7/4. S. Curran. Tr: £1.50; £1.10, £4.20. Ex: £9.20. Trifecta: £20. CF: £9.76.
 7.15: 1 LITTLE RED SOCKS B Curtis (13-2); 2 Lovers Cry (14-1); 3 Dear Power (1-2 fav). 10 ran. 17/4; 2L. K Burke. Tr: £4.10; £2. £2.60, £1.10. Ex: £65.40. Trif: £622.90. CF: £78.45. NR: Kylla Looks.
 7.45: 1 BOWLING RUSSIAN George Rooke (7-2 fav); 2 Lakeview (9-2); 3 Feel Good Factor (11-1). 9 ran. 27/4; 7/4. G Baker. Tr: £4.1; £1.80, £2. £3.70. Ex: £18. Trifecta: £142.42. Trifecta: £140.10. CF: £17.62.
 JACKPOT: Not won, £162.92 c/o P/POT: £215.30. Q/POT: £342.90

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 JACKPOT: Not won, £162.92 c/o P/POT: £215.30. Q/POT: £342.90

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 6.15: 1 ORIGINAL CHOICE Hollie Doyle (11-2); 2 Deal A Dollar (7-2); 3 Cosmeopolitan (7-1). 4 ran (Sky Defender 4-5 fav), hd; 47/4. N Litmoden. Tr: £6.10; Ex: £19.40. Trif: £46.40. CF: £21.73. NR: Kodiak Harbour.
 6.45: 1 UNFORGIVING MINUTE A Kirby (4-7 fav); 2 Lady Resat (14-1); 3 Scofflaw (2). 7 ran. 7/4; 7/4. S. Curran. Tr: £1.50; £1.10, £4.20. Ex: £9.20. Trifecta: £20. CF: £9.76.
 7.15: 1 LITTLE RED SOCKS B Curtis (13-2); 2 Lovers Cry (14-1); 3 Dear Power (1-2 fav). 10 ran. 17/4; 2L. K Burke. Tr: £4.10; £2. £2.60, £1.10. Ex: £65.40. Trif: £622.90. CF: £78.45. NR: Kylla Looks.
 7.45: 1 BOWLING RUSSIAN George Rooke (7-2 fav); 2 Lakeview (9-2); 3 Feel Good Factor (11-1). 9 ran. 27/4; 7/4. G Baker. Tr: £4.1; £1.80, £2. £3.70. Ex: £18. Trifecta: £142.42. Trifecta: £140.10. CF: £17.62.
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 JACKPOT: Not won, £162.92 c/o P/POT: £215.30. Q/POT: £342.90

Ex: £21. Tricast: £251.37

EXETER

2.00 STARSPTS.BET NOVICES' HURDLE (Class 4); value to the winner £4,224; 2m 7f. (6 runners)

1 31-1F Eclair Surf 66 (C) E Lavelle 6-11-9 Adam Wedge 96
2 U1-41 THE JITTERBUG 24 (D) H Fry 7-11-9 Jonathan Burke 99
3 21-318 GETAROUND 24 (T) E Pickard 5-11-3 Bryan Carver (5) 91
4 P6423-4 SECOND CAPTAIN 87 R Mitford-Slade 8-11-3 James Best 87
5 1- YOUNG BUCK 380 (T*) P Nicholls 6-11-3 Harry Cobden 92
6 PP-234 JANESLITTLEVOICE 32 (H) R G Hawker 6-10-10 David Noonan 82
BETTING: 11-8 The Jitterbug, 11-4 Eclair Surf, 7-2 Young Buck, 10 Getaround
WHERE FAVOURITES FINISHED: 3
2019: Truckers Lodge 7-11-10 Lorcan Williams 3-1 (P Nicholls), 13 ran.

Sun Racing FORM

ECLAIR SURF fell latest, earlier (10-12) evens fav jumped well, made all, clear 3 out, easily, unchallenged, bt Kozier (10-12) 3/4 (11 ran) (Exeter 2/4m nov hdlc (4) £3,289 soft).

THE JITTERBUG (11-2) 9-2 led 3 out, ridden clear 2 out, bt Lies About Milan (10-13) 8/1 (7 ran) (Uttoxeter 2m 7f mdn hdlc (4) £3,769 heavy).

GETAROUND (11-3) 12-1 pushed along 4f out, 8th of 9 (bnt 24) to Ocean Wind (10-7) (Newbury 2m

2.30 WEATHERBYS TBA NOVICE HANDICAP CHASE (3); value to the winner £9,097; 3m. (6 runners)

1 -517024 VIRGINIA CHICK 11 (T;CD) E Williams 8-11-8 Isabel Williams (7) 98
2 110-855 SAMBURU SHUJAA 48 (BF) P Hobbs 7-11-5 Richard Johnson 85
3 41-5354 TRIO FOR RIO 24 (P) W Greatrex 7-11-5 Gavin Sheehan 97
4 4-2/P21 QUICK WAVE 19 (D) V Williams 7-10-13 Sam Twiston-Davies 92
5 834-121 FORTESCUE 38 (D) H Daly 6-10-11 Hugh Nugent (5) 92
6 58-52P1 HUGO 'N TAZ 68 (T) D Pipe 9-10-10 David Noonan 99
BETTING: 9-4 Quick Wave, 11-4 Fortescue, 10-3 Hugo 'n Taz, 7 Samburu Shujaa, 8 Trio For Rio, 10 Virginia Chick
WHERE FAVOURITES FINISHED: PU 2 PU abd 3
2019: Billy Bronco 8-10-10 Sean Bowen 15-2 (E Williams), 11 ran.

Sun Racing FORM

VIRGINIA CHICK (10-13) 9-1 held up, headway 6 out, kept on, 4th of 8 (bnt 29) to Springfield Fox (11-0) (Exeter 3m nov hcac ch (3) £10,397 heavy).

SAMBURU SHUJAA (11-9) 3-1 fav one pace, soon held, 5th of 8 (bnt 31) to Django Django (11-12) (Newbury 2m 7f hcac ch (3) £7,343 heavy).

TRIO FOR RIO (10-6) 11-2 outpaced 8th, plugged on, 4th of 6 (bnt 15) to Sussex Ranger (10-6) (Newbury 2m 7f nov hcac ch (3) £8,058 good).

QUICK WAVE (11-6) 13-8 led, not fluent 2nd, tried to refuse and headed 5th, lost five lengths but closed up

3.00 DAVY RUSSELL BLOG AT STARSPTS.BET.CO.UK HANDICAP CHASE (5); £3,899; 3m. (14 runners)

1 414P442 BIG MEADOW 24 (P;D) N King 9-11-12 Mr Jack Andrews (7) 98
2 7-53334 KILCREA BRIDGE 11 (B*,T;CD) R Hawker 9-11-9 William Marshall (7) 95
3 783P111 BALLYBREEN 29 (B;CD) E Williams 7-11-6 Conor Ring (3) 93
4 22-88U5 STEEL EXPRESS 32 L Blackford 8-11-5 Sean Houlihan (3) 85
5 -548417 GREAT TEMPO 42 (B,T) D Pipe 7-11-5 Mr Fergus Gillard (7) 96
6 414-134 KIWI MYTH 42 (P;CD) F M Shaw 8-10-12 Mr Michael Legg (5) 93
7 5-2P32P MOREEUE 196 (P;J) J Flint 11-10-12 Jamie Moore 99
8 4-54441 INSPIREUS 56 J W Mullins 7-10-11 Page Fuller (3) 93
9 -306862 BIG TIME FRANK 9 P Gundry 9-10-8 James Best 97
10 32/6-3P GENERAL GIRLING 24 (B;D) C J Gray 13-10-7 Rex Dingle 96
11 9537-16 TOUCH SCREEN 40 (P*) M Gillard 10-10-4 David Noonan 93
12 55/P-47 SUNNY LEDGED 28 (D) A Martin 15-10-3 Richard Patrick (3) 86
13 -7556P5 RUFFLING FEATHERS 46 (P*,T) C Tizzard 6-10-0 Harry Kimber (7) 93
14 5-64P39 MIDNIGHT MUSTANG 28 (P;D) A Martin 13-10-0 Benjamin Poste 95
BETTING: 7-2 Ballybreen, 6 Inspireus, 13-2 Kilcrea Bridge, 8 Big Time Frank, Big Meadow, 10 Ruffling Feathers, Kiwi Myth, 12 Moreeue, Great Tempo
WHERE FAVOURITES FINISHED: PU
2019: Kiwi Myth 7-9-12 Mr Michael Legg 16-1 (Mrs F M Shaw), 17 ran.

Sun Racing FORM

BIG MEADOW (11-9) 10-1 prominent, pecked 11th, reminder, outpaced, ridden 3 out, ran on, bnt 22) by Echo Watt (11-9) GENERAL GIRLING (10-4) 18-1 held up, reminders, tailed off when pulled up 11th (12 ran) (Uttoxeter 3m hcac ch (5) £2,989 heavy).

KILCREA BRIDGE (11-8) 5-2 fav plugged on, 4th of 9 (bnt 27) to Hang Tough (10-7) (Warwick 3/4m cond hcac hdlc (5) £3,249 heavy).

BALLYBREEN (10-12) 9-2 led 5th until 10th, led 12th until 13th, not fluent 2 out, ran on, led again finish, bt Real Armani (10-5) nk (10 ran) (Carlisle 3m nov hcac ch (4) £5,198 soft).

STEEL EXPRESS (10-5) 20-1 behind, struggling 4 out, 5th of 8 (well bnt) to Springfield Fox (11-1) (Chepstow 3m nov hcac ch (4) £4,289 heavy).

BALLYBREEN (10-6) 5-1 fav made all, stayed on gamely, unchallenged, bt Mount Oliver (10-9) 4/1 KIWI MYTH (10-10) 6-1 ran on, 4th (bnt 17) BIG TIME FRANK (11-0) 8-1 kept on, 6th (bnt 29) GREAT TEMPO (11-1) 6-1 every chanc, 7th (bnt 33) STEEL EXPRESS (11-9) 12-1 unseated rider at the start (12 ran) (Exeter 3m hcac ch (5) £3,379 heavy).

MOREEUE pulled up latest, earlier (10-11) 8-1 ran on, bnt 7/4 by Master Sunrise (11-4) (14 ran) (Worcester 2m 7f hcac ch (5) £2,989 good).

INSPIREUS (10-8) 6-1 pushed along 4

quickly by next, led 9th, headed last bend, led again 4 out, ran on, bt Everlanes (10-13) 8l (3 ran) (Leicester 2/4m hcac ch (3) £7,668 heavy).

FORTESCUE (11-6) 3-1 tracked leaders, driven into 2nd 4 out, led last, ridden out, stayed on, bt Big Nasty (11-12) 7/4 (5 ran) (Uttoxeter 3m nov hcac ch (4) £4,289 heavy).

HUGO 'N TAZ (10-10) 5-1 headway 5 out, chased leaders, led last, ran on, bt Cyclop (10-6) 4l TRIO FOR RIO (11-12) 7-2 prominent, driven 4 out, 5th (bnt 21) (9 ran) (Mkt Rasen 3/4m hcac ch (3) £12,512 soft).

GOING: SOFT (HEAVY IN PLACES)

TEMPLEGATE

2.00Eclair Surf (nb)
2.30Trio For Rio
3.00BALLYBREEN (nap)
3.30Mille Sussurri
4.00On The Road
4.30Demopolis

TOM PEPPER

2.00The Jitterbug
2.30Quick Wave
3.00Ballybreen
3.30JACK VALENTINE (nap)
4.00On The Road
4.30Sabbathical

TEMPLEGATE'S TRIO: Ballybreen and Eclair Surf (double, both Exeter) with Drenagh (Newcastle). TOM PEPPER'S DOUBLE: Jack Valentine (Exeter) and Red Stripes (Southwell). SUNRATINGS' NAP: HAUL US IN (4.20 Newcastle). SIRIUS, Sun On Sunday, nap: LORNA COLE (5.00 Southwell).

■TIC-TAC: R-H undulating track of 2m, with 11 fences to a circuit and a 170yd run-in. ■LEADING TRAINERS (2015-2020): P Hobbs 47-226, P Nicholls 37-129, C Tizzard 30-200, H Fry 29-86. THIS SEASON: H Fry 5, P Hobbs 5, A Honeyball 5. ■TOP JOCKEYS (2015-2020): R Johnson 41-193, S Twiston-Davies 24-109, H Cobden 18-112, Nick Schofield 17-173. THIS SEASON: A Wedge 5, B Carver 4. ■LONGEST TRAVELLER: Celma Des Bois (4.00) trained at Pulborough. Round trip of 322 miles. ■FIRST RUN SINCE WIND OP: Young Buck (2.00). ■JACKPOT: 1-6. ■LIVE ON RACING TV

3.30 DOWNLOAD THE STAR SPORTS APP NOW! MAIDEN HURDLE (4); winner £4,549; 2m 1f. (12 runners)

1 4906 ADAMS STAR 27 D Denis 5-11-2 Lee Edwards 91
2 12-P86 BONANZA SAM 13 J Mason 7-11-2 Nick Schofield
3 05 CANNIE LAD 9 M Harris 5-11-2 Daniel Sansom (3) 72
4 57P CARDIFF BAY 32 E Williams 5-11-2 Adam Wedge
5 29 FANFARON DINO 42 (H*) A Honeyball 5-11-2 Richie McLernon 74
6 P38P/P0 GORCOMBE'S RASCAL 11 (H*) J Frost 7-11-2 Bryony Frost
7 2-13322 JACK VALENTINE 24 (BF) V Williams 7-11-2 Charlie Deutsch 99
8 95 JOBSGRENAD 32 T R George 5-11-2 Jonathan Burke 80
9 37 MILLE SUSSURRI 62 H Fry 5-11-2 Richard Johnson
10 0-9 SHUTTHEGATE 27 J Spearing 6-11-2 Jamie Moore 85
11 0-5 TOMMIE BEAU 32 J W Mullins 5-11-2 Jeremiah McGrath
12 23 INNERPICKLE 41 N Hawke 4-10-8 David Noonan 82
BETTING: 13-8 Jack Valentine, 10-3 Fanfaron Dino, 4 Mille Sussurri, 10 Innerpuckle
WHERE FAVOURITES FINISHED AND 2019: No corresponding race.

