



Virus will not reach peak for months

SEE PAGES 6&7



Joanna Lumley. Bandits tried to rob me

EXCLUSIVE INTERVIEW: PAGE 9

BORIS BREAKS BABY NEWS AS EX-WIFE MOURNS MUM

PM's announcement comes days after former mother-in-law loses cancer fight



EXCLUSIVE
 BY ASHLEIGH RAINBIRD and NICK SOMMERLAD

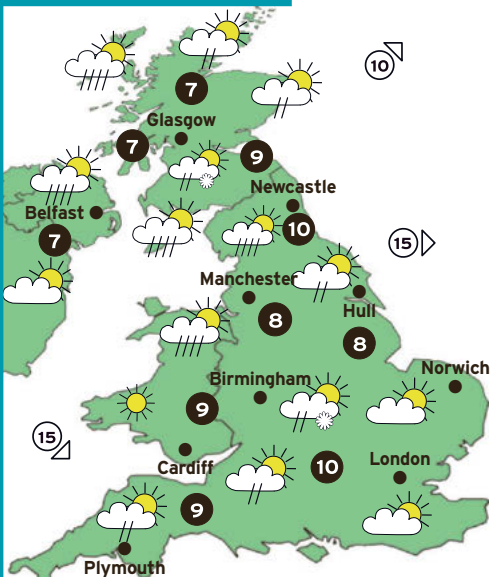
BORIS Johnson's baby revelation came just days after his ex's mum died of cancer.

Marina Wheeler, right, was mourning Dip Singh when he and fiancée Carrie Symonds broke the news.

FULL STORY: PAGE 5



THE WEATHER



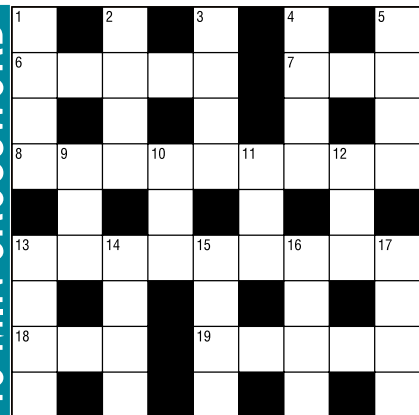
TODAY Bright spells, patchy cloud and scattered showers

A wet start in places as any lingering overnight rain clears. Elsewhere, largely dry with lengthy sunny spells and cloudier intervals, but a few scattered showers will drift through southern areas and **Scotland** during the day.

5-day forecast

	Wed	Thu	Fri	Sat	Sun
London	9c	9c	9c	12c	12c
Newcastle	8c	7c	7c	11c	10c
Leeds	6c	6c	6c	10c	9c
M'chester	7c	8c	8c	11c	10c
Liverpool	8c	8c	8c	10c	10c
B'ham	7c	8c	8c	12c	10c
Cardiff	8c	8c	8c	10c	10c
Plymouth	9c	9c	9c	11c	10c
Belfast	7c	7c	7c	10c	9c

10 MIN CROSSWORD



- ACROSS**
- 6 HMS Bounty's captain (5)
 - 7 Anti-nuclear movement (1,1,1)
 - 8 Disloyalty (9)
 - 13 Spongy (9)
 - 18 Garment edge (3)
 - 19 Slap, blow (5)
- DOWN**
- 1 Adjoin (4)
 - 2 Evergreen (4)
 - 3 Smart, sophisticated (4)
 - 4 Skin complaint (4)
 - 5 Singer, — Grant (4)
 - 9 Massage (3)
 - 10 Bustling activity (3)
 - 11 Centre (3)
 - 12 Sprint (3)
 - 13 Dull pain (4)
 - 14 Oil reservoir (4)
 - 15 Take a break (4)
 - 16 Dutch cheese (4)
 - 17 Cheeky child (4)

MONDAY'S SOLUTIONS ACROSS: 1 Skeleton, 6 Peg, 7 Rifle, 9 Lilo, 11 Reed, 12 Tour, 14 Liar, 16 Anger, 18 Bid, 19 Cassette.
DOWN: 1 Superman, 2 Eagle, 3 Earl, 4 Oaf, 5 Begudge, 8 Iota, 10 Idle, 13 Orbit, 15 Iris, 17 Goa.

Brought to you by



THE LOTTERY

MONDAY SET FOR LIFE: 8, 28, 39, 45, 47. Life Ball: 9. Top prize £10k a month for 30 years.
SATURDAY'S LOTTO: 25, 32, 34, 52, 55, 58. Bonus: 9. Tomorrow's estimated jackpot £9m.
THUNDERBALL: 1, 3, 6, 10, 37 T'ball: 10. No winner of £500k prize.
HEALTH LOTTERY: 2, 4, 12, 38, 49 Bonus: 33.
FRIDAY'S EUROMILLIONS: 8, 11, 20, 22, 23. LS: 3 & 4. Tonight's estimated jackpot £14m.

'Bullied' Patel aide in suicide bid after clash

Staff member took overdose at home claim

BY MIKEY SMITH Political Correspondent

A FORMER aide of Priti Patel attempted suicide after being bullied by her, it has been alleged.

It was reportedly claimed the Home Secretary shouted at the woman, telling her to "get lost".

The aide allegedly took an overdose in her office in 2015.

After she became unresponsive, her partner was called, according to legal correspondence reported by the BBC.

The letter said the woman took a further overdose at home in what was described as a suicide attempt. She is thought to have been a member of Ms Patel's private office while the Tory was Employment Minister.

It was said the staff member alleged she was told Ms Patel had decided to dismiss her because she did not "like her face".

It is alleged the department settled out of court for £25,000 in 2017 after the woman threatened to bring a legal claim of bullying, harassment and discrimination on racial and disability grounds.

The PM's official spokesman refused to say whether a probe will take place. And he declined to say if No10 knew of a complaint against Ms Patel as Employment Minister.

"She told her to 'get lost' and said that she did not 'like her face'"

CLAIMS REPORTEDLY MADE IN LEGAL LETTER



ACCUSED
Home Secretary
Priti Patel



RESIGNED Philip Rutnam

when she took the job of Home Secretary last year.

On Saturday, Sir Philip Rutnam resigned from his role as the Home Office's most senior civil servant, blaming a "vicious" campaign against him.

He indicated he plans to take

the Government to an employment tribunal. Cabinet minister Michael Gove said a probe has been launched to "establish the facts". Ms Patel denies bullying or mistreating staff.

Boris Johnson said she is doing an "outstanding job".

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VOICE OF THE MIRROR: PAGE 10

400 workers facing the sack in steel takeover

SOME 400 steelworkers are expected to lose their jobs as part of the takeover of failed British Steel.

Chinese firm Jingye emailed employees at the plant in Scunthorpe, Lincs, telling them they either had a job offer or

were axed. Others are on "gardening leave" until March 9 while decisions are made.

One steelworker said: "People have been told they are not allowed on the site and their licence plates are being taken off the system, which

suggests that they will be getting laid off for good."

Alun Davies, of the Community union, said: "Highly skilled, hard-working, steelworkers are being left out in the cold. The union are offering support."



Tories' Islam hate shame

TORY members have been suspended after a report into racism alleged more than 20 made Islamophobic comments.

Charity Hope Not Hate found incidents including a councillor in Hampshire who warned online of a "dangerous Muslim agenda for world domination".

Another in Nottinghamshire said mosques were "culpable" in terror attacks.

A Tory spokeswoman confirmed "all those found to be party members" had been suspended but refused to say how many.

MPs likely to booze more

MPs really do down more booze than the average person, research shows.

They are more likely to drink four times a week and tot up at least 10 units of alcohol a day.

That equates to around a bottle of wine, or five pints, or 10 shots of a spirit.

Some 146 of the 650 MPs took a survey in 2016, of whom 37% were women.

Dr Tony Rao, of King's College London, said: "The overall rate of risky drinking was higher than in the English population."

Toxic air kills 9m per year

AIR pollution causes about 8.8 million premature deaths annually – and reduces life expectancy by three years, a study shows.

Breathing and heart problems caused by toxic air take more years off your life than smoking (2.2 years), all forms of violence (0.3), HIV/AIDS (0.7) or malaria (0.6), it found.

The research, published in the journal Cardiovascular Research, also suggests global life expectancies would increase by more than a year if fossil fuels were no longer used.

Gas bills drop as price falls

MORE than one million Bulb energy customers will have lower gas bills after wholesale prices dropped.

The supplier pledged to pass on the savings to users of gas and electricity.

It means they will be £56 a year better off.

Bulb boss Hayden Wood said: "It's great we're able to cut gas bills for over one million homes."

But bills of electricity only customers will rise by £22 from next month after the firm had to pay more to use the grid.

Got a story? Call us free on 0800 282 591

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A FAIR BREED
Gorgeous gundogs are endangered

Reddy.. setter.. go

Giant litter offers hope for Britain's rarest dog

BUNDLES OF FUN
Pups cuddle up



BY DAVE BURKE

TALK about well bred... this huge litter of pups has given a massive boost to Britain's most endangered dog breed.

Just 39 Irish red and white setters were registered last year, putting them at the bottom of the Kennel Club's vulnerable breeds list for 2019.

So breeder Ve Callaghan, of Melton Mowbray, Leics, was delighted when "Corranroo Coco At Laoirebay" – pet name

Tamzin – gave birth to these 10 pups, which are all taken already. Jim Cuddy,

chairman of the Irish Red and White Setter Club of Great Britain, described the gundogs as "fabulous".

But he said: "They have been in consistent decline for the last 10 years, although this is the first time they have been at the bottom. It is a very bleak future for them, it's not good."

He added: "They are wonderful

dogs to look at and very graceful."

Labradors are our No1 breed, with 35,347 born last year.

BORN HERO
The puppies' mum Tamzin



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@DailyMirror

A red & white setter is rarer than..



Siberian tiger



Amur leopard



Giant panda

FAMILY PAW-TRAIT
Puppies line up for a cute group photograph



SENSITIVE A dog's nose

Dogs' cold noses act as ultra-sensitive heat detectors

IT'S a question which has had pet owners trying to sniff out the answer for years... just why are dogs' noses cold?

Now researchers have found they are chilly to the touch because they serve as ultra-sensitive heat detectors that can detect tiny prey from 5ft.

It had been assumed the phenomenon

related to body temperature regulation, and a sign of a healthy pooch.

But researchers revealed that a dog's rhinarium - the bare end point of the nose - stays cool so it can detect faint heat sources, such as a small mammal, 5ft away. "All stimuli of radiating heat used in our experiments were too weak to

be felt by human hands, even at very short distances," their study said. "We had to touch the surfaces to feel the warmth." The teams from Sweden's Lund University and the Eotvos Lorand University in Hungary studied three dogs called Kevin, Delfi and Charlie.

They were trained to identify which of

two identical 4inch-wide objects was heated to around 12C above room temperature. "All three dogs could detect stimuli of weak thermal radiation in double-blind experiments," according to the study, which was published in magazine Scientific Reports.

DEMENTIA DOGS: PAGE 25

Johnson deal 'is a net loss'

BORIS Johnson's post-Brexit trade plans to favour the US over the EU could see us "lose more than we gain", warns Labour's Shadow Trade Secretary.

Barry Gardiner added of the Government: "Now it has admitted that the maximum its flagship trade agreement with the USA will result in is just 0.16% GDP growth – and even that is a long way into the future."

Previous Treasury analysis suggested that Brexit could shrink the UK's economy by 4.9%.

Alton Towers health scare

THEME park Alton Towers shut its indoor water park yesterday after visitors said they felt ill.

Some 39 people including six children and some staff reported eye and throat irritation.

Police, firefighters, paramedics and an air ambulance raced to the Staffordshire park but all 39 were discharged without treatment.

Alton Towers is investigating the cause but said the incident was not related to coronavirus.

Sadiq in rent controls vow

SADIQ Khan is demanding the power to set rent controls in London if he wins a second term at City Hall.

The Labour Mayor wants to set up a London Private Rent Commission to overhaul tenancy laws.

He believes the May vote should be a referendum on the issue – and Government should grant him new powers if he wins.

At a launch today Mr Khan will say: "The case for rent controls is now absolutely undeniable."

Rents in the capital have risen by 27% since 2010.

Easy test for Alzheimer's

A SIMPLE blood test that diagnoses Alzheimer's disease at an early stage could be available within five years, a study claims.

Senior author Professor Adam Boxer of California University said the test could tell Alzheimer's from mild cognitive impairment and fronto-temporal dementia, similar illnesses.

He added: "Individuals with early Alzheimer's are more likely to respond to many of the new treatments that are being developed."



UNDER FUNDED
Linda raised concerns on workload

“I was a victim of politics. I want to support others who speak out

LINDA FAIRHALL NHS WHISTLEBLOWER

I was sacked for telling the truth about the NHS

Nurse who warned extra pressure on staff put lives at risk wins case

EXCLUSIVE
BY JEREMY ARMSTRONG

A SENIOR NHS nurse was fired after warning the increased workload on her pressured staff had contributed to a patient's death.

Linda Fairhall, 60, had an unblemished record of almost 40 years' service when she turned whistleblower at North Tees and Hartlepool NHS trust.

After an employment tribunal upheld her claim of unfair dismissal, after a fight that took three years and £30,000 in legal costs, she said:

"I was a victim of politics. I want to support others who speak out."

A nurse since 1979, she became clinical care coordinator for the Hartlepool region in 2013, and was commended by the Care Quality Commission in 2015. That year she raised concerns over a new requirement for district nurses to monitor patients' prescriptions.

She said it meant a sudden increase of around 1,000 extra visits a month for her hard-pressed team of 50 nurses with no extra resources.

Over the next 10 months she reported 13 matters, alleging the health or safety of patients and staff was being or was likely to be put at risk.

After a patient died in 2016 she claimed it may have been prevented if her concerns had been addressed. She told the trust's care group director Julie

Parks she wished to start the formal whistle-blowing procedure. Soon after she was suspended over allegations of potential gross misconduct relating to her leadership, and then sacked.

The mum-of-two, from Billingham, Teesside, said: "My honesty and integrity are the two most important things to me... and they have questioned them. That is what I found so humiliating."

Telling of the pressure on staff providing services to patients in Hartlepool, Co Durham, she said: "Austerity played a part. There was no money to invest. When you have

25% of your staff sick, training falls behind, it has a knock-on effect on everything.

"I could not have done any more to highlight the dangers."

The tribunal found the trust's probe into her alleged misconduct to be "inadequate and unreasonable". Judge Gerald Johnson found in her favour and described her nursing record as "clean and unblemished".

Dr Henrietta Hughes, the UK's national NHS guardian, said: "Workers who speak up should be thanked for doing so and the organisation should demonstrate they are taking action to address the issues raised."

North Tees and Hartlepool NHS Trust said it will appeal the decision

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SPEAKING OUT
Linda Fairhall

Pictures: ANDY COMMINS



DEMO Manchester branch

Activists shut 100 Barclays sites over fossil fuel funding

ENVIRONMENTAL activists shut down almost 100 Barclays branches yesterday to protest the bank's support for the fossil fuel sector.

Greenpeace claims Barclays is the biggest funder of oil, gas and coal companies among European

banks and is demanding it pump cash into renewable energy.

Branches in every region were hit as activists disabled doors.

Greenpeace UK climate finance campaigner Morten Thaysen said: "Banks are just as responsible for

the climate emergency as the fossil fuel companies they fund."

Barclays said: "We recognise climate change is one of the greatest challenges facing the world and are determined to do all we can to support the transition to

a low carbon economy. Greenpeace has a view to which they are entitled but we would ask that – in expressing that view – they stop short of behaviour which targets our customers, and our colleagues, going about their lives."



MUGGED Harry Styles Styles in run direction to escape yobs

BY **CHRISTOPHER BUCKTIN**
US Editor

HARRY Styles has described running into traffic to escape when he was mugged at knifepoint in London last month.

The former One Direction star, 26, said he handed over cash before being asked for his phone.

He revealed: "They all gathered around me. Then the guy's like, 'unlock your phone'. The other one pulls his shirt up and he's got a knife sticking in his pants."

"Then two cars were coming and I felt an opportunity to sprint and I just ran into the road." He said he tried to stop the cars but the drivers thought he was a "madman".

He added: "I just sprinted and I guess because [the muggers] had the cash they turned around." Police have not made any arrests.



NAME GAME Hugo Boss Name swap's a headache.. & that's no Ly

BY **LUCY MAPSTONE**

THE comedian formerly known as Joe Lycett has said that changing his name to Hugo Boss to taunt the fashion company has been "a headache".

The TV star is now legally called Hugo Boss in a jibe at the German firm, which used trademark claims to target small businesses and charities also using "Boss" in branding.

Swansea-based Boss Brewing was left with legal fees totalling around £10,000 last year.

Joe said: "It's a massive company taking on a little company... just not fair."

But he admitted: "I've legally changed my name - and it's a headache I've got to tell you."

Hugo Boss said it only wanted to "prevent potential misunderstanding" over use of the name Boss.

Marina's mother was very, very good to him



HERE'S A DUMMY
Madame Tussauds waxwork of PM with baby in carrier

Heartache at Johnson's baby announcement as ex grieves



IN-LAWS Dip with husband Charles at event in 2005

EXCLUSIVE
BY **ASHLEIGH RAINBIRD**
and **NICK SOMMERLAD**

THE timing of Boris Johnson and Carrie Symonds' baby announcement has been "devastating" for his grieving ex-wife, sources revealed.

The PM's fiancée broke the news on Saturday that she was expecting and the couple had got engaged, days after Marina Wheeler's mum died of cancer at 87.

Dip Singh passed away the previous Sunday, the Mirror understands. It is the latest trauma for Marina who, on top of her divorce, had two ops to treat cervical cancer last year.

A source said: "Dip used to be very supportive of Boris in the early years and refused to believe the bad stuff about him."

"Dip and [husband] Charles were very, very good to him."

"Boris and Marina's wedding reception was held in their garden. Marina was very close to her mother who was enormously graceful and clever."

Marina's 25-year marriage to Mr Johnson, which was blighted by his serial affairs, formally ends in weeks.

A judge approved a financial settlement

on February 18 and gave Marina the permission to apply for a decree absolute.

Marina married Mr Johnson in 1993 and the couple had four children. They announced plans to divorce in 2018.

Their eldest daughter Lara, 26, reportedly branded her father a "selfish b*****d" when news of his affair with Ms Symonds broke that same year.

A source had said of Marina's health problems and divorce: "She's just in pieces over it all."

Mr Johnson had flings with a series of women. One gave birth to a daughter from him, now aged 10.

Dip was born in India in 1932 and fled her home in the Punjab aged 15 during the partition. She married BBC foreign

correspondent Sir Charles Wheeler in 1962. The couple had two children, Shirin, 57, a former BBC correspondent, and Marina, 55. Charles died in 2008.

Barrister Marina confirmed Dip "died at home with us" but did not comment further. She is due to publish a book about her mum's life called *The Lost Homestead*.

Mr Johnson, 55, did not respond to our request for comment.

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PREGNANT Fiancée Carrie



Abuse Bill is 'failing kids'

CHILDREN are not given enough protection under the long-awaited Domestic Abuse Bill, charities claim.

The legislation will put a legal duty on local authorities to support victims and their children in refugees.

But the NSPCC said thousands will still be at risk "because the help they deserve is not in place".

The Bill "fails to protect children from the impact of living with domestic abuse", the charity added.

Action for Children adds a child must be seen as a "victim, not just a witness".

Wind ban will be blown out

THE Government is to lift its four-year ban on subsidies for new onshore wind farms, reversing David Cameron's 2016 legacy.

The Tory Prime Minister effectively blocked onshore wind projects by denying firms the chance to bid for a price guarantee for their electricity output.

But Labour MP Dr Alan Whitehead said more work is now needed to "remove the planning barriers to onshore wind" and reassess "eye-watering business rates on solar energy".

Heathrow to divide Tories

TORY MPs are in uproar over the Government's "desertion" of the Heathrow expansion project after the Court of Appeal's ruling.

In the Commons, Labour's Andy McDonald urged the Government to "rule out climate-busting airport expansion". But Tory MP Crispin Blunt said: "The Government's desertion of Heathrow... is very bad news for early delivery of Global Britain."

Transport Minister Kelly Tolhurst insisted the Government is "committed to airport expansion".

Switch deals 'not the best'

AUTO-SWITCH websites that move households to a cheaper energy supplier when their deal ends do not always find the best deal, warn campaigners.

An investigation by Citizens Advice found some services search as few as 15 of the 70 suppliers on the market.

It means their 300,000 customers could each be £70 a year worse off.

Chief executive Gillian Guy said: "It's essential that better safeguards are put in place now."



FEAR Masked commuter on London Tube

BY PIPPA CRERAR Political Editor

AS the number of UK coronavirus cases hit 39 yesterday, government sources warned it will take "months rather than weeks" for the outbreak's full impact to be felt here.

Four more people – all of whom had travelled to the disease hotspot of Italy – have been diagnosed in England and the toll is expected to soar.

Boris Johnson chaired his first emergency COBRA meeting yesterday and said a "very significant" spread of the infection is "clearly on the cards".

He said: "It's more likely than not that we will face a challenge in the weeks, months ahead."

The Prime Minister insisted we are well prepared for a mass epidemic and said a "battle plan" will be unveiled today.

But confirming we face a tense and uncertain wait to see the full extent of the crisis, a Whitehall source said: "You are talking about months rather than weeks before we reach the peak of this."

Ministers from every department met yesterday to agree the emergency plan. It will include primary legislation that will have to be passed by MPs and peers. The first elements are expected to appear next week but it might not be fully in place until the end of the month.

Health chiefs will aim to slow the spread of Covid-19, lower its peak impact and push it away from the winter, when the NHS is under the greatest pressure.

BRIEFING

Decisions to close schools, cancel major events and even shut down cities would only be taken on scientific advice.

Retired doctors and nurses could be asked to return to the NHS.

Senior Labour figures had an advance briefing on the action plan. And the leaders of Scotland, Wales and Northern Ireland dialled into the COBRA session.

Mr Johnson was slammed as a "part-time" PM as the infection rate climbed over the weekend. After the meeting, he said the spread was "likely" to become "more significant" in coming days.

He said: "We have also agreed a plan so that if and when it starts to spread, as I'm afraid it looks likely it will, we are in a position to take the steps necessary to contain the spread as far as we can, and to protect the most vulnerable."

All four of yesterday's new cases had been to Italy, which has been hit by Europe's biggest outbreak. Two members of the same South Devon family, including a secondary school pupil.

And the Maidstone Studios in Kent, where Take Me Out is filmed, shut after a health worker at a nearby unit tested positive.

Health chiefs confirmed the case was a staff member for the North East London Foundation Trust, which has an office in Maidstone. Stephanie Dawe, chief nurse, said: "They were not working in a

PREPARATIONS
Matt Hancock



CORONAVIRUS CRISIS: UK

This is only the start...

» Disease spread may take months to hit peak » PM's COBRA session as 4 new cases confirmed



BREATHING EASY
Rail commuter in gas mask draws glances at Milton Keynes Central

AT A GLANCE

- 4 new cases in UK
- PM unveils 'battle plan' later today
- 99% of medics fear NHS won't be able to cope
- Worst case scenario says 500,000 could die here

building or role which meant contact with patients."

A clinician at Mount Vernon Cancer Centre in Northwood, Middlesex, who had tested positive and been included in the UK tally has now tested negative, East and North Hertfordshire NHS Trust said.

Elsewhere, the death toll in Italy hit 52 yesterday, up from 34 on Sunday, and the total cases stood at 2,036, up from 1,694.

Germany confirmed 28 new cases for a total of 157, up from 129. France has 191 cases,

up from 130 a day earlier, with three so far dying from the disease. And Latvia, Senegal and Saudi Arabia confirmed their first cases yesterday.

Iranian authorities uncovered a stash of hoarded medical supplies including millions of gloves as deaths from coronavirus there hit 66 with 1,501 cases.

Richard Ratcliffe, husband of jailed British-Iranian Nazanin, said she has "all the symptoms" of the infection in her Tehran prison but is yet to be tested.

British guests at a quarantined hotel in Tenerife were being flown back yesterday after testing negative. While Health Secretary Matt Hancock says

planning is in hand for any mass outbreak here, concerns remain that the NHS could buckle amid the crisis.

A leaked official document last week suggested up to 500,000 people across the UK could die if up to 80% of the population is infected.

And a survey found more than 99% of 1,618 medics polled question the Government's assurances on the NHS's preparedness to deal with a surge in cases.

They fear services are already too badly over-stretched – and in particular that they have too few intensive care beds.

The Treasury was last night working on measures to help in a major outbreak,

EMERGENCY PLAN DRAFTED

FRIGHT SEEING
Woman in mask by the London Eye



'Social distancing' coming soon

THE UK is in the "containment" phase, where isolated cases are admitted to hospital and there's detailed tracing of the people they've come into contact with.

The future is dependent on what our government decides to do next.

China gives us an example of how effective draconian measures can be.

The number of cases outside of Wuhan fell dramatically - and so did the fatality rate.

This is important as we enter the next phase. Flattening the spike of an epidemic means the NHS will be less

DAILY VIRUS UPDATE
Dr Miriam Stoppard

overwhelmed and that can save lives. Social distancing, which prevents people mixing, may include cancelling public events, closing schools and staggering work hours. Encouraging more home working and discouraging unnecessary travel is part of this strategy. It could delay the peak of the outbreak until later in the year, when warmer weather could possibly deter the virus.

How far has coronavirus spread?

China has had 80,000 cases and 3,000 deaths. It has spread to 60 countries, including Britain.

What should I do if I return from an infected region?

If it's from Hubei province in China, Iran, areas of northern Italy and South Korea, self-isolate and call NHS 111. From rest of China, Korea, Japan, Hong Kong and Singapore, self-isolate if you get cough, fever or shortness of breath.

Will schools close?

Public Health England's advice is to stay open. New emergency laws will suspend maximum class sizes so they can stay open if teachers are ill.

What happens in major outbreak?

The Government has not ruled out shutting down cities. Mass gatherings could be banned, public transport closed, schools shut, and employees told to work from home.

Do health chiefs have a plan?

Strategy is to delay "peak" until

summer, when warmer weather means it will not spread so easily.

Is there a cure?

It could be months or years before treatments or vaccines are ready.