4.00 CALL STAR SPORTS ON 08000 521 321 HANDICAP CHASE (4); winner £7,473; 2m 3f. (7 runners)

1 58-1U8P PARLOUR MAID 50 (T;D) R G Hawker 9-11-12 Brendan Powell 95
2 41-7P3P BALLYBOUGH NORA 67 (T*) J Scott 7-11-11 Matt Griffiths 97
3 4662U32 ON THE ROAD 32 (B) E Williams 10-11-9 Adam Wedge 98
4 953/11 CELMA DES BOIS 476 R Rowe 8-11-6 James Davies
5 711-224 TUDORS TREASURE 26 (CD) Robert Stephens 9-11-3 Tom O'Brien 97
6 -P587P8 ARCADE ATTRACTION 19 E Williams 6-11-2 Connor Ring (3) 89
7 2-32334 TRIPLE CHIEF 62 (P;CD) J Frost 9-10-13 Bryony Frost 85
BETTING: 9-4 On The Road, 11-4 Tudors Treasure, 10-3 Celma Des Bois, 8 Triple Chief, 10 Ballybough Nora, Parlour Maid, 16 Arcade Attraction
WHERE FAVOURITES FINISHED: 3 abd 5
2019: Kavanaghs Corner 10-10-7 Tom Scudamore 7-2 (S Earle), 8 ran.

Sun Racing FORM

PARLOUR MAID pulled up latest, earlier (10-9) 16-1 mid-distance, ridden 2 out, weakened, 8th of 9 (bnt 25) to Runasini River (10-8) (Fontwell 2/4m hcac hdlc (4) £3,769 soft).

BALLYBOUGH NORA pulled up latest, earlier (11-4) 8-1 in touch, every chanc, one pace, 3rd of 6 (bnt 9/4) to No No Juliet (10-13) (Southwell 3m nov hcac ch (4) £4,289 soft).

ON THE ROAD (11-7) 11-2 prominent, ridden 3 out, every chance 2 out, ran on, just failed, bnt hd by Indian Brave (11-12) (10 ran) (Chepstow 2m 3f hcac ch (4) £4,289 heavy).

CELMA DES BOIS (11-1) 7-1 led 3rd, mistakes, stayed on well, easily, bt Dalkadam (10-6) 5l (8 ran) (Lingfield 2/4m nov hcac ch (4) £5,458 soft).

TUDORS TREASURE (11-9) 17-2 handy, not fluent 11th, outpaced 4 out, kept on, 4th of 12 (bnt 7/4) to Minella Examiner (11-7) (Doncaster 3m hcac ch (4) £4,289 good to soft).

ARCADE ATTRACTION (11-9) 18-1 tailed off, 8th of 9 (well bnt) to Cavalry Scout (10-2) (Leicester 2/4m nov hcac ch (4) £4,809 heavy).

TRIPLE CHIEF (10-12) 9-2 led, headed 4 out, one pace, 4th of 6 (bnt 11) to Tea Time On Mars (11-6) (Exeter 2m 3f hcac ch (4) £6,563 soft).

4.30 STABLESOF EUROPE HANDICAP HURDLE (4); value to the winner £4,549; 2m 1f. (10 runners)

1 F04366 TOP GAMBLE 13 (B,T) Kerry Lee 12-11-12 Richard Patrick (3) 97
2 3752 MORNING SPIRIT 58 Jonjo O'Neill 5-11-12 Jonjo O'Neill Jr 91
3 3/6P-UP BUSTER MOON 59 J Scott 8-11-12 Nick Schofield
4 565-477 SHOW ON THE ROAD 42 (H;CD) F M Shaw 9-11-7 David Noonan 93
5 02-2678 NELSON'S TOUCH 34 J W Mullins 7-11-7 Daniel Sansom (3) 99
6 8P70314 SABBATHICAL 28 (BF) E Williams 5-11-0 Connor Ring (3) 99
7 32F-804 STAGE SUMMIT 224 J Du Plessis 7-10-13 James Best 85
8 0-P9411 DEMOPOLIS 5 (T) P Hobbs 6-10-11 Richard Johnson 98
9 9-00175 DAYTIME AHEAD 11 (C) R Hodges 9-10-11 Bryan Carver (5) 94
10 360 GIGA WHITE 13 E Williams 4-10-2 Adam Wedge 94
BETTING: 11-8 Demopolis, 4 Morning Spirit, 13-2 Sabbatical, 7 Giga White, 12 Top Gamble, 16 Show On The Road, Daytime Ahead, 20 Nelson's Touch
WHERE FAVOURITES FINISHED AND 2019: No corresponding race.

Sun Racing FORM

TOP GAMBLE (11-9) 14-1 led 4 out, driven and headed turning in, lost place 2 out, faded, 6th of 10 (bnt 19) to Bean In Trouble (11-1) (Ludlow 2m hcac hdlc (3) £6,238 soft).

MORNING SPIRIT (11-2) 5-1 headway 5th, plugged on, bnt 11) by Highway One O Two (11-8) (9 ran) (Plumpton 2m nov hdlc (5) £5,393 soft).

BUSTER MOON pulled up latest, earlier (11-3) 33-1 led 3rd, headed next, no extra 3 out, 6th of 13 (bnt 20) to Umbrigado (11-9) (Exeter 2/4m nov hdlc (4) £4,549 good to soft).

SHOW ON THE ROAD (11-11) 13-2 held up towards rear, 7th of 11 (bnt 38) to Endless Flight (10-13) (Exeter 2/4m hcac hdlc (4) £4,094 heavy).

TOP GAMBLE (11-9) 14-1 led, strongly challenged 3 out until next, faded, 6th of 8 (bnt 6) to Applesandpears (11-8) NELSON'S TOUCH (11-8) 11-1 handy, outpaced 3 out, soon beaten, last (bnt 13) (Leicester 1m 7f hcac hdlc (3) £8,058 heavy).

SABBATHICAL (12-2) 13-8 fav ridden 3 out, one pace, 4th of 10 (bnt 8) to Bertie Blake (11-1) (Sedgefield 2/4m hcac hdlc (5) £2,794 soft).

STAGE SUMMIT (11-0) 12-1 led until 2 out, soon weakened, 4th of 6 (bnt 29) to Organdi (10-12) (Southwell 2/4m hcac hdlc (4) £3,769 good).

DEMOPOLIS (11-7) 4-5 fav ran on to lead close home, bt All Good Things (11-4) nk (10 ran) (Ludlow 2m cond hcac hdlc (4) £4,938 soft).

DAYTIME AHEAD (10-8) 14-1 held up, never on terms, 5th of 7 (bnt 11) to Kilconny Bridge (10-11) (Exeter 2/4m hcac hdlc (3) £7,473 heavy).

GIGA WHITE (10-9) 50-1 14th of 16 (bnt 33) to Night Edition (10-9) (Ludlow 2m mdn hdlc (4) £4,224 soft).

BOX CLEVER

■TRAINERTRACE: EXETER 2.00 Young Buck J J Hanlon to P Nicholls, 4.30 Stage Summit B Pauling to J Du Plessis. NEWCASTLE 2.20 Dionysis W P Mullins to S Keniry. SOUTHWELL No qualifiers. ■HOT TRAINERS: A Britain 6 winners from 13 runners; D M Christie 3 from 5; T R George 4 from 13; H Daly 3 from 9; D Pipe 5 from 14. ■HOT JOCKEYS: Mr J Andrews 4 wins from 7 rides; R Johnson 4 from 7; C Hardie 8 from 20; D Nolan 3 from 8; J Burke 5 from 18; Jonjo O'Neill Jr 5 from 22; C O'Farrell 4 from 18. ■JOB JOCKEYS: SOUTHWELL None. EXETER R Johnson rides Mille Sussurri (3.30) for H Fry, 4 winners from 9 rides, 44%. H Cobden rides Young Buck (2.00) for P Nicholls, 206 from 754, 27%. NEWCASTLE B Hughes rides Diamond Brig (3.20) for N Alexander, 9 from 28, 32%. B Hughes rides Mayo Star (2.20), Wetlands (4.50) for N Richards, 37 from 128, 29%.

TEMPLEGATE'S TOP TIPS

★ **BALLYBREEN** (3.00 Exeter, nap) is a machine. He made it three wins on the spin at Carlisle and takes a drop in class today. He won well over course and distance before that and still looks on a fair mark.

★ **ECLAIR SURF** (2.00 Exeter, nb) can make waves. He found Grade 1 company too hot but won as he liked on his hurdle debut here. There is more to come.

★ **DRENAGH** (4.50 Newcastle, treble) was a good third on his bumper debut at Bangor last month. That experience should bring him on nicely.

QUICK ABC CHECK: E-Exeter, N-Newcastle, S-Southwell

Adams Star 3.30E
Al Sui Eile 7.00S
Andre Amar 7.30S
Aquarius 7.30S
Arcade Attraction 4.00E
Archippos 5.30S
Ashjan 3.50N
Augustus Caesar 5.00S
Ballybreen 3.00E
Ballybreen 3.00E
Beautiful Artist 6.00S
Beyondthefame 2.20N
Big Meadow 3.00E
Big Time Frank 3.00E
Bingo D'Olive 3.50N
Bonanza Sam 3.30E
Bonny Houty 2.20N
Buster Moon 4.30E
Cannie Lad 3.00E
Cape Greco 7.00S
Cape Hideaway 6.00S
Cardiff Bay 3.30E
Casimir Du Clos 2.50N
Celma Des Bois 4.00E
Chelsea's Boy 6.00S
Christmas In Usa 3.50N
Custard The Dragon 7.00S
Daniel Dravot 6.00S
Darius Des Sources 2.50N
Daytime Ahead 4.30E
Demopolis 4.30E
Diamond Brig 3.20N
Dionysis 2.20N
Donald Dux 2.50N
Dorothy's Flame 2.50N
Double Coffee 6.00S
Drenagh 4.50N
Eclair Surf 2.00E
Elite Icon 3.50N
Epsom Des Mottes 2.50N
Fableux Du Clos 4.50N
Fanfaron Dino 3.30E
First Flight 5.30S
Fortescue 2.30E
General Girding 3.00E
Get Help 3.50N
Get With It 4.50N
Getaround 2.00E
Giga White 4.30E
Glacier Fox 5.30S
Global Humor 5.00S
Glory of Paris 7.00S
Going Native 6.00S
Gorcombe's Rascal 3.30E
Great Tempo 3.00E
Haul Us In 4.20N
Hidden Dilemma 4.20N
Howardian Hills 6.00S
Hugo 'n Taz 2.30E
Innerpuckle 3.30E
Inspireus 3.00E
Intense Style 7.30S
Jack Valentine 3.30E
Janeslittlevoice 2.00E
Jem Scuttie 7.30S
Jobsgreen Lad 3.30E
Karalini 7.30S
Kilcrea Bridge 3.00E
Kings Eclipse 3.20N
Kiwi Myth 3.00E
Lorna Cole 5.00S
Lostock Hall 3.50N
Lucuo 3.50N
Marvellous Joe 2.20N
Masham Star 6.30S
Mayo Star 2.20N
Midnight Mustang 3.00E
Mille Sussurri 3.30E
Molly Carew 4.20N
Moreeue 3.00E
Morning Spirit 4.30E
Motaawafeg 6.30S
Moveonup 5.00S
Muhtarun 4.50N
My Strong Man 2.50N
Nautical Haven 5.00S
Nelson's Touch 4.30E
Nick Vedder 7.00S
Nyofsea 4.50N
On The Road 4.00E
On We Go 2.50N
Orkan 3.50N
Oscar Ceremony 3.20N
Parallel World 6.30S
Parlour Maid 4.00E
Pc Dixon 3.20N
Permission Granted 2.50N
Puchita 7.30S
Pumblechook 5.30S
Quick Wave 2.30E
Rapid Fritz 2.20N
Red Stripes 5.00S
Redesdale Rebel 7.00S
Ruffling Feathers 3.00E
Sabbatical 4.30E
Samburu Shujaa 2.30E
Sandy Street 5.30S
Seapoint 2.50N
Second Captain 2.00E
See Forever 2.50N
Sellingaltheime 6.00S
She'sasupermad 4.20N
Show On The Road 4.30E
Showstutal 6.00S
Shutthegate 3.30E
Silverturnstogold 6.30S
Six Strings 5.00S
Skynhill 3.20N
Slaime Mhor 2.20N
Speak Of The Devil 3.20N
Stage Summit 4.30E
Star Cracker 7.30S
Steel Express 3.00E
Stolen Money 4.50N
Sunny Legend 3.00E
Ted Veale 3.50N
That's Your Lottie 4.50N
The Black Squirrel 2.50N
The Jitterbug 2.00E
Tigay 5.30S
Tommie Beau 3.30E
Touch Gamble 4.30E
Touch Screen 3.00E
Trio For Rio 2.00E
Triple Chief 4.00E
Tudors Treasure 4.00E
Vampish 5.30S
Virginia Chick 2.30E
Waitaki 7.00S
Warrior's Spirit 6.00S
Wetlands 4.50N
Whispering Waters 2.50N
Wicklow Warrior 7.30S
You're Cool 5.00S
Young Buck 2.00E
Zeyzoun 6.30S

Joe backs brisk Ben

By JOHN ETHERIDGE

JOE ROOT urged England talisman Ben Stokes to fill the fast bowling hole left by Mark Wood's injury.

Captain Root reckons all-round king Stokes has the pace to give Sri Lanka's batsmen big problems on this month's two-Test tour.

Wood was ruled out after he tore a side muscle at the end of the recent series in South Africa.

Root, who jetted to Sri Lanka with the squad last night, said: "I'm gutted for Woody, he works so hard.

"But thankfully we have a superstar in Ben Stokes who isn't too far behind in terms of pace and has good experience of how to take wickets in Sri Lanka. "He's more than capable of having a big impact."

Smith to skip job

STEVE SMITH has ruled out a tilt at regaining the Australia captaincy.

Smith will be free to lead his country again at the end of March after a two-year ban following the ball-tampering scandal.

But the star batsmen, 30, said: "I'm pretty chilled to be honest.

"I'm enjoying playing and being among the boys. It's been good.

"I'll support the team any way I can, hopefully score some runs, and do my job that way."