How does it spread?

Through droplets from nose or mouth when infected person coughs or exhales.

How to stop it?

Wash hands with soap and hot water for at least 20 seconds, keep distance from others.

What are the symptoms?

Fever, cough, tightness of the chest, breathing difficulties. In severe cases, pneumonia and sepsis.

Who is at risk?

Four in five infected people get mild symptoms and recover. Older people or patients with pre-existing conditions are more at risk.

How many will die?

Leaked government papers said in worst case scenario, 80% of us would get virus, 500,000 would die.

Q&A

Hospitals are strained already

OUR hospitals are already struggling to cope with demand, latest figures reveal, ahead of a possible coronavirus epidemic that could put even more strain on them.

The Royal College of Emergency Medicine says the UK system for emergency care is "not fit for purpose".

Figures reveal that 100,000 people waited for more than 12 hours in Accident and Emergency departments across the UK since October.

A document from the RCEM says: "The number of patient attendances increases every year, with roughly a third of these patients requiring admission."

"However, the physical size of hospitals and departments have not increased, with most now stretched beyond the capacity they were designed and resourced to manage.

Bed numbers within hospitals have reduced consistently over several years. The result of this is that many patients are being cared for in corridors."

Dr Katherine Henderson, RCEM President, said: "We do not have an adequate number of beds to admit the sickest patients to."

The NHS said: "NHS hospitals successfully opened extra hospital beds at a record rate this winter - the equivalent of opening two new district general hospitals - made possible by having over 7,700 extra nurses working across the NHS compared to last year."

"But given the pressures on the NHS, the Government's commitments to increase the number of nurses by 50,000, and invest in more new beds and facilities, will be crucial."



VIRUS FEAR Info notice at Ninewells Hospital, Dundee



SCARE A case shut Maidstone Studios in Kent

including extra support for the NHS and small firms. And MPs demanded an emergency law last night to stop coronavirus leaving zero-hour workers penniless.

Labour warned laws on sick pay will force many in the gig economy to choose between self-isolating and buying food. Statutory Sick Pay, worth £94.25 per week, is available to them but only covers those on more than £118 a week - after they have been ill for four days.

And those off seven days need a GP's note, despite warnings not to visit a GP if people are self-isolating. Labour

leadership candidate Lisa Nandy said: "The threat is concerning enough without worrying it will leave you without money for rent and food."

The PM's spokesman said "further action" will be taken "if needed" to help

low-wage workers. Universal Credit claimants have been urged to contact their JobCentre if infected to avoid being sanctioned.

Meanwhile, China's ambassador to the UK has praised his country's "people's war" against coronavirus.

Speaking at an event in Central London, Liu Xiaoming said China made "huge sacrifices to slow the transmission" of Covid-19. It has had 80,000 cases since the outbreak began in Wuhan. The disease has now spread to 60 countries.

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Low-fat dairy benefit blow

LOW-fat versions of dairy products do not cut kids' risk of obesity or heart disease, a study suggests.

And kids eating low-fat options replaced missing calories with other foods.

Dr Therese O'Sullivan, of Edith Cowan University in Western Australia, said we get "conflicting advice".

WATT DIY SKILLS?

ALMOST nine out of 10 millennials use internet searches to navigate DIY tasks like changing a light bulb, a Plusnet poll found.

Suicide surge alert as 14 vets die in 2 months



TROOP AID Mercer

New scheme to give mental care

450

More than 450 British troops died in Helmand, Afghanistan



GRIM SIGHTS
Brit troops on patrol in Helmand

BY **CHRIS HUGHES**
Defence and Security Editor

FOURTEEN serving and former armed forces members are believed to have taken their lives in the past two months as suicide rates soar.

It comes amid a spate of Afghan War veteran deaths and Veterans Minister Johnny Mercer has said he will bring forward a mental health programme to help struggling soldiers.

Post-traumatic stress and related illnesses in combat veterans can take over a decade to surface.

Former commander of British forces Colonel Richard Kemp said it was "outrageous" our veterans are committing suicide at an increasing rate.

He said last night: "There may be a powder keg among British veterans suffering in silence from illnesses like PTSD and at last it appears something is being done."

"If this problem among our brave men and women in the armed forces is not recognised very quickly it could be a problem that will explode in our faces. These people need our support."

Col Kemp, who had tours in Northern Ireland tours and the Balkans, added: "It

is shocking to learn that this number of veterans have taken their lives and much more needs to be done to help.

"I have known several soldiers to take their own lives, possibly as a result of what they have experienced or seen in combat, and it is always possible more could have been done to help them."

"A young man who served under my command took his own life having served in Bosnia in his first tour of duty and he had actually sought help because what he had seen traumatised him."

"He had support and was even involved in fund-raising but he did commit suicide. Another soldier I knew committed suicide in Belfast because of the extreme stress of serving there in the 1970s."

"The complexities of this are so challenging and difficult fully to understand – and this is not helped if people are being treated in far-flung parts of the country by medical practitioners who do not understand what they have been through."

"We need a dedicated service to help these people."

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Specsavers

Go direct to bag best hotel deals

IT is cheaper to book a room directly with a hotel than online, a study has revealed.

Which? found eight out of 10 rooms cost less after phoning than using popular booking websites such as Booking.com.

In one example, it found savings of 12%, plus a free upgrade, when booking directly with a hotel in Cornwall, for £150, compared to £170 with Booking.com.

Hotels were also able to offer incentives such as discounts on spa treatments, free breakfast and free parking.

Rory Boland, of Which?, said: "Customers shouldn't be duped into thinking they're getting the best price from a hotel booking site."

Booking.com said it was the most cost-effective way to reach a global audience.



GOING Meghan and Harry Harry & Meg in final royal appearance

BY **RUSSELL MYERS**
Royal Editor

PRINCE Harry and Meghan will take part in their final engagement as senior royals next Monday.

They will join the Queen, the Duke and Duchess of Cornwall and the Duke and Duchess of Cambridge at Westminster Abbey for Commonwealth Day.

It will be the couple's first appearance with the royals since they announced in January that they wanted to step back.

Meghan, 38, will be at the Endeavour Fund Awards, honouring Forces veterans in London this Thursday – her first appearance since the couple's announcement.

Harry is on a final run of engagements before the couple leave for a life mostly in North America at the end of the month.



TRAGEDY Harry Dunn Dunn family 'showdown' in High Court

BY **JOSH PAYNE**

THE family of Harry Dunn are set to challenge the Foreign Office over the diplomatic immunity given to his alleged killer in the High Court this summer.

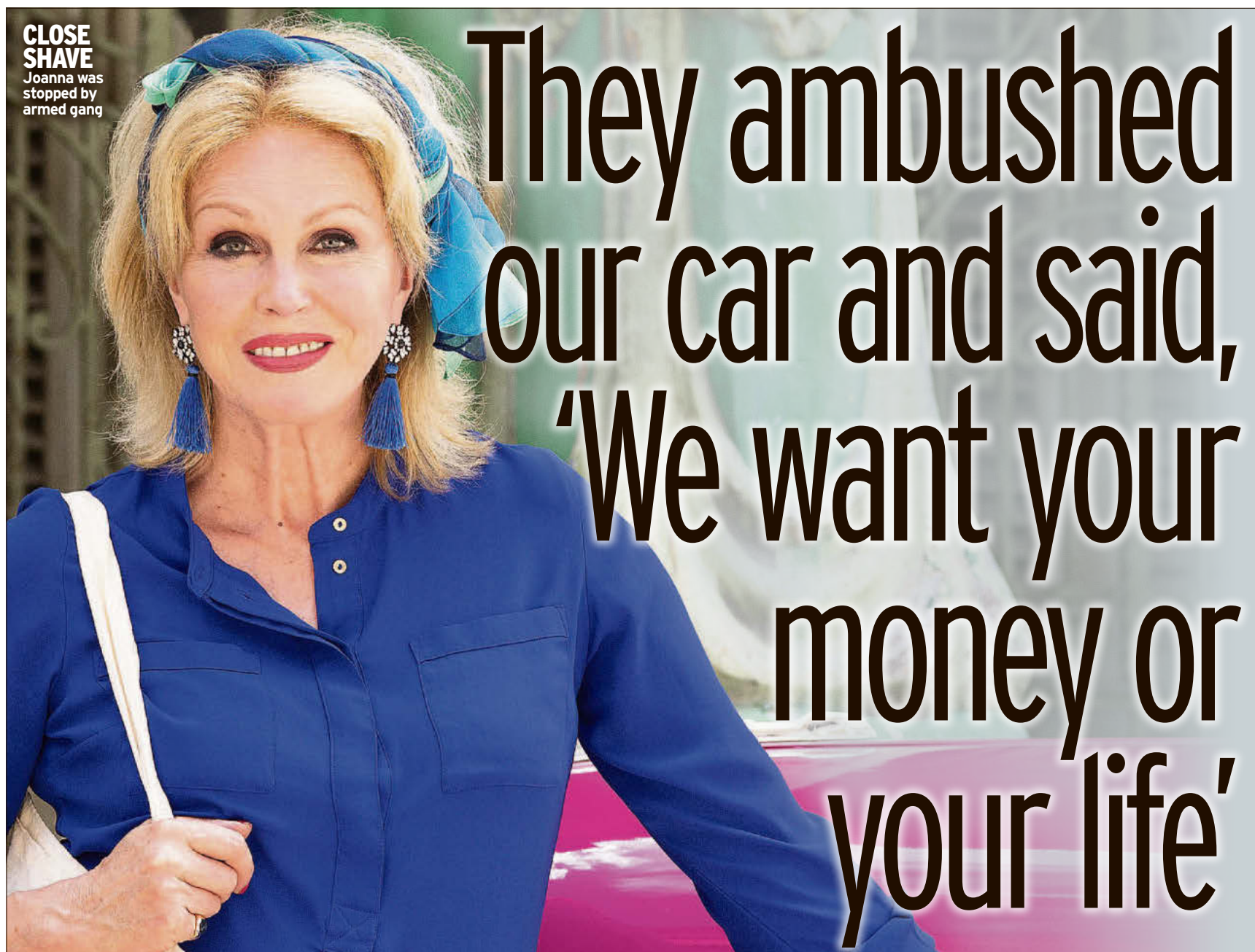
Their spokesman Radd Seiger said: "Harry's parents have brought a judicial review against the FCO and Northamptonshire Police."

"The FCO must set out the grounds on which it is resisting the judicial review and to disclose evidence in support by this Friday, March 6."

He said a "full trial" would take place in June.

Harry died aged 19 after his motorbike was in a collision with a car driven by US diplomat's wife Anne Sacoolas outside a military base in Northamptonshire on August 27 last year.

**CLOSE
SHAVE**
Joanna was
stopped by
armed gang



They ambushed our car and said, 'We want your money or your life'

Joanna's bandit ordeal in troubled Haiti

EXCLUSIVE
BY **SARA WALLIS**

JOANNA Lumley has told how she was ambushed by armed bandits while making a TV documentary.

The actor had been filming in troubled Haiti when she and her camera crew were stopped in their car. Joanna, 73, 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." The gang let them pass unscathed.

Joanna had been in the capital Port-au-Prince, which she described as a "catastrophe".

She added: "We arrived on the day of a riot, so we had a police escort to the hotel. Riots break out like wildfires across the land and if you're in that place, you're stuck." But Joanna's ordeal did not leave her feeling desperate

to leave the Caribbean country. The presenter, who has made travel documentaries for more than a decade, said: "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."

Haiti has been blighted by crippling debt, corrupt regimes and natural disasters, including the 2010 earthquake. Joanna was horrified to see children living in poverty "like wild animals".

She added: "The country's broken, nothing works. There are unbelievably poor communities. "There were street children sleeping rough, abandoned by

their families. But they dreamed of being pilots and lawyers, even though they've got no education. That affects you terribly."

"Seeing people living in squalor because they've been let down by the government is unbearable."

You want to go to the top and say, 'You b*****ds, the first thing you can do is get clean water. Care for your people.'"

But Joanna, who is married to conductor Stephen Barlow, said she still loves making travel shows, despite the horrors she witnesses. She said in Radio Times: "It's not a strain, I love it."

And she told how one of her secrets to avoiding illness on the road is vegetarianism.

She added: "Vegetarianism is good for travelling as it's usually meat or fish that makes you ill."

On her 1,500-mile trip for the documentary, Joanna also visited Santiago de Cuba, the birthplace of late Cuban leader Fidel Castro.

■ Joanna Lumley's Hidden Caribbean: Havana to Haiti starts Tuesday March 10, ITV, 9pm. Read the star's full interview in Radio Times, out today.

“They come with guns and take your wallets”

JOANNA TELLS HOW ROBBERS OPERATE



FILMING
Watching
dancing in
Cuba



MY LOVE
Star and
husband
Stephen

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VOICE OF THE

DAILY
MirrorPM's latest
slow show

BORIS Johnson finally waking up to the coronavirus crisis is not reassuring leadership from a Tory politician with a poor record of delivery.

From London City Hall to the Foreign Office, the PM's record raises real doubts about his ability to do a serious job seriously.

His slowness in grasping the potentially calamitous danger of deadly flu without an antidote is deeply concerning.

The country is braced for more cases, so dealing with them and preparing contingency plans while urging members of the public to stay calm and carry on is a sensible strategy.

But years of underfunding in the National Health Service means everyone from ambulance crews to GPs and hospital staff are already overstretched and there is no slack.

Should coronavirus become an epidemic in the UK, the Premier's bankrupt Tory politics will be a mortal menace.

Dutch to learn

BRITAIN has left the European Union yet we can learn much from the Dutch about how to avoid the floods ruining the lives of families in swamped homes.

Central to the answer is huge investment in properly maintained flood defences that stop water destroying properties and threatening lives, which the Netherlands learned long ago.

Inadequate spending by successive Tory governments is partly to blame for the misery endured by thousands of people this winter.

Living greener is essential in the face of the climate change emergency. But the wet weather is not going to end immediately.

Squeezing public spending imposes high costs on those washed out of homes.

Priti worrying

THE public deserves reassurance that the outcome of the Cabinet Office inquiry into bullying allegations against Priti Patel is not preordained.

It would be a breach of trust to plan a report clearing the Home Secretary before a probe has taken place. Let's hope it is not happening.

JOHNSON BABY NEWS

..so, what about the bawling, the tantrums, the dirty nappies?..

Well, Dominic is Dominic.. that's just how he rolls..

CALLS FOR SOLUTION
TURNING
THE TIDE

How Holland conquered flooding..
& the lessons Britain needs to learn



BATTLE Bid to close breached dyke

EXCLUSIVE
BY **NADA FARHOUD**
Environment Editor
in The Netherlands



HAVING fled on to the roof as the flood surged, a petrified family clung on as the structure broke to bits and they were sent hurtling across the water.

They spent the freezing night floating along on fragments of the roof. Not all of them survived.

Mina Kooijman, who was 12 at the time of the ordeal in 1953, said she watched the sea water in their village in the Netherlands rush towards them "like a grey monster".

Around 1,800 of her compatriots were killed. It kick-started huge investment in flood defences, and no one has been killed by floods since then.

Experts now say Britain needs to follow the Dutch example.

The catastrophic storm in the North Sea in 1953 killed more than 300 people in the UK and caused the MV Princess Victoria to sink off the coast, taking the lives of 133 more.

At 5.30pm on January 31, a telegram warning of "extremely dangerous high water" was issued by the Dutch Met Office.

But few organisations subscribed to the telegram service in the low-lying nation and hardly anyone in the worst-hit areas was warned.

The force of the waves burst the nation's dykes and in a few hours water filled homes in the Zeeland province to the second floor.

Mina's family in the farming community of Nieuwerkerk, south west of Rotterdam, made their way into the attic then out on to the roof of their barn as the water rose.

She later recalled: "We saw my gran, Uncle Pau and housekeeper [floating] by on a raft. A little later they disappeared into the water."

"Then the barn roof broke into pieces. My father and brother Han were on a separate piece of roof."

"My mother, brother Wim, sister Hanna and I were on another."

After hours bobbing along in the wind and rain, the family reached a dyke and found refuge in a small house that had taken in 100 others who were suddenly homeless.

But 15-year-old Han did not make it. When the high water peaked at 3am, many people were caught out while sleeping.

The North Sea flood was the worst disaster in the Netherlands



18

Days it took the decisive Dutch to set up panel that ended the problem

6

Length in miles of the Eastern Scheldt storm surge barrier

PROTECTION The huge Eastern Scheldt storm surge barrier

SURVIVOR
Museum founder
Ria Geluk



DELUGED Flooded street in the Netherlands in 1953

during the 20th century. As well as the death toll, 47,300 buildings were flooded.

The damage ran into tens of billions of pounds in today's money.

Within 18 days, the Dutch government created a commission to try to ensure the country was never devastated by floods again.

Billions were spent on the Delta Works, the largest flood protection system in the world. As well as 13 storm barriers, work included strengthening dykes, widening rivers and a system of drainage ditches, canals, sandbanks and

pumping stations. The jewel in the crown is the Eastern Scheldt storm surge barrier, completed in 1986, which is nearly six miles long.

Flood prevention is a source of national pride, evident as Jeroen

Kramer, from the Water Management Information Centre, shows me around what he called "the Netherlands' front door".

The Maeslantkering, said to be the world's largest robot, is the storm surge barrier protecting the port of Rotterdam and over a million people. Completed in 1997, it consists of two metal arms the size of the Eiffel Tower.

They stay open to allow ships to pass, but are ready to close when the water rises by 9ft. Jeroen says when a nation suffers major floods people there ask: "What are the

GIANT Maeslantkering storm surge barrier



AS THE SUFFERING CONTINUES



TOUR Mirror's Nada with Jeroen

Dutch doing?" The Maeslantkering cost taxpayers €450million.

He said: "In the Netherlands, we regard water as a national problem and everybody expects to pay."

Environmental scientist Angela Terry thinks the UK must spend much more on defences. She said: "Investment in world-leading flood schemes is a sense of national pride [with the Dutch] yet in England only 1% of national infrastructure spending goes on protection..."

"As the world warms due to carbon emissions, sea levels are rising due to... melting ice."

"As an island nation we are vulnerable on our entire coast."

Ria Geluk, who was six when the 1953 disaster hit the Netherlands and who survived by getting on to the roof, led a grassroots move-



SAFER Flood defence near homes

ment to found the Watersnood (translated as flood) Museum, in Ouwerkerk which opened in 2001 as a memorial to the catastrophe.

Ria, 73, said: "In 1953 I think the Netherlands had a preview of what the future could look like for many in a world of global heating."

"It took the 1953 disaster for real action to be taken here. Will you [in Britain] wait for another one?"

Peter Glas, the scientist in charge of protecting the Netherlands against floods, last week warned Britain should prepare for seas and tidal rivers to rise by over 6ft in 80 years - nearly double the Met Office's worst-case predictions.

Such a rise could inundate towns along estuaries and wreck places miles inland on tidal rivers such as the Thames, Severn, Wye and Tyne.

This would be in addition to the river flooding that is already being caused by surging winter rainfall.

■ Rising sea levels mean half the world's beaches could vanish by the end of the century, scientists at the European Commission's Joint Research Centre have warned.

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“People here are struggling and suffering. I don't think Boris Johnson is bothered

FIONA WALKER DAUGHTER OF YORKSHIRE FLOODING VICTIM



Picture PHIL HARRIS

After deluge, the chilling threat of ice

BY **STEPHEN WHITE**

WHILE many areas continue to battle flooding, forecasters are warning of a new threat from ice and snow.

A total of 82 flood warnings are still in place for England, Wales and Scotland after Storm Jorga wreaked havoc at the weekend.

Now, ice warnings are also in place for western areas, from northern Wales to the top of Scotland, after the wettest February on record.

An average 209.1mm of rain fell last month - also making it the fifth-wettest of any calendar month, based on statistics dating to 1862.

And we had one of our wettest and warmest winters with 469.7mm of rain across December, January and February.

The Environment Agency said 76 flood warnings are in place for England with three warnings each in Wales and Scotland. A total of 164 less serious flood alerts are still active across the territories.

Some 15 rivers have hit record levels and the EA warns we need to brace for "more frequent periods of extreme weather like this" due to climate change.

The downpours, which started with Storm Ciara and continued with Storm Dennis before Storm Jorga wrapped up February's hat-trick, are estimated to have flooded 3,300 properties in England.

The Met Office said: "The weather looks likely to remain rather wet and windy into the middle of March. It will be predominantly rather cold with overnight frosts likely."

Despair and anger as homes stay under water



HOPELESS Flooding in Snaith yesterday

BY **STEPHEN WHITE**

AN aerial shot of floods in East Yorkshire shows homes and gardens deluged with water four days after residents were forced to evacuate.

Images of Snaith and East Cowick, taken yesterday, show the extent of flooding after the Aire burst its banks in the wettest February on record.

Authorities says they do not expect water levels to rise further. But residents have lashed out, one woman claiming they were "left to drown".

Fiona Walker, 58, helped evacuate her mum Maureen Cooper, 80, from her home in East Cowick, where she lived alone, on Thursday night.

Ms Walker rescued her mum's cats, medication and clothes - and even her

own wedding dress, which was kept at the house ahead of her marriage in three weeks' time.

She said: "My mum's whole life is in that house, eight decades of possessions and memories."

"It's invaluable and no money will bring them back. Someone needs to be held accountable for this."

"There should have been plans put in place to avoid any of this."

Ms Walker, who lives in neighbouring Rawcliffe, said people felt "forgotten", and she slammed Prime Minister Boris Johnson's continued absence from the flooded areas.

She said: "We're extremely angry, East Cowick has never flooded. After all the promises about flood defences

and prevention, we've been left to fend for ourselves. We've been left to drown and no one cares."

"There are people here who are struggling and suffering. People who voted for his government."

"I convinced my Labour-voting fiancée to vote Conservative and I wish to god that I hadn't. I don't think Boris Johnson is bothered."

"There is a disaster here and he needs to show support and help the people who voted for him."

Water levels in Snaith have now receded slightly. Twelve heavy duty pumps have been in operation to move water away from the area and into the Aire and Calder canal and the river Don to reduce water levels.

KNIGHTFOOD

SUNDAY'S DINNER, the 17th
of August, 1617.

For the LORDS' TABLE.

FIRST COURSE.

Pullets
Boiled Capon
Mutton, boiled
Boiled Chickens
Shoulder of Mutton, roast
Ducks, boiled
Loin of Veal, roast

EXTRAVAGANT The menu

BY MARTIN FRICKER

A MENU for the lavish 129-dish 17th century banquet at which King James I is said to have invented the "sirloin" has been discovered.

Historians claim the monarch was so impressed with the cut of beef served to him he pulled out his sword and "knighted" it. King James said: "Loin, we dub thee knight, henceforward be Sir Loin."

The huge meal was held in 1617 at Hoghton Hall, the Lancashire home of

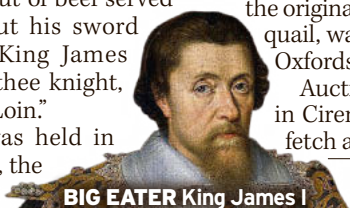
King James' menu for sirloin banquet found

Sir Henry Hoghton. The 1790 re-print of the original menu, with wild boar and quail, was found at the home of an Oxfordshire bookseller who died.

Auction house Dominic Winter, in Cirencester, Glos, expects it to fetch around £800.

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Legal & General



We'd care more for PM's news if he cared for us

THE moment you learn you are about to become a dad is an incredible one that stays with you for ever.

Credit Boris Johnson for wanting to experience it with as many women as possible. I'm sure his other family is delighted.

His supporters (and some neutrals) are chastising anyone not delirious for the Prime Minister on this, as well as his engagement.

The trouble is, I'd be more enthusiastic if it didn't carry the stench of being timed to wipe Sir Philip Putnam's evisceration of Home Secretary Priti Patel, and the bullying allegations mounting against her, from the news agenda.

I'd be a bit more considerate towards Johnson's new(est) family if he could care less about the families of the many men and women risking their jobs to complain about Patel's supposed conduct.

I'd be pleased for the Johnson family if he was actually bothered about the families wrecked by his government's ongoing hostile environment campaign or if he'd shown any kind of leadership over the



JOYFUL Johnson and Carrie

“If only he were bothered about lives of people in dire situations”

coronavirus crisis. I'd be delighted for Johnson if I thought he could give a flying fleece about the hundreds of families in the north who trusted him with their votes only to be abandoned as the floods continue to wreck their homes.

Or if he actually cared about the thousands of families using food banks or the relatives of the men and women declared fit for work while seeking benefits, only to drop down dead.

I'd be happy for Johnson's family if the news hadn't emerged over the past few days that Nazanin

Zaghari-Ratcliffe's family are now in fear that she too has contracted the coronavirus.

The British-Iranian woman detained in Iran, remember, remains inside Tehran's notorious Evin prison after Johnson bungled what should have been a simple process to free her.

So yes, best wishes to Johnson's partner Carrie Symonds.

But we all have families too. Johnson doesn't care about ours. Why should we get excited about his?

A LIFE THAT ALL ADDS UP

If you can see it, you can be it – and my little ones idolised formidable NASA mathematician Katherine Johnson who recently passed away, aged 101.

The terrific actress Taraji P. Henson brought to life Katherine's story in the inspirational film Hidden Figures as she bravely defied sexism and racism to earn the respect of her male peers. It's a movie you must see, and there's a book of the same name.

Barack Obama presented Katherine

with the presidential medal of freedom – the United States' highest civilian award – four years ago and she has even had an "Inspiring Women" Barbie doll produced in her likeness.

Trivial you might think – but as a parent you want to surround your children with as many positive role models to explore as you can.

Three years ago NASA opened a computational research facility named in her honour.

Watch the film and you'll appreciate why.



In the 1995 movie *Outbreak*, there's a scene where a man coughs in a cinema and the camera tracks the flight of his germs into the mouths, ears and eyes of the unsuspecting people around him. I remember it every time I see people who really should take the basic hygiene advice we give to our kids if we want to combat coronavirus.



TRAGIC Yousef and Molnar Stabbed lad's family want killer retried

BY LEAH FOX

STABBED schoolboy Yousef Makki's family want his killer tried again after he was released early from prison last week.