● AUSSIE Women reached the T20 World Cup semi-finals with a four-run win over New Zealand. Star player Ellyse Perry is likely to miss Thursday's clash with either England or South Africa after injuring her hamstring.

TOMMY'S ON BRIDAL PATH

TOMMY FLEETWOOD needs to win on the PGA Tour — and soon — to lose his reputation as the 'British Bridesmaid'.

The Southport star blew another great chance to open his account in the States when he surrendered the 54-hole lead at the Honda Classic. He ended up dropping to third behind first-time winner Im Sung-jae.

Fleetwood (*below*), 29, was still in with a chance after finding the fairway with a 304-yard drive on the par-five closing hole.

That left him a 234-yard five wood to set up the birdie he needed to catch Im — or an eagle for victory.

But he carved his approach into the water, and his bogey for a one-over-par 71 left him two shots adrift of 21-year-old Im and one behind Canadian Mackenzie Hughes. The top two both shot 66.

It was Fleetwood's 64th start on the PGA Tour — and the near-misses are mounting up.

The world No10 — the only player in the top 20 without a win on the US circuit — said: "I'm not going to lie and say I don't really mind about winning in America. Of course, I do. I want to win everywhere.

"It's disappointing and I will be thinking about it. "But I definitely will not second-guess the decision to go for the

Lee Westwood, 46, moved up to 28th in the world after his tie for fourth. It follows his January win in Abu Dhabi when Fleetwood took a share of second place!

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Red alert

JOHNNO WARNING

MARTIN JOHNSON still gets stick from Wales fans for his **ONLY** Championship defeat to them as a player 21 years ago.

So it is no surprise he is warning Eddie Jones' boys to be on Red Alert this Saturday.

Despite toppling Wales the other eight times he played them, Johnson is still reminded about one fateful day in 1999 when Scott Gibbs' late winner at Wembley crushed England's Five Nations Grand Slam dream.

Legendary 2003 World Cup-winning skipper Johnno said: "We shouldn't have lost to them at Wembley in '99 – that was ridiculous. We were three tries to nil up at half-time."

"Of all the nations, the Welsh rugby team represent their country more than anyone else. When they won the Slam last year it was huge for the nation – and good on them."

"They want to come here to Twickenham and win. They see the English in their Barbour jackets and you can see why they want to do it."

"But I also remember they came here in '94 and were going for a Slam."

"We were on the bus to Twickenham and a Welsh fan had a T-shirt celebrating their win **BEFORE** the game."

"Our guys were like, 'No way we are losing'. And we beat them – you just don't want to lose to them as the one you do is the only one they ever talk about."

Land Rover ambassador Johnson (*right*) says England need to start Saturday's game as they did in the win over Ireland last time out.

He added: "They should be thinking this is a really dangerous game against a Wales team who have had a couple of defeats and have nothing to lose."

"They will come and have a real go. England need to be on red alert and play with an intensity that they started the Ireland game



EXCLUSIVE by JONNY FORDHAM

with and not give these guys any sort of break. Get on top early and make it difficult."

After starting with defeat to France in Paris, sneaking past Scotland in a storm and finally turning it on against Ireland, Johnno has also called for more consistency from England.

The ex-Red Rose boss, who won three of four Six Nations games as coach against Wales, said: "Even when you don't have a great day, it's about being a team who still finds ways to win it."

"No one can be thinking they're undroppable right now either."

"You can't be a top player if you play well now and then as that kills you as a team when you don't know what you're going to get."

"So that is England's goal – to be more consistent."

Wales are set to give Dan Biggar every chance to get over his knee injury and feature – but the star fly-half remains a huge doubt.

Boss Wayne Pivac does have wing George North back in full training after a head injury, while scrum-half Rhys Webb is hoping to be involved now he is back in the international fold.

Webb became the big victim of Wales' 60-cap rule on selection when he moved to France. But after being released by Toulon, he has joined Bath until the end of the season before moving to Ospreys.

Webb said: "I've missed Test rugby. It's been brilliant being back involved with Wales."

The international stage is where every player wants to be."

● Martin Johnson is a Land Rover ambassador. Land Rover has been helping rugby fans discover the sport for over 20 years. Visit LandRover.co.uk



TOY STORY . . .
Asher-Smith with the Barbie replica doll

Dina's dolled up!

DINA ASHER-SMITH reckons being immortalised as a Barbie doll is one of her biggest achievements.

Ahead of International Women's Day on Sunday, Great Britain's fastest female runner got her own replica doll.

Sprinter Asher-Smith, who won three medals at the last IAAF world championships, will be among the favourites to win gold at the Olympics in August.

The Londoner, 24, said: "For Barbie to champion female athletes and different sports shows future generations that anything is possible."

"I hope little girls will see my doll and be inspired to take up and continue to enjoy sports."

"There are so many amazing things that have happened because of my love for running – but having my own Barbie is definitely up there."

Shaun in Cup vow

By **GARY CARTER**

SHAUN WANE will not be celebrating if he guides England to next year's World Cup final – only if they win it.

The new national boss names his first group of players in line to face Australia in the autumn's Ashes series today.

SunSport understands Castleford's Paul McShane, Ryan Sutton of Canberra Raiders and Hull FC's Josh Griffin are set for a place before the final squad is named for the Tests in October and November.

It will give boss Wane an idea of his plans for next year's World Cup on home soil.

England lost 6-0 to the Aussies in the 2017 final.

And Wane added: "We can't celebrate getting to a World Cup final."

"If I don't get to a World Cup final and win, it's a disaster."

"I'm not prepared for not winning it. If we don't win it, that's it."

"We haven't beaten Australia for a long time and I'm embarrassed by that."

Hoy fears Brit woe

By **ROB MAUL**

CHRIS HOY has warned Team GB will not dominate cycling at the Tokyo Olympics.

Britain finished seventh at the Track Cycling World Championships in Berlin, winning just one gold, two silvers and a bronze.

It was their worst performance before an Olympics for 20 years.

Team GB won 11 cycling medals at Rio 2016.

But six-time Olympic champ Hoy, 43, said: "There are some positives but, on the whole, it was a bit of a shock."

"The odds are Britain are not going to dominate in the way they have."

"It's not a time to panic. They're not underperforming, it's that the world has moved on."

JOSHUA TO PUL ON HIS SPURS

ANTHONY JOSHUA cannot wait to return to London after confirming his June 20 fight with **Kubrat Pulev** at Tottenham's stadium.

Brit AJ spent 2019 losing and winning heavyweight world title fights with Andy Ruiz Jr in New York and Saudi Arabia.

The IBF have demanded he defend their belt, as well as his WBA and WBO straps, against mandatory challenger Pulev.

And Joshua, 30, said: "I'm back in my home city after some time away."

"A spectacular stadium has been built in

By **WALLY DOWNES Jr**

north London and I'm honoured to bring the boxing community from all over the world to witness us make history with the stadium's first heavyweight world title fight.

"The belts go back up in the air and nothing will stop me from being victorious."

Joshua (*right*) and Bulgarian Pulev, 38, were going to fight in Cardiff in 2017 before a shoulder injury sidelined the challenger.

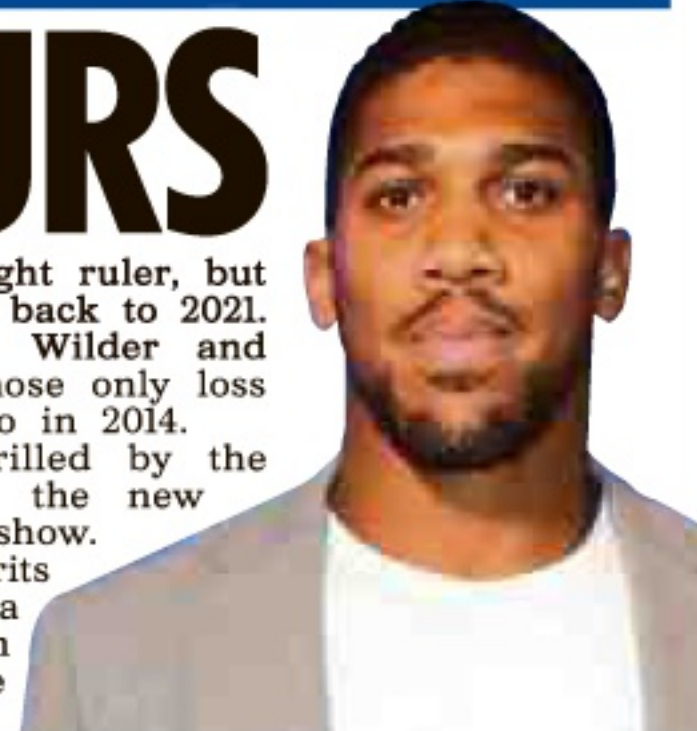
The world wants to see Joshua and newly-crowned WBC king Tyson Fury clash to

decide the undisputed heavyweight ruler, but that is now likely to be pushed back to 2021.

Fury must rematch Deontay Wilder and Joshua must hold off Pulev, whose only loss came against Wladimir Klitschko in 2014.

Joshua fans will not be thrilled by the underwhelming opposition, but the new venue should help sell out the show.

Pulev, who has beaten Brits Michael Spott, Derek Chisora and Hughie Fury, said: "I am happy to be able to show the world how strong I really am."



CORONAVIRUS EMERGENCY

CRISIS TALKS

From Back Page

likely to spread widely. That increases the likelihood of sport being told to postpone fixtures altogether or agreeing to them being played in front of TV cameras and banks of empty seats.

SunSport understands the FA will accept all government advice and not put up any arguments to contradict the views of health experts.

If health chiefs were to order the postponements for a short period, games could still be rescheduled to complete the season on time.

But if the embargo were to be any longer, playing behind closed doors would become a serious option.

One issue, however, would be the possibility of fans congregating outside grounds with matches taking place inside — with Liverpool's imminent coronation as champions an obvious potential fan magnet event.

FA chiefs, aware of the financial impact on smaller clubs who are more reliant on gate income, will look at the possibility of solidarity payments to help them cope with the cash shortfall.

Uefa president Aleksander Ceferin led the brief debate on the issue during yesterday's meeting of the ruling executive council, which one insider said lasted just "two minutes" during the two-hour meeting.

Ceferin said: "Everybody stay calm. We must be guided by the authorities and our respective governments."

Uefa has big decisions to make with the last-16 stages of both the Champions League and Europa League being held next week and the Euro 2020 play-offs involving Scotland, Northern Ireland and Republic of Ireland scheduled for the final week of the month.

The FA currently has no plans to call off the Euro 2020 warm-ups with Italy and Denmark at Wembley later this month, while the fate of Euro 2020 is not currently even a discussion at this stage.

Meanwhile, **SIX NATIONS** chiefs are confident England's clash with Wales at Twickenham on Saturday will go ahead, despite Ireland v Italy the same day being postponed.

After yesterday's summit in Paris, a statement read: "Six Nations and its six unions will

ENGLAND FOOTBALL

FA, Prem and EFL bosses discussing playing games behind closed doors

England friendlies with Italy and Denmark are ON at the moment, subject to govt. intervention

HORSE RACING
Cheltenham Festival - it's business as usual at present

ATHLETICS
London Marathon - chiefs monitoring situation before the April 26 event

RUGBY UNION
Six Nations - England's March 14 clash in Italy goes ahead. Ireland's game at home to the Azzurri already off

SPAIN FOOTBALL

Valencia may refuse to let in Atalanta fans for CL 2nd leg clash on March 10

FRANCE FOOTBALL

PSG v Dortmund CL 2nd leg on March 11 is at risk

ATHLETICS
Paris Marathon cancelled

TENNIS
No word yet on French Open

CHINA FORMULA ONE

Grand Prix on April 19 already called off

ATHLETICS

World Indoors from March 13-15 cancelled

GOLF

China Open postponed

SNOOKER

China Open cancelled

JAPAN FOOTBALL

ALL J League games postponed until middle of the month

OLYMPICS
Organisers claim it's business as usual, though some feel the Games are likely to take place in empty stadia without fans in Tokyo

SWITZERLAND FOOTBALL

ALL this weekend's top tier and second division games have been postponed

ITALY FOOTBALL

Three rounds of Serie A matches in north of the country suspended by the government

EURO 2020

Situation unclear regarding play-off matches due for this month. Finals due to be held at Wembley, Munich, Rome, Baku, St Petersburg, Bucharest and Amsterdam - status uncertain, situation being monitored by Uefa

AUSTRALIA FORMULA ONE

Top brass insist the season curtain-raiser on March 15 will go ahead, along with Bahrain GP on March 22 and Vietnam GP on April 5

GLOBAL SPORT - STATE OF PLAY

strictly follow any directive given that would impact sporting events. "As it stands, based on the latest information, all Six Nations matches currently scheduled are set to go ahead."

England's **CRICKET** stars have been banned from shaking hands because of worries over the deadly virus, which has claimed the lives of more than 3,000 people.

Captain Joe Root and his players flew out of Heathrow last night for their one-month, two-Test

tour of Sri Lanka. Root revealed: "We're not shaking hands, we're fist-bumping."

"There's no suggestion the tour will be affected but it's an evolving situation, so we are in regular contact with the authorities."

FORMULA ONE is facing a "moving target" when it comes to dealing with spread of the coronavirus.

The Chinese Grand Prix has already been postponed, while the Australian, Bahrain and Vietnam GPs are in doubt. Race bosses

insist all three are going ahead as planned — but Williams' deputy team principal Claire Williams said: "We are a global sport travelling around the world with thousands of people."

"We have to behave responsibly and at the moment it is a moving target. We are taking advice but it is changing by the hour."

A top British **CYCLING** chief says it is possible the Tokyo Olympics will go ahead behind closed doors. National performance director

Stephen Park explained: "You'd struggle to find a day when the Olympics didn't take part for any reason."

"We are not worried. We will get on and prepare as if they are going to happen. That's all we can do."

PDC **DARTS** chiefs have released guidelines to players and said oche handshakes are not necessary.

There are no plans to cancel Thursday's Premier League event in Exeter or the UK Open in Minehead this weekend.

CAN KLOPP BOUNCE BACK?