Joshua Molnar, now 18, fatally stabbed 17-year-old Yousef in Hale Barns, Greater Manchester, a year ago but was cleared of murder and manslaughter.

Molnar was sentenced to 16 months in custody for possessing a knife and perverting the course of justice after a trial heard he acted in self-defence but lied to police.

Yousef's sister Jade Akoum told a press conference yesterday: "Police told us on the morning of the release – we were getting mentally prepared for his release later on in March. If we can't have a retrial, we will be launching a civil case."



NUPTIALS Chris & Knox Amanda ties the Knox for second time

BY CHRISTOPHER BUCKTIN
US Editor

AMANDA Knox has married her husband for the second time in a bizarre space-themed wedding.

The 32-year-old American and her poet husband Christopher Robinson were joined by 100 guests who wore a mixture of medieval, Renaissance, space and toga outfits.

Knox, convicted of killing British student Meredith Kercher in Italy in 2007 before being acquitted on appeal, wore yellow trousers and corset with her hair in Princess Leia-style buns.

The couple had asked strangers to crowdfund Saturday's ceremony in Burien, Washington.

In return they offered "a limited edition copy of The Cardio Tesseract, our joint book of love poems".

Bradley: I'm outta space



TIME'S UP
Bradley with co-stars Jodie Whittaker, Mandip Gill & Tosin Cole

Walsh to bow out of Doctor Who in Xmas special with co-star Cole

EXCLUSIVE
BY NICOLA METHVEN
TV Editor



BRADLEY Walsh has decided to call time on his Doctor Who adventure after two years in the Tardis.

The 59-year-old will depart along with co-star Tosin Cole, 27, in this year's festive special as Jodie Whittaker's Time Lord battles the Daleks.

Policewoman Yaz, played by Mandip Gill, 32, will remain and Whittaker, 37, is confirmed for a third season.

The festive special has been filmed but the exit storyline for Bradley and Tosin's characters, Graham and step-grandson Ryan, remains a closely guarded secret.

A show source said: "Two years is a long time in the world of Doctor Who. Yaz will be back but Christmas will be the last outing for Ryan and Graham."

Walsh previously admitted he finds the BBC sci-fi hit's long filming schedule gruelling. He said ahead of the latest series: "We have great fun doing it. But

you must sleep and look after yourself, because if you don't, you will come unstuck. This is 10 months of ramming speed. That's what it is. I'm in my 60th year. It's tough. It's hard. It's relentless. It really is. This ain't an easy gig."

Walsh fronts an ITV travel show with son Barney called Breaking Dad and will continue to host popular quiz The Chase.

And he is already working on

a new entertainment series for the BBC with Holly Willoughby. Co-star Tosin has landed a leading role in courtroom drama 61st Street for US channel AMC.

“Christmas will be the last outing for Ryan and Graham

SHOW SOURCE ON STARS QUITTING BEEB'S SCI-FI HIT



SONNY BREAK With boy Barney in travel show



QUIZMASTER Fronting The Chase

and was converted into a Cyberman, then a water creature.

Donna (Catherine Tate) lived but had her memory wiped, while Amy (Karen Gillan) died alongside hubby Rory.

Clara (Jenna Coleman) suffered a painful death in 2015 episode Face the Raven and the first companion in the show's reboot era, Rose Tyler (Billie Piper), was trapped in a parallel universe.

Showrunner Chris Chibnall is already writing the 13th series of Doctor Who, expected to air in autumn 2021.

Last week, BBC drama chief Piers Wenger defended the show after ratings fell to 5.5 million from 8 million for the previous series in 2018.

He said it remained popular with younger viewers, adding: "It will always be an important show for us and we're a very long way from wanting to rest it."

The BBC declined to comment on Bradley and Tosin's exits.

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Claudia: My flashbacks hell after daughter's fire horror



TERROR Claudia Winkleman

CLAUDIA Winkleman has told of how she was tormented by years of intense flashbacks after the 2014 Halloween horror in which her daughter's costume caught fire.

Matilda was eight when her fancy dress outfit went up in flames after she brushed against a candle.

She suffered severe burns to her legs, and neighbour Jamie Poulton was left with second degree burns

after trying to extinguish the blaze with his bare hands. Claudia was so traumatised she needed help from her close pal, adolescent and child clinical psychologist Tanya Byron.

Speaking to Tanya on their new podcast How Did We Get Here?, the Strictly host said: "You helped me with flashbacks. I had flashbacks of when my daughter had an accident and they come at you like a bull. Like

a tsunami, it's so enormous you think you're going to drown. So you have to shove it to one side."

Claudia, 48, also has sons Jake, 16, and Arthur, eight, with husband Kris Thykier and since the accident she has had to stop herself being too over-protective.

Tanya was among the first people Claudia contacted after the horror, as they have been friends since

working on BBC3 show The House of Tiny Tearaways in 2005. Their podcast features parents who have been through tough experiences.

Describing the fire incident previously, Claudia's neighbour Jamie said: "It was like a potential horror film in front of me. This material just keeps reigniting and re-burning. And it is sticky, so it melts on the skin. It was horrific."

TODAY: TUESDAY, MARCH 3, 2020

On this day

16 YEARS AGO (2004)
We reported that terrorists in Iraq killed at least 177 Shia Muslims commemorating their holiest day. Al-Qaeda supporters carried out the bombings.

77 YEARS AGO (1943)
Over 170 people were crushed to death trying to enter Bethnal Green tube station in East London during an air-raid warning in the Second World War.

46 YEARS AGO (1974)
A London-bound Turkish Airlines flight crashed near Paris shortly after take-off following a scheduled stop. All 346 on board died, including 176 from the UK.



Today's giggle

Where did Noah keep his bees? In the Ark hives.



Jessica, 38



Ronan, 43



Alison, 47

Birthdays

Hollywood star **Jessica Biel** is 38. She is married to Justin Timberlake. Ex-Boyzone star **Ronan Keating** is 43. He has a net worth of around £19million. Girlfriends actor **Miranda Richardson** is 62. She campaigns for animal welfare. Corrie actor **Alison King** is 47. She supports Liverpool FC. And many happy returns to Mirror readers **Sue Gregory**, of Calne, Wilts, who turns 61, and **Carlie Ann Gough**, from Hednesford, Staffs, who is 13 today.

■ If you'd like us to mention the birthday of a loved one, write to Birthdays, Daily Mirror, One Canada Square, London E14 5AP or yourvoice@mirror.co.uk

FUN FACTS ON



PAY FOR IT Vivian was snubbed on Rodeo Drive and below returning to the store



IT is one of the most successful romantic comedies ever made. Released 30 years ago, *Pretty Woman* was an instant hit. It starred Richard Gere as businessman Edward, who falls for prostitute Vivian, played by Julia Roberts. To celebrate the anniversary and the opening of *Pretty Woman The Musical* in London, **Vikki White** looks at 30 fascinating facts about the much-loved movie.

- 1 Pretty Woman was almost titled \$3,000, which referred to the money Edward agreed to pay Vivian to spend the night.
- 2 The movie was far from a romcom - it was meant to be a dark and cautionary tale about sex work in Los Angeles.
- 3 The original ending had Vivian thrown out of Edward's car after a dispute. The final edit ended with Edward climbing up the fire escape with roses in hand to woo Vivian, with the sounds of the opera playing in the background.
- 4 Roberts was originally cast in *Pretty Woman* but when the movie rights were switched to Disney, she fell out of favour and Sarah Jessica Parker, Michelle Pfeiffer and Sandra Bullock were considered. They turned down the part.
- 5 When director Garry Marshall later joined the production he reinstated Roberts as his leading lady.
- 6 Actors who could have played Edward included John Travolta, Christopher Reeve and Denzel Washington.
- 7 Gere turned down the role of Edward several times but Garry Marshall sent Roberts to the actor's apartment to change his mind. Gere later explained he was mesmerised by the young star, who pushed him a note saying, "please say yes" when Marshall called him for an update. "It was so sweet," he recalled.
- 8 The famous poster of Gere and Roberts features the actress's head superimposed on to her body double, Shelley Michelle.
- 9 Gere has jet black hair on the poster but in the movie it's definitely grey.
- 10 The necklace worn by Roberts at the opera was worth £200,000. The custom-made piece by French jeweller Fred Joaillier was crafted from 23 pear-cut rubies, surrounded by diamond-encrusted

hearts which were set in 18 carat white gold.

11 An armed security guard stood behind director Marshall to protect the necklace.

12 One of the most memorable moments in the movie, when Edward snapped down the necklace case on Vivian's fingers as if it was biting her, was improvised by Gere.

13 Edward takes Vivian to see *La Traviata*, an opera which mirrors the film's plot, telling the story of a glamorous courtesan swept away by her new lover, who promises her a life of luxury.

14 The scene where they arrive at the opera was meant to be filmed in San Francisco, but when a 6.9 magnitude earthquake hit the city the production used the exterior of the University of

Southern California's history museum instead.

15 The famous red dress Vivian wore for the opera was meant to be black, the studio's preferred colour. Costume designer Marilyn Vance knew this wouldn't work and, after three different creations were tested, it was agreed she was right.

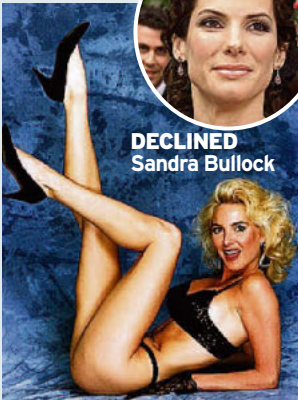
16 The red jacket Vivian slings over her mini dress and thigh boots when touting for business was a last-minute find bought from a cinema usher the crew approached on the street. Panicking when they realised they didn't have the item referred to in the script, they paid £23 for the jacket.

17 Edward's sports car was meant to be a Ferrari or a Porsche, but

neither iconic brand wanted to be associated with picking up prostitutes. In the



DECLINED Sandra Bullock



THE BODY Shelley Michelle



TOP GERE Richard snaps box

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Samsung S10 128GB	36 Months	£30.00	£18.37	£661.00	£691	0%	0%	£691	£21	£21 + RPI* announced in Feb 2021 = Price A	Price A + RPI* announced in Feb 2022

Each year your Airtime Plan will be adjusted on your April bill by the RPI rate of inflation announced in the preceding Feb. See o2.co.uk/prices. Samsung Galaxy S10 (128 GB) O2 Refresh tariffs start at 5GB of data for £39.37 per month which consists of a £18.37 Device Plan for 36 months and a £21 monthly rolling Airtime Plan. O2 Refresh custom plans: Direct purchases only. Pay the cash price for your device or spread the cost over 3 to 36 months (excludes dongles). The device cost will be the same whatever you choose. There may be an upfront cost. You need a monthly rolling Airtime Plan as long as you have a Device Plan. Pay off your Device Plan at any time and you can choose to keep your Airtime Plan, upgrade, or leave. If your Airtime Plan ends for any reason you will need to pay your Device Plan in full. Device subject to availability. 0% APR. Finance subject to status and credit checks. 18+. Direct Debit. Credit provided by Telefonica UK Ltd, SL1 4DX. Telefonica UK is authorised and regulated by the FCA for consumer credit and insurance. Terms apply, see o2.co.uk/terms.

GERE AND ROBERTS FAB ROMCOM

HOT PIC

Richard Gere and Julia Roberts in movie's iconic poster



30 Pretty things

end, Lotus stepped in with their Esprit model - and orders for the car tripled after the film came out.

18 Talented musician Gere plays the piano for real in the famous hotel love scene - and even composed the piece of music he is playing himself.

19 The crew pranked Roberts when Vivian dunked herself underwater in the hotel's luxurious bathtub after hearing how much Edward would be paying her. When the actress came up for air, everyone had disappeared.

20 Gere and Jason Alexander, who played Edward's lawyer Philip Stuckey, were briefed to make their fight scene look as real as possible. They took the direction a little too literally - and Gere took a blow which knocked a crown loose.

21 The movie was filmed in LA film studios and real locations around the city's swanky Beverly Hills district. The only hotel that would allow shooting inside and out was the Beverly Wilshire, with lobby scenes also filmed at the Ambassador Hotel, which has since been demolished.

22 The posh Voltaire restaurant where Vivian has trouble eating snails for the first time was actually a real-life eatery called Cicada.

23 The Rodeo Drive boutique where Vivian is snubbed when she tries to buy a designer outfit for the polo is at 9501 Santa Monica Boulevard. Then Boulmiche Boutique, it is now Badgley Mischka.

24 To celebrate the film's 25th anniversary back in 2015, the Beverly Wilshire launched a "Pretty Woman for a Day" package. Guests paying a whopping £66,000 could stay in the Presidential Suite and enjoy three hours of personal shopping, plus a host of other high-end treats.

25 Roberts was just 23 when she filmed Pretty Woman, but it bagged her a Golden Globe for the second year in a row. She had won the previous year for Steel Magnolias. She also got an Oscar nomination for Pretty Woman.

26 The actress was very nervous about filming Vivian's love scenes with Edward, so much so that a vein popped out on her forehead. She then came out in hives.

27 Struggling to get Roberts to genuinely laugh in the hotel scene where Vivian is watching I Love Lucy, the director positioned himself off camera and tickled her feet.

28 In the most noticeable bloop in Pretty Woman, Vivian tucks into a croissant - which

becomes a pancake when the camera position changes.

29 The film was made for £11million and grossed £360million worldwide, becoming the fourth most successful romantic comedy of all time.

30 In China, Pretty Woman was catchily titled I Will Marry a Prostitute to Save Money, a charming description which does not accurately reflect the plot.

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PRANK Crew scarpered when Julia dunked under the water



DRIVE BY Lotus Esprit driven by Gere



SHOW ME THE MONEY Edward and Vivian in the West End musical

Pretty good ...if you ever had a mullet

REVIEW

BY SIOBHAN McNALLY

Pretty Woman The Musical
Piccadilly Theatre, London

★★★★

"WELCOME to Hollywood," sing the cast of the brand new Pretty Woman The Musical show.

The stage version of the 90s movie starring Richard Gere and Julia Roberts has been sanitised for public consumption, although it's still too sexy and seriously unreconstructed for anyone born after the era of the mullet, which explains the 12+ rating.

Fans of the fairytale love story between the rich but ruthless Edward Lewis and happy hooker Vivian Ward will totally buy into this high-energy version.

Sticking faithfully to the film's storyline, the musical version practically replicates the movie script word for word, with a few added jokes.

And if you don't mind the coitus-interruptus guitar chords of music co-writer Bryan Adams in between the main action, you're in for a treat.

But while Julia Roberts boasted about her 44-inch legs, teeny-tiny Aimie Atkinson, who plays Vivian, is practically swallowed by her thigh-high boots.

Similarly, leading man Danny Mac, who plays Edward, is a Gere mini-me - and when the two of them get together, it looks like kids playing dress-up.

Saying that, small but perfectly formed Aimie has a voice big enough to fill the Albert Hall, even without those weird forehead microphones. Surely all that bad 80s hair would be a perfect hiding place for the pesky devices?

However, the beautiful couple are eclipsed by Happy Man (Bob Harms) and Vivian's BFF Kit De Luca (Rachael Wooding), with show-stopping numbers.

If you can park your 21st century sensibilities, Pretty Woman hits the spot.





CHARGED Rachel Hylton

X Factor star in racist rant

A FORMER X Factor star screamed at an Iceland supermarket worker "you f***ing black man. Go back to Africa," a court heard.

Rachel Hylton, 38, who had been caught stealing food from the store, told police: "How can I be racist? I'm black myself."

Hylton, a 2008 finalist, admitted theft, assault and making racist threats in Croydon, South London.

Magistrates sentenced her to 12 weeks' jail, suspended for a year.



HELPFUL Benfleet Greggs

Late stage of Greggnancy

A MUM says "brilliant" Greggs staff helped her when she went into labour.

Susie Lynn, 31, was with husband Christopher, 30, when her waters broke on Wednesday at her local branch of the bakery in Benfleet, Essex.

She stayed there until an ambulance arrived and said: "The two members of staff there were brilliant."

Baby Noah, 6lb 3oz, was born in Southend hospital 25 minutes later, a brother for William, four.

Toy joy for star Dina



PLAYTIME Dina at doll's launch event

BRITAIN'S fastest-ever female sprinter Dina Asher-Smith shows off a Barbie doll version of herself.

The toy was created to inspire the next generation of young women.

Dina, 24, said: "Growing up, sportswomen were less visible in the media and there is still a gap when it comes to women's sports, which is why representation is so important."

Lisa McKnight, of toy makers Mattel, said: "As sportswomen continue to take centre stage around the world, we are proud to honour these amazing women."



PROUD PATRIOT Dina doll

620,000 hit by Tesco Clubcard fraudsters



CYBER-STING Loyalty card

EXCLUSIVE

BY JEREMY ARMSTRONG

A DATA attack by fraudsters has affected 620,000 Tesco Clubcard holders.

Stolen password and user-name combinations were used in a bid to redeem reward vouchers



that customers earn through the card's loyalty scheme.

Holders hit in the scam told of their shock on social media.

Liam Wilson said: "Somebody has hacked my Tesco Clubcard points. It's a mad world."

Tesco confirmed that it had "become aware of fraudulent

activity" around redemption of Clubcard vouchers.

But the supermarket giant stressed no personal financial data had been compromised.

A spokesman added: "Our internal systems picked this up quickly and we immediately took steps to protect our customers

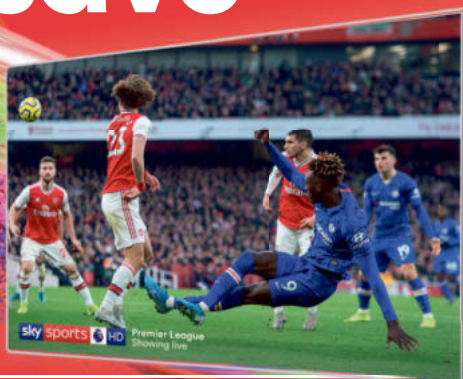
and restrict access to accounts." New Clubcards are being issued and holders are being asked to change password details.

Some vouchers are also being cancelled and re-issued as a precautionary measure.

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NOT GUILTY Thomas Hanlon

E-bike rider cleared over crash death

BY **EMILY PENNICK**

AN electric bike rider wept in the dock as he was cleared of killing a pedestrian by careless driving.

Thomas Hanlon, 32, was going more than 10mph over the 20mph limit in Dalston, East London, before he knocked down Sakine Cihan, the Old Bailey heard.

Ms Cihan, 56, died the next day as a result of a "catastrophic" head injury.

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

The court was told the bike had a motor which allowed it to travel twice the legal limit of 15.5mph.

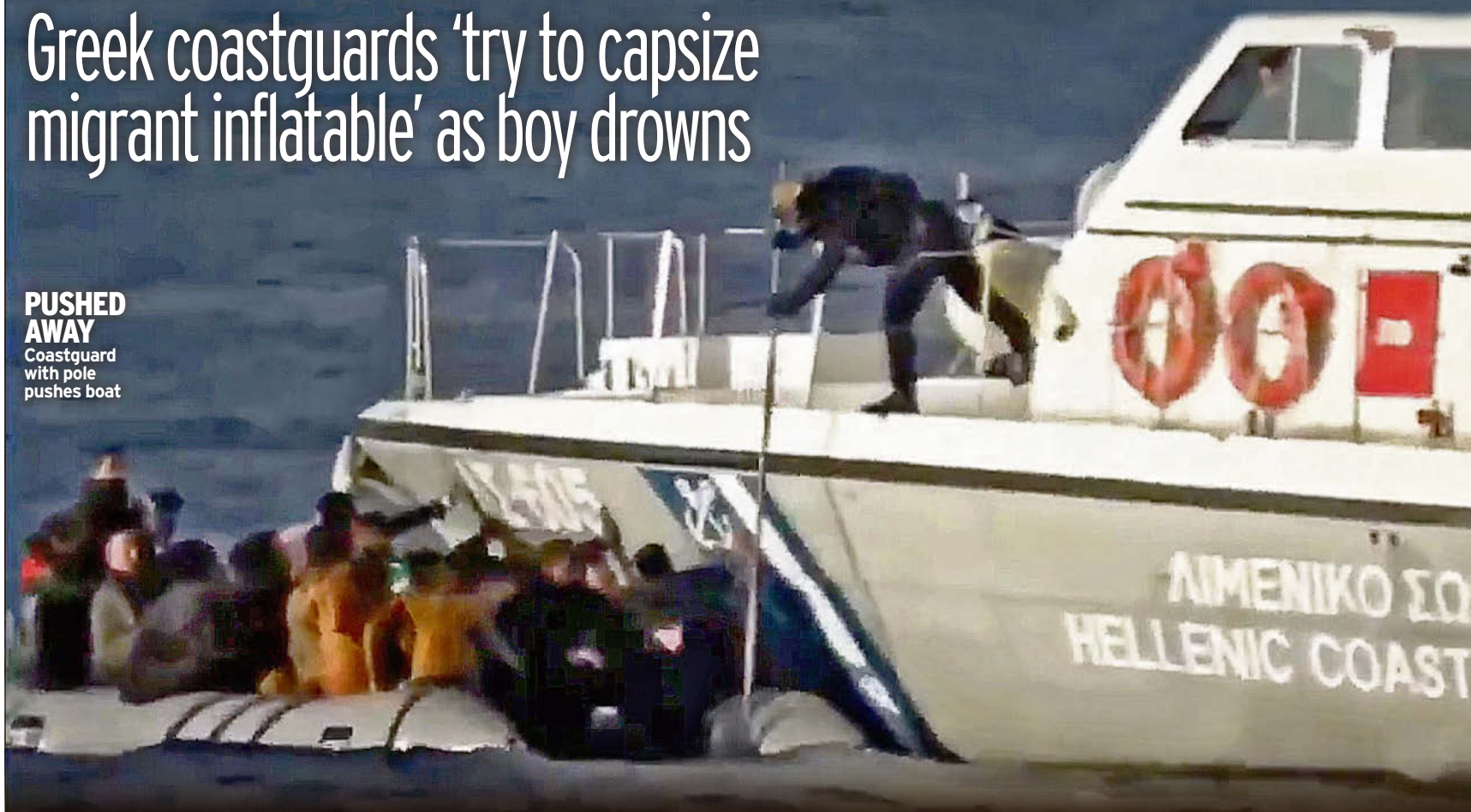
Ms Cihan had crossed the road despite the lights being green, jurors heard.

Hanlon, of Hackney, had said: "She rushed out in front of me to cross and she didn't even look at me."

DESPICABLE

Greek coastguards 'try to capsize migrant inflatable' as boy drowns

PUSHED AWAY
Coastguard with pole pushes boat



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Mirror DAY-2-DAY PUZZLE

- From Monday to Saturday answer the questions below.
- At the end of the week rearrange the first letter of each answer to find the prize answer, which you can enter into our £500 draw.
- This week the prize answer is a **COOKING SHOW**.
- Entry details in Saturday's Day-2-Day Puzzle.

QUESTION 3 – Stars: The Madness of Perfection, 2010 documentary delving into the exacting world of the most revered culinary accolade.

ANSWER:

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Use the boxes below to record the first letter of each answer:



ARMED
Officer on coastguard vessel



TARGET Dinghy at coastguards' mercy



FAMILY
Children among arrivals on Lesbos

BY **TOM PARRY** Special Correspondent

GREEK coastguards appeared to push back a migrant dinghy with poles in film which emerged after a boy of four drowned when an boat capsized carrying migrants from Turkey.

The Syrian boy died in the early hours yesterday, becoming the first victim of the migrant crisis prompted by Turkey's decision to declare its borders open.

He was one of two children taken to hospital from the capsized dinghy, from which 46 people were rescued off the Greek island of Lesbos.

Another boat with about 30 Afghans arrived on Lesbos and 32 others were rescued off another island.

But other migrants had to return to the Turkish shore. Footage appeared to show coastguards pushing back an inflatable raft off the coast of Bodrum, Turkey.

Screams can be heard as the dinghy is almost rammed by a coastguard vessel speeding directly in front. A smaller boat then approaches, from which officers lash out at the migrants with long poles.

Armed officers patrol the deck of the larger vessel as the clash continues.

It came as thousands of refugees

from war-torn nations were blocked from crossing by land into Europe after being met with tear gas by Greek police.

There was a surge towards Turkey's borders with Greece and Bulgaria after President Tayyip Erdogan said the frontier would be open. More than 10,000 people who have been trapped in Turkey for years walked for several days from Istanbul to the border, only to find the EU nations had no intention of letting them cross.

They are now caught in no-man's land. At least 1,000 migrants have reached Greece's Eastern Aegean islands since Sunday morning.

Turkey is home to 3.7 million Syrian refugees and has another million on its doorstep from a new surge of fighting in rebel-held Idlib.

Last week Turkey announced it would stop enforcing a 2016 deal to stop migrants from reaching the EU.

Greek officials have accused Turkey of orchestrating a coordinated effort to drive migrants across the frontier. Greece fears scenes similar to the 2015 migration crisis when 4,000 people drowned in the Aegean and more than a million reached its shores.

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FAILED
ATTEMPT
Back to Turkey



COLD
Afghan boy on Lesbos



THUNDERCOIN Bond coin has a face value of £7,000

Huge 7-kilo coin fit for Goldfinger

A GOLD 7kg coin with a face value of £7,000 is the highlight of the new Royal Mint James Bond collection.

The Aston Martin DB5 is engraved into the one-of-a-kind piece, which has a diameter of seven inches.

It marks the release of No Time To Die and is the largest coin with the highest face value the Royal Mint has ever produced.

Designer Laura Clancy said: "I've found it an incredible privilege - my career high to date and my most successful project."

A 2kg gold coin, with a face value of £2,000 and a recommended retail price of £129,990, is available too.

Also part of the collection are gold bars embossed with all 25 Bond movie titles.

More modestly priced are a trio of coins in various metal options. Lined up they show the 007 motif.

The cheapest version is cupronickel at £13 a coin, while 2oz gold is £3,985.



ALLOY ALLIES Coin trio lines up to reveal 007 motif

No Time To Drive..

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UNIQUE Sean Connery as Bond with Toyota 2000GT

Bond picks his fave 007 car.. and it's not an Aston Martin

BY **TOM BRYANT**
Head of Showbiz

JAMES Bond is known for his powerful and classy motors, with the secret agent's Aston Martins being favourites for many fans.