FA CUP 5TH ROUND

CHELSEA v LIVERPOOL

COVERAGE FROM 7:00PM, KICK-OFF 7:45PM **talkSPORT**

WEST BROM v NEWCASTLE

COVERAGE FROM 7:00PM, KICK-OFF 8:00PM **talkSPORT**

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Gareth ready to Cro again

GARETH SOUTHGATE faces another potential clash with World Cup conquerors Croatia in tonight's Nations League draw.

England boss Southgate flies to Amsterdam with questions over the fitness of Harry Kane and Marcus Rashford and the form of keeper Jordan Pickford ahead of Euro 2020.

But the Three Lions chief will also discover who his side face in the opening six games of next season.

And that could include yet another pair of clashes with Euro 2020 group rivals Croatia.

Kane's winner in a 2-1 Wembley victory sent England into last year's inaugural finals event and doomed the Croats to third place.

But Uefa changed the competition format, which reprimed third-place finishers – including Croatia and Germany – as the Nations League tiers now consist of 16 teams, split into four groups of four.

England join Switzerland, Holland and Portugal in the top pot, with only the group winners progressing to the finals in 2021.

The worst-case scenario could see Southgate's team face world champs France, Croatia or Germany and Denmark.

They could however end up with a group of Iceland, Italy and Bosnia.

England seem destined to play Croatia, given events since 2018 and that heartbreaking semi-final defeat in Moscow.

Southgate's side drew 0-0 with the Croats in Rijeka in the first Nations League before

From **MARTIN LIPTON** in Amsterdam

Kane's goal in November 2018 sealed top spot.

They were drawn to play Croatia again in the June Euro 2020 opener at Wembley.

Tonight's draw for September, October and November games also fires the starting pistol on qualification for the Qatar 2022 World Cup.

The official European qualifying group draw will be held after the Nations League, using the competition to decide seedings.

Europe gets 13 World Cup spots between ten qualifying groups.

Only the group winners will qualify automatically with the ten runners-up going through to a 12-team play-off series in March 2022.

The final two positions in that tournament will be given to the two best Nations League performers to not qualify either automatically or for the play-offs.

CHAMPIONSHIP

GIFT OF THE GRAB

Lewis pounces to snatch point

By **OSCAR PAUL**

LEWIS GRABBAN'S bizarre leveller left Middlesbrough marooned in the drop zone.

The Teessiders were on course for a first win in 11 games when Grabban popped up to earn Nottingham Forest a point in freakish fashion.

He got a toe to a shot from Joe Lolley on 86 minutes.

And although his touch initially went away from goal, the wicked spin on the ball saw it completely change direction and bounce back over the line.

It was hugely unlucky for Boro but boss Jonathan Woodgate felt it should have been disallowed for Grabban "backing into" the keeper.

He raged: "Nine out of ten that is not counted – I thought

Middlesbrough.....2
Nottm Forest.....2

it was a bad decision. Any contact on the keeper is normally given.

"Grabban backed in, looked where he was and put his arm across his chest so he could get nowhere near it."

Woodgate's side are in deep trouble – a point from safety in the relegation zone.

Boro chairman Steve Gibson gave Woodgate his backing before the clash.

And Woody added: "I'm lucky to have a chairman as good as Steve Gibson."

"A lot of managers don't know their chairman and have never met them. He realised it's difficult with the players

we have lost. He understands the whole picture."

Ryan Yates fired Forest in front from the edge of the box on 29 minutes and it sparked Boro into action.

Hayden Coulson forced Forest keeper Brice Samba into a fingertip stop and the hosts were soon level.

A 40th-minute free-kick saw Harold Moukoudi nod back across goal for Rudy Gesteau to bundle home.

Four minutes later, they were ahead when Coulson teed up Lewis Wing to make it 2-1.

Forest are now fourth, six points clear of seventh place.

Boss Sabri Lamouchi said of his side's late leveller: "Grabban never touched the keeper."

"He disturbed him, OK, but it was not a foul. I am happy for Lewis but our performance was unacceptable."

Dier case for the defence

ERIC DIER insists he is a centre-back – and wants to continue playing there.

The Tottenham star has made a name for himself for both club and England as a holding midfielder.

But he says the time has come for him to play in his preferred role in the centre of defence.

Dier played for Spurs at the back against Wolves on Sunday and, despite his side's 3-2 defeat, was praised for his display by boss Jose Mourinho.

He said: "It's obviously very nice of him to see that and that's the position I see myself playing."

"That's where I see my future."

Previous boss Mauricio Pochettino switched Dier to midfield after signing him from Sporting Lisbon for just £4million in 2014 as a right-back who could also play centre-half. His

By **PAUL JIGGINS**

displays in the middle of the park earned him England recognition and nearly all his 40 caps have been there.

There was no sign Dier, 26, was unhappy in midfield and he had never publicly staked his claim for a central defensive spot at Spurs before now.

But he said: "The old manager knew where I stood for a long time about my position and centre-back is where I see my future and I think where I can be the best I can be."

"I'm happy I got the chance to play there under Mourinho."

"I always knew it would happen eventually."

"Now I'm at a stage in my career where I want to be playing in my best position."

Top Tips

by **FINLO CLARKSON**

in association with

William HILL

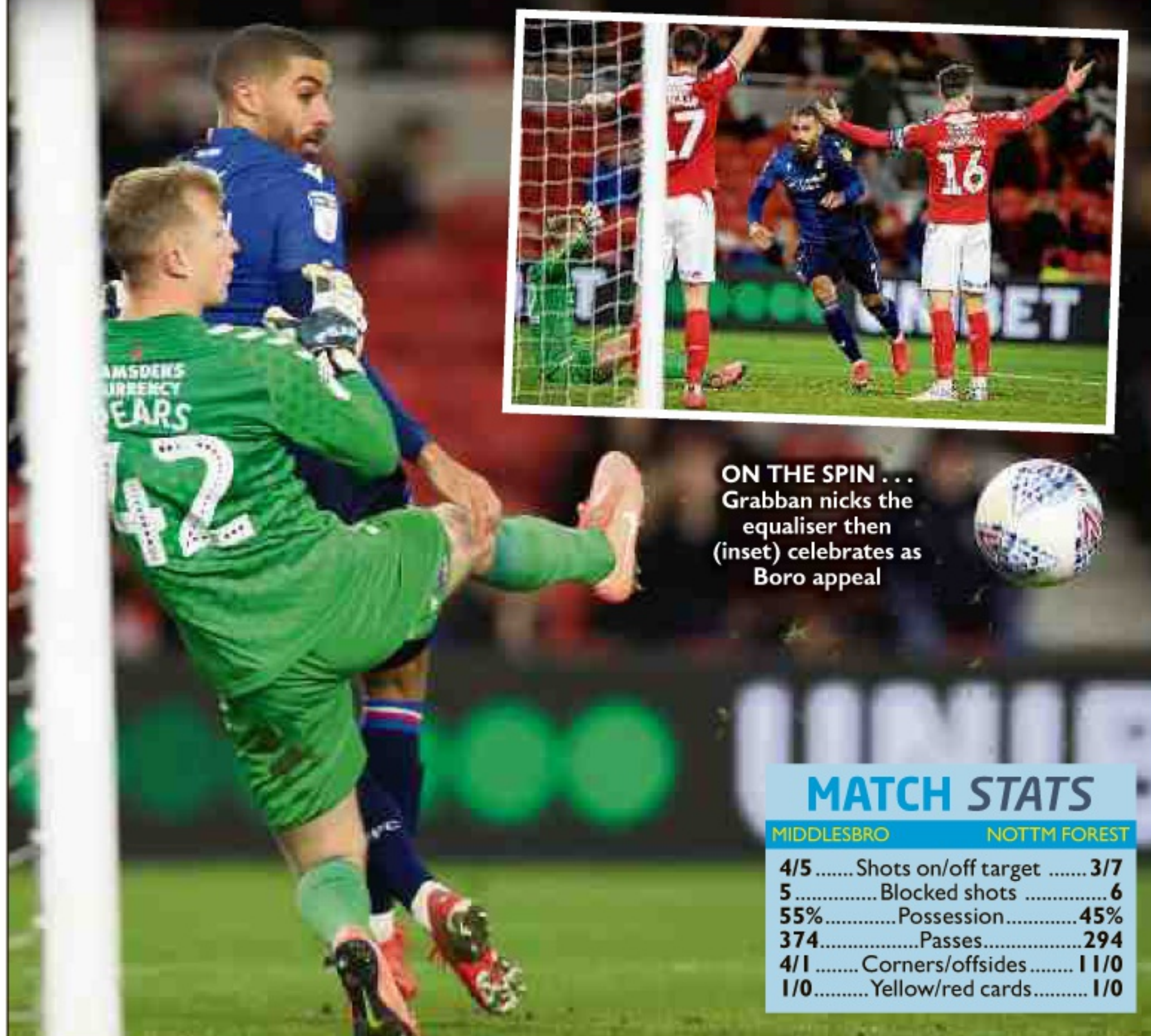
LIVERPOOL lock horns with Chelsea in the tie of the FA Cup fifth round tonight.

The Reds should make plenty of changes after the shock 3-0 loss at Watford – and Alex Oxlade-Chamberlain is 4-1 to score at any time.

A win for the Merseysiders combined with victory for West Brom, who host Newcastle, with all four teams scoring is a tempting 21-1.

DIAMOND: Liverpool to qualify, 19-20.
NEXT BEST: Alex Oxlade-Chamberlain to score anytime, 4-1.
LONGSHOT: Liverpool and West Brom both to win and BTTS, 21-1.

(All odds supplied by William Hill)



ON THE SPIN...
Grabban nicks the equaliser then (inset) celebrates as Boro appeal

MATCH STATS

MIDDLESBRO	NOTTM FOREST
4/5.....Shots on/off target.....	3/7
5.....Blocked shots.....	6
55%.....Possession.....	45%
374.....Passes.....	294
4/1.....Corners/offsidess.....	11/0
1/0.....Yellow/red cards.....	1/0

SPORTS ROUND-UP: RESULTS & FIXTURES

FOOTBALL

SKY BET CHAMPIONSHIP TABLE							
	P	W	D	L	F	A	Pts
West Brom	36	19	12	5	64	37	69
Leeds	36	20	8	8	54	30	68

Fulham	36	18	9	9	51	37	63
Nottm For	36	16	12	8	48	35	60
Brentford	36	16	9	11	59	33	57
Preston	36	16	8	12	49	42	56

Bristol City	36	15	9	12	50	52	54
Blackburn	36	14	11	11	52	42	53
Swansea	36	13	13	10	46	45	52
Millwall	36	12	15	9	41	40	51
Cardiff	36	12	15	9	50	50	51
Sheff Wed	36	13	9	14	46	44	48
Derby	36	12	12	12	46	49	48
QPR	36	13	8	15	55	61	47
Birmingham	36	12	11	13	47	54	47
Reading	36	12	9	15	43	41	45
Huddersfield	36	11	9	16	45	56	42
Hull	36	11	8	17	48	58	41
Wigan	36	10	10	16	38	50	40
Charlton	36	10	9	17	44	53	39
Stoke	36	11	6	19	44	54	39

Middlesbro	36	8	14	14	36	47	38
Barnsley	36	8	10	18	42	60	34
Luton	36	10	4	22	43	71	34

EMIRATES FA CUP: Fifth Round	
PORTSMOUTH (0) 0	ARSENAL (1) 2
Att: 18,839	Sokratis 45
	Nketiah 51

SKY BET CHAMPIONSHIP	
MIDDLESBRO (2) 2	NOTTM FOR (1) 2
Gesteau 40	Yates 29
Wing 44	Grabban 86
	Att: 18,884

BETVICTOR NORTHERN PREMIER	
Basford Utd 0	Nantwich Town 2

CRICKET

ICC WOMEN'S T20 WORLD CUP	
(Australia) Group A (Melbourne)	
Australia 155-5 (Mooney 60) v New Zealand 151-7	Australia bt New Zealand by 4 runs.

ICC WOMEN'S T20 WORLD CUP	
(Australia) Group A (Melbourne)	
Bangladesh 91-8 (Siriwardene 4-16) v Sri Lanka 92-1	Sri Lanka bt Bangladesh by 9 wkts.

P	W	L	DNR	Pts	NRR
India (Q)	4	0	0	0	8 0.98
Australia (Q)	4	3	1	0	6 0.97
New Zealand	4	2	2	0	4 0.36
Sri Lanka	4	1	3	0	2 -0.40
Bangladesh	4	0	4	0	0 -1.91

SECOND TEST MATCH (Christchurch): 3rd day of 5 - India 242 (Vihari 55, Pujara 54, Shaw 54; Jamieson 5-45) & 124 (Boult 4-28) v New Zealand 235 (Latham 52; Mohammed Shami 4-81) & 132-3 (Blundell 55, Latham 52). New Zealand bt India by 7 wkts.

TOUR MATCH (Wollongong): 1st day of 4 - New South Wales XI 242-4 (Hackney 95, Sangha 85) v England Lions.

TENNIS

WTA LYON OPEN (France): 1st Rd - A van Uytvanck (Bel) bt K Kawa (Pol) 6-1 6-3; Y Bonaventure (Bel) bt M Kostyuk (Ukr) 6-4 6-4; I Bara (Rom) bt T Babos (Hun) 6-3 6-7; J Cristian (Rom) bt P Hon (Aus) 6-2 6-0; A Cornet (Fra) bt A Lottner (Ger) 7-5 6-0; C Garcia (Fra) bt G Minner (Bel) 6-4 1-6 7-6; A-L Friedsam (Ger) bt A Komardina (Rus) 6-2 6-2.
--

WTA ABIERTO CNP SEGUROS (Monterrey, Mexico): 1st Rd - M Bouzkova (Cze) bt K Kucova (SVK) 6-4 6-2; R Peterson (Swe) bt K Kozlova (Ukr) 3-6 7-6 6-4; Y Wang (Chn) bt L Arruabarrena (Spa) 6-4 6-4. Doubles: Selected 1st Rd - J Konta & E Svitolina (Ukr) bt S Errani (Ita) & D Seguel (Chi) 7-6 6-3.

TODAY'S SPORT

(7.45 unless stated)

EMIRATES FA CUP Fifth Round

Chelsea v Liverpool.....	8.0
Reading v Sheff Utd.....	8.0
West Brom v Newcastle.....	8.0

SKY BET LEAGUE ONE Ipswich v Fleetwood.....

SKY BET LEAGUE TWO Exeter v Crewe.....

Plymouth v Grimsby.....

Swindon v Scunthorpe.....

LADBROKES PREMIERSHIP - Hibernian v Hearts.

LADBROKES CHAMPIONSHIP - Ayr v Dundee Utd, Dundee v Alloa, Inverness CT v Morton, Partick v Queen of South.

LADBROKES LEAGUE ONE - Clyde v Montrose, Dumbarton v Forfar, Raith v Falkirk.

LADBROKES LEAGUE TWO - Cowdenbeath v Albion, Stirling v Stenhousemuir.

THE BUILDBASE FA TROPHY: Qtr-Final - Concord Rangers v Royston Town.

VANARAMA NATIONAL LEAGUE - AFC Fylde v Notts County, Barnet v Boreham



SOUTHGATE... option

Fod and country

By **MARTIN BLACKBURN**

PHIL FODEN hopes his dazzling Wembley display will have caught the eye of England boss Gareth Southgate.

The Manchester City starlet was man of the match as his team edged out Aston Villa to win the Carabao Cup.

Unfortunately Southgate was at Goodison Park on Sunday but assistant Steve Holland was in London for the showpiece final.

Foden, 19, is believed to be under consideration for the Euro 2020 warm-up matches against Italy and Denmark at the end of this month.

He is keen to step up from the Under-21s and said: "Hopefully Gareth was watching the final – and hopefully he saw things that he liked."

"That's all I can do, show what I can every time I play and see where it takes me."

"I haven't spoken much with Gareth – but he's said he is keeping a close eye on me."

"I want to be there yet it's very difficult with all the players we have."

Claudio's New test

CLAUDIO BRAVO is weighing up a summer move to New York City.

The Manchester City keeper, 36, is out of contract this summer and wants to play regularly.

And a switch to City's sister club in the MLS is an option for the Chilean.

Several Spanish clubs are also interested in the ex-Barcelona man, while he would not rule out staying in England if a Premier League club came in.

City are set to use USA keeper Zack Steffen, currently on loan at Fortuna Dusseldorf, as back-up to No1 Ederson next season.

Ethiad winger Leroy Sane could return in tomorrow's FA Cup fifth-round tie at Sheffield Wednesday after a knee injury.

Wood, Chesterfield v Harrogate Town, Chorley v Eastleigh, FC Halifax v Sutton Utd, Solihull Moors v Hartlepool.

VANARAMA NATIONAL NORTH - Brackley v Boston Utd, Leamington v King's Lynn Town, York v Hereford FC.

VANARAMA NATIONAL SOUTH - Billerica v Havant & Waterlooville, Tonbridge Angels v Wealdstone.

BETVICTOR SOUTHERN PREMIER CENTRAL - Banbury Utd v Needham Market, Biggleswade Town v Alvechurch.

BETVICTOR SOUTHERN PREMIER SOUTH - Beaconsfield Town v Tiverton Town, Weston-S-Mare v Blackfield & Langley.

BETVICTOR ISTHMIAN PREMIER - Corinthian Casuals v East Thurrock, Enfield Town v Lewes, Leatherhead v Potters Town.

BETVICTOR NORTHERN PREMIER - Ashton Utd v Warrington Town, Gainsborough v Radcliffe, Matlock Town v Morpeth Town, Whitby v Mickleover Sports.

CRICKET: Second One-Day International - Bangladesh v Zimbabwe (Sydney, 7am). **ICC Women's T20 World Cup (Australia): Group B** - Pakistan v Thailand (Sydney, 4am), South Africa v West Indies (Sydney, 8am).

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Tweet @davekidd_

Dave Kidd

CHIEF SPORTS WRITER

DAVID DE GEA is still described by Manchester United manager Ole Gunnar Solskjaer as the best goalkeeper in the world. And, yeah, he might well be — so long as you overlook the Spaniard's tendency to chuck one in his own net roughly once a month.

Jack's the lad to gatecrash Euros AND HE'S HARDLY A WILDCARD

THE contrast was clear as day at the end of the Carabao Cup final.

Manchester City teenager Phil Foden was crowned man of the match following a breakthrough performance.

Aston Villa skipper Jack Grealish slumped on the turf, frustrated at his inability to take a showpiece occasion by the scruff of the neck. Should Gareth Southgate be tempted to thrust a previously-uncapped bolter into his England plans for Euro 2020, Foden would get the nod purely on the basis of that one-off head-to-head.

There will be a buzz around Foden for England now and rightly so after he made such a wide-ranging impression at Wembley.

Here is a richly-talented product of the FA's pathway who had been waiting patiently for this true coming-of-age display.

Grealish, five years older at 24, was a teenage sensation himself.

And the FA fought hard to persuade him to ditch the Republic of Ireland and switch to England at Under-21 level.

But for some time, Grealish became better known for his use of a hippy-crack balloon.

There has certainly been something of the hedonistic hell-raiser about Grealish.

In the 1970s, when footballers earned far less money, they smiled and called them mavericks and wondered why Stan Bowles, Alan Hudson, Tony Currie & Co didn't get more chances for England.

During these high-earning, less-forgiving times, football's free spirits tend to get labelled as multi-millionaire wasters.

Anyway, over the past 12 months Grealish — the man in the miniature shipnaps — has matured.

He took over as Villa captain a year ago and inspired a club-record run of ten straight victories, skipping his side to a play-off triumph and establishing himself as a Premier League match-winner.

Grealish was assaulted on the pitch by a Birmingham fan and responded by scoring the winner to settle a tempestuous derby.

He has clearly thrived on the responsibility of captaining a major club.

And if Villa survive in the top flight, he will have done more than anyone to preserve their safety.

Manchester United are now seriously interested and despite his boyhood Villa allegiances, Grealish may be on his way this summer.

As a former Villa skipper, Southgate will appreciate the status of Grealish's role — and the England manager has never been obsessed with selecting only

players from clubs at the top end of the table.

Southgate — who was at Everton against United while his No2 Steve Holland took in Sunday's final — will also appreciate it is far easier to influence a game when your side have 71 per cent of possession, as Foden's City did, rather than the 29 per cent of Villa.

It might not be a straightforward case of either Grealish or Foden for Southgate. The pair have many of the same attributes but there are also differences.

Grealish has settled on the left of a front three, where he cuts in on his favoured right foot, although he can operate at No10 or as a deeper midfielder.

Foden prefers to play as a No10 — don't they all? — but he shone in a wide-right position on Sunday and can also play deeper, where boss Pep Guardiola believes he can succeed David Silva.

Yet Southgate has options in the three positions supporting the main striker — Dele Alli, Mason Mount, James Maddison and his favourite, Ross Barkley.

Then there are pacier, more natural wide players such as Raheem Sterling and Jadon Sancho, as well as Marcus Rashford.

So it is highly unlikely both Grealish and Foden will make the Euros squad.

Grealish, with more than 200 games and the proven ability to inspire a struggling team, should not be considered a wildcard.

Were Foden to get the nod — with only five Prem starts to date — Southgate would be gambling on potential.

It would be pleasing if Guardiola rewarded Foden's Wembley display with a run of starts.

After all, City's league campaign is dead as they can neither catch Liverpool nor fail to qualify for the Champions League, if their two-year ban appeal succeeds.

Unless Foden is given the chance to light it up between now and May, Grealish should gatecrash the summer's big football party.

Because, for now, a Grealish v Foden dilemma is a case of man against boy.



BIG BATTLE . . . Phil Foden and Jack Grealish could be competing for just one place in the England 2020 squad

LOV CAN'T CONQUER

DESPITE their extraordinary hammering at Watford, Liverpool remain on target to achieve historic levels of greatness this season.

They should still beat Manchester City's 2017-18 Premier League points record of 100 and, should they achieve knockout victories over Chelsea and Atletico Madrid in the next eight days, they will have an eye on emulating Manchester United's 1998-99 Treble.

But Arsenal's 2003-04 side were invincibles because they didn't have a glaring weak link.

As Saturday's events at Watford proved, you cannot be invincible if you have to employ Dejan Lovren too often.

And it's also true that you only fully appreciate Jordan Henderson's leadership qualities when the Liverpool skipper is absent.

THE Premier League Hall of Fame will spark debate over who should get in.

But the only argument to be had is do we need a Premier League Hall of Fame, so we can pretend football began in 1992, when there's already an English Football Hall of Fame at the National Football Museum?

CITY BUILD SO TOUGH

AS usual there was much amusement about empty seats when Manchester City failed to sell out their 35,121 allocation for the Carabao Cup final — falling short by about 500.

Yet City have been to Wembley 16 times in the last decade and those unsold tickets cost more than £100.

OK, so City do not have the vast global fanbase of Liverpool or Manchester United. Historically, they are not a bigger club than Aston Villa.

But the empty seats are closely related to the Financial Fair Play situation — how does a club achieve significant expansion when there are so many artificial restrictions placed upon them?

NOW MOUR 'NICE' GUYS

JOSE MOURINHO claimed his Tottenham team are 'too nice' after Wolves inflicted their third straight defeat.

Yet largely the same group of players certainly weren't too nice under Mauricio Pochettino — they were aggressive, hard-working and proactive.

Under Mourinho, Spurs are often too defensive and passive.

And it seems Mourinho is no longer even the most influential Portuguese Jorge Mendes client in Premier League management — that accolade now rests with Wolves boss Nuno Espirito Santo.

AS injuries trouble England, it was sad to see Daniel Sturridge banned for a betting breach and his deal with Trabzonspor terminated. Sturridge, 30, was one of the most gifted of his generation. Partly his own doing, he may never fulfil his promise.



RARE SIGHTING... Osborn with Wilder when he joined United

Ben's fine with fringe benefits

By MICHAEL MORGAN

BEN OSBORN says he is happy to be a fringe contender with Sheffield United.

The midfielder arrived in a £5million switch from Nottingham Forest last summer.

But he has spent the bulk of the season on the outside looking in as the Blades have cantered into contention for a European place.

Osborn, 25, has been handed just six top-flight outings, plus four more in FA and Carabao Cup clashes. But he admitted:

"When I take a step back, look at the bigger picture and think about the quality of the players, I ask, 'If I was the gaffer would I change it?'."

"The answer is no I wouldn't because the two lads in my position, Enda Stevens and John Fleck, have been outstanding."

"I signed thinking I could break in and get a bit more game time. But maybe I under-estimated the quality and consistency of players here."

"I've had to be patient and play a waiting game."

"It's been tough initially and mentally I found it difficult. I have no complaints. I'll just



8pm

keep putting everything in on the training pitch, look to contribute and hopefully get my chance."

Osborn should play tonight as the Blades take on Championship strugglers Reading in the FA Cup fifth round.

And boss Chris Wilder is wary of the threat posed by the Royals.

He said: "I will pick a strong team. They will fancy their chances."

"It's a great opportunity for them as well as us."

CARLO'S FA RAP

CARLO ANCELOTTI has been charged with misconduct for his red card after the 1-1 draw with Manchester United.

The Everton boss protested with ref Chris Kavanagh over a late 'winner' from Dominic Calvert-Lewin being ruled out for offside by VAR.

If Italian Ancelotti (right) accepts the FA charge, he will only be fined and not handed a touchline ban.



Bren: If we suffer we'll be tougher

BRENDAN RODGERS says Leicester are 'learning how to suffer' after a poor run of form in 2020.

Third-placed Foxes have just one league win since beating Newcastle 3-0 on New Year's Day.

They also lost a Carabao Cup semi-final to Aston Villa over two legs.

Friday's 1-0 defeat at bottom side Norwich was the latest blow, so

Leicester will look for a lift tomorrow in their FA Cup fifth-round clash with Championship side

By GRAHAM HILL

Birmingham. Foxes boss Rodgers said: "In football, you're never going to have it all your own way."

"Up to the middle of December was great but you have to suffer."

"That's important because suffering will make you better. We have to learn from that."

Rodgers admits he has had to be brutally honest with his squad.

He added: "At times you have to be harsh - this is elite sport. You can't dance around the truth."

GERARD'S CROSS



WATFORD star Gerard Deulofeu will not play again this season after picking up a bad knee injury.

The Spaniard (left), 25, is to have surgery on a ruptured anterior cruciate ligament and a torn meniscus sustained in Saturday's 3-0 win over Liverpool.

Hornets boss Nigel Pearson said: "For sure Geri is going to be a miss for us."

FA CUP 5TH ROUND



CHELSEA



PLAYING FOR KEEPS... Chelsea stopper Willy Caballero and coach Henrique Hilario

KEPA ISSUE

From Back Page

only pick the team from a Chelsea view. I haven't discussed it with him.

"I keep coming back to the same thing, it's how well you train - he is training well - and, when you get the opportunity to play, how well you play. That's all I see."

"I understand all my international players have ambitions but the rules remain the same."

"I'm a fair man, I don't know if all the players will say that - 11 will tomorrow and another 11 next week. That's the nature of my job."

"Of course he can play for his country. He's shown that already, he's been ahead of David De Gea who is a world-class keeper."

De Gea's grip on the Spain No 1

jersey has loosened - with Kepa, 25, playing six of their last ten.

But with De Gea's major gaffe in Manchester United's 1-1 draw with Everton on Sunday, Kepa wants to be front and centre going into Euro warm-ups with Germany and Holland later this month.

Lampard said: "We're trying to close the gap to the top. Every player's in control of their destiny."

Ruben Loftus-Cheek played 90 minutes for Blues' Under-23s last night, earning the penalty that led to their late winning goal.

The England midfielder is yet to play for the seniors this term after rupturing his Achilles in May last year.

HEAD TO HEAD IN FA CUP



6

Chelsea wins



4

Liverpool wins



21

Chelsea goals



16

Liverpool goals



GETTING HANDS ON... Chelsea's No1 Kepa Arrizabalaga is put through his paces

UP FOR THE CUP...
Lampard at training yesterday getting his team ready for big tie

V LIVERPOOL 7.45pm,
BBC1 & **talkSPORT**

Frank's pot shot

IT'S FA CUP OR SWEET FA

FRANK LAMPARD is about to find out if owner Roman Abramovich has really kicked the habit as a trophy-junkie.

Tonight's FA Cup fifth-round tie against Liverpool is the last chance for Chelsea to win a cup in Lampard's first season as boss.