But now 007 star Daniel Craig has revealed that his No.1 is... a Toyota.

The Japanese-made, limited-edition 2000GT appeared in You Only Live Twice, with Sean Connery, in 1967.

Asked if he had a favourite Bond car, Craig, the star of next month's new film No Time to Die, replied: "The Toyota 2000GT convertible. It's so unusual."

The British actor, who turned 52 yesterday, said: "That Japanese design thing, it's an amalgamation

of so many different things, I loved that. The Aston V8 that we get back into this film, the DBS, is a special car.

"I got to drive those quite a lot and broke a couple of them. Blew the clutch up. I'm quite heavy-footed."

Despite being a convertible in the film, Toyota never actually built a topless version.

It is thought that, at 6ft 2in

tall, Connery, now 89, could not fit comfortably in the car so they made one with a soft top especially for the film.

Toyota built only 351 2000GTs, between 1967 and 1970, and they now fetch up to £750,000 each.

Craig also spoke about the upcoming film, his fifth and last as 007. He said: "What I'll miss most is the collaborative process that goes

on when you make these films. The Bond ecosystem is unique. I take part in a lot of this, I'm involved from conception to the end.

"I'm part of it in my head for a long time before we even start shooting and that includes getting physically ready, the meditative process.

"This time, I played more sport, I tried to keep as agile as possible."

He added: "It was emotional to finish. It always is to finish a movie you've been working on for two years, with a bunch of people you get very close to.

"I'm just immensely proud of the whole thing - of the five movies."

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CLASSIC DB5 in scene

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POLLY HUDSON

Warning: may contain sarcasm... and cats

Going up...

Walk sees

Of course you can now buy sunglasses for dogs. Why has it even taken this long? They're held on by a band behind the head so no amount of idiotic bounding about will make them fall off. Obviously cats don't need them because they're naturally cool.



The inside rule

Convicted rapist Harvey Weinstein reportedly hired a 'prison consultant' to help prepare him for life behind bars. Kind of amazing that someone has turned saying "don't drop the soap" and "what about a cake with a file in it" into a way to rip off rich criminals. Couldn't have happened to a nicer guy.

POLLYOMETER

Going down...

Suited then booted

Ghosting is beyond 2019 - the latest dating trend is glamboozling, which is where you get all dressed up for a date that's suddenly cancelled at the last minute. Wonder if people would start being more respectful if there weren't such great names for their bad behaviour?



Hell Mans

File this one under good ideas gone bad. In a bid to appeal to our inner laziness, we're about to be able to buy sliced mayonnaise, to save us the immense effort of having to spread it in a sandwich. In theory, yes. In reality, the slimy sheet of white stuff is so gross that you no longer even want a sandwich.



YEAH, WAY CHILLA-D OF THE WEEK

"I call myself a 'bridechilla' as opposed to a 'bridezilla'. Orlando and I are united with our approach. It's not about the party, it's about the coming together of people who will hold us accountable when things get really hard."

Katy Perry

CRUSH OVER OF THE WEEK

Q: What's the best piece of advice you've ever received?

Greg James: "Get a dog. And yes, I followed it."



One rule because he's got a Johnson*

KERRY Katona has five children by three different men - a fact she repeatedly has to defend. Ulrika Jonsson is regularly referred to as a 4x4.

Both of them are looked down on for these 'personal failings'.

Boris Johnson has five official kids with two different partners. There's also a suspected sixth child with a third partner.

And now he's having either his sixth or seventh baby with either his third or fourth partner. But you know what he's seen as? Virile. A bit of a rascal. Let's all slap him on the back and buy him a pint, eh?

There are so, so many depressing things about Johnson. But the one most in focus today is the spotlight his career shines on the inequality between the sexes that still exists in 2020, despite all that's been done to try to change things.

Imagine a married female MP, who'd had numerous affairs, and was now shackled up with a boyfriend 24 years her junior, even being a *contender* for Prime Minister, let alone actually securing the role.

Imagine if the police were then called to her home about a loud, alarming domestic incident.

Imagine if she were referred to the police watchdog over whether she had committed criminal misconduct relating to her "friendship" with a US businessman, who was giving inter-



NO KIDDING OK for him, but not her

views not exactly denying the nature of that "friendship."

Imagine if, days after the terms of her divorce from her second husband were finalised, she announced she was already engaged and expecting another baby with the toyboy boyfriend.

And then imagine that announcement was made just days after her ex-mother in law died.

Unimaginable, isn't it. Especially compared to the mass hysteria and outrage when MP Tracy Brabin showed her shoulder.

A woman in Johnson's position would be shamed, and considered unfit to run the country. For Johnson, it's business as usual, with a side order of lads! lads! lads!

Of course we don't just have sexism to thank for Bozo never being referred to by a number - it's also because he refuses to reveal what that number is. If Ulrika is a 4x4, perhaps we should just call him a More x More.

But does it really matter that we can't get a straight answer out of

him about how many kids he has? It doesn't have any bearing on his ability to do his job.

Maybe he thinks we're being nosey, and that it's his right to keep his private life private.

The problem with that, though, is the rumours continue to swirl.

Read Twitter and you'll quickly be convinced he has anything from 12 to 20 children. And when you won't be honest, you can't really stop that happening.

Johnson's evasiveness on this is troubling because we're not trying to draw him on a complicated,

controversial matter that needs much debate - just on a very basic fact.

Something instantly Googleable about every other person in public life. Inconveniently for him, it does matter if he comes

across as shifty and deceitful. Like he's cowering inside a fridge of lies, hoping no-one will notice.

Hiding something only makes it more obvious he has something to hide. It also makes it clear Kerry Katona is braver, and has more admirable morals.

In fact, at this stage, I would feel far more hopeful generally if Kerry was Prime Minister. Luckily, the way things have gone recently, we're probably only a few years away from that being our reality.

*Male member. Not of Parliament

“

A woman in his position would be deemed unfit to run country

CATS OF THE WEEK



NAME: Aoife, Malachy & Nuala

APPEARANCE: Ginge/ginge/tortoiseshell

SPECIAL SKILLS: These three siblings go everywhere together, and are utterly devoted to each other. Between them, they run a tight ship, and their people are obviously under no illusions about who is in charge. This photo shows them on one of their regular surveillance missions - one of their people has dared to go away for a few days, and so they are on stake-out until he comes back. Presumably punishment will follow. That windowsill is so pleasingly symmetrical, it is almost too much.

If the feline in your life is good - or a hat-trick of good - enough to be Cat Of The Week, send a photo and details to polly.hudson@mirror.co.uk

PHILOSOPHER OF THE WEEK

"Maybe getting back up again is what falls are for."

Ariana Grande



BUT ENOUGH ABOUT ME, WHAT DO YOU THINK OF ME? OF THE WEEK

"I could have my millionth midlife crisis, because it will be the first time in 18 years there are no half terms, no school holidays, no school runs or sewing name tapes. And of course I embrace it, but it's a real milestone in Mummy's life."

Liz Hurley, on her son finishing school



OUR DAILY
PUB QUIZ

- 1 Which 15-year-old defeated Serena Williams at this year's Australian Open?
- 2 Basking, nurse and wobegong are types of what?
- 3 Who plays David Copperfield in The Personal History of David Copperfield?
- 4 What is the UK's busiest port?
- 5 Britain's first PM Robert Walpole was a member of which political party?

ANSWERS: PAGE 37

Grenfell architect 'no experience of high-rise cladding'



“It really shouldn't have happened and I'm really, really sorry for all of you

STUDIO E DIRECTOR ANDRZEJ KUSZELL, ABOVE, AT INQUIRY

Boss apologises at inferno inquiry

BY AMY-CLARE MARTIN

THE architecture firm working on Grenfell Tower's refurbishment had no experience of cladding high-rise residential buildings, the inquiry into the disaster heard yesterday.

Studio E admitted it had never worked on such a tower before, specialising more in leisure centres and schools.

And Bruce Soules, the lead architect on the project, had no experience of over-cladding occupied residential high-rises, boss Andrzej Kuszell said.

The first phase of the inquiry found that the tower's cladding was the "primary cause" of the rapid spread of the 2017 inferno, which killed 72.

In an email early on in the project, Mr Soules told a colleague "we are a little green on the process and technicality" and that he planned to consult another firm. Giving evidence, he said he was concerned by the logistics of working on an occupied site, adding: "It seemed quite daunting so I thought I would ask someone."

Studio E was signed having already won a tender for a school and leisure centre near the base of the West London tower. Mr Kuszell admitted if there had been a similar competitive procurement

process for Grenfell, it was unlikely to have qualified. Mr Soules agreed, citing lack of "relevant experience".

But Mr Kuszell said: "I believed we had the processes and experience of complex buildings to undertake this. We put the project in the hands of one of our most senior and experienced people."

The inquiry heard that architect Neil Crawford, who joined the project at a later date, had worked on high-rise residential buildings in a previous role.

Mr Kuszell also denied Grenfell was treated as an "add-on" to the larger Kensington Academy and Leisure Centre project, or as an "eyesore" or a "problem that needed to be solved".

At the end of his questioning, he apologised to the bereaved and survivors, adding: "Hindsight

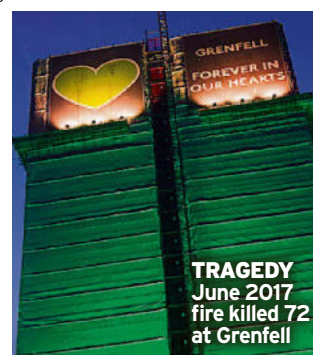
now comes into play. If we had understood building regulations were not robust, that we can't trust a certification... this is so sad, but I don't think this tragedy would have happened.

"It really shouldn't have happened and I'm really sorry for all of you and everybody else involved in the project."

The inquiry continues.

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26% think France was WW2 enemy

MORE than a quarter (26%) of 16-to-29-year-olds thought the Allied Forces were at war with the French in the Second World War, not Nazi Germany.

A poll also found 10% thought the conflict began in the 1950s, not 1939, and 12% thought it ended in the 1960s.

More than a fifth (21%) had no idea that the US entered the war at all.

Meanwhile, 15% believed the Battle of

Waterloo was fought during the Second World War and 10% thought the same about Battle of Trafalgar.

Just 35% described their history knowledge as "poor" - although 86% said an understanding of the past is important.

The survey of 2,000 was carried out to mark the DVD release of the war movie Midway - and only 21% of those quizzed had heard of the 1942 battle that inspired it.

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PROUD Graham & his house

DIY dad uses YouTube vids to build home

BY JONATHAN COLES

A DIY novice built his dream home for £140,000 using YouTube videos.

Graham Harley, 51, who taught himself roofing and plastering, spent 10 years constructing a five-bedroom bungalow in Ringwood, Hants.

The IT worker lived with partner Mandie, 48, and her two sons in a caravan during the build – and they even had a baby in the middle of the project.

Graham, who eventually quit his job to concentrate on the home, said: "I'd work as long as the light allowed. Everything took longer because I was learning. I looked stuff up online and in books."

The family moved into the home in 2017 and work was finished in 2018.

The average house price in their area is £450,000.



OFFERS Rebekah Vardy

WAGs to flog posh gear in charity sale

BY RUKI SAYID
Consumer Editor

PREMIER League WAGs are selling designer gear and children's clothes to raise cash for charity.

Jamie Vardy's wife Rebekah, 37, is among the partners donating to the online jumble sale.

The mum-of-five is offering more than 100 of their kids' items – including Dolce & Gabbana dungarees for £65 and Fendi sandals at £75.

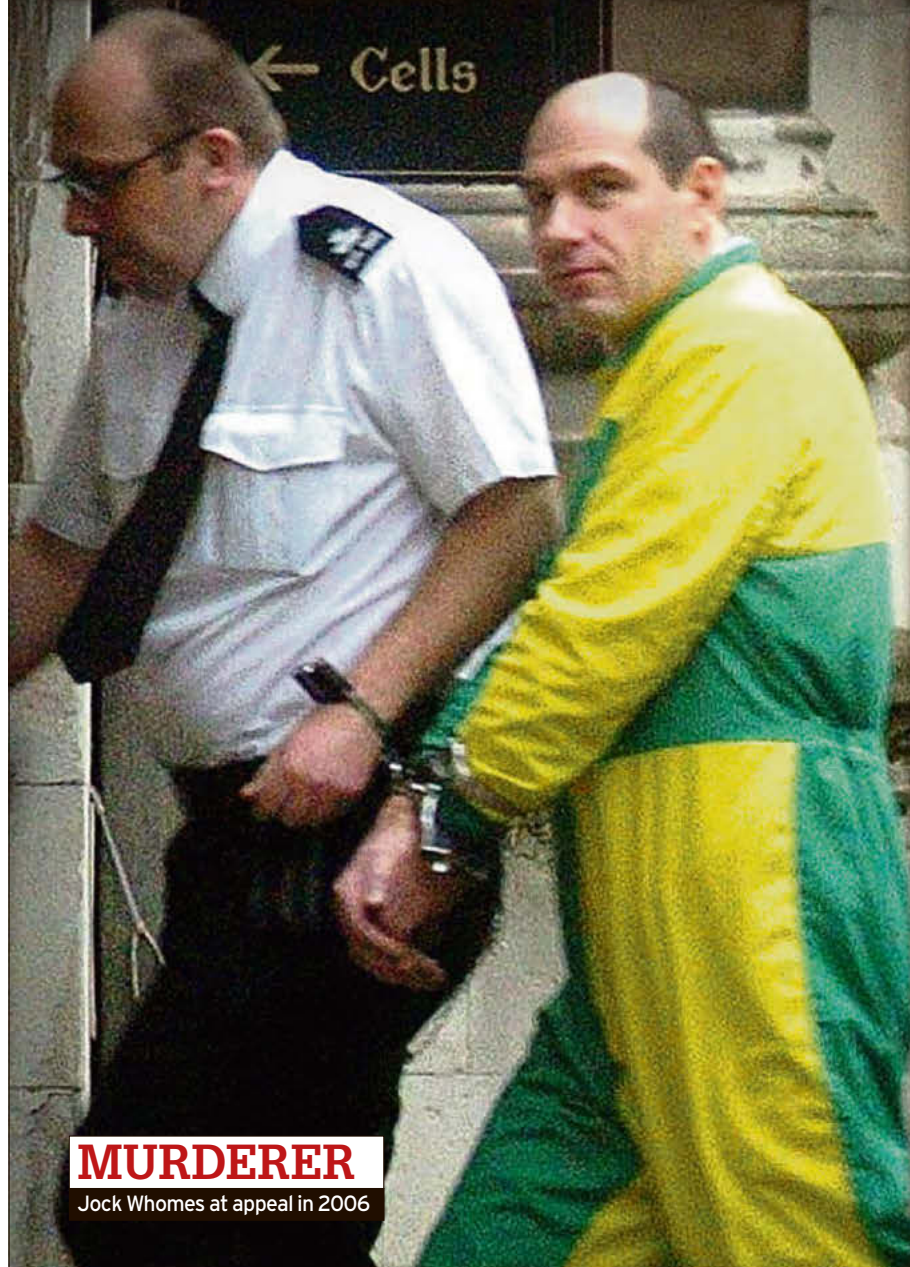
It is hoped that the sale, on April 24, will raise more than £500,000.

The idea is the brainchild of former Chelsea goalie's partner Anoeskcka Gianotto.

She said: "This can be the new luxury."

Leicester striker Vardy is also among stars donating memorabilia for charity Footballers4Change.

ESSEX BOYS KILLER IS SET TO BE FREED



MURDERER

Jock Whomes at appeal in 2006

He denies 1995 drugs gang hit

EXCLUSIVE
BY TOM PETTIFOR
Crime Editor

A MAN convicted of the "Essex Boys" murders is set to be freed from prison this spring while still battling to clear his name.

Jack Whomes, 57, is in an open prison and his case has been referred to the parole board for a hearing in the next few months.

He and his friend Michael Steele, now 76, got life with a minimum of 25 years for shooting Tony Tucker, 38, Pat Tate, 37 and Craig Rolfe, 26, whose bodies were found in a Range Rover on a farm track in Rettendon, Essex, in 1995.

The drug dealers were thought to have supplied the ecstasy taken by Leah Betts, 18, who had died three weeks earlier.

Whomes has had his jail sentence reduced to 22 years for his "exemplary behaviour". Doubts remain on the safety of the convictions and both men still deny involvement in the executions, which became known as the "Essex Boys" murders after a 2000 film of the same name starring Sean Bean.

Whomes applied last year to the Criminal Cases Review Commission

to have his conviction overturned. His application is thought to include details of a Scotland Yard bugging operation which recorded a gangster offering to "take out" the dealers who supplied Leah Betts.

Tucker, Tate and Rolfe controlled the supply of ecstasy in the Basildon club where the tablet was bought.

Pictures of Leah in a coma sparked a national outcry.

Steele and Whomes were convicted on evidence from convicted fraudster Darren Nicholls, who claimed to have been their getaway driver.

Detectives spent 30 hours questioning Nicholls, but with the tape recorder turned off, and Steele and Whomes' lawyers claimed he had fabricated the story.

London villain Billy Jasper had already admitted being the real driver, telling police he was paid £5,000 to take a hitman to the murder scene. Jasper was never charged.

A spokeswoman for the Parole Board said: "We can confirm the parole review of Jack Whomes has been referred to the Parole Board." Steele, whose case has not been referred, is a category A prisoner in HMP Full Sutton.

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BODIES Found in vehicle



TRAGIC Leah Betts died



JAILED

Michael Steele



THE MOVIE

Sean Bean starring in 2000 film



THE VICTIMS

From left, dealers Patrick Tate, Anthony Tucker and Craig Rolfe



GREATS Marvin and Stevie

Motown icons' lost recordings unearthed

LOST recordings by Stevie Wonder and Marvin Gaye may be heard for the first time after a rare back-catalogue was put up for sale.

The privately owned vinyl collection has been stored in the temperature-controlled vault of a major music label for more than 60 years. Now the records, including

original tracks by Marvin and Stevie, are being sold at auction.

It means some of the songs could be heard for the first time if the buyer releases them publicly.

The Temptations, Diana Ross and The Supremes are also among the artists on the recordings of soul, reggae, funk and Motown

icons from the 1950s and 60s. Three previously unheard tracks by Marvin and one by Stevie are said to be particularly rare.

Experts estimate that bidding for the collection could top £100,000 at the sale on Friday held by Wessex Auction Rooms in Chippenham, Wilts. The firm's

auctioneer Martin Hughes said: "This is without question the most rarities I've ever sold in one collection. Until now they have stayed in a controlled music vault."

"The thing with this collection is that every single time I pulled a record out it seemed to be another star lot."

Space cams to help track meteorites

TEN cameras designed to track meteorites are being installed across the UK.

Scientists want to be able to locate fallen space rocks, then send teams to recover them for analysis.

It has been 30 years since a meteorite was found in Britain, in a back garden in Glatton, Cambs.

University of Glasgow researcher Dr Luke Daly said: "Meteorites provide us with valuable insights into other planets and our solar system."

■ A white dwarf star slightly larger than our Sun which formed 1.3 billion years ago when two stars merged has been found orbiting the Milky Way.

SIZZLED OF OZ

AUSTRALIA'S summers have become twice as long as its winters amid climate change, data from the Australia Institute shows.

Walk of Fame? It must be love

MADNESS frontman Suggs unveils a stone honouring the band on the Music Walk of Fame in London.

Ska legends for 40 years, Madness were introduced at the ceremony in Camden Town by Dizzee Rascal. He said: "They're a national treasure."

Madness, whose hits include One

Step Beyond and It Must Be Love, arrived in a convoy of black and white cabs led by Mods on Vespa scooters.

Suggs, real name Graham McPherson, 59, said: "We did single-handedly turn Camden Town from a sh**hole into one of the greatest tourist destinations on the planet."



OUTRIDERS Mods on scooters gave Madness an escort



TRIBUTE Rap star Dizzee



1 STEP BEYOND
Suggs and the Walk of Fame honour

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Terror attack cops in danger driving probe

Police boss rages at watchdog's 'absurd' decision

BY **TOM PETTIFOR** Crime Editor

TWO armed police officers could face criminal charges after one was involved in a car crash while responding to the Streatham terror attack.

The police watchdog is investigating both for dangerous driving and gross misconduct.

They were rushing in convoy to South London on February 2 after terrorist Sudesh Amman stabbed two bystanders.

One officer, in an unmarked car, was involved in a collision with two other cars that injured him and two members of the public.

His colleague, in a marked vehicle, did not collide and carried on to the emergency.

Met Police Federation chairman

Ken Marsh blasted the decision to launch the inquiries, saying: "The public will be appalled when they hear that brave police officers responding to a terrorist attack can be treated in such a manner."

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



CRIME SCENE Amman was killed

line that day to protect the public. Now potentially their careers are on the line. It's absurd. This is truly astonishing."

The two officers have been placed on restricted duties and are not allowed to drive police vehicles during the investigation.

The investigation into the crash is separate to the inquiry into the police's fatal shooting of Amman.

The Independent Office for Police Conduct said: "We served notices of investigation for dangerous driving and gross misconduct. A criminal investigation doesn't mean criminal charges will necessarily follow. Misconduct notices do not imply guilt."

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Tom Cruise sent cupcakes to **Louis Theroux's** grandmother for her 100th birthday.

Tom is pals with Louis' cousin

Justin Theroux - Jennifer

Aniston's ex-husband - who wrote

Tropic Thunder, which Tom starred in.

Tom is famous for gifting coconut cakes to pals. Louis, who is appearing on The



Great Celebrity Bake Off For Stand Up To Cancer, says: "They became friendly, and Justin mentioned to Tom that it was our granny's 100th birthday.

Tom sent her cakes when she turned 100. I think he's a guy who's incredibly

proactive about being friendly.

"I was wondering whether there's a link with Scientology." A nice Sea Org sponge.

THE DIARY

with Ashleigh Rainbird

Kim's triple jumpsuit

Balmain hopefully got a decent deal on all this latex they bought in for Paris Fashion Week. **Kim Kardashian** liked the designer's suit so much, she wore one in every colour. She must have gone through kilos of talcum powder to get all those gloved jackets on, though.



Fiona had a **brief** encounter with Fox

Question Time bosses gave host **Fiona Bruce** a briefing ahead of actor **Laurence Fox's** appearance on the show.

His comments, which included describing accusations of racism as "boring", were branded "offensive" by many people, and attracted 253 complaints from viewers.

But Fiona says having controversial guests is part of the debating programme's "unpredictable" format.

She admits: "I had a briefing about Laurence, and what he might say.

"But the thing about Question Time is that it's entirely unpredictable, so people will get into arguments." During his controversial



QUESTIONS Fox and Bruce

appearance on the Question Time panel in January, 41-year-old Harrow-educated Fox, who played Det Sgt James Hathaway in crime series Lewis, accused an audience member of being racist for branding him a "white, privileged male".

Discussions on the BBC1 show often turn heated, but Fiona, who took over from **David Dimbleby** last year, insists: "It's a lot calmer than

last year. There was a level of anger and toxicity that this year, so far, is absent."

But Fiona does admit to being alarmed at how often she has to remind guests to be civil to each other.

She tells Radio Times: "I'm all for a passionate debate, and sometimes things can be heated, which is fine, up to a point.

"As long as we remember that we are human beings.

"I feel very strongly about that.

"I hadn't anticipated that I would spend so much of my time last year saying, 'We don't talk to each other like this'."

Read the full interview with Fiona in Radio Times, out now.



People keep going on about washing their hands to stop getting coronavirus - just give them gloves. As a lot of people say, I caught f*** all when I wore mine.

Former Everton and Wales goalie Neville Southall suggests defence tactics against the disease.



Olympian Usain Bolt is getting some practise in, while girlfriend Kasi Bennett is pregnant.

Using a cuddly toy bear, Usain cradled his makeshift baby before lowering it down gently into a new pram, as the couple prepare to welcome their first child later this year. He's bearing up well.



IAN HYLAND on last night's telly

Ready Steady Cook, BBC1
★★★★

You only need look at Rylan Clark-Neal's impressive chompers to know the man likes a revamp.

Britain's hardest-working TV host has now taken that personal fancy into his professional life.

Hot on the heels of his sparkling

revival of Supermarket Sweep for ITV2, Rylan struck gold again yesterday with another old daytime favourite.

You can see why he's so in demand these days. He makes this TV-presenting lark look stupidly easy.

The only remotely taxing thing he had to do here was correctly pace his walk-and-talk between The Green Pepper Kitchen and The Red Tomato

Kitchen. With his long legs he could probably cover the three-to-four-metre stretch in two steps.

However, if he did that he'd never have enough time to get his lines out. Instead, he went for a slow, follow-the-Hofmeister-bear gait - and it all looked pretty natural to me.

The same could be said for everything else his role demanded.

He bantered with the contestants, gently antagonised their professional chef teammates and tried his best to wake up the

studio audience. That studio audience is really only interested in one thing, of course - holding up the famous green pepper or red tomato voting cards at the end of the show.

I'm pleased to report that the colourful gimmick to decide the winner has stood the test of time.

The only question now is which golden-oldie TV show Rylan will bring back next.

If I were a betting man, I'd be putting a couple of quid on Play Your Cards Right or Strike It Lucky.

"Rylan makes this TV-presenting lark look stupidly easy"



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New drivers' cover halves

CAR insurance costs for young drivers have fallen by almost half since 2012.

The average lowest premium for a 17-year-old driver in 2012 was £3,392 but it is now £1,737.

Insurance is more than a quarter of the total bill of the £6,071 it costs a young person to get on the road.

That includes an average £3,562 on buying a first car and lessons at £528.

Lee Griffin, of GoCompare, which did the study, said it was down to the use of "black box" technology.

Byron's hair sold for £18k

A LOCK of romantic poet Lord Byron's brown hair has sold for £18,000.

The follicle was taken by friend Count Pietro Gamba just days before the Don Juan writer died of fever at war in Greece in 1824.

He gave it to Sir James Emerson Tennant in a gold engraved locket in 1825.

A European collector paid £15,000 plus fees for the item at Chiswick Auctions in West London.

Expert Beatrice Campi said collecting hair was a "quite common trend".

DEMENTIA DOGS

READY TO HELP
Roo with owner Jo Armstrong

Hero hounds to hunt down lost patients

EXCLUSIVE
BY ROGER ALLEN

SEARCH dogs are being trained to track down dementia patients who go missing as part of a £1million scheme.

Around 100 are involved in the Search Dog Heroes initiative to help police, relatives and care workers bring vulnerable people back to safety.

The dogs are schooled for a year to 18 months and work with their owners, who are skilled handlers.

The first active search dog, Roo the labrador-springer spaniel, has already found a dementia patient who went missing from a care home in Berkshire.

The five-year-old and her owner Jo Armstrong, a volunteer with the Lowland Rescue service that is training the dogs, responded to the missing person's scent that had been previously collected as a precaution.

Jane Brown of the Missing People charity said: "The dogs will be a great resource. Loved ones can be found quickly

and returned home safely. The dog can be any breed. The important thing is their natural ability and enthusiasm."

The scheme, funded by People's Postcode Lottery's Dream Fund, supplies kits for relatives and care staff to take scent samples from the hands on a sterile gauze that can be stored in a jar for up to a year.

Ms Brown added: "It's a simple, non-invasive process. For the vast majority of people, it will never be used but it can be vital in emergencies and can also provide peace of mind for relatives."

A dementia patient goes missing every five hours on average. Missing People chief Jo Youle said: "These dogs will help save lives."

Around 850,000 people in the UK are living with dementia and the numbers are projected to increase to 1.6 million by 2040, according to the Alzheimer's Society.

Two dogs have been trained so far but up to 100 will be deployed nationally over the year in a free service.

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TRAINED
Roo is the first active search dog

ADVERTISING FEATURE

Scot free

Pour a wee dram and relive one of the best-loved Scottish TV shows

The second season of Monarch of the Glen is now available to watch in its entirety on the Drama channel. This means you now have ample opportunity to catch up with the antics of Archie MacDonald, a young restaurateur called back from his lavish life in London to find he's inherited his childhood home in the Highlands.

There are a few wee issues, mind. The house, affectionately known as Glenbogle, is mired with problems, debts and a gang of feisty staff, leaving our hero - now laird of the manor - facing all sorts of hilarious quandaries as he attempts to restore the estate.

What develops over seven series is the TV equivalent of a hot cup of cocoa (or a dram of whisky depending on your taste). This genteel, warm and fuzzy comedy, set in an idyllic Scottish

wonderland, boasts standout performances from Alastair Mackenzie as Archie and well-loved actor Richard Briers - on scene-stealing form as Hector, Archie's marvellously eccentric dad.

Summer's still months away, so light the fire, stick on the telly and cosy up with this delightful series, now available on the Drama channel.

Starts today and continues weekdays at 3.20pm



FREEVIEW 20, SKY, VIRGIN, UKTV PLAY

Where are they now? Memorable co-stars

Martin Compston

We know him now as DS Steve Arnott in Line Of Duty, but long before AC-12 came calling, a baby-faced 20-year-old Martin played young chef Ewan Brodie, a part he described as "the best job in the world".



Julian Fellowes

The Oscar-winning Mr Fellowes wore his actor's hat as Lord Kilwillie, Hector's neighbour and rival, for 21 episodes. Little did we know he'd go on to dream up a modest TV series of his own - a certain Downton Abbey.



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HEALTH

LOOK AFTER YOUR LIVER

Every day, more than 40 people in the UK die from liver disease. And according to a disturbing new survey by The British Liver Trust, many are completely unaware they have a problem until it is too late to do anything about it.

The charity polled 2,000 liver disease patients and found a quarter had been diagnosed at a very late stage when there were few options for treatment.

One in five had been dismissed or sent home with medication without any further investigation the first time they visited their GP.

Professor Stephen Ryder, consultant liver specialist at Nottingham University NHS Trust, says: "We need to be diagnosing people with liver disease at a much earlier stage."

And Pamela Healy, chief executive of The British Liver Trust, warns: "The UK is facing a liver disease crisis."

"Problems often develop silently as patients do not tend to experience symptoms until the disease has progressed."

The UK is facing a liver disease crisis – and it often appears once it's too late

"Our survey highlights the need to help people understand how to reduce their risk of liver damage to address the increase in deaths from liver disease."

"Although the liver is remarkably resilient, if left too late, damage is often irreversible and may lead to the development of liver cancer or liver failure."

So what can you do to ensure your liver lasts you a lifetime?

Research suggests simple changes to diet and lifestyle can go a long way to reducing the risk of non-alcoholic fatty liver disease, while sensible drinking can protect against the effects of alcohol-related harm.

Follow our easy tips and learn how to love your liver.

Drink at least three coffees a day

There have been lots of health benefits claimed for coffee over the years. But some of the strongest evidence is found in the area of liver disease.

The World Health Organisation reviewed over a thousand studies and concluded the popular beverage lowers the risk of fibrosis – the harmful scarring of the liver.

And it seems there are beneficial effects however the coffee is prepared, be it filtered, instant or espresso.

But how much do we need to drink to get the protective effects?

"Three to five cups a day seems to be where most of the health benefits to kick in," says Professor Jonathan Fallowfield, head of liver research at the University of Edinburgh.

"We should definitely be taking coffee seriously as the evidence is overwhelming. Most of the data suggests caffeinated is better."

Have three booze-free days a week

Government drinking guidelines state adults should consume no more than 14 units of alcohol a week.

But for the sake of your liver, it's also important to not drink every day, even small amounts.

The British Liver Trust recommends having at least three days a week alcohol-free to give the liver a chance to repair itself.

The charity says: "If you drink over the recommended daily guidelines the liver will be unable to process the alcohol you consume quickly enough, which damages its cells."

The trust has developed a smartphone app to monitor your drinking (spruceapp.co.uk).



Los boo

Keeping necessary transf... In fact, shedding weight boost fatty li... The been f... diabet... related... This stone... stone... stages... The "There weight exercis fat in y



Edited by **AMY PACKER**

YOUR HEALTH IN YOUR HANDS

ER PART TWO

Simple ways to re your fasts time

exclusive health guide, **Pat Hagan** explains how diet and
can cut your risk of developing non-alcoholic fatty liver disease

CAFE SOCIETY
Drinking three cups of coffee a day is good for your liver

Tuck into oily fish

Oily fish such as salmon and sardines can lower fat levels in your liver if they are consumed on a fairly regular basis - at least a couple of times a week. That's because they are rich in health-boosting omega-3 fatty acids.

A 2016 study pooled data from 10 different investigations into omega-3 and liver problems.

It revealed that those who were eating the healthy fats regularly had lower levels of harmful fats in the liver, while at the same time bolstering levels of HDL - the good type of cholesterol that helps protect against heart disease.

Let broccoli be your friend

The popular green vegetable may be just what you need to stop the advance of fatty liver disease. Research suggests it not only helps to prevent the build-up of fat in the organ but may even reduce the risk of liver cancer.

A 2016 study in the Journal of Nutrition found long-term consumption of broccoli halted the accumulation of dangerous fat. The study, carried out in mice, found the veg blocked the production of triglycerides (harmful fats) in the liver. Triglycerides, which also contribute to heart disease, can increase the risk of liver scarring and failure. A serving several times a week is most likely to help.

Sip green tea

Using tea for medicinal purposes is a practice that goes back thousands of years and research published in the World Journal of Gastroenterology suggests the liver is one of the organs most likely to benefit.

Green tea contains several antioxidants, such as catechin, which may help improve fatty liver disease.

But you may have to drink a fairly large amount - the study found there was only a notable difference if you drank five to 10 cups of green tea a day.

se 10% of your body weight

ng liver disease at bay doesn't necessarily mean a complete body transformation. Experts say if you are overweight, losing just 10% of your overall body weight gives liver function a significant boost and may help reverse non-alcoholic liver disease (NAFLD). The same simple approach has also been found to help prevent Type 2 diabetes - which is also heavily diet-related.

It means somebody who weighs 14 stone would need to shed one stone 5lb to reverse the early stages of NAFLD.

British Liver Trust says: "There is evidence that gradual weight loss, coupled with increased exercise, can reduce the amount of fat in your liver."



Cut down on red meat intake

Some research suggests eating too much red meat can increase the accumulation of fat in the liver.

One study from the Netherlands, published in the journal Gut, analysed food surveys and liver scans from nearly 4,000 adults and revealed those consuming the highest levels of animal protein from red meat were 54% more likely to develop NAFLD than those eating it now and then. Crucially, the findings were not related to overall calorie intake.

This means it wasn't how much they were eating overall that increased their risk - just the fact that they were having red meat regularly.

Scientists say stick to eating red meat just once or twice a week and instead increase your intake of vegetables, wholegrains and healthy fats.

Go swimming regularly

Exercise is a great way to keep the liver healthy - but what's the best type?

One study involving mice found swimming may be very effective at keeping fatty liver disease at bay.

Scientists fed the rodents a high-fat diet and then monitored whether regular swimming protected against the build-up of harmful fats. Mice allowed to swim regularly had significantly lower liver fat levels than those not given access to the water.

Other research shows people who swim two to three times a week have healthier livers. Dancing and hill walking had similar benefits.



Add garlic to your cooking

Garlic contains numerous health-boosting compounds - one of which is called S-allylmercaptocysteine.

In tests, this has been found to protect the liver against diet-related damage. One study at the University of Hong Kong discovered rats with NAFLD suffered less injury to the liver, had lower levels of liver fat and reduced inflammation when they were injected with the garlic compound.

Scientists said it appears to shield the liver against the worst of the damage caused by NAFLD and added: "Garlic and its derivatives could be considered as a potent supplement."



Get more sleep

It's not just diet and exercise that can help keep the liver healthy. Some research suggests getting proper amounts of rest is also crucial.

A recent study in Taiwan, involving more than 30,000 men and women, found those suffering with common sleep disorders like insomnia, sleepwalking or teeth grinding, were nearly 80% more at risk of fatty liver disease than others getting a good night's sleep.

The most likely explanation is that broken sleep interferes with eating habits and increases snacking behaviour during the day - leading to fatty deposits in the liver.



EXT MONDAY: OUR LIFETIME GUIDE TO KEEPING YOUR CHOLESTEROL IN CHECK

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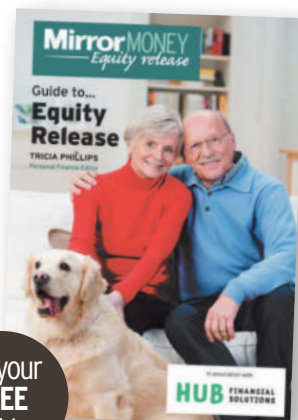
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HEALTH

ME & MY BODY: **JAY ASTON**

Surviving cancer makes you re-evaluate your life



The Bucks Fizz singer tells **Elizabeth Archer** why she is lending her voice to a campaign for sign language to be taught in schools

As Bucks Fizz star Jay Aston stood in a recording studio belting out the final notes of a new song, tears streamed down her face. When she glanced at bandmates Cheryl Baker and Mike Nolan, they were sobbing too.

Earlier that day, Jay had been diagnosed with mouth cancer.

The song's title, *Here to Eternity*, seemed especially poignant.

"It felt ominous that I was singing that song on that day," says Jay, 58, who lives in Kent with husband Dave Colquhoun and their 16-year-old daughter Josie.

"It's about leaving someone or spending the rest of your life with them. It was very emotional and we were all crying at the end."

Now, 18 months on, the song is due to be released on The Fizz's (as they're now known) new album, *Smoke and Mirrors*. And Jay is cancer free.

"Surviving cancer really makes you re-evaluate your life," she says.

Following her treatment, which left her unable to speak at times, she is keen to raise awareness of the importance of being able to communicate. When she was in hospital after surgery to remove the tumour, she was mute for 10 days.

Now she has joined calls for Makaton – a language combining signs and sounds designed to help the hearing communicate with the deaf – to be taught in schools.

When *Here to Eternity* is released on Friday, the video will feature signing from Isabella Signs, a YouTube star who learnt sign language to communicate with her younger brother Lucas, who has Down's syndrome.

Jay's battle with cancer began in 2015, when her dentist noticed she

had an autoimmune condition called lichen planus.

The condition causes a rash and can appear anywhere on the body, although it is common in the mouth.

"For me, it looked a little bit like a white cobweb on my tongue," says Jay. "My dentist pointed it out during a check-up. I hadn't really noticed it."

Then, during a routine dental appointment in January 2018, her dentist noticed the lichen planus had begun to spread from the front to the back of her tongue and advised her to get it looked at again.

In April, she had the biopsy – there were precancerous cells in her tongue and she would need some of it removed.

But after the initial surgery in May came more devastating news.

The section of tongue they'd removed had cancerous cells throughout and they couldn't yet tell where else they'd spread to.

Jay was devastated. "I wrote my will out," she says. "You plan for the worst but hope for the best."

And Jay is not alone. In the last 25 years, incidence of mouth cancer has increased 135%, according to the Mouth Cancer Foundation, up more than 60% in the last 10 years alone.

Jay was particularly concerned about her daughter, who was preparing for her GCSEs. "My biggest fear was leaving Josie. I want to live to see her grow up, get married and maybe have grandchildren."

Ever the professional, Jay rushed

to record the remaining vocals for The Fizz's album before having the surgery. Then, in June 2018, she had a seven-hour operation to remove 40% of her tongue.

Surgeons fashioned a new tongue using tissue from Jay's thigh, which was fed into her mouth through her neck. Finally, they removed her top teeth in case she needed to have chemo or radiotherapy.

Afterwards, she was in agony. "I looked like I'd been to a Halloween party. I was very swollen up and it was pretty grim."

Because of the tracheotomy, she couldn't talk, and had to communicate using a whiteboard.

Then, 10 days after the operation, her surgeon came to tell her there was no trace of cancer left.

"I cried tears of joy," Jay says. Since then, the road to recovery has been a long one. She has a seven-inch scar on her thigh and one on her neck. But after months of physio, she can speak again and only has a slight lisp.

Singing, Jay says, has helped rehabilitate her more quickly.

"Being a singer helps because you're overusing your mouth when you're singing. I was in a show over Christmas and they did a lot of tongue twisters and vocal exercises before the performances."

"At the beginning I couldn't do any of them, but after a few weeks I could do almost all of it. My doctors have been quite interested in that."

And next month, she will have false teeth implanted to replace the ones she lost.

Meanwhile, her bandmates have been incredibly supportive. "We've had our moments but there's something that bonds us together," Jay says.

Since her diagnosis, she's been determined to take things a little easier from now on.

"If I'm guilty of one thing it's that I'm too much of a doer. I need to realise it's OK to take it easy sometimes."

But with the album set to be released this Friday, there's no chance of her slowing down just yet.

“My biggest fear was leaving Josie. I want to see her grow up and have kids”



HEYDAY With Bobby, Mike and Cheryl

HEALTH



Martin Bagot's

HEALTH NOTES

Thousands of cases of bowel cancer in Britain each year are linked to a common bacteria found in the gut.

Scientists analysed tumour cells and concluded that the toxin released by a strain of *E. coli* could be a factor in more than 2,000 UK diagnoses every year.

The toxin was found to cause DNA damage to the cells lining the digestive tract.

This was also seen in bowel cancer tumours in British and Dutch patients in research published in the journal *Nature*.

Hans Clevers, of the Hubrecht Institute in the Netherlands, who led the study, said: "This is the first time we've seen such a distinctive pattern of DNA damage in bowel cancer which has been caused by a bacterium that lives in our gut."

The bacteria was linked to one in 20 cases of bowel cancer. There are about 42,000 new bowel cancer cases in Britain every year and it is the second biggest cancer killer.

■ **A drug used to treat Type 2 diabetes increases the risk of heart failure, a study found.**

The danger of rosiglitazone was only revealed after its manufacturer GlaxoSmith-Kline (GSK) agreed to release



full trial patient data. Most studies which medics base decisions on whether to use certain drugs are based only on

the summary data.

Academics writing in the *BMJ* have demanded that drugs firms routinely publish full individual patient level data (IPD). They reviewed more than 130 trials involving over 48,000 people.

Study author Joshua Wallach, of Yale University in the US, said: "Our study suggests that when evaluating drug safety, IPD might be necessary to accurately classify all adverse events."

■ **MARTIN BAGOT** is the Mirror's Health & Science Editor

The effects of indoor pollution are estimated to cause up to 40,000 early deaths in Britain every year. **Michele O'Connor** reveals how you can spring clean your way to better health

Air pollution indoors is causing an epidemic of respiratory disease. The UK has the highest rates in Europe, and the number of people diagnosed with chronic obstructive pulmonary disease (COPD) has jumped by 27% in the last decade.

Air-quality tests carried out by the environment charity Global Action Plan revealed the air inside homes in London was 3.5 times WORSE than outdoors.

There are several causes of indoor pollution, explains Tim Robinson, Head of Science at Airtopia, a social enterprise aimed at improving air quality.

"Building materials, paints, varnishes, carpets, any products with an associated odour, are linked to VOCs (volatile organic compounds) which can harm people with respiratory conditions, especially babies and young children.

"Personal care products, from plug-in air fresheners to aerosols, dry cleaning solvents, allergens (pollen, mould etc) and combustion gases from cooking are also factors." So how can you make your home healthier?

Living room

Ditch artificial air fresheners: The global market for these is estimated to reach £10million by 2023. But while the make-up of different brands and types of air fresheners will vary, many release chemicals such as benzene, hydrocarbon toluene, formaldehyde and plasticizer phthalates, warns Tim.

Over-exposure to VOCs can lead to eye, nose and throat irritation, headaches, nausea, a general feeling of illness and, long-term, can cause respiratory and lung damage.

Tim says: "Air-freshening products mask unpleasant odours in buildings.

"But if you're using them to cover up a musty or musky aroma, for instance, look for signs of mould and deal with that." Treat the cause, not the smell.

Lose the cheap candles: Paraffin wax candles (extracted from petroleum) have been found to produce higher levels of toxins than other wax types.

Choose candles with a "soot-free" wick made of cotton or wood and clean-burning waxes like soy, beeswax or coconut. Check the ingredient list and open windows when putting candles out to minimise the smoke.

Don't dry clothes on radiators: This can raise moisture levels by up to 30%, creating ideal breeding conditions for mould spores – a serious health risk to people with weakened immune systems or severe asthma.

If you can't dry washing outside, use a tumble dryer or a well-ventilated indoor space away from living areas.

Burn it better: A wood-burning stove

emits more polluting particles an hour than a diesel truck. The Government's Clean Air Strategy includes plans to ban the sale of the most polluting fuels and ensure only the cleanest stoves are available for sale by 2022.

Burning scrap wood can release chemicals into the atmosphere while damp wood massively raises pollution created through soot and smoke. Better still, burn smokeless fuel. Visit burnright.co.uk for information on correct fuel and stove usage.

Bedroom

Ban pets: More than half of all dog and cat owners say their pet disrupts their sleep nightly, while dander from their fur can cause allergies.

Vacuum your bed: It could harbour up to 1.5 million dust mites that can trigger asthma and allergies, warns Chartered Environmental Health Practitioner Dr Lisa Ackerley.

So vacuum mattresses and pillows regularly and use hypo-allergenic dust-mite repellent covers. "And hang duvets and pillows outdoors on crisp, cold days



DOG-GONE Banish pets from bedroom

“**Air freshener over-exposure can cause respiratory problems and lung damage**”

to kill dust mites," she adds.

Adjust the thermostat: A cool 16-18°C (60-65°F) is considered an ideal bedroom temperature, according to the National Sleep Foundation. Over 24°C (71°F) is likely to cause restlessness, while a cold room about 12°C (53°F) will make it hard to drop off.

Buy house plants: There are several that can absorb nasty toxins, such as peace lilies, aloe vera, Boston ferns and spider plants, says Claire Bishop, houseplant buyer at Dobbies Garden Centres. "Snake plants are great as they produce a lot of oxygen giving you a better night's sleep."

Kitchen

Open up: Keep windows flung wide – and the back door if possible – and use the extractor fan when cooking, suggests Tim. A damp environment raises the risk of night-time breathing difficulties by 90% and chronic bronchitis by 67%, a recent Swedish study reveals. It also puts you at significantly higher risk of asthma and allergies.

Adjust your toaster: The Foods Standards Agency says burnt toast produces toxic chemical acrylamide, which may be linked to cancer. Only toast bread to a golden shade.

Read the label: Many everyday cleaning products contain volatile organic compounds (VOCs), which may irritate the throat and lungs when they evaporate, especially sprays. Look for "allergy-friendly" products which have lower levels of VOCs and tend to be fragrance-free.

Keep your oven clean by regularly putting a heat-resistant bowl of water

in it for 20 minutes at a high temperature to loosen grease. Open windows while cleaning the kitchen to improve ventilation. It means you won't have to resort to harsh oven cleaners.

Upgrade your pans: Research shows 37% of us cook with blistered, peeling or scratched non-stick pans that may lead to toxic chemicals released from the coatings. Ceramic cookware offers a good alternative as it can be heated to 450C without blistering or releasing harmful toxins.

Bathroom

Skip the sog: Bacteria, mould and dust mites love bath mats and shower curtains. Dry yourself in the shower rather than dripping on the mat. Regularly wash shower curtains.

Sharing isn't caring: Give each family member their own towel – and wash at high temperatures to kill germs. "Staphylococcus, carried on our skin's surface, is harmful if it gets into a wound or cut, when it can trigger infections," explains Dr Ackerley.

It's all in the head: Don't forget the shower head when cleaning your bathroom. American scientists found they contain high levels of the bacteria *mycobacterium avium* which can cause lung infections.

Cabinet clear-out: Don't store medicines or make-up in the bathroom. The heat and humidity cause deterioration and moisture can spur bacteria growth.

Totally fuming: Certain products which are safe when used alone can sometimes cause harmful fumes or other chemical reactions when mixed with other products. The key example is bleach and toilet cleaner.



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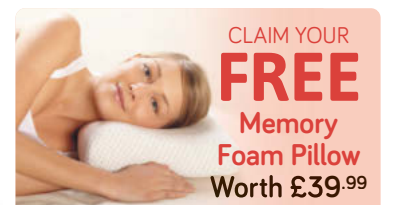
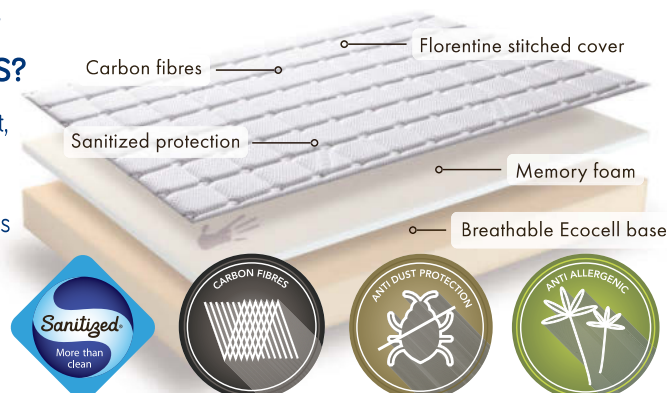
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DR MIRIAM STOPPARD



DID YOU KNOW? Our bodies are getting cooler

A team at Stanford University, US, says our bodies are getting colder after looking at three sets of body temperature records.

The first were for veterans from the American Civil War, whose temperatures were measured between 1860 and 1940. The second came from the early 1970s and the third from 2007 to 2017.

They suggested men born in the early 19th century had body temperatures 0.59C higher than men today. Why is the team confident that the fall is real?

Younger people were found to have lower temperatures than older people.

A decline was also clear between the two later set of records.

"I don't think there's much difference in the thermometers between the 1960s and today," said senior author Dr Julie Parsonnet.

She and her colleagues suspect that a variety of factors - including a decline in infectious diseases and increasingly controlled indoor climates - have caused our bodies to cool down.

Speaking another language can boost your brain health

When you next you go on holiday try to think about learning a few words of the local lingo. It could keep your brain ticking over.

Indeed it could do more than that, it could make your brain resistant to ageing, even improve your mental capacity, whatever your age.

This is a fertile area of research, examining the benefits of speaking more than one language.

One surprising study showed in people speaking only one language, the average age for developing the first signs of dementia was 71.4, whereas it was 75.5 for people who speak two or more languages.

Would you believe bilingual people remember shopping lists, names and directions better than people who speak only one language?

Bilingual people are also more alert to their surroundings. They can focus on important details and ignore the less important ones.

And now researchers at the University of Reading claim to be the first to "test the idea that speaking multiple languages protects against decline in brain function".

To do this they firstly compared the



Bilingual people are more alert and can focus on important details

that it examined two cognitive functions in detail. The first is known as "monitoring", which is your ability to analyse a problem and change your way of thinking to come up with new solutions for solving problems and making decisions. It's described as "thinking outside the box".

The second is "inhibitory control", which is your ability to control natural impulses.

The study found that MS patients who spoke only one language had similar inhibitory control to people without MS but showed "significantly worse monitoring abilities", suggesting that speaking a second language could help creative thinking when having to face a thorny problem.

Christos Pliatsikas, an associate professor from Reading, said: "Previous studies have provided clues as to the potential effect of speaking multiple languages on the brain and its power to protect against disease, including increasing the volume of several brain areas connected to language learning and processing. This study shows how this idea is taking place in practice."

brain activity of bilingual people with and without multiple sclerosis. Then they compared the thinking abilities of people with and without MS who spoke only one language.

They found that MS patients who spoke more than one language attained similar scores to bilingual

people without MS. In the other group, however, "patients [with MS] who only had fluency in one language performed worse than the monolingual control" group. This is a pretty spectacular result according to any criteria.

What makes this study special is

4 REASONS TO eat tuna

- 1 It is a fatty fish so it's rich in omega-3 fatty acids, good for the heart and lowering cholesterol.
- 2 Tuna is pure animal protein, essential for building lean muscle mass and providing bodily energy.
- 3 Tuna is rich in vitamin D which helps the body absorb calcium.
- 4 It also contains selenium, a powerful antioxidant that can help boost the immune system.

Why am I having dry orgasms?