Only once in nearly 17 years in charge has ruthless Red Rom let one of his managers off the hook for going potless for a season.

That was Jose Mourinho in 2014 and the serial Portuguese winner was way in credit from his first spell in charge.

Lampard, 41, claims he and the normally trigger-happy Chelsea board are on the same wavelength when it comes to taking time to rebuild the squad under a long-term plan.

He said: "I want to win every trophy I get involved in. But the question, 'Oh, this trophy is your last chance' does not strike fear into me, as I know where we are at and I know it will be very tough for us."

"I want us to keep building long term so we close the gap – because the gap at the moment is pretty big."

"Even when we go toe-to-toe against Liverpool and we look good against them, with what happens week-in and week-out the gap has been big for us for the last couple of seasons."

"So this year we want to try to build and come the summer we will

By **ANDREW DILLON**



build again. We have to understand that and it takes a bit of a process.

"Winning something is a phrase that has gone out of the Premier League unless you are Manchester City or Liverpool pretty much in the last couple of years because they have made so many strides and gone out on their own slightly."

"We have to understand the landscape has changed and try to bridge the gap."

"We have to try to go in with the same thought – we want to win it."

"Realistically we have to be at our best to beat Liverpool."

"The team I put out should give everything to compete with Liverpool, as we have done twice this season."

"We've competed very well against them and were probably unfortunate to lose on both occasions."

"So we have to approach it with the same spirit, to try to win."

Chelsea's rookie squad was applauded off by the home fans despite losing 2-1 to Liverpool at Stamford Bridge in September.

Since then the Reds have taken the Premier League by storm and Chelsea's efforts in taking them to penalties in the Uefa Super Cup in August look even

more admirable. Lampard insists he will field a strong team in the plum tie of the fifth round.

But there may be an enforced reshuffle in a defence which has kept only two clean sheets in 11 games this calendar year.

Centre-half Andreas Christensen is struggling and there is still no definite news on the ankle injury to leading scorer Tammy Abraham, who saw a specialist in Barcelona last weekend.

Lampard believes Liverpool's journey since Jurgen Klopp became manager in October 2015 is one to inspire Chelsea.

Liverpool finished eighth that season and were lampooned when the team linked arms in celebration after clinching a 2-2 draw at home to West Brom.

Lampard said: "We have seen the Liverpool journey and it's an incredible story of club together with management."

"I remember them linking and raising their arms when they drew with West Brom. They were probably ridiculed for it but it is now symbolic of the journey of a team that is now an absolute machine rolling everyone over – until last weekend."

"So, it's what a work in progress looks like."

"Behind a team that wins so many on the bounce is a lot of sweat and hard work which is what I am trying to do here, understanding there will be tough times when I'll be questioned, they'll be questioned and we have to stay tough."

Klopp's got human touch

By **KEN LAWRENCE**

JURGEN KLOPP shrugged off the end of Liverpool's Invincibles bid and said: 'We're only human after all.'

The Reds boss will not press the panic button after the 3-0 loss at Watford saw his side come up five matches short of matching Arsenal's 49-game unbeaten run.

And Klopp revealed he thrashed things out with his players in the dressing room after Saturday's shock loss also ended their bid to go the whole Prem season undefeated – like the Gunners in 2003-04.

He said: "We didn't play well and that's the truth."

"We didn't deliver, we're not blind. I wasn't happy with the performance but it was always clear the run could end and it could happen."

"And it happened. The boys are human beings."

"If you can tell me one player who was at his normal level I'd be really surprised."

"And we had a meeting after the game and talked about certain situations."

Klopp also backed central

defender Dejan Lovren, who was pinpointed as the main culprit for the upset.

He declared: "It was a massive challenge for Dejan to play against Troy Deeney."

"Many other centre-halves in the world would struggle in these specific situations."

"Joe Gomez had problems in similar situations before that."

"Probably everybody gets it in these situations. That's how it is and Dejan is an outstanding centre-half."

Liverpool's previous league defeat was to Manchester City in January 2019 – and that

was immediately followed up by an FA Cup loss to Wolves.

But Klopp refused to draw any parallels to this week, as his side must now bounce back at Chelsea tonight in the FA Cup fifth round.

He added: "We are Liverpool, there is always pressure. "Chelsea is just the next game in the FA Cup – and we want to go through."

Liverpool Under-23 boss **NEIL CRITCHLEY**, who bossed first-team games against Shrewsbury and Aston Villa this season, has been appointed Blackpool manager.



BACK IN TYNE... Smith with 1973 Cup and (right) today

I took rivals' trophy back to the Toon

EXCLUSIVE by **OSCAR PAUL**

IF you thought that the FA Cup was last seen in Newcastle in 1955, then think again.

For 84-year-old Magpies fan Allen Smith took the famous trophy on the sly and snuck it into the city after arch-rivals Sunderland won it in 1973.

The Black Cats had just shocked Don Revie's mighty Leeds at Wembley and the famous silverware was on display at their old Roker Park ground.

And soon after, Smith popped along to catch a glimpse of the FA Cup – and was soon whisking it off to Newcastle in the back of his car.

He said: "I asked the assistant secretary, who I knew a bit, if I could borrow it. I didn't expect him to give it to me but said how much my children would love to see it."

Calling old Bil

SLAVEN BILIC wants West Brom's golden oldies to pile on the misery for Newcastle.

Veterans Gareth Barry, 39, and Chris Brunt, 35, have barely played this season – but helped beat West Ham in the last round of the FA Cup.

And ahead of tonight's fifth-round clash against Toon at The Hawthorns, boss Bilic said: "They have behaved like genuine champions."

"Gareth Barry is an English legend – what an unbelievable career – and Chris Brunt is a proper West Brom legend."

W Brom v Newcastle
8pm, BBC iPlayer

Woolly thinking

By **OSCAR PAUL**

STEVE BRUCE admitted none of his Newcastle players deserve to be wrapped in cotton wool.

The Toon are five points above the drop zone and Bruce would like to rest top stars.

But ahead of tonight's FA Cup fifth-round tie at West Brom, he said: "We haven't got an absolute talisman."

"If we had an out-and-out goalscorer you would put him in cotton wool. If we had somebody with 17 goals then I'd say, 'You stay here'."

"But we have what we have. I've used the Cup to see if it can spur people on."

"So I soon had the FA Cup in my backseat driving right through Newcastle. I saw someone I knew crossing the road next to the Odeon and wanted to show him as I was so excited."

"But I ended up just waving and speeding off because if it got out I had it the lad who lent it to me would have been sacked."

"I would have had hundreds of people coming after me – I'm not sure Newcastle fans would have been too happy!"

"It's probably never been back to the city in 65 years other than this time."

Having spent the afternoon at his home in Jesmond with the cup, alongside children Daniel and Julia, Smith returned it to Wearside with nobody any the wiser.

While Steve Bruce's side go in search of Toon's first quarter-final since 2006 tonight at West Brom, they won it three times in five years in the early 1950s.

Smith did not get to Wembley for the Toon's finals – but did see Sunderland play there!

He said: "I had a girlfriend from there so went when Norwich beat them in the League Cup final in 1985."

"Nowadays there would be fights and you would get punched if you start talking about Sunderland in some places."

Smith's love affair with the Toon began aged 12 when listening on the radio in a sanatorium he was in while suffering from Tuberculosis.

He worked as secretary at Gateshead FC and paid the wages to manager Bobby Mitchell, a stalwart of the three early wins in the 1950s.

But he would love nothing more than to see Bruce's boys spark similar wild scenes in Newcastle as 65 years ago.

He added: "When they brought the cup back in the 50s on the open top bus the city was absolutely packed."

"It was amazing and after so long it would be fantastic to see it again."

FA CUP 5th RND



PORTSMOUTH



REFEREE: Mike Dean
ATTENDANCE: 18,839

DREAM TEAM RATINGS



SUBS — PORTSMOUTH: Marquis (Harness 67) 5, Curtis (Harrison 67) 6, Cannon (Evans 74) 6. Not used: MacGillivray, Raggett, Whatmough, Naylor. Booked: McGeehan.

Ratings supplied by whoscored.com

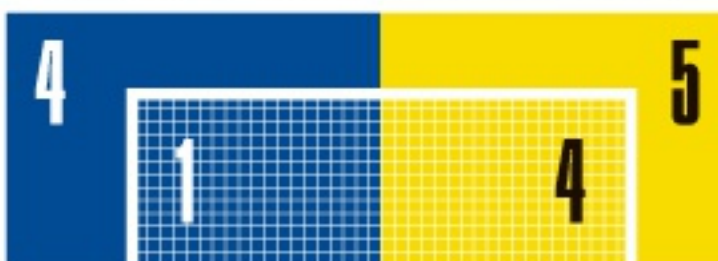
MATCH STATS

PORTSMOUTH	ARSENAL
217	635
152	559
70%	88%
11	15
6	6
12	18
42%	44%
8	8
24	23
30%	70%
24%	76%
1/0	1/0

POSSESSION

27% 73%

SHOTS ON/OFF TARGET



CORNERS

3 10

OFFSIDES

2 2

PLAYER MOSTS

Passes.....	Guendouzi 92
Touches.....	Guendouzi 102
Total shots.....	Evans 4
Shots on target.....	Saka 2
Fouls won.....	Ceballos 4
Fouls conceded.....	Martinelli/Evans 3
Tackles.....	Martinelli 4
Blocks.....	Mari 3
Clearances.....	Bolton 7

HIS ART'S STILL IN IT

Wembley bid lifts Mikel



HANDY WIN... Arteta laps it up

ARSENAL booked their place in the FA Cup quarter-finals as goals from Sokratis and Eddie Nketiah put Pompey's upstarts in their place.

The most successful team in the competition's history have their sights set on another trip to Wembley after holding their nerve on a night of Fratton Park fervour.

Gunners boss Mikel Arteta knows that seven of the nine teams above them in the Premier League table are still involved in the Cup.

But the man who twice lifted the trophy as an Arsenal player will take

By **MARK IRWIN**



heart from his team's return to winning ways. And with a place in Europe on offer for the Cup winners, this is not a competition which the Gunners can afford to turn their noses up at.

Arteta made nine changes to the team dumped out of the Europa League last week, with only David Luiz and Bukayo Saka remaining.

That meant an Arsenal debut for Pablo Mari, the Spanish central defender signed on loan from Flamengo during the January transfer

window. But promotion-chasing Pompey made it clear that this fifth-round tie was not top of their priorities by resting six of the players who had beaten Rochdale in their previous game.

It is easy to forget that it was only ten years ago that Portsmouth played in the FA Cup final and 12 years since they won the thing.

But it has been all downhill since then and Arsenal fans who moan about Stan Kroenke should be grateful they have not had to contend with the stream of controversial owners who have passed through Fratton Park over the last decade.

Yet there is a new sense of optimism coursing through this famous old club and they arrived at

4 ARSENAL have now faced Portsmouth on four separate occasions in the FA Cup — with the Gunners progressing from each tie.

8 EDDIE NKETIAH scored his eighth goal of the season in all comps. They have come from just 16 shots on target for Arsenal and Leeds.

3 SOKRATIS bagged his third goal of the season in all comps last night. No Arsenal defender has more than the Greek, though Bukayo Saka also has three.

0 ARSENAL 2

SOKRATIS 45; NKETIAH 51

BODY BLOW...
Sokratis snatches Arsenal's opener in first-half injury time

ED'S WE WIN... Eddie Nketiah makes it 2-0

STEADY

From Back Page

to play a young team in this competition – but it was a risk worth taking.

“Eddie Nketiah has been phenomenal with the work he puts into pressing, his understanding of always being in front of goal and ready to score.

“Most of these players have never played in an atmosphere like this before. “But they have lived in England long enough to see a lot of big teams collapse in stadiums like this.”

Substitute Ainsley Maitland-Niles made it seven Under-23 players to feature for Arsenal at League One Pompey as they secured a spot in the hat for tomorrow's quarter-final draw.

Arteta added: “To come here with so many young players and then expect to dominate completely is a bit unrealistic – but it's a joy to work with them and they fully deserved the chance to play.

“I assessed the team after we went out of the Europa League last week.

“Some were physically knackered and some still had mental issues hanging over from what happened.

“So I tried to pick the right team, knowing how they were. If we win it's OK – but if we'd lost it would obviously be the wrong decision.”

Uruguayan midfielder Torreira left Fratton Park on crutches with his right leg in a protective boot – sparking fears of a lengthy lay-off.

Arteta added: “He was in a lot of pain. I don't know if it's bone or ligaments.”

Portsmouth boss Kenny Jackett said: “Conceding a goal right before half-time really deflated us.”

BEST SHOT CONVERSION RATES THIS SEASON - PREM PLAYERS IN ALL COMPS

(Minimum five goals scored)

	GOALS	SHOTS	CONVERSION
Jorginho (Chelsea)	7	20	35%
Jamie Vardy (Leicester)	17	63	30%
Conor Hourihane (Aston Villa)	7	26	27%
Pierre-Emerick Aubameyang (Arsenal)	20	79	25%
Gabriel Martinelli (Arsenal)	10	41	24%
EDDIE NKETIAH (Arsenal & Leeds)	8	33	24%

this tie on the back of 19 games unbeaten at their home ground.

For Arsenal's young team this was a different world to the five-star facilities they are accustomed to.

But Arteta knew what to expect from his trips here as a player with Everton and had warned his side they were in for a battle.

Do not forget that it was here in May 2004 that Arsenal's Invincibles almost came a cropper before a late Jose Antonio Reyes equaliser saved their unbeaten season.

And this lot are anything but invincible.

No wonder Portsmouth's players were so keen to find out just how much their opponents fancied it, with Ellis Harrison getting an early run at

the Arsenal defence before his shot was blocked by Mari.

But Arsenal were not impressed with chants of “You're going home in a Pompey ambulance” after Lucas Torreira had been reduced to a heap by a thunderous tackle from Ross McCrorie.

The Uruguayan was in a whole world of pain as he received treatment and it was only when Arsenal's medical team called for a stretcher that fans stopped their sick chants.

Torreira's 17th-minute departure clearly riled his team-mates and Saka drew the first save of the night from Alex Bass shortly after.

Yet it was Portsmouth who should have taken the lead when skipper Gareth Evans failed to hit the target

after Steve Seddon's cross had picked out his perfectly-timed run.