Symptoms:	It could be:	Stop it:
» You're in the throes of a passionate love affair and you're having an awful lot of sex. After a recent weekend away with your partner you found that your semen had dried up.	» Repeated orgasms , as can happen in a sexual marathon which uses up all the body's fresh semen and sperm so an orgasm might be dry.	» This is not a cause for alarm and generally improves after a few hours of rest and abstinence.
» You've had your prostate gland removed as treatment for prostate cancer and while you can still have an orgasm there's little semen.	» A side effect of the prostatectomy. Dry orgasm can occur after some surgeries for prostate cancer and for testicular cancer, particularly if the nerves that control orgasm have been affected.	» Speak to your doctor, explain what's happened and seek reassurance. Dry orgasm isn't harmful and doesn't affect sexual pleasure.
» You have diabetes and you've noticed for the past few months that you ejaculate very little or no semen when you have an orgasm. You've also noted that your urine is cloudy after an orgasm.	» Retrograde ejaculation when semen goes into the bladder instead of through the penis during orgasm. This is because the bladder neck muscle doesn't tighten properly preventing semen from being directed down the penis.	» Retrograde ejaculation isn't harmful and only requires a treatment if you want to father a child. However, see your doctor to make sure your diabetes, which could cause it, is properly controlled.

GOOD NEWS A new era of cancer treatment

A 100,000-piece jigsaw with 99% missing, that's cancer. Or it was until more than a thousand scientists built the most detailed and almost complete picture of all cancers.

The Pan-Cancer Analysis of Whole Genomes Consortium has analysed the genetic code of 2,658 cancers showing thousands of combinations of mutations that can cause cancer. The project found

cancers contain, on average, between four and five basic mutations that drive the cancer's growth.

So complex was the research that it took 22 scientific journal papers to describe it. This study shows new ways of detecting cancer earlier and it could allow future treatments to be tailored to each patient's unique tumour.

HEALTH NEWS Herd immunity

Here's a dramatic example of herd immunity. Finland introduced a multivalent pneumococcal vaccination programme for infants in 2010.

Vaccine uptake was high and there was an immediate reduction in rates of pneumonia in young children and among



older, unvaccinated children. After a brief lag, adults began to benefit too.

Before 2010, pneumonia hospitalisations in adults had been increasing, but by

2014-2015 rates had declined by 15%. The benefit was greatest in the elderly, with an annual saving of about 1,500 hospitalisations for people 65 years and older.

DEAR COLEEN

dearcoleen@mirror.co.uk

your problems solved

WILL RETIRING
MEAN I'M OLD
BEFORE MY TIME?

Dear Coleen

I'm a woman aged 62 and I've worked all my life, having had two successful careers. Lately, I've been thinking a lot about retiring as I have young grandchildren who I don't see often enough.

I have a happy marriage, but I worry that my husband and I could be making more of these years together.

He has his own business and took a step back from it a few years ago, although he's still involved.

I suppose I'm worried that I'll suddenly feel old and start behaving differently. There's nothing wrong with my life, but after dedicating so many years to work, I feel I ought to be thinking of having more time for myself and my family. What's your advice?



Coleen says

I think it's very common to worry about what's on the other side of retirement. But just because you're retiring from work doesn't mean you're retiring from life.

If you want to, you can fill your days with other things that might be more rewarding at this stage in life.

Your job doesn't define you - it's about your attitude to life and what you do with it. I know people who have been lucky enough to stop working in their 40s and 50s and they certainly haven't shuffled off to a bungalow to see out their days quietly.

You're in a fantastic position to have the choice to give up work and think about what opportunities are open to you. So it's a state of mind and it's about approaching it positively and with excitement rather than thinking of it as "giving up" something.

I'm totally in love but I don't like her shallow, bitchy pals

Dear Coleen

I'm a man in my early 30s and have been seeing a woman I'm totally in love with for about six months. Things are going great between us - we spent Christmas with each other's families and we're planning a trip together this summer.

My only problem is, I don't like her group of friends. They're very shallow and always bitching and gossiping. They've never been that nice to me and I always feel I'm on trial every time we're out with them.

She's not like the rest of them at all, so I'm confused about why she wants to hang out with them. They're just not very nice and I don't trust any of them.

I hate the thought of these people being in our lives, but what can I do about it? I thought maybe it was just me, but then I invited some of my mates on a night out and they agreed with me - "What does she see in them?" was the general opinion.

I've never told her how I really feel about them and don't know whether I should. I don't want it to become an issue that causes problems between us. What do you think?

" I always feel on trial every time we're out with them



Coleen says

I think perhaps you're worrying about it more than you should. In reality, you probably don't have to see them that much and, as your relationship develops, you'll probably see even less of them.

But you shouldn't encourage her not to see them. They are her friends and maybe they have a shared history that goes way back to college or school.

If you do start to interfere, she'll resent it and you'll come across as controlling. Would you accept it if she told you she didn't like your mates and didn't want you to see them?

I know it's not ideal if you don't get on with your partner's friends, but most of the time it's just the two of you and that's what you have to focus on.

If you stay together, you'll increase your social circle as a couple and make more mutual friends.

I also think as your relationship becomes more serious, your girlfriend will probably rely on her friends less, so they won't be as big a part of your life as they are at the moment.

And so what if they haven't warmed to you? What counts is what your girlfriend thinks and the relationship between the two of you.

YOU SAY

" I completely agreed with your advice to the woman who wants to propose to her boyfriend because it's a leap year, even though he's admitted he's always been anti-marriage (Dear Coleen, February 28).

He's not going to suddenly change his views just because it's a leap year. If marriage is so important to her, she ought to be having proper discussions with her partner over the future of their relationship.

Nicola, via email

TEENAGE DAUGHTER IS SO RUDE TO ME

Dear Coleen

My 18-year-old daughter started university in the autumn and now every time she's home, she's incredibly rude to me in front of her friends and other people.

It's like she's embarrassed by me or thinks it's "cool".

I've no idea where this has come from as she was never the kind of girl to be rude to grown-ups - me or anyone else. She's not the same with her dad though, which annoys me even more.

Any ideas about why she'd behave like this and what I can do about it?

Coleen says

Yep, don't let her get away with it! Maybe it's something to do with her new environment or a new group of friends but,



whatever it is, it's not acceptable behaviour.

I would talk to her in private and tell her you're not OK with her being rude to you and want to know why she's doing it, and get your husband to back you up. If she continues to do it, then call her out - teenagers don't like being embarrassed in front of

their mates. Something along the lines of, "Why are you suddenly being rude to me in front of other people? You don't normally talk to me like that".

If she's going to behave like a child, then maybe the only option is to treat her like one with a public telling-off so she's not so keen to do it again.



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PROBLEMS?

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EMAIL: dearcoleen@mirror.co.uk - sorry, but Coleen can't reply personally

WRITE TO: Coleen Nolan, The Daily Mirror, One Canada Square, London E14 5AP

TODAY'S TV



with SARA WALLIS



GUILT
Marlon
with April

EMMERDALE
ITV, 7pm

Marlon has the weight of the world on his shoulders. He had no idea that his daughter April was being bullied about what happened to him and now he feels racked with guilt.

And it gets worse for him - he's furious when he finds out it was Charity and Ryan who stole Kim's money.

Meanwhile, Cara has resolved to build bridges with Tracy, but will Tracy agree?

And elsewhere, Billy is determined to impress as he helps Sam out around the scrapyard.



EXPERT
Dr Ranj
gives advice

DR RANJ: ON CALL
ITV, 7.30pm

This Morning's resident doctor and Strictly star Dr Ranj Singh takes the nation's temperature with this new series to improve Britain's wellbeing.

Bringing his expertise to a range of real-life ailments, he will dispense practical advice to help viewers boost their health and happiness.

In the age of Googling your ailments, he's also hoping to separate the facts from the fiction.

He says: "We have a whole heap of medical advice coming your way."

In this episode, he goes out on patrol with paramedics.

ESCAPE A woman
being rescued from
a restaurant in York



Life in the eye of the storm

**BRITAIN UNDERWATER:
FIGHTING THE FLOODS**

ITV, 9pm

WHAT with Storms Ciara, Dennis and Jorge arriving in quick succession, floods, snow and general climate chaos, it seems Britain is being battered by ever more extreme weather.

This in-depth film takes a look at the recent devastation, visiting the country's hardest hit towns and villages.

There's dramatic footage of flooded-out residents being evacuated from communities including Mytholmroyd in West Yorkshire and Tenbury Wells in Worcestershire.

A £30million flood defence scheme in Mytholmroyd wasn't due to be completed until this summer, so when Storm Ciara hit in early February, it was quickly deluged in water.

Roger Benn, a travel agent in the village, says: "It's frightening, you know you can't get out. We've got windows you can jump out of, but what do you jump into? Six foot of torrent that's going to sweep you away into the river. So you're trapped inside."

Meanwhile, in Tenbury Wells, where river levels reach unprecedented levels, one family - Peter, Helen and their teenage daughter Abbey - have been advised to evacuate but can't decide whether to.

In Fishlake, South Yorkshire, which flooded in November, residents are dealing with irreparable damage.

Practice nurse Sandra Liddle says: "We're left with a shell. It's not our home any more."

It's a shocking insight into what people are dealing with in certain parts of the country.

The film also follows staff from the Environment Agency as they attempt to stop the flow. But as people brace for more storms, it's a tidal wave of bad news that shows no signs of slowing.

**PICK
of the
DAY**



BEAUTY LAID BARE
BBC1, 10.35pm

Four fabulous young people take on the mega-machine that is the beauty business in this bare-all investigation.

"We'll meet the movers, the makers and the victims," they say, preparing to confront this notoriously secretive industry.

The group consists of Chloe, 21, a make-up artist and influencer with 100,000 Instagram followers; Casey, 25, keen to be the male representative; Resh, 23, who sees make-up as a lifeline following an acid attack on her 21st

birthday; and 21-year-old Queenie, who has very little interest in make-up.

They'll spend two weeks in LA, meeting manufacturers, influencers and critics to find out the secrets lurking in their cosmetic bags.

Beginning at Beautycon, the beauty event of the year attended by 30,000 people, it starts with celebration.

But later, a visit to rural Mexico reveals how one so-called ethical product may have some wider exploitation issues.

A fascinating insight from different perspectives - all episodes are available on BBC iPlayer.

THE TRIP TO GREECE

Sky One, 10pm

Part travelogue, part comedy, partly two men bickering like an old married couple - this is a trip like no other.

If you're a fan of comedians Steve Coogan and Rob Brydon, this is simply joyous as they take on another road trip and have much to talk about.

This time they're in Greece, the birthplace of democracy, at a time when it seems it's all people want to talk about. They visit beautiful locations, and there is the odd mention

of culture or history. But mainly, this is two old mates fine-dining their way around Greece and doing lots of impersonations - Michael Caine, the Elephant Man, Stan Laurel to name a few.

Occasionally, Rob will ask Steve to pose for a photo: "Do an Aha!"

Even more occasionally, they'll agree on something. For example, that Steve looks better now than he's older.

"You were unpalatable as a young man," adds Rob. Well, there's no odyssey without conflict.



OLD MATES
Steve and Rob

In the **DAILY MIRROR** Saturday

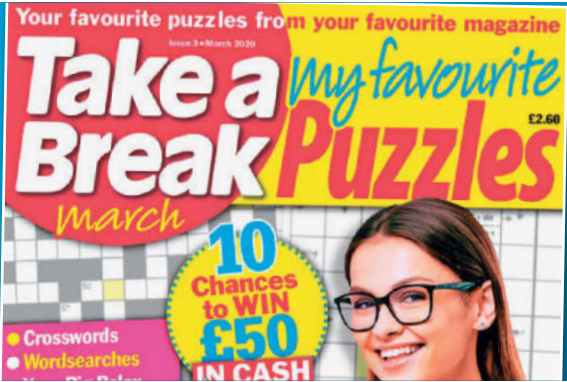


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★ Today's TV previews are on page 33 film ratings ★★★★★ Brilliant ★★★★ Very Good ★★★ Good ★★ Average ★ Bad (R) Repeat	BBC ONE	BBC TWO	ITV	CHANNEL 4	CHANNEL 5
	AM 6.00 Breakfast Presented by Dan Walker and Louise Minchin 9.15 Britain's Housing Scandal 10.00 Homes Under the Hammer 11.00 Wanted Down Under (R) 11.45 Saved on Camera Footage showing the moment a teenager fell from a waterfall PM 12.15 Bargain Hunt (R) 1.00 BBC News at One; Weather 1.30 Regional News; Weather 1.45 Doctors Part one of two. Abz' life is turned upside down after a night out 2.15 Jimmy McGovern's Moving On Drama, starring Kacey Ainsworth and Ian Kelsey 3.00 Escape to the Country Jules Hudson searches for a Cambridgeshire home 3.45 Money for Nothing An old radiogram and a chest of drawers are transformed in Greater Manchester 4.30 Ready Steady Cook 5.15 Pointless Quiz show (R) 6.00 BBC News at Six; Weather 6.30 Regional News; Weather	AM 6.30 Money for Nothing (R) 7.15 Escape to the Country (R) 8.00 Sign Zone: Spy in the Wild Snow monkeys in Japan (R) 9.00 BBC News at 9 Headlines 10.00 Victoria Derbyshire 11.00 BBC Newsroom Live PM 12.15 Politics Live Headlines 1.00 The Super League Show 1.50 Best House in Town A home with an industrial twist (R) 2.30 Terry and Mason's Great Food Trip (R) 3.00 Red Rock A confession shakes Kevin Dunne (R) 3.45 The Great Interior Design Challenge (R) 4.45 Portillo's State Secrets (R) 5.15 Flog It! The story of the French Huguenots (R) 6.00 Richard Osman's House of Games With Chizzy Akudolu, Miles Jupp, Amol Rajan and Ellie Taylor 6.30 Great British Railway Journeys Michael Portillo investigates the work of author CS Lewis (R)	AM 6.00 Good Morning Britain Morning magazine 9.00 Lorraine Showbiz, current affairs and fashion news 10.00 This Morning Celebrity chat, lifestyle features, advice and competitions PM 12.30 Loose Women More celebrity interviews 1.30 ITV Lunchtime News 1.55 Local News; Weather 2.00 Judge Rinder Cameras follow criminal barrister Robert Rinder as he takes on cases in a studio courtroom 3.00 Tenable Five telecoms workers answer questions about top 10 lists (R) 4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants hope to win £10,000 5.00 The Chase Laura, Paul, Maureen and Bhagwan work as a team to take on ruthless quiz genius the Chaser 6.00 Local News; Weather 6.30 ITV Evening News; Weather	AM 6.30 Cheers Double bill (R) 7.20 The King of Queens (R) 8.10 Everybody Loves Raymond Double bill of the sitcom (R) 9.10 Frasier Double bill (R) 10.10 Undercover Boss Canada (R) 11.05 Ramsay's Kitchen Nightmares USA (R) PM 12.00 Channel 4 News Summary 12.05 Find It, Fix It, Flog It (R) 1.05 Posh Pawn James drives a £30,000 Radical racing car (R) 2.10 Countdown Word game 3.00 A Place in the Sun Searching for a property in Manilva (R) 4.00 A New Life in the Sun: Where Are They Now? A bar owner in Spain whose business fell apart 5.00 Come Dine with Me Contestants from southeast London compete (R) 6.00 The Simpsons Homer ruins any chance of a friendship with his new neighbour (R) 6.30 Hollyoaks Edward lets Marnie down gently when she comes on too strong (R)	AM 6.00 Milkshake! Children's shows 9.15 Jeremy Vine Discussion 11.15 Nightmare Tenants, Slum Landlords Tales from the buy-to-let system (R) PM 12.10 5 News at Lunchtime 12.15 Paddington Station 24/7 Train enthusiasts descend on Paddington to get a glimpse of the Flying Scotsman (R) 1.10 Access Showbiz news 1.15 Home and Away See 6.00pm 1.45 Neighbours See 5.30pm 2.20 FILM A Wicked Vendetta (2018/PG) When her daughter is abducted, an ex-hostage negotiator has to investigate the crime on her own. Thriller, starring Katrina Begin ★★★ 4.00 Friends Double bill (R) 5.00 5 News at 5 Headlines 5.30 Neighbours Bea refuses Finn's request to stop singing (R) 6.00 Home and Away Mac has no choice but to reinstate Jade after Ryder is charged (R) 6.30 5 News Tonight Headlines

Hand-picked favourites from Take a Break weekly



7	7.00 The One Show A mix of live chat and topical reports 7.30 LIVE Match of the Day: The FA Cup Chelsea v Liverpool (Kick-off 7.45pm). Gary Lineker presents all the action from tonight's fifth-round tie at Stamford Bridge. The Blues defeated Championship sides Nottingham Forest and Hull City in the previous rounds, while Liverpool overcame rivals Everton, before beating League One Shrewsbury Town in a replay while fielding the youngest side in the club's history. The sides met here in the Premier League in September, with the Reds prevailing 2-1, thanks to goals from Trent Alexander-Arnold and Roberto Firmino. Analysis is provided by Alan Shearer, Ian Wright and Glen Johnson	7.00 Top Gear Paddy McGuinness, Freddie Flintoff and Chris Harris put emergency vehicles to the test to see if the fire brigade, the police or the ambulance service has the fastest vehicles. Tom Allen guests (R)	7.00 Emmerdale Marlon feels guilty, and Billy is forced to keep the truth from Dawn over Will and Harriet's arguing 7.30 NEW Dr Ranj: On Call Dr Ranj Singh offers advice on how to treat common illnesses and accidents	7.00 Channel 4 News The latest headlines, in-depth interviews and analysis of topical political developments and current affairs. Plus, a look at the day's leading sports stories as well as up-to-the-minute weather reports	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); 5 News Update
8		8.00 Back in Time for the Corner Shop The Arderns get a taste of corner shop life in the 1920s, 30s and 40s, when packaged food became plentiful, but rationing quickly has an impact on both the shop and day-to-day life	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	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	8.00 Dogs Behaving (Very) Badly 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; 5 News Update
9		9.00 Murder 24/7 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. Last in series	9.00 Britain Underwater: Fighting the Floods A report from the communities that were hardest hit by the recent storms. With behind the scenes access to the Environment Agency, as they work to stem flooding	9.00 24 Hours in A&E A teen 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 that causes constant stomach pain	9.00 Ben Fogle: Make a New Life in the Country Ben meets a couple in the Malvern Hills who have given up successful careers in London to run their own brewery, operating out of a refurbished chicken shed. Last in series
10	10.00 BBC News at Ten 10.25 Regional News; Weather; National Lottery Update 10.35 NEW Beauty Laid Bare ★ 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	10.00 Better Things Sam is at the Hamletville theatre festival trying out a play for Broadway. Comedy drama, created by and starring Pamela Adlon 10.30 Newsnight; Weather Analysis of the day's events, presented by Emily Maitlis	10.00 ITV News at Ten A fresh perspective on the day's stories, featuring national and international news 10.30 Local News; Weather 10.45 Tyson Fury: The Gypsy King The boxer enjoys some downtime back home in Morecambe after defeating Tom Schwarz in Las Vegas, before preparing for his next contest against Otto Wallin (R) 11.40 Tenable Quiz in which a team of five family and friends answer questions about top 10 lists, then try to score a perfect 10 in the final round (R)	10.00 The Windsors Charles and Camilla agree to attend Kate's father's birthday celebrations 10.35 Celebrity Crystal Maze Anita Rani, Jeff Stelling, Hannah Cockcroft, AJ Pritchard and Tom Rosenthal explore the Maze (R)	10.00 My New Greek Life A couple who retired to Kefalonia struggle with being separated from family. Laura and Ross move their yacht, only to face fierce weather and must decide if they are going to stay. Last in series
11	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 in them and how people can kick the habit (R)	11.15 Putin: The New Tsar The story of Russian President Vladimir Putin's extraordinary rise to power – from a lowly KGB colonel to Boris Yeltsin's right-hand man. Contributors include Sergei Pugachev, Garry Kasparov and Jack Straw (R)	12.30am Home Shopping 3.00 The Home Game. A London couple get rid of walls to create an open-plan space, a Cornish bathroom scrubs up with amazing results and a father splashes out on a bedroom extension for his daughter (R) 3.50 ITV Nightscreen 5.05-6.00am Judge Rinder (R)	11.30 Prison The concluding edition explores the difficulties of being a mother in prison. Staff at HMP Foston Hall, where more than 300 women are incarcerated, believe that maintaining family contact is vital to reduce reoffending (R)	11.05 Eamonn & Ruth Meet the Billionaires Eamonn Holmes and Ruth Langford meet Dr Mohammad Zahoor and his wife Kamaliya in Kiev, Ukraine, to see how the extravagant billionaire couple have spent some of their fortune (R)
12 midnight	12.15am Weather for the Week Ahead 12.20-6.00am BBC News. Headlines	12.15am Sign Zone: Win the Wilderness: Alaska. Three of the couples are taken to a glacier system that is home to wolves and bears (R) 1.15 Murder, Mystery and My Family (R) 2.00 Island Medics. Community nurse Jean is out on her rounds as a one-woman health service (R) 2.45-6.30am This Is BBC Two	12.30am Home Shopping 3.00 The Home Game. A London couple get rid of walls to create an open-plan space, a Cornish bathroom scrubs up with amazing results and a father splashes out on a bedroom extension for his daughter (R) 3.50 ITV Nightscreen 5.05-6.00am Judge Rinder (R)	12.30am Ramsay's Kitchen Nightmares USA (R) 1.20 FILM What Richard Did (2012/15) Drama, starring Jack Reynor and Roisin Murphy ★★★ 2.55 Come Dine with Me (R) 3.50 Grand Designs (R) 4.45 Location, Location, Location (R) 5.40 Kirstie's Vintage Gems (R) 5.50-6.30am Countdown (R)	12.05am How to Have a Better Orgasm. Seven women give intimate interviews about their experiences (R) 1.00 The 21.co.uk Live Casino Show 3.00 Access (R) 3.10 Hotel Inspector: Checking In, Checking Out (R) 4.00 Tattoo Disasters UK (R) 4.45 House Doctor (R) 5.10 Nick's Quest (R) 5.35-6.00am Wildlife SOS (R)

DAVE Freeview 19

6.00am Teleshopping **7.15** Cops UK: Bodycam Squad **8.00** American Pickers **9.00** Storage Hunters UK **10.00** American Pickers **12.00noon** Cop Car Workshop **1.00** Top Gear **2.00** Cops UK: Bodycam Squad **3.00** Sin City Motors **4.00** Top Gear **6.00** Taskmaster. James Acaster finds circles

7.00 Room 101 Double bill. With Katie Price, Greg Davies and Adil Ray; Heston Blumenthal, Kirsty Wark and James Acaster discuss their pet hates

8.20 Have I Got a Bit More News for You Gary Lineker hosts an extended edition of the satirical quiz, with panellists Ross Noble and Samira Ahmed joining team captains Ian Hislop and Paul Merton

9.20 QI With guest panellists Sue Perkins, Bill Bailey and Gyles Brandreth

10.00 Taskmaster The rivals meet the Mayor of Chesham. Greg Davies hosts

11.00 Hypothetical Angela Barnes, Guz Khan, Tom Davis and Harriet Kemsley are posed increasingly absurd situations

12.00m't Taskmaster **1.00** Have I Got a Bit More News for You **2.10** Jon Richardson: Ultimate Worrier **3.00** Zapped **3.35** The Indestructibles **4.00-6.00am** Teleshopping

W

6.10am MasterChef Australia **7.00** My Dream Home **8.00** Tipping Point **10.00** The Bill **11.00** Supernanny US **12.00noon** Tipping Point **2.00** My Dream Home **5.00** Tipping Point

7.00 My Dream Home Drew Scott and Jonathan Scott help Craig and Laurel, who quickly sold their previous property and are now seeking their dream home

8.00 Sun, Sea and Brides to Be A golf buggy threatens a bride's hairdo, Angela protects a special portrait on a windy beach, and a barefoot wedding has unforeseen complications

9.00 Inside the Ambulance The paramedics respond when a taxi-driver is injured in a head-on collision with a car that was being pursued by police

10.00 The Wedding Fixer Sarah Haywood is in Canterbury with Thomas and Famy, a busy couple who need help with their low-cost Indian fusion wedding

11.00 Inside the Ambulance Medics attend a woman who has had a fit in the street

12.00m't One Born Every Minute **1.00** Great Ormond Street **1.50** Code Black. Elliot is sued **2.35** Renovate My Home: Leave It to Bryan **3.00-6.15am** Teleshopping

ALIBI

6.00am Teleshopping **7.10** Murdoch Mysteries **9.00** The Doctor Blake Mysteries **11.00** Miss Fisher's Murder Mysteries **1.00pm** Rush **3.00** Murdoch Mysteries **5.00** Major Crimes

7.00 Motive Double bill. The team investigate when an employee of a digital security consulting firm is murdered by a contractor who recently installed a patio in the victim's garden; the team try to unravel a string of clues when an unassuming florist is implicated in a robbery-gone-wrong

9.00 Frankie Drake Mysteries A showgirl dies by falling off the rooftop of the Tip-top Club, so Frankie poses as a hostess at a mermaid-themed nightclub

10.00 Ms Fisher's Modern Murder Mysteries Peregrine goes undercover in a top-secret science facility after one of its employees, an old comrade of Birdie's, is found frozen to death

11.00 New Tricks Sasha is forced to work with her ex-husband Ned Hancock when their teams investigate the mysterious deaths of a film critic

12.20am The Doctor Blake Mysteries **2.40** The Assets **4.00-6.00am** Teleshopping

ITV REGIONAL VARIATIONS

MERIDIAN As ITV except: **1.55-2.00pm** ITV News Meridian **6.00-6.30** ITV News Meridian; Weather **10.30-10.45pm** ITV News Meridian; Weather

CENTRAL As ITV except: **1.55-2.00pm** ITV News Central; Weather **6.00-6.30** ITV News Central; Weather **10.30-10.45pm** ITV News Central. The latest stories making the headlines; Weather

WALES As ITV except: **1.55-2.00pm** ITV News Cymru Wales; Weather **6.00-6.30** ITV News Wales at Six; Weather **10.30-10.45pm** ITV News Cymru Wales. The latest headlines; Weather

DRAMA Freeview 20

6.00am Teleshopping **7.10** Soldier, Soldier **9.00** The Bill **10.00** Classic Holby City **11.00** Classic Casualty **12.00noon** The Bill **1.00** Classic EastEnders **2.20** London's Burning **3.20** Monarch of the Glen **4.20** Bergerac **5.20** Bread **6.00** Hi-de-Hi! **6.40** As Time Goes By. Jean hears from an ex-boyfriend