Gabriel Martinelli headed a decent chance over from Reiss Nelson's cross and Nketiah shanked horribly wide after being set up by Luiz as the 13-time FA Cup winners started to move through the gears.

And their pressure paid off in first-half stoppage time when Sokratis converted a volley from another Nelson ball into the danger zone.

The Greek star might not seem the most obvious choice of right-back but his clinical finish more than justified Arteta's faith in him.

Incredibly, he has now scored with all three of his shots on target this season – a lot better than most of Arsenal's attacking players. It was a

breakthrough goal which gave the visitors some breathing space and within six minutes of the restart they struck again to put the tie to bed.

Once again it was Nelson who supplied the ammunition with another cross from the right which was bundled in at the near post by Nketiah.

That was pretty much it as a contest and though Portsmouth huffed and puffed in search of a way back, they failed to seriously test Emiliano Martinez all night.

It is now 22 games between these teams since Portsmouth last beat Arsenal way back in March 1958.

Who knows when they will meet again but it is safe to assume Arsenal will not hurry back to this atmospheric old stadium any time soon.

62 PORTSMOUTH have failed to record a victory over Arsenal in any competition for 62 years – since a 5-4 league win in March 1958.

5 REISS NELSON has been directly involved in five goals in his last eight starts in all comps, with two himself and three assists including last night's.

6 WHEN not a top-flight side, Pompey have lost all of their last six FA Cup ties against Premier League opposition, last beating Nottingham Forest in 1998-99.

HIKED

From Back Page

July. He was found guilty of two breaches over transfer information given to family members.

And an independent appeal board whacked up the ban and doubled an initial fine to £150,000, after also upholding two of nine charges which had originally been dismissed.

Sturridge and his club announced the striker's contract had been ended “by mutual consent”.

And the former Liverpool, Chelsea and Manchester City man then insisted he was the victim.

He said it had been a “crazy few days” when it was “difficult to concentrate on my football”.

In a video on YouTube, he said: “I'm devastated and absolutely gutted.

“My season is over. I feel uncomfortable and don't think it's the right thing for me to continue accepting wages from a team I can't contribute to.

“I'm going to continue to campaign for professional footballers to be able to speak to their families and close friends freely without the real risk of being charged.

“The appeal panel recognised I hadn't bet and nobody else had bet, but I was still charged.

“I feel betting companies and the practice of people being able to place bets on players moving clubs has to be stopped.”

The FA believed Sturridge should have had a six-month ban.

But that did not stop him moaning that the panel of three QCs had “overturned the original highly-qualified panel's ruling”.

He was accused of providing information to family members about potential moves to Inter Milan, Sevilla, Newcastle and other clubs.

FA disciplinary chiefs used texts to brother Leon, cousin Athon and uncle Dean between January 9 and 16 2018, as part of their case.

The conversations took place when Sturridge was “at a crossroads”, although he actually stayed at Liverpool for another 18 months.

A number of bets were placed on his future, although there was “no direct evidence any of the bets placed were connected in any way to Sturridge or his family”.

Nevertheless, the appeal found the first commission “misapplied” FA rules “in relation to the use of inside information and made findings of fact which could not be sustained”.

In a statement, the FA said: “The Appeal Board agreed with the FA that the penalty originally imposed on Mr Sturridge was unduly lenient.

“It therefore increased his playing ban from two weeks to four months.

“The Appeal Board also doubled the fine to £150,000.”

While the ban puts a huge question mark over Sturridge's future, he is now free to join another club in the summer and potentially earn a big signing-on fee.

The striker scored seven goals in 16 games for Trabzonspor after joining them in August.

thesun.co.uk/sport

Sun Sport

POMPEY 0 ARSENAL 2

R-Eddie, steady, goals

BUT TORREIRA KO MARS WIN

Sturridge ban hike

By MARTIN LIPTON

DANIEL STURRIDGE was hit by a four-month ban for betting offences — then claimed it was a defeat for freedom of speech.

The striker (left), 30, saw his three-year deal with Turks Trabzonspor terminated after the FA won an appeal against an initial two-week suspension, imposed in

Turn to Page 55

Kepa not my issue

By ANDREW DILLON

FRANK LAMPARD told Kepa his Euro 2020 dreams are not Chelsea's problem.

Lampard hinted at a recall for the £71.6million keeper tonight against Liverpool in the FA Cup — after a six-game exile that has Kepa fearing for his Spain spot.

Lamps (left) said: "I can

Turn to Page 52

WE'RE EDDING THROUGH... Nketiah is hailed

Picture: RICHARD PELHAM

FA CUP 5th RND



TORMENT... Lucas Torreira was in agony and taken off on a stretcher with an ankle injury

By MARK IRWIN

MIKEL ARTETA admitted he took a massive FA Cup gamble — as Arsenal's kids repaid his faith to book a place in the last eight.

Strike starlet Eddie Nketiah, 20, made it three goals in four starts after Sokratis netted the opener.

Youngsters Bukayo Saka, Matteo Guendouzi, Reiss Nelson, Joe Willock and Gabriel Martinelli started but Lucas Torreira was carried off on a stretcher with an ankle injury.

Boss Arteta said: "It is a big risk

Turn to Page 55

CORONAVIRUS CRISIS TALKS

FAN BAN PLAN

Chiefs discuss 'behind-closed-door' games

From MARTIN LIPTON in Amsterdam

PREMIER LEAGUE and FA bosses are planning for games behind closed doors if the coronavirus spreads.

While Uefa chiefs spent just "two minutes" discussing the potential impact of the growing crisis at a meeting here, English football is taking the threat more seriously.

Contingency options are now being drafted, with the prospect of games in the remainder of the season being played with no fans inside the grounds.

PM Boris Johnson admitted after yesterday's meeting of the government's Cobra emergency committee that the virus is

Turn to Page 49



Slimming[®]
—WORLD—

The get ready for summer plan

'I AM SO PROUD I LOST 3st FOR KIDS'

MUM India Faulkner-Wiley had struggled with her weight since her teens but never knew how to lose weight.

She continued to get bigger during her two pregnancies but ignored her growing waistline until a comment from one of her children gave her an extra incentive to slim down.

India, of Morecambe, Lancs, who is mum to Jazmine, 13, and Saffron, five, says: "It was only when, four months after the birth, Jazmine pointed at my tummy and asked if I was going to have another baby that I realised I needed to change."

She discovered Slimming World and was delighted to lose 3st.

India says: "I've dropped four dress sizes and love the fact I can choose fashionable clothes straight off the rails rather than knowing they won't fit me right."

"I am so proud of the shape I'm in and, as a mum, I feel passionate about being a positive role model."

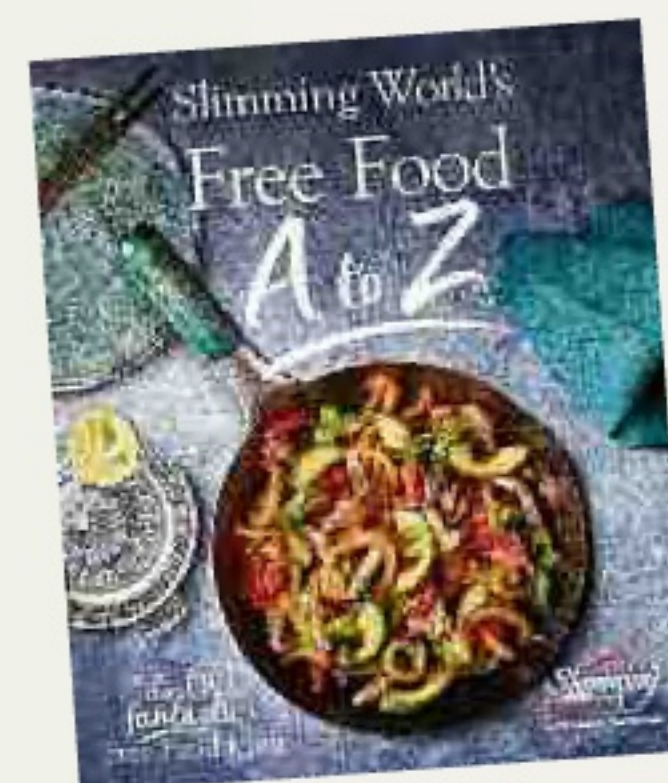
You can read India's full story on Page 3.

**JOIN YOUR
LOCAL
GROUP
FOR FREE
OR GET
£15 OFF
ONLINE
PAGE 4**

IT is the weight-loss programme to transform your life from top to bottom. Today, as part of our brilliant five-day Slimming World series, we bring you exclusive recipes from its new book *Free Food A To Z*.

On the Slimming World plan there are hundreds of Free Food options, which you can eat as much of as you like.

The book highlights more than 60 ingredients, making them the stars of some delicious dishes. Here we bring you a selection to make losing weight as easy as A-B-C.

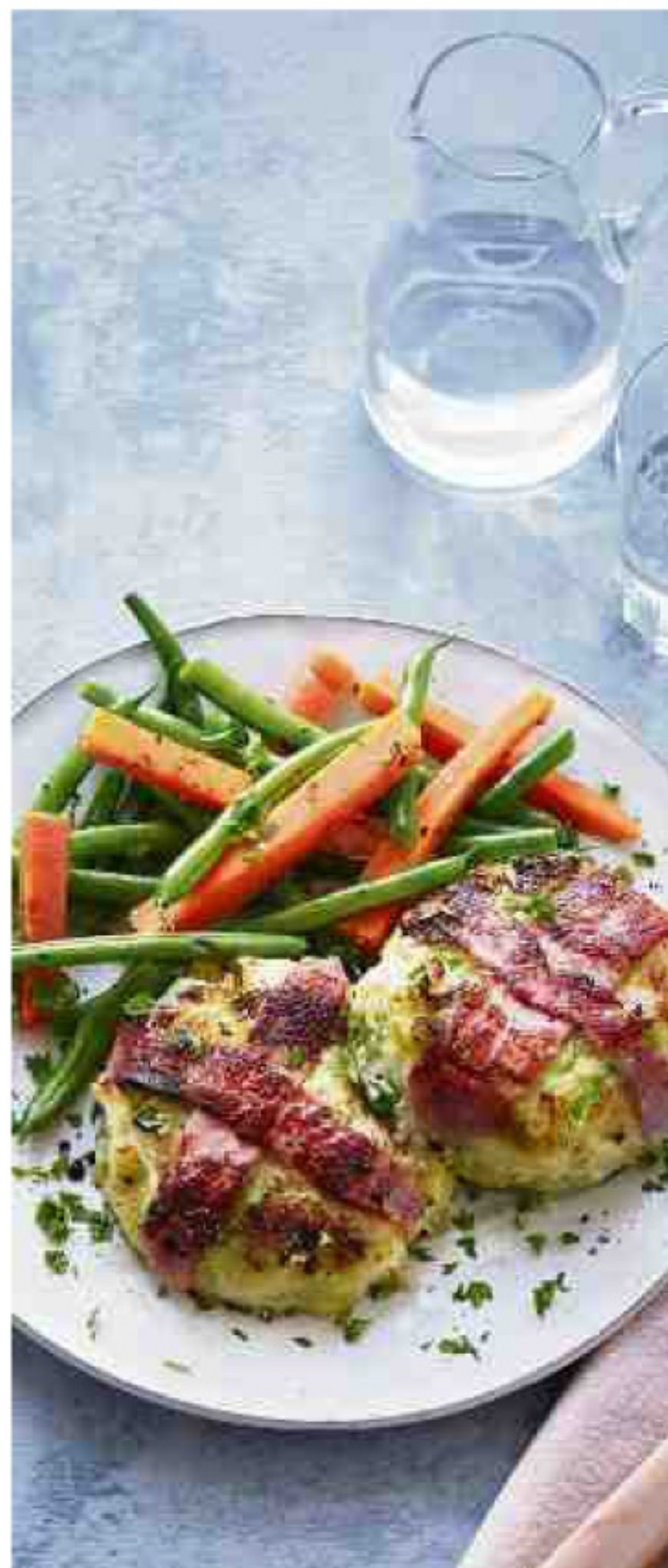


**SEVEN
EXCLUSIVE
RECIPES FROM
BRAND NEW
A TO Z BOOK**

**Pages
2, 3 & 4**



EXCLUSIVE RECIPES FROM NEW FREE FOOD A TO Z



B is for bacon

Bacon-wrapped bubble & squeak cakes

Serves 4

Cooking time: Ready in 1 hour

INGREDIENTS:

1kg floury potatoes, peeled and cut into small chunks
1 leek, thinly sliced
½ savoy cabbage, cored and shredded
8 smoked back bacon rashers, all visible fat removed
Low-calorie cooking spray
A handful of chopped fresh parsley, to serve
Vegetables, to serve

METHOD: Cook the potatoes in a saucepan of boiling water over a high heat for 12-15 minutes or until tender. Drain well, return to the pan and mash until smooth. Tip into a large mixing bowl and set aside to cool.

Meanwhile, put the leek, cabbage, 2 tbsp of water and some salt and pepper in a medium-size, non-stick saucepan over a medium heat. Cover and cook for 5 minutes or until tender, lifting the lid and stirring every now and then.

Tip into a colander and leave to drain and cool. Preheat the oven to 200C/180C fan/gas 6.

Add the leek and cabbage to the mashed potatoes, season to taste and mix well. Divide the mixture into 8 equal portions and shape into patties.

Cut each bacon rasher lengthways into 2 thin strips. Wrap 2 strips of bacon around each bubble-and-squeak cake to make a cross shape, overlapping the ends underneath.

Spray a non-stick frying pan with low-calorie cooking spray and place over a medium heat. Fry 4 bubble-and-squeak cakes for 4 minutes or until golden, then carefully flip them over on to a non-stick baking tray sprayed with low-calorie cooking spray.

Repeat with the rest of the cakes and pop the tray into the oven. Cook for 10 minutes or until crisp, golden and hot through. Scatter over the parsley and serve with the vegetables.