7.20 Last of the Summer Wine Barry tries to help his neighbour to find love

8.00 Judge John Deed A fraud case involving two solicitors proves of interest to Deed, and causes outrage among his fellow judges

10.00 New Tricks The team reopens an investigation into the death of an elderly woman whose decision to leave her estate to her cats sparked a family feud. Guest starring Eric Sykes, Lindsey Coulson and Victor McGuire

11.20 Waking the Dead Feature-length episode. The body of police hero Debbie Britten washes up in the Thames a year after she disappeared, leading the Cold Case unit to investigate. Trevor Eve stars

1.50am The Bill. Police drama **2.55** London's Burning **4.00-6.00am** Teleshopping

GOLD

6.00am Teleshopping **7.35** You Rang, M'Lord? **8.35** The Good Life **9.15** Porridge **9.55** Hi-de-Hi! **10.35** Last of the Summer Wine **12.35pm** Keeping Up Appearances **1.15** Dad's Army **1.55** Hi-de-Hi! **2.35** The Good Life **3.15** Keeping Up Appearances **3.55** Dad's Army **4.35** Last of the Summer Wine: triple bill **6.35** The Good Life. Classic comedy series

7.15 Porridge Fletch is entrusted with a treasure map while sharing a ward with Blanco in the prison hospital

7.55 Dad's Army Four episodes. The platoon are asked to provide a guard of honour for a train carrying George VI; the platoon takes part in an efficiency test; the hapless soldiers tackle a fire; Mainwaring appears in court

10.35 Mrs Brown's Boys Rory and Dino have a bust-up, while Mark and Betty announce they are leaving for Australia.

11.15 Peep Show Double bill. Mark needs to find a girlfriend before his birthday party; Jeremy's mother and her boyfriend visit for a family funeral

12.20am Mrs Brown's Boys **1.00** Dad's Army **1.35** Peep Show **2.40** Marley's Ghosts: double bill **4.00-6.00am** Teleshopping

YESTERDAY F'view 25

6.00am The British Middle Class **7.10** Impossible Railways **8.00** Forbidden History **9.00** Secret Nazi Bases **10.00** Nazi Victory: The Post-War Plan. Documentary **11.00** Underground Worlds **12.00noon** Impossible Railways **1.00** Secrets of Britain **2.00** Walking Through History **3.00** Underground Worlds **4.00** Impossible Railways **5.00** Secret Nazi Bases **6.00** Nazi Victory: The Post-War Plan. Documentary

7.00 Underground Worlds A city beneath a forest in Northern France, and a subterranean power station in London

8.00 Abandoned Engineering An American prison for the violent and deranged with links to an infamous cult leader

9.00 The Two Ronnies Double bill. Sketches, with guests Pan's People; sketches include the Job Interview

10.40 Porridge Triple bill. Fletcher helps new inmate Godber settle in; betting fever sweeps the prison; Fletcher and Godber while away a long night

12.40am Nazi Victory: The Post-War Plan. Documentary **1.40** The British Middle Class **2.35** David Attenborough's Natural Curiosities **3.00-6.00am** Teleshopping

WEST As ITV except: **1.55-2.00pm** ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather **10.30-10.45pm** ITV News West Country. Headlines; Weather

ANGLIA As ITV except: **1.55-2.00pm** ITV News Anglia **6.00-6.30** ITV News Anglia; Weather **10.30-10.45pm** ITV News Anglia; Weather

WESTCOUNTRY As ITV except: **1.55-2.00pm** ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather **10.30-10.45pm** ITV News West Country; Weather

ITV2 Freeview 6

6.00am Teleshopping **7.00** The Ellen DeGeneres Show **7.50** Emmerdale **8.20** Coronation Street **9.20** Superstore **10.15** Dinner Date **11.15** Dress to Impress **12.15pm** Emmerdale **12.45** Coronation Street **1.50** The Ellen DeGeneres Show **2.45** Dinner Date **3.50** Dress to Impress **4.50** Take Me Out. Dating show **6.00** You've Been Framed! Gold. Clip show

7.00 You've Been Framed! Gold

8.00 Two and a Half Men Double bill. Walden encourages Jenny to take her acting career seriously; Walden invites an actress over for dinner

9.00 Family Guy Double bill of fun

10.00 Plebs Double bill of the comedy

11.00 Family Guy Animated adventures

11.30 American Dad! Double bill

12.25am Two and a Half Men. Comedy **1.25** Ibiza Weekender **2.25** Don't Hate the Playaz. Hip-hop contest **3.15** ITV2 Nightscreen **3.30-6.00am** Teleshopping

5 USA Freeview 21

6.00am Teleshopping **9.00** Criminals: Caught on Camera **9.45** CSI: NY: double bill **11.25** The Mysteries of Laura **12.25pm** Law & Order. Seven episodes

7.00 Law & Order A recently paroled prison gang member is shot dead

8.00 NCIS: New Orleans The captain of a yacht, along with a waiter, are murdered onboard the vessel

9.00 The Enemy Within Shepherd returns to Langley to help track a fugitive down. With Morris Chestnut

10.00 Law & Order: Special Victims Unit Triple bill. The wife of a writer is accused of spousal abuse; Carisi's future brother-in-law accuses his female parole officer of rape; a disturbed young man with a vendetta against women seeks revenge

12.55am Law & Order: Special Victims Unit **1.50** Law & Order: Los Angeles **3.50** Access **4.00-6.00am** Teleshopping

BBC WALES/S4C

Wales As BBC1 except: 11.30am X-Ray **12.00noon** Saved on Camera **12.30-1.00pm** Bargain Hunt **1.30-1.45** BBC Wales Today **6.30-7.00** BBC Wales Today **10.25** BBC Wales Today **10.35** Young, Welsh and Pretty Minted **11.05** **NEW** Beauty Laid Bare. The beauty industry **11.45** The Truth About Takeaways **12.45-6.00am** BBC News

Wales As BBC2 except: 1.50pm First Minister's Questions **2.40-3.00** Coast. The Channel Islands **11.15** New Voices from Wales **11.25pm-12.15am** Natural World

S4C 6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Ffasiwn Mecaic **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 **5.00** Stwnsh **6.00** Codi Pac **6.30** Rownd a Rownd **7.00** Heno. Magazine **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion 9 a'r Tywydd **9.00** Cynefin. Heledd Cynwal explores the market town of Tregaron **10.00** Walter Presents: Yr Un Awyr **11.00-11.35pm** Nyrsys

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DEPARTS MAY - OCTOBER 2020

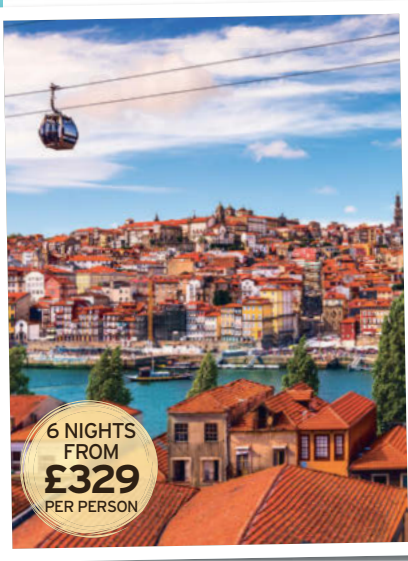
The Gothic spires that dominate Riga's cityscape might suggest austerity, but it is the flamboyant art nouveau that forms the flesh and the spirit of this vibrant cosmopolitan city, the largest of all three Baltic capitals. Tallinn is now a proud European capital with an allure all its own. It's lively yet peaceful, absurdly photogenic and bursting with wonderful sights - ancient churches, medieval streetscapes and noble merchants' houses.

WHAT'S INCLUDES

- Return flights from various UK airports & Train transfer between cities
- Three nights' four-star B&B stay in Riga
- Three nights' four-star B&B stay in Tallinn

2020	LONDON	EDINBURGH
May	£329pp	£399pp
Jun	£379pp	£449pp
Jul	£429pp	£429pp
Aug	£429pp	£449pp
Sept	£329pp	£379pp
Oct	£299pp	£359pp

*Regional airports available at a supplement, please call our sales staff for more information.



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Departs May - November 2020

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PRICE INCLUDES

- Return flights from various UK airports & Train transfer between cities
- Three nights' four-star B&B stay in Lisbon
- Three nights' four-star B&B stay in Porto

2020	LONDON	MANCHESTER
May	£399pp	£419pp
Jun	£349pp	£369pp
Jul	£399pp	£419pp
Aug	£449pp	£429pp
Sept	£399pp	£399pp
Oct	£379pp	£399pp
Nov	£329pp	Call Now
Dec	£349pp	Call Now

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ABTA No J1693

Sport

SKY SPORTS MAIN EVENT

6.00am **LIVE** Women's ICC World T20 Cricket: Pakistan v Thailand Coverage of the Group B match
7.30 **LIVE** Women's ICC World T20 Cricket: West Indies v South Africa Action from Sydney
11.30 Football Centre. A round-up of the latest news
12.00noon Sky Sports News **5.00** Sky Sports News
7.00 Sky Sports Tonight **10.00** The Debate
11.00pm-6.00am **LIVE** Test Cricket: New Zealand v India Coverage from Hagley Oval in Christchurch

SKY SPORTS PREMIER LEAGUE

6.00am PL Greatest Games **7.00** PL Legends **8.00** Best PL Goals **8.30** Best PL Goals **9.00** Premier League 100 Club **10.00** Premier League Years
12.00noon PL Best Goals **1.00** Premier League Years **3.00** PL Best Goals **4.00** PL Greatest Games **5.00** PL 100 Club: England's Finest **5.30** PL 100 Club
6.00 PL Legends **7.00** Premier League Review **8.00** Gary Neville's Soccerbox **9.00** Premier League Review **10.00** The Debate **11.00** PL Best Goals 08/09
12.00m't The Debate **1.00** Premier League Years **3.00** PL Greatest Games **4.00** PL Best Goals **5.00** Best PL Goals **5.30-6.00am** Premier League 100 Club

SKY SPORTS FOOTBALL

6.00am EFL Greatest Games **6.45** SPFL Greatest Games **7.00** Football's 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** Football's Greatest Players
12.00noon 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 **3.00** Football's Greatest Players **3.30** Football Countdowns **4.00** Football Years **4.30** EFL Play-Off Final **5.30** EFL Greatest Games **5.45** SPFL Greatest Games **6.00** EFL Goals **6.30** MLS Round-Up Show **7.00** Soccer AM: The Best Bits **7.30** Carabao Cup Final Highlights **8.30** EFL Goals **9.00** Best Goals: Carabao Cup 2019/20 **9.30** EFL Championship Highlights **10.00** SPFL Greatest Games **10.15** SPFL Greatest Games **10.30** EFL Greatest Games **10.45** EFL Greatest Games **11.00** One2Eleven **11.15** EFL Greatest Games
12.00m't 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 **5.00-6.00am** Carling Cup Final 2008/09

SKY SPORTS ARENA

6.00am Sporting Greats **7.00** Super League Gold **8.00** Super League **8.30** Sporting Greats **9.00** Sporting Records **10.00** Boxing Gold: David Haye **10.30** Super League **11.00** Super League Gold
12.00noon Super League **12.30** Sporting Greats **2.00** NBA Champions **3.30** Players Only: Kobe & Shaq **4.30** Sporting 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 A look ahead to tonight's fixtures
12.00m't Kobe Bryant: The Interview **1.00** Allen Iverson: The Answer. A profile of the NBA legend
2.00 Super League Gold **3.00** Sporting Records **4.00** Sporting Greats **5.00-6.00am** Sporting Records

BT SPORT 1

6.00am Classic MOTD – Thrillers **6.30** Classic MOTD – Thrillers **7.00** WWE Friday Night SmackDown
8.30 No Filter Boxing **9.00** Premier League Review. Recent action **10.00** Premiership Tonight **10.45** A-League Highlights **11.45** BT Sport Goals Reload
12.00noon FA Cup **1.30** BT Sport Films **2.30** Premier League **4.00** WWE NXT Highlights **5.00** BT Sport Goals Reload **5.15** FA Cup **6.45** Early Kick-Off
7.00 **LIVE** Scottish Professional Football League: Hibernian v Hearts (Kick-off 7.45pm) See **CHOICE**
10.00 Premier League Reload. All the goals **10.15** BT Sport Goals Reload **10.30** Premier League Review
11.30 **LIVE** PSA Squash The Men's and Women's semi-finals of the Windy City Open in Chicago
4.00-6.00am Classic MOTD – Thrillers. Archive action

BT SPORT 2

6.00am BT Sport Goals Reload **6.15** Early Kick-Off **6.30** FA Cup **8.00** V8 Supercars **10.00** MotoGP
3.00pm **LIVE** UEFA Youth League: Benfica Under-19 v Liverpool Under-19 (Kick-off 3.00pm) Coverage
5.00 BT Sport Score Best Bits **5.30** Ligue 1 Highlights
6.30 FIA World Endurance Championship **7.30** V8 Supercars Highlights **8.30** V8 Supercars Highlights **9.30** 30 for 30 **11.30** UFC Main Event. UFC 244
12.30am Early Kick-Off **12.45** BT Sport Goals Reload **1.15** Coppa Italia **1.45** Fishing **2.45** A-League **3.45** BT Sport Goals Reload **4.00** Bundesliga Highlights
5.00-6.00am FIA World Endurance Championship

EUROSPORT 1

7.10am Cycling: Strade Bianche. Highlights **7.30** World Superbikes **9.00** Motocross World Championship
10.00 Formula E **11.00** World Superbikes
12.00noon Athletics. The World Indoor Tour meeting
1.00 **LIVE** Cycling: Women's GP Le Samyn Coverage of the single-day road race, a 94.9km course
2.00 **LIVE** Cycling: GP Le Samyn Further coverage
4.15 Cycling: Follow Fabian **5.15** Cycling: Kuurne-Brussels-Kuurne **6.45** Cycling: Tour of Flanders
7.00 Cycling: Women's GP Le Samyn **8.00** Cycling: GP Le Samyn **9.30** Cycling: Tour of Taiwan **10.30** Cycling: Tour of UAE **11.30** Cycling: GP Le Samyn
1.00am Cycling: Tour of Taiwan. Stage three **2.00** Cycling: GP Le Samyn **3.30** Cycling: Tour of Taiwan
4.30-6.00am **LIVE** Cycling: Tour of Taiwan Stage four

CHOICE



Live Scottish Professional Football League BT Sport 1, 7pm
Action from the Edinburgh derby as Jack Ross's (left) Hibernian take on Daniel Stendel's relegation-haunted Hearts at Easter Road.



The Good Doctor Sky Witness, 9pm
Shaun is hopeful that Carly (Sara Ramirez, left) is truly fine with his friendship with Lea, while back in theatre, the team treats a young boy born without a fully formed trachea.



Kick-Ass Sky Cinema Women in Film, 6pm
Dave Lizewski (Aaron Johnson, left) reinvents himself as a superhero, aided by Big Daddy (Nicolas Cage) and his daughter Hit Girl (Chloe Grace Moretz).

Entertainment & Factual

BBC FOUR

Freeview 9

7.00pm Beyond 100 Days **7.30** The Yorkshire Dales **8.00** King Alfred and the Anglo-Saxons **9.00** Royal History's Biggest Fibs with Lucy Worsley **10.00** The Stuarts **11.00** Armada – 12 Days to Save England **12.00m't** Inside the Medieval Mind **1.00** Rhythms of India **2.00** Socrates: Genius of the Ancient World **3.00-4.00am** Royal History's Biggest Fibs with Lucy Worsley

E4

Freeview 13

6.00am 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 **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory **2.00** Baby Daddy **3.00** Mike & Molly **4.00** The Goldbergs **5.00** Brooklyn Nine-Nine **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Man with a Plan **8.00** The Big Bang Theory **9.00** Celebs Go Dating **10.00** First Dates **11.05** The Big Bang Theory **11.35** The Big Bang Theory **12.00m't** Brooklyn Nine-Nine **1.00** Celebs Go Dating **2.05** First Dates **3.00** Gogglebox **3.55** The Big Bang Theory **4.45-6.00am** 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 **12.10pm** 999: On the Front Line **1.15** Escape to the Chateau: 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 Chateau: 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 **12.15am** 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

ITV3

Freeview 10

6.00am Classic Coronation Street **6.55** Classic Emmerdale **7.55** Heartbeat **8.55** The Darling Buds of May **10.00** That's My Boy. Sitcom **10.30** Inspector Morse **12.40pm** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.55** Midsomer Murders **5.55** Heartbeat **7.00** Agatha Christie's Poirot **8.00** Midsomer Murders **10.00** Scott & Bailey. The detectives investigate two murders **11.00** Inspector Morse **1.20am** Inspector Morse **3.10-3.30am** ITV3 Nightscreen

ITV4

Freeview 24

6.00am Quincy ME **7.00** Kojak **8.10** The Saint **9.15** Minder **10.20** The Professionals **11.25** The Sweeney **12.30pm** 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 (1995/15) **★★★** **11.40** **FILM** Wanted (2008/18) **★★★** **1.50am** Auto Mundial **2.20** The Protectors **2.45** ITV4 Nightscreen **3.00-6.00am** Teleshopping

ITVbe

Freeview 26

6.00am Teleshopping **7.00** Bachelor in Paradise **8.50** Be Beautiful **9.00** LittleBe **12.00noon** Income Property **12.25** The Real Housewives of Beverly

Hills **1.25** Vanderpump Rules **2.15** Million Dollar Listing: NYC **3.10** The Real Housewives of New York City **4.05** The Real Housewives of Dallas **6.00** Masters of Flip **7.00** Buying and Selling **8.00** Dinner Date. Jonny picks three blind dates **9.00** The Real Housewives of Potomac **10.00** The Real Housewives of Orange County **11.00** Bridezillas **11.55** The Only Way Is Essex **12.45am** ITVBe Nightscreen **12.55-6.00am** Teleshopping

5 STAR

Freeview 30

6.00am 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 **12.00noon** Can't Pay? We'll Take It Away! **3.00** Neighbours **3.30** Home and Away **4.00** House **6.00** Neighbours **6.30** Home and Away **7.00** Benefits Britain: Life on the Dole **8.00** **FILM** Jumanji (1995/PG) **★★★** **10.00** **FILM** Battle: Los Angeles (2011/12) **★★** **12.25am** Sinkholes **1.20** Young, Dumb and Banged Up in the Sun **2.20** Riverdale **4.00-6.00am** Teleshopping

REALLY

Freeview 17

6.00am Fantasy Homes by the Sea **7.00** Teleshopping **8.00** Homes Under the Hammer **10.00** Celebrity Antiques Road Trip **11.00** Antiques Road Trip **1.00pm** Celebrity Fantasy Homes **2.00** Fantasy Homes by the Sea **3.00** French Collection **4.00** DIY SOS: The Big Build **6.00** Celebrity Antiques Road Trip **7.00** Antiques Road Trip. From York **8.00** Antiques Road Trip. From Norfolk and Suffolk **9.00** Helicopter ER **10.00** Body Cam **11.00** Helicopter ER **12.00m't** Ghost Adventures **1.00** Most Haunted **2.00** Teleshopping **4.00-6.00am** Antiques Road Trip

PICK

Freeview 11

6.00am 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 **1.00pm** 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 **12.00m't** Banged Up Abroad **1.00** Road Wars **2.00** Nothing to Declare **3.00** Stop, Search, Seize **4.00** Motorway Patrol **5.00-6.00am** Highway Patrol

SKY ONE

6.00am Monkey Life **7.00** RSPCA Animal Rescue **8.00** The Dog Whisperer **9.00** Stop, Search, Seize **10.00** Brit Cops: Law & Disorder **11.00** NCIS: Los Angeles **1.00pm** Hawaii Five-0 **3.00** MacGyver **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** An Idiot Abroad **2** **9.00** Strike Back: Vendetta **10.00** **★** **NEW** The Trip to Greece. Comedy, with Steve Coogan and Rob Brydon **10.30** The Trip to Greece **11.00** A League of Their Own **12.00m't** Jett **1.05** Avenue 5 **1.40** The Heist **2.40** Hawaii Five-0: double bill **4.30** Stop, Search, Seize **5.30-6.00am** Futurama

Radio

BBC RADIO 1

97.6-99.8MHz 6.30am The Radio 1 Breakfast Show with Greg James **10.00** Clara Amfo **12.45pm** Newsbeat **1.00** Scott Mills **4.00** Nick Grimshaw **5.45** Newsbeat **6.00** Nick Grimshaw **7.00** Future Sounds with Annie Mac **9.00** Dev **11.00** Indie Show **1.00am** Annie Nightingale **3.00** Movie Mixtape **4.00-6.30am** Early Breakfast

BBC RADIO 2

88-91MHz 6.30am The Zoe Ball Breakfast Show **9.30** Ken Bruce **12.00noon** Jeremy Vine **2.00** Steve Wright in the Afternoon **5.00** Sara Cox **7.00** Jo Whiley **9.00** The Jazz Show with Jamie Cullum **10.00** Trevor Nelson's Rhythm Nation **12.00m't** OJ Borg **3.00** Sounds of the 80s with Gary Davies **4.50** Radio 2 Sounds of the 80s Mastermix **5.00-6.30am** Vanessa Feltz

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.00** Essential Classics **12.00noon** Composer of the Week: Price **1.00** Radio 3 Lunchtime Concert **2.00** Afternoon Concert **5.00** In Tune **7.00** In Tune Mixtape **7.30** Radio 3 in Concert **10.00** Free Thinking **10.45** The Essay: Women Writers to Put Back on the Bookshelf **11.00** Night Tracks **12.30-6.30am** Through the Night

BBC RADIO 4

FM: 92.4-94.6MHz, LW: 198kHz 6.00am Today **8.31** (LW) Yesterday in Parliament **9.00** The Life Scientific **9.30** One to One **9.45** (LW) Daily Service **9.45** (FM) Book of the Week: Guest House for Young Widows **10.00** Woman's Hour **11.00** OK, Boomer! **11.30** Art of Now: North Korea **12.00noon** News **12.01** (LW) Shipping **12.04** Apeirogon **12.18** Call You and Yours **12.57** Weather **1.00** The World at One **1.45** The Californian Century **2.00** The Archers **2.15** Drama: The AntiSocial Network **3.00** Short Cuts **3.30** Costing the Earth **4.00** Law in Action **4.30** A Good Read **5.00** PM **5.54** (LW) Shipping **5.57** Weather **6.00** News **6.30** The Hitchhiker's Guide to the Galaxy: Hexagonal Phase **7.00** The Archers **7.15** Front Row **7.45** The Book of Strange New Things **8.00** File on 4 **8.40** In Touch **9.00** Inside Health **9.30** The Life Scientific **10.00** The World Tonight **10.45** Book at Bedtime: Apeirogon **11.00** Liam Williams – Ladhood **11.30** Today in Parliament **12.00m't** News **12.30** Book of the Week: Guest House for Young Widows **12.48** Shipping **1.00** As BBC World Service **5.20** Shipping **5.30** News **5.43** Prayer for the Day **5.45** Farming Today **5.58-6.00am** Tweet of the Day

SKY ATLANTIC
6.00am Storm City **7.00** Without a Trace **10.00** The West Wing **12.00noon** Blue Bloods **1.00** CSI: Crime Scene Investigation **2.00** The West Wing **4.00** Without a Trace **7.00** CSI: Crime Scene Investigation **8.00** Blue Bloods **9.00** Save Me **10.00** The L Word: Generation Q **11.10** Babylon Berlin **12.10am** Oz **1.20** **FILM** Game Change (2012/12) Drama, starring Julianne Moore **★★★** **3.35** Californication **4.10-6.00am** The West Wing

SKY WITNESS

6.00am Nothing to Declare **8.00** Paramedics **9.00** Blue Bloods **10.00** Criminal Minds **11.00** CSI: Crime Scene Investigation **12.00noon** 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 **8.00** Ghost Whisperer **9.00** The Good Doctor. See **CHOICE** **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: SVU **12.00m't** CSI: Crime Scene Investigation **1.00** Criminal Minds **3.00** Ghost Whisperer **4.00** Shades of Blue **5.00-6.00am** Brit Cops: Rapid Response

DISCOVERY

6.00am Combat Dealers **7.00** Robson Green: Extreme Fisherman **8.00** Kindig Customs **9.00** Code of the Wild **10.00** UFOs: The Lost Evidence **11.00** Wheeler Dealers **12.00noon** Gold Rush: White Water **1.00** Alaska: The Last Frontier **2.00** Combat Dealers **3.00** World War Two: The Complete History **4.00** Building Off the Grid **5.00** The Best of Wheeler Dealers **6.00** Fast N' Loud **7.00** Outback Truckers **8.00** Richard Hammond's Big. The Burj Khalifa in Dubai **9.00** Gold Rush **10.00** Gold Rush: Dave Turin's Lost Mine **11.00** Gold Rush: The Dirt **12.00m't** Gold Rush **1.00** Gold Rush: Dave Turin's Lost Mine **2.00** Richard Hammond's Big **3.00** Gold Rush **3.50** Kindig Customs **5.30-6.00am** How It's Made

NATIONAL GEOGRAPHIC

8.00am Nazi Megastructures **9.00** Buried Secrets of WWII. Documentary **10.00** Lost Cities with Albert Lin **11.00** Nazi Secrets Revealed: Draining the Ocean **12.00noon** Car S.O.S. **2.00** Wicked Tuna **3.00** Ice Road Rescue **4.00** Air Crash Investigation **6.00** Car S.O.S. **8.00** World War I Apocalypse **9.00** World War II: The Apocalypse **10.00** Apocalypse: Cold War **11.00** Air Crash Investigation **12.00m't** Alaska State Troopers **1.00** Airport Security: Peru **2.00** Ultimate Airport Dubai **3.00** Air Crash Investigation: Special Report **4.00-5.00am** Air Crash Investigation

FOX

8.00am Republic of Doyle **9.00** Bones **10.00** Bull **11.00** NCIS **12.00noon** Bones **2.00** The Mentalist **3.00** NCIS **4.00** Bull. Legal drama **5.00** Bones **6.00** The Mentalist **7.00** NCIS **8.00** NCIS **9.00** Family Guy **9.30** Family Guy **10.00** Family Guy **10.30** Family Guy **11.00** American Dad! **11.30** American Dad! **12.00m't** Family Guy **1.00** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic of Doyle **5.00-8.00am** Teleshopping

Movies

FILM4

11.00am The Naked Truth (1957/U) Comedy, starring Peter Sellers and Terry-Thomas **★★**
12.50pm Rage at Dawn (1955/U) Western, with Randolph Scott and Forrest Tucker **★★**
2.40 The Longest Day (1962/PG) Fact-based Second World War drama, starring Richard Burton, John Wayne and Henry Fonda **★★★★★**
6.20 The Core (2003/12) Sci-fi thriller, starring Aaron Eckhart and Hilary Swank **★★★**
9.00 Gifted (2017/12) Premiere. A single man attempts to raise his child prodigy niece, but his formidable mother ruins his plans. Drama, with Chris Evans and Lindsay Duncan **★★★★**
11.05 Conan the Barbarian (2011/15) A warrior seeks revenge on the warlord who killed his father, and tries to stop him magically making himself all-powerful. Fantasy adventure, with Jason Momoa and Stephen Lang **★★★**
1.15-3.25am A Dark Song (2016/15) Psychological horror, starring Catherine Walker **★★★**

SKY CINEMA PREMIERE

6.00am Hot Air (2018/15) Drama, starring Steve Coogan and Neve Campbell **★★★**
8.00 The Candidate (2018/15) Spanish political thriller, starring Antonio de la Torre **★★★★**
10.30 Killers Anonymous (2019/15) See 6.15pm **★★★**
12.15pm Godzilla: King of the Monsters (2019/12) See 8.00pm **★★★★**
2.30 Straight Up (2019/15) See 10.15pm **★★★★**
4.15 UFO (2018/12) Sci-fi action thriller, starring Gillian Anderson and Alex Sharp **★★★**
6.15 Killers Anonymous (2019/15) Crime mystery thriller, starring Gary Oldman **★★★**
8.00 Godzilla: King of the Monsters (2019/12) The Monarch agency face off against an army of creatures, including Godzilla, Mothra, Rodan and King Ghidorah. Fantasy sequel, starring Vera Farmiga and Sally Hawkins **★★★★**
10.15 Straight Up (2019/15) Premiere. A man and woman realise they may be each other's soulmate – the only stumbling block is that he may or may not be gay. Romantic comedy, with Katie

YOUR VOICE



Edited by FIONA PARKER

PICK YOUR WORDS AND WIN £25

Well done to Howard Lewis from Pentre, Mid Glamorgan for this funny caption to last week's photo of Tyson Fury singing American Pie to his wife Paris in Las Vegas after being crowned world heavyweight champion for the second time.