J is for jackfruit

Jackfruit pad Thai

Serves 4

Cooking time: Ready in 30 minutes, plus marinating

INGREDIENTS:

2 large garlic cloves, crushed
1 large red chilli, deseeded and finely chopped
2.5cm piece fresh root ginger, peeled and finely grate
1 heaped tsp Thai seasoning
4 tbsp dark soy sauce
400g can jackfruit in water, drained and flaked a little
225g dried rice vermicelli noodles (or other rice noodles)
300g rainbow chard (or kale), ends trimmed
Low-calorie cooking spray
8 spring onions, roughly chopped
150g fresh beansprouts, rinsed
Juice of 1 lime, plus wedges to serve
A handful of fresh coriander sprigs, to serve

METHOD: Put the garlic, chilli, ginger, Thai seasoning and half the soy sauce in a bowl and mix well. Add the jackfruit and toss to coat, then set aside for 15 minutes or overnight if possible.

Meanwhile, prepare the noodles according to the pack instructions. Drain and set aside.

Separate the chard stalks and leaves, cutting the stalks into small chunks and shredding the leaves. Set it aside.

Spray a large non-stick wok or deep frying pan with low-calorie cooking spray and place over a medium heat. Add the spring onions and chard stalks and stir-fry for 2 minutes. Add the jackfruit mixture, chard leaves and beansprouts then cook for another 2-3 minutes.

Rinse the noodles under hot water, shake off any water and add to the wok. Add 5 tbsp of hot water and the rest of the soy sauce then stir-fry for 1-2 minutes.

Add the lime juice, season to taste and scatter with coriander sprigs. Serve hot with lime wedges to squeeze over.

L is for lamb

Lamb tikka skewers with cauliflower rice

Serves 4

Cooking time: Ready in 40 minutes, plus soaking and marinating

INGREDIENTS:

350g fat-free natural Greek-style yoghurt
2 large garlic cloves, crushed
5cm piece fresh root ginger, peeled and grated
2 large red chillies, deseeded and roughly chopped
2 tbsp tikka curry powder
800g lean lamb leg steaks, all visible fat removed, cut into small chunks
2 large courgettes, thickly sliced
2 large red onions, cut into wedges
½ cucumber, deseeded and coarsely grated
2 tomatoes, deseeded and chopped
Grated zest and juice of ½ unwaxed lemon
½ small pack fresh coriander, finely chopped
1 large cauliflower, roughly chopped
Low-calorie cooking spray

METHOD: Put 200g yoghurt in a large bowl, add the garlic, ginger, chillies and curry powder and mix well. Add the lamb, season lightly and stir to coat, then cover and chill for 30 minutes or overnight if possible.

Preheat your grill to hot and line the grill pan with foil. Thread the lamb, courgettes and onion chunks on to skewers, arrange on the grill pan and cook for 12 minutes. Turn the skewers and cook for a further 7-8 minutes or until cooked-through and browned.

Meanwhile, make the raita. Use kitchen paper to squeeze as much liquid from the cucumber as you can. Put the cucumber in a bowl and mix with the tomatoes, lemon zest and juice, half the coriander, the remaining yoghurt and a little seasoning. Cover and chill until needed.

Put the cauliflower in a food processor and blitz until it looks like rice. Spray a large, non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the cauliflower and cook for 2-3 minutes, stirring frequently. Season to taste and stir through the remaining coriander.

Divide the cauliflower rice between plates, top with the skewers and serve with the raita.



Q is for Quorn

Tex-mex Quorn chilli burrito

Makes 6

Cooking time: Ready in 1 hour

INGREDIENTS:

125g dried brown basmati rice
1 large onion, finely chopped
2 tsp mild chilli powder
350g plain Quorn mince
400g can or carton chopped tomatoes with chilli
400g can mixed beans in chilli sauce
12 medium eggs
½ small pack fresh coriander, chopped
Low-calorie cooking spray
6 tbsp fat-free natural yoghurt, mixed with 3 tbsp water
Salad, to serve

For the salsa:

2 tomatoes, deseeded and roughly chopped
½ red onion, finely chopped
Grated zest and juice of ½ lime

METHOD: Cook the rice according to the pack instructions and drain well. Meanwhile, place a deep non-stick saucepan over a low heat. Add the onion and 3 tbsp of water, cover and cook for 8 minutes.

Sprinkle over the chilli powder, increase the heat to high and cook for 2 minutes. Stir in the Quorn, canned tomatoes and beans, plus their chilli sauce. Bring to the boil then reduce the heat to low, cover and simmer for 15 minutes. Stir in the rice and cook for 5 minutes. Season to taste. Meanwhile, preheat the oven to 180C/160C fan/gas 4.

Crack the eggs into a large measuring jug, add the coriander, season and beat together. Spray a large non-stick frying pan (about 26cm across) with low-calorie cooking spray and place over a medium heat.

Pour in one-sixth of the egg mixture, tilting the pan so the egg just covers the base of the pan, and cook for 1-2 minutes or until set. Carefully flip over and cook for 30 seconds, then slide the omelette on to non-stick baking paper and put on a baking tray in the oven to keep warm. Repeat to make 5 more omelettes, piling up with sheets of baking paper between them.

Make the salsa by mixing the tomatoes, red onion, lime zest and juice and season to taste.

Lay 1 omelette on a plate. Spoon some of the Quorn mixture into the centre, drizzle with a little yoghurt and scatter over a little salsa and coriander. Fold the sides over the filling, lift up the bottom end of the omelette and roll until tight. Flip over so the seam is underneath and repeat to make the rest. Drizzle the yoghurt over the burritos, scatter over the rest of the salsa and coriander and serve with the salad.

Z BOOK



C is for chickpea

Spanish chickpea rice

Serves 6

Cooking time: Ready in 35 minutes, plus standing.

INGREDIENTS:

700ml boiling vegetable stock
A pinch of saffron
1 large red onion, thinly sliced
2 celery sticks, sliced
3 peppers (any colours), deseeded and sliced
2 large garlic cloves, crushed
1 tsp smoked paprika
1 tsp dried thyme
250g dried long-grain rice
227g can chopped tomatoes
2 x 400g cans chickpeas, drained
200g baby plum tomatoes
A handful of chopped fresh parsley, to serve

METHOD: Bring the stock to a simmer in a saucepan, sprinkle in the saffron and keep hot.

Place a large non-stick casserole pan over a medium heat and add the onion, celery, peppers and 3 tbsp of water. Cover and cook for about 5 minutes or until beginning to soften, stirring occasionally. Add a splash more water if needed.

Stir in the garlic, paprika and thyme and cook for 1-2 minutes. Add the rice, chopped tomatoes, chickpeas, all the stock and a pinch of salt.

Bring to the boil then cover, reduce the heat to very low and cook for 12 minutes.

Scatter over the plum tomatoes, stir well and quickly replace the lid. Remove from the heat and leave to stand for 10 minutes.

Fluff up the rice with a fork, season to taste and scatter over the parsley to serve.



WORLD OF DIFFERENCE . . . India soon after giving birth to daughter Saffron and today

'My daughter pointed at my tummy and asked if I was having a baby...and I knew I had to change'

JOINING Slimming World helped former teacher India Faulkner-Wiley, 38, achieve her weight-loss goals and drop four dress-sizes. The mum-of-two says losing more than 3st has helped her become a healthy role model for her children Jazmine, 13, and Saffron, five. Speaking to JENNY FRANCIS, India, who lives in Morecambe, Lancs, and is now a Slimming World Consultant, says:

The first time I realised my weight was a problem was when I was just 16. I'd just been given a place at a performing-arts school and I was bigger than most of the other pupils. I had to no idea what to do about it, so I failed to lose any weight.

I went to university from college and became a teacher after I graduated. I fell into a routine and would eat snacks every time the kids had break time, then be so tired by the end of the day I would pick up a takeaway or a ready meal on the way home.

I had regular glasses of wine in the week and rarely thought about fruit and vegetables.

Every now and then, I'd get self-conscious about my growing weight and try a fad diet – you name it, I tried it. But even if I did shed weight, it wasn't much and it never stayed off.

I got married at 22 and, after crash-dieting for two months, I walked down the aisle as a size 10 weighing 9.5st.

A year later I fell pregnant and I used pregnancy as an excuse to put my weight firmly to the back of my mind.

Jazmine was born in September 2006 and I gained 4st, taking me to 13.5st and a size 16.

I told myself it was normal as a new mum.

A year later, my husband and I divorced. I'm definitely an emotional eater and this difficult time saw me reach for junk food.

Sweets, takeaways and chips were my go-to foods and the weight piled on.

I eventually moved on with a

BEFORE

Breakfast: McDonald's

Lunch: Sandwich-shop wrap with crisps and full-fat cola

Dinner: Indian takeaway including chicken tikka masala, pilau rice, naan bread and papadums, plus a couple of glasses of wine

Snacks: Packets of sweets on the go and chocolate bars

11st 8lb

AFTER

Breakfast: Porridge with fruit

Lunch: Leftover spag-bol from the night before with salad

Dinner: Slow-cooker roast chicken with veg and roast potatoes, broccoli and carrots

Snacks: Banana

8st 6lb

new relationship in 2010. I felt happy and secure and I fell back in love with food – and my unhealthy habits.

When I fell pregnant again, history repeated itself and the weight piled on.

Saffron was born in May 2014, four weeks early, at home at 2am. It was a stressful time and, again, I forgot about my weight gain.

It was only when, four months after the birth, Jazmine pointed at my tummy and asked if I was going to

have another baby I realised I needed to change. Not with a fad diet but for good.

An old friend had lost 5st in a year with Slimming World. I'd seen her transformation photos on Facebook and was amazed. I asked her about what she was eating and she said she'd never felt hungry the whole time.

I found my local group and thought I'd give it a go. My mum Susan, who's 72, came along for moral support.

All the food looked delicious and, in the first week alone, I lost 4.5lb.

I loved all the recipes and pre-prepared my lunches so I had healthy food and snacks with me at all times.

As the weight fell off, my confidence grew and, after two months, I started introducing Body Magic – the Slimming World activity programme – into my life, too.

At first, I built more exercise into my normal day.

I walked instead of driving and used a tracker to count my steps.

Since then, I've joined a gym and enjoy regular spin classes, too. Now I've dropped four dress-sizes I love the fact that I can choose fashionable clothes straight off the rails rather than knowing they won't fit me right.

Even though my relationship didn't work out, being healthy and happy with my weight has helped me remain confident.

My friends and family have noticed such a massive difference in me and I'm so proud of the shape I'm in.

As a mum, I feel passionate about being a positive role model.



EXCLUSIVE RECIPES AND OFFERS



S is for salmon

Miso salmon with crunchy veg

Serves 4

Cooking time: Ready in 30 minutes

INGREDIENTS:

100g dried quinoa
4 skinless, boneless salmon fillets
1 tbsp soy sauce
1 tbsp white miso paste
300g long-stem broccoli, halved lengthways
150g frozen soya beans (edamame)
150g baby leaf spinach
6 radishes, thinly sliced
4 tbsp fat-free vinaigrette
4 spring onions, halved and shredded
Lemon wedges, to serve

METHOD: Preheat the oven to 200C/180C fan/gas 6. Cook the quinoa according to the pack instructions then drain and set aside to cool completely.

Meanwhile, arrange the salmon fillets on a baking tray lined with non-stick baking paper.

Mix the soy sauce and miso paste together, spread the mixture over the salmon and cook in the oven for 15 minutes. While the salmon is cooking, bring a large saucepan of water to the boil over a high heat. Add the broccoli and cook for 1 minute, then add the soya beans and cook for a further 3 minutes. Drain well.

Tip the quinoa into a large bowl and add the broccoli, soya beans, spinach, radishes, vinaigrette and spring onions. Toss well and season to taste.

Divide between plates, top with the salmon and serve with lemon wedges to squeeze over.

T is for tuna

Tuna fish cakes with corn salsa

Serves 4

Cooking time: Ready in 45 minutes

INGREDIENTS:

3 eggs
400g potatoes, peeled and diced
2 x 160g cans tuna in spring water, drained
2 tbsp capers, drained and rinsed
½ small pack fresh parsley, chopped
8 spring onions, chopped
Juice of ½ lemon
½ 200g can sweetcorn kernels in water, drained
1 large tomato, deseeded and chopped
Salad, to serve

METHOD: Cook the eggs in a saucepan of boiling water over a high heat for about 9 minutes. Plunge them into cold water, leave to cool a little then peel and chop them.

Meanwhile, cook the potatoes in a saucepan of boiling water over a medium heat for 7-8 minutes or until just tender. Drain well and return to the pan over a low heat to remove any excess water.

Preheat the oven to 200C/180C fan/gas 6.

Mash the potatoes well and stir in the tuna, capers, parsley, egg and most of the spring onions. Add half of the lemon juice plus salt and pepper to taste and divide the mixture into 4 equal portions.

Shape the portions into large cakes, arrange on a baking sheet lined with non-stick baking paper and bake for 20 minutes or until nicely browned.

Meanwhile, make the salsa by mixing the remaining spring onions with the sweetcorn and tomato.

Add the rest of the lemon juice, plus salt and pepper to taste.

Divide the tuna cakes between plates, scatter over the corn salsa and serve with the salad.

2 EXCLUSIVE SLIMMING WORLD OFFERS

Join your local group for **FREE**

RESEARCH shows that by joining a group you are more likely to be successful in the long-term than if you go it alone – so give yourself the best chance of slimming success.

Join your nearest Slimming World group for free when you purchase a 12-week Countdown before March 15, 2020, plus 12 weeks for the price of ten – saving £19.90.

Standard membership fee is £10 and weekly group fee is £4.95. To find your nearest Slimming World group, log on to slimmingworld.co.uk or call 0344 897 8000.

For full terms and conditions, please visit slimmingworld.co.uk/sun-terms.

Please complete this voucher, on the right, and give it to your Slimming World Consultant when you join a group.



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Slimming World Online has all the tools you need to lose weight successfully and stay on track, including delicious recipes, motivational tips and inspirational stories from other members, plus a weight-loss planner.

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Full terms and conditions available at the above address.

Consultants: Remember to save your vouchers and return them to head office immediately after the offer closes.

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● All recipes are from Slimming World's book Free Food A To Z. Join your local Slimming World group or sign up online for more recipes, guidance and support.

To find your nearest group, visit slimmingworld.co.uk or call 0344 897 8000.

ONLY IN TOMORROW'S **Sun**: FAMILY FEASTS AND INSPIRATIONAL STORIES