For an encore I'm doing Tears For Fears' Everybody Wants To Rule The World

Last week's winner

Next week's photo shows rock legend Jon Bon Jovi giving Prince Harry some singing tips at the Abbey Road studios in London, where they duetted on a charity song for the Invictus Games Foundation. Email or send your captions to the address below.



Today's picture

Get set for virus ..but don't panic

■ Why has Boris Johnson's Government left it until now to hold the first emergency meeting on containing the spread of the coronavirus in the UK?

Maybe it's because he was too busy trying to repair the damage to his reputation for not doing enough for all the flood victims who have lost their homes, many of whom voted for him.

What a muddled response from our hopeless Prime Minister to what is turning into a global epidemic.

Perhaps we should all expect the worst because he – along with Health Secretary Matt Hancock – is completely out of his depth, while our NHS is already overstretched and struggling. I wonder how many who voted for him have now washed their hands of him.

Reg Barrett, Southminster, Essex

■ Our PM has been more concerned with his personal life than the worldwide coronavirus epidemic, which is fast becoming a national emergency.

It is only by sheer luck that the virus has so far not got out of hand in this country.

Could it be that now the stock market has been hit by the spread of this disease our lazy PM has been spurred to action? That's all he and his millionaire cronies care about.

For heaven's sake, Boris, let's see a proper plan of what the Government intends to do to stop the spread of this virus.

Grahame Kennedy Wirral, Merseyside

THE BIG ISSUE

As more new cases of coronavirus are confirmed in Britain, taking the number of those now infected to 40, Boris Johnson has chaired his first COBRA meeting on the disease. More than 3,000 people have died from the virus around the world, including 41 in northern Italy. You say...



■ Deaths from this outbreak so far are a long way short of those from a typical flu season both in the UK and globally.

In the UK, on average, there are around 600 flu deaths a season and in some years more than 10,000 – worldwide there are 291,000-646,000.

Currently, there are around 3,000 deaths globally from coronavirus, mostly among the elderly or otherwise vulnerable, so we're nowhere near even an average flu outbreak.

Obviously, this is tragic for those affected and we need to take sensible precautions, but we also need to keep a sense of proportion.

Gordon Pilkington, Epsom, Surrey

■ When I had the Asian flu, I was told to stay in bed at home. That's presumably how they would handle the coronavirus if it did threaten to overwhelm the NHS.

If a serious outbreak were to happen, all it would need is some sort of volunteer-based supervision and supply provision until a vaccine is developed.

As this is a global problem, there should be co-operation on medical research, and the price of drugs

must not be set by greedy pharmaceutical companies.

John Shale, Wigan, Gtr Manchester

■ The Government's advice to work from home is ridiculous. What about construction and factory workers or any job which involves manual labour?

Many are self-employed or on zero-hours contracts and cannot afford to lose a day's pay.

Mick Smith, Tilbury, Essex

■ With regard to the possible spread of the coronavirus, consider how many banknotes change hands in the course of a day – think supermarkets, airports, betting shops etc – I fear the worst is yet to come. God help us!

Alan Cragg, Preesall, Lancs

■ I remember the 1995 film Outbreak in which a lethal virus – for years safely contained in the African rain forest – threatens humankind.

I do worry that something similar could be about to happen.

Shakespeare Mahechani Edinburgh



VYVACITY In Young Ones and Daniel in Albert Square

Give a gong to first class Ade

What a fine actor Adrian Edmondson is – from the loutish Vyvyan in Eighties alternative comedy series The Young Ones to the ill-fated Daniel Cook in EastEnders, he always fits the part. I can see him getting a top award very soon, and rightly so.

Chris Cowton Scarborough

Home-grow skilled staff

■ I agree with Gill Albrow who said our country needs skilled workers (Your Voice, Feb 27). But does the answer lie with training up our own?

Could it be possible to 'stream' schoolchildren selecting them for suitable professions in their last years of education and train them accordingly?

Bringing in skilled labour from abroad has more disadvantages than advantages.

And after all, we left the EU to be more independent.

Brian Stubbings, Cambridge

■ Forget plans to build on flood plains (Mirror, Feb 28), I fear Britain will eventually disappear as it's overpowered by the weather and the sea.

You only have to look at the erosion taking place on the North Yorkshire and Norfolk coasts to see how bad it is.

I live on the Furness Peninsula in Cumbria and we also suffer from coastal erosion.

Britain is in dire straits as the sea and flooding is overtaking the land at a rapid rate.

Wendy Maddox Dalton-in-Furness, Cumbria

Tweet of the day

Comedian Seann Walsh shares a secret...



@seannwalsh - I'm going to tell you all something that I've never told anyone before and is true. I'm 34 and I've never not put on my rucksack without imagining I'm a Ghostbuster.

■ I heard a speech given by the late Barbara Castle on the radio recently talking about equal pay for women in 1969. The Labour Party need someone like her to lead them. She would have made a great Prime Minister.

Jill Evans Praa Sands, Cornwall

Pub quiz answers

How many of our daily pub quiz brainteasers did you manage to get right?

1. Coco Gauff
2. Sharks
3. Dev Patel
4. Felixstowe
5. Whig

THE BIG QUESTION

Every day we'll be asking your opinion on one of Britain's big talking points. You can have your say and vote at mirror.co.uk

Figures revealed 309 people have been murdered by monitored offenders since the probation service was part-privatised in 2014. It's due to be brought back into the public sector in December.

Should the probation service be under government control?

YES 77%

NO 23%

Yes. Privatisation was never going to work and Chris Grayling was told this over and over again. The cost in lives lost and financially has been enormous.

NAME SUPPLIED

No. The Government can't do everything at once. This is on their agenda.

PHILIP PARKER

Yes. Can anyone name any privatised organisation that was once nationalised that actually works in the interests of the people?

REDUNDERTHEBED

No. This is less about government policies and more about our soft justice system that lets out dangerous criminals half way through their sentences.

LOZ CARTER

Yes. The privatisation of probation services has been a total disaster. Even the Government admits it.

CRAZYHIPPIE

Yes. How many more people are going to die before probation is brought back into public hands?

MARCUS19

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FINANCE

Edited by
GRAHAM HISCOTT



Raider in bid to oust bank boss

BARCLAYS CHIEF 'EPSTEIN LINKS' ROW

A CITY raider targeting Barclays has stepped up attempts to overhaul the banking giant's board.

Big investor Ed Bramson is demanding chief executive Jes Staley goes over ties to the late sex offender Jeffrey Epstein.

In a public letter yesterday, Bramson said he "strongly recommends" Barclays chairman Nigel Higgins remove a proposal to re-elect Staley to the board at the lender's annual general meeting in May.

City watchdogs are investigating Staley's links to Epstein.

They met in 2000 when Staley, 63, was head of JP Morgan's private bank, and the tycoon was one its big money clients.

Staley insists he had "no contact

whatsoever" with Epstein after joining Barclays.

Bramson said Barclays board was "extremely ill-advised" to continue supporting Staley.

He added that removing Staley would help "draw a line under this destabilising situation, which has become a circus".

The move came as another large investor in Barclays supported a proposal by campaigners to halt its backing for fossil fuel firms blamed for contributing to climate change.

Jupiter Asset Management, which holds 1.15% of Barclays' shares, added its name to a list of investors which have agreed to vote for an AGM resolution, filed by ShareAction.

Greenpeace activists protested at nearly 100 Barclays branches yesterday.



» Holiday park firm Haven is looking for 7,000 staff for its 2020 season, while budget hotel chain Travelodge has kick-started a bid to fill 4,000 housekeeping roles.

Poundland will launch the roll-out of new chilled and frozen departments in 60 stores, beginning next week.

HOME LOANS UP

Mortgage lending hit a four-year high last month. Just under 71,000 buyers took out a home loan in January, said the Bank of England - up 4.4% on December.

The new-year bounce suggests early signs of recovery in the property market, which has been in the doldrums because of weak consumer confidence and the Brexit uncertainty.

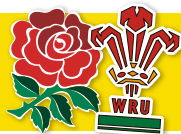
» The climate crisis has helped charity shops buck the high street gloom. Growing awareness of the impact of buying new products saw more people switch to second-hand instead. This led to a 3.2% rise in sales in the final three months of 2019, according to the Charity Retail Association.

FTSE 100

up **74.2** at **6654.8**

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AB Foods.....	2262.0	+7.0	International Airlines Grp	433.1	-38.9	Stagecoach.....	125.6	-4.5
Admiral Group.....	2140.0	+28.0	ITV.....	114.8	-1.7	Standard Chartered.....	550.4	-12.2
AstraZeneca.....	7010.0	+216.0	Kingfisher.....	185.0	-4.4	Standard Life Aberdeen.....	275.7	-0.7
Aviva PLC.....	343.2	-7.6	Land Securities.....	821.0	-13.6	TalkTalk.....	109.0	-0.9
BAE Systems.....	610.8	+2.4	Legal & General.....	254.5	-5.5	Taylor Wimpey.....	202.9	+0.7
BAT.....	3000.5	-62.0	Lloyds.....	49.5	-0.7	Tesco.....	228.2	-0.3
Balfour Beatty.....	242.8	-3.4	Marks & Spencer.....	157.4	-1.0	Unilever.....	4320.0	+150.0
Barclays.....	143.3	-5.4	Morrison.....	180.1	+8.9	United Utilities.....	959.0	+14.8
BHP Group.....	1449.0	+30.6	National Grid.....	1006.2	+23.4	Vodafone.....	133.6	-0.8
BR Land Co.....	494.0	-7.0	Next.....	6026.0	-56.0	Reach PLC.....	135.2	-11.6
BP.....	411.3	+15.1	Ocado.....	1119.5	+55.5	Holiday £		
BT.....	139.8	-1.9	Pearson.....	550.0	-7.6			
Capita Group.....	128.7	-0.7	Prudential.....	1270.0	+3.0	Euro.....	1.135	
Carnival.....	2333.0	-102.0	Reckitt Benckiser.....	5748.0	+27.0	Australian Dollar.....	1.897	
Centrica.....	73.3	+1.2	RELX.....	1885.5	+18.0	Bulgarian Lev.....	2.164	
Compass.....	1700.5	-10.0	Rentokil Initial.....	513.2	+29.2	Canadian Dollar.....	1.660	
Diageo.....	2811.5	+46.0	Rio Tinto.....	3720.0	+112.0	Croatian Kuna.....	8.304	
Direct Line.....	312.2	+5.2	Rolls-Royce.....	615.8	-4.8	Egyptian Pound.....	17.528	
Dixons Carphone.....	119.0	-2.7	Royal Dutch Shell B.....	1712.0	+48.4	New Zealand Dollar.....	1.974	
Easyjet.....	1062.5	-38.0	Royal Mail.....	161.2	-1.3	Polish Zloty.....	4.973	
Ei Group.....	284.6	0.0	RSA.....	518.0	-0.8	South African Rand.....	19.201	
Ferguson.....	6780.0	+40.0	RBS.....	172.5	-6.1	Swiss Franc.....	1.199	
Fraser's Group.....	370.0	-13.8	J Sainsbury.....	204.3	+8.6	Thai Baht.....	38.472	
GlaxoSmithKline.....	1630.0	+67.8	SSE.....	1545.5	+16.5	Turkish Lira.....	7.429	
Halfords.....	141.5	-8.5	Severn Trent.....	2547.0	+82.0	UAE Dirham.....	4.550	
Hays.....	135.6	-2.7	Serco.....	150.2	-2.4	US Dollar.....	1.255	
HSBC.....	520.1	-3.8	Smith & Nephew.....	1770.0	+31.0			



ENGLAND v WALES

SIX NATIONS 2020
SATURDAY, KO 4.45PM

Beware the one that got away

ENGLAND WARNED THEY MAY SOON REGRET LETTING THEIR FORMER U20s WORLD CHAMP TOMPKINS PLAY FOR WALES



WORTH NICK-ING
Tompkins back in 2014 and with Wales; (circle) with Aaron Morris after Junior World Cup win

BY **ALEX SPINK**
Rugby Correspondent
@alexspinkmirror



TRIPLE Crown-chasing England have been warned that Nick Tompkins poses a "massive threat" to their ambitions on Saturday.

Born in Sidcup, Greater London, the centre plays his club rugby with Owen Farrell, won a Junior World Cup with England Under-20s alongside Maro Itoje in 2014 and made two appearances for England Saxons two years later.

But the call never came from Eddie Jones and at Twickenham, when Tompkins pulls on a Wales jersey courtesy of his Wrexham-born grandmother, England might live to regret it.

"Through the grapevine I hear the feedback he got from England was that he wasn't big enough to play international rugby," said Saracens coach Alex Sanderson.

"And you do look at Nick – 6ft

and 14-and-a-half stone – and wonder, 'How's he going to defend a Tuilagi', don't you?"

"Yet every time he gets the ball in his hand he surprises the opposition because he carries and tackles like someone who's two stone heavier.

"Technique, willpower, whatever it is, he has an ability in contact to punch above his weight. And that makes him a massive threat." Turn the clock

back four years to when Saracens won the Premiership and European Cup double for the first time and not many people were saying that.

At the end-of-season drink-up the players were in high spirits save for Tompkins, a picture of frustration sat in the corner with Sanderson.

"He wasn't getting a look in and was almost crying," recalled Sarries' forwards and defence

coach. "The rest were having a laugh and he was just a bit lost.

"He said to me, 'I don't know what I'm going to do'. I told him to stay positive and to come back for pre-season and give it a proper crack."

The fact Tompkins had racked up a century of appearances by the time he wrote his name in lights, with a try hat-trick in last season's Premiership semi-final, shows

how much effort it has taken. England centre Alex Lozowski said: "He has had to be patient, but he's now reaping the reward. People are seeing what we have known for years.

"That he's got everything a centre needs to thrive at the highest level. His physicality is unbelievable. He's powerful and explosive, a nightmare to defend against."

Tompkins, 25, will line up opposite Sarries club-mates Farrell and Elliot Daly. And with Itoje, Jamie George, George Kruis and Mako Vunipola also on the pitch, England can't say they don't know what's coming.

"Nick is someone you'd want in your trench every time," added Sanderson. "For his fight, his tenacity, his aggression.

"I'm English and obviously I want England to win, but I want Nick to rip it up and I hope at the end England are scratching their heads, thinking, 'How did we let this one go?' I really do."

RETURN OF THE MAKO..

MAKO VUNIPOLA is back in England and set to return to earn his 60th cap for his country against Wales at Twickenham on Saturday.

Vunipola (right) missed the recent win over Ireland, returning to Tonga for family reasons. The prop was named in a 34-man squad, also including Anthony Watson after a calf injury.

■ **Former England wing Chris Ashton has left Sale after a row with director of rugby Steve Diamond.**

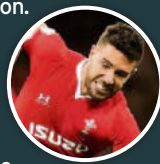


WEBB TARGETS No.1 SPOT

RHYS WEBB is in no mood to settle for second best on his Wales return.

The scrum-half is back in the international fold after being released by Toulon.

Webb (right) saw his Wales career interrupted when he moved to France. But he is now playing for Bath and was a replacement in Wales' win over Italy. "I knew I wasn't going to go straight in as No.1," said Webb. "But the No.9 jersey for Wales is the end goal."



RUGBY LEAGUE: TORONTO STAR IS BATTLING ON

WILKIN'S OP OFF FOR PACK FIGHT

BY **JULIE STOTT**

JON WILKIN insists he is happy to put off knee surgery as Toronto's needs come before his.

The Wolfpack forward has been in pain since he injured his knee in pre-season and was booked in for an operation two weeks ago.

But the 36-year-old decided to play on instead, even though he can't train fully and limps badly because of the pain and swelling. It's a sacrifice that

coach Brian McDermott says "would make every news bulletin" if he was a top sports star in America.

But Wilkin claims it needs to be done as he wants to help the Super League newcomers find their first win.

He said: "It is really important for me I add my leadership and guidance.

"We are pretty low on troops and the next three or four weeks are really important." Toronto face Leeds at Headingley on Thursday.



HE WIL KEEP GOING
Wilkin giving all for club

CRICKET: SKIPPER UPBEAT AHEAD OF TOUR

ROOT RATES NEW BOYS

BY **DEAN WILSON**

JOE ROOT says his young guns have got what it takes to build on their series win in South Africa and meet the challenge of Sri Lanka.

The England captain (right) was delighted by the performances of Dom Sibley, Ollie Pope, Zak Crawley and Dominic Bess as they triumphed 3-1 against the Proteas. And all

four will be playing in testing subcontinent conditions for the first time later this month.

Root said: "As well as they did in South Africa, this is another test for them. The good thing is they are hungry to learn and improve.

"These are big games and a chance to take our confidence forward from South Africa."



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■ BRIAN HUGHES pulled 19 clear of reigning champion Richard Johnson in the jockeys' title race yesterday after riding Snougar (11-2) to victory in the 1m 7f handicap chase at Wetherby. The Donald McCain-trained seven-year-old was always doing enough to hold off the challenge of Going Mobile by a length.

WETHERBY

2.00: ACCORDINGOINO (H Skelton 3-10f) 1; Le Cheval Noir (4-1) 2; Bluefortytwo (10-1) 3. 3 ran. 3f, 30f. (D Skelton). Tote: £1.20; Tote Exacta: £1.60. Tricast: £1.80. CSF: £1.85.

2.35: SNOUGAR (B Hughes 11-2) 1; Going Mobile (16-1) 2; Angel's Envy (9-1) 3. 7 ran. 11-8f The Crazy Moon, 11, 9f. (D McCain). Tote: £5.90; £2.50; £6.10. Tote Exacta: £87.80. Tricast: £769.86. Trifecta: £892.20. CSF: £70.19. NR: Steel Yard.

3.10: DIODORUS (H Reed 5-1) 1; Thor De Cerisy (6-4) 2; Young Lieutenant (5-4f) 3. 5 ran. 1½, 12f. (Tristan Davidson). Tote: £10.70; £1.80; £1.40. Tote Exacta: £13.00. Trifecta: £265.00. CSF: £12.72.

3.40: MORTENS LEAM (P K Donovan 7-1) 1; Frankie Ballou (3-1) 2; Maxed Out King (11-2) 3. 7 ran. 6-4f Enrol De La Cour. ¾, hd. (M Hawker). Tote: £6.60; £1.30; £3.60. Tote Exacta: £60.10. CSF: £262.00. CSF: £34.35.

4.15: MAIN FACT (Mr F Gillard 6-4f) 1; McGowan's Pass (7-1) 2; Flegmatik (3-1) 3. 9 ran. 1½, 5f. (D Pipe). Tote: £2.20; £1.20; £1.30. Tote Exacta: £13.90. Tricast: £28.58. Trifecta: £39.80. CSF: £13.01.

4.45: THE DAWN MAN (B J Powell 2-1f) 1; Smuggler's Stash (16-1) 2; Spirit Of Hale (5-1) 3. 10 ran. 4¾, 2¼. (M Scudamore). Tote: £2.90; £1.50; £4.30. Tote Exacta: £31.00. Tricast: £140.06. Trifecta: £163.70. CSF: £31.84. NR: Trimmers Lane.

WOLVERHAMPTON

4.45: THAWRY (C Hardie 4-1) 1; Creative Talent (3-1f) 2; Cafe Sydney (12-1) 3. 10 ran. nk. 2½. (A Brittain). Tote: £4.90; £1.70; £3.30. Tote Exacta: £19.90. Tricast: £127.25. Trifecta: £137.30. CSF: £15.63.

5.15: GOLD STANDARD (Elisha Whitting-

ton 28-1) 1; Amor Fati (5-1) 2; Valentine Mist (40-1) 3. 9 ran. 7-4f Cheeky Rascal. 2¾, hd. (A Carroll). Tote: £34.50; £6.40; £1.80; £6.40. Tote Exacta: £294.90. Tricast: £5565.47. Trifecta: £4736.70. CSF: £159.77.

5.45: TABAHHY (D Nolan 7-2) 1; Big Lachie (11-2) 2; Calin's Lad (16-1) 3. 8 ran. 11-4f Johnny Reb. shd, nk. (D O'Meara). Tote: £3.60; £5.00; £1.70; £1.80. Tote Exacta: £21.00. Tricast: £251.37. Trifecta: £256.70. CSF: £21.39. NR: Slowmo. Amended Result.

6.15: ORIGINAL CHOICE (Hollie Doyle 11-2) 1; Deal A Dollar (7-2) 2; Cosmeopolitan (7-1) 3. 4 ran. 4-5f Sky Defender. hd, ¼. (N Litmoden). Tote: £6.10; Tote Exacta: £19.40. Trifecta: £46.40. CSF: £21.73. NR: Kodiak Harbour.

6.45: UNFORGIVING MINUTE (A Kirby 4-7f) 1; Lady Reset (14-1) 2; Scofflaw (9-2) 3. 7 ran. ½, 1¾. (S Curran). Tote: £1.50; £1.10; £4.20. Tote Exacta: £9.20. Trifecta: £20.00. CSF: £9.76.

7.15: LITTLE RED SOCKS (B Curtis 13-2) 1; Lovers Cry (14-1) 2; Dear Power (1-2f) 3. 10 ran. 1¼, 2f. (K Burke). Tote: £4.10; £2.00; £2.60. £1.10. Tote Exacta: £65.40. Trifecta: £622.90. CSF: £78.45. NR: Kylla Looks.

7.45: BOWLING RUSSIAN (George Rooke 7-2f) 1; Lakeview (9-2) 2; Feel Good Factor (11-1) 3. 9 ran. 2¼, ¾. (G Baker). Tote: £4.00; £1.50; £2.00, £3.70. Tote Exacta: £18.00. Tricast: £142.42. Trifecta: £140.10. CSF: £17.62.

Jackpot: Not won.

Placepot: £215.30. Quadpot: £22.60.

GREYHOUNDS

PERRY BARR. - 11.03 Slaneidey Roxie 4-1 (9-1-4, £35.92, TC: £0.00), 11.19 Shortwood Sanka 3-1 (2-1-6, £12.08, TC: £29.89), 11.34 Kenyan Rose 6-4f (1-2-3, £6.68, TC: £15.50), 11.48 Bobs Terrific 5-1 (4-5-6, £58.38, TC: £266.50), 12.04 Sawpit Sunshine 6-1 (1-2-3, £26.11, TC: £90.85), 12.18 Lady Wink 4-1 (4-5-5, £15.21, TC: £41.88), 12.33 Sahara Style 6-1 (6-1-4, £20.68, TC: £20.68), 12.48 Clonnamy Nick 9-2 (1-3-6, £21.75, TC: £55.33), 1.04 Rockmount Josh 5-1 (3-2-1, £18.22, TC: £68.19), 1.19 Slaneidey Tessa 5-2f (6-4-2, £11.07, TC: £28.55), 1.33 Dominican Bob 6-4f (2-6-5, £5.61, TC: £13.15), 1.51 Rockmount Sport 3-1 (2-1-3, £19.51, TC: £88.08).

SHEFFIELD. - 2.08 Hogans Girl 9-2 (6-2-5, £16.54, TC: £62.00), 2.27 Yahoo Isabella 3-1 (5-6-1, £16.13, TC: £46.07), 2.47 Stepside Jet 9-4 (4-1-3, £7.14, TC: £15.24), 3.07 Blackhill Rock 2-1f (6-1-5, £13.45, TC: £39.72), 3.27 Glenhead Flame 9-2 (1-6-2, £15.64, TC: £47.63), 3.47 Spoken For 9-4 (3-5-1, £8.68, TC: £0.00), 4.07 Meddions Prince Evanet (2-1-4, £7.68, TC: £21.96), 4.27 Knockout Red 9-2 (1-3-4, £28.97, TC: £69.16), 4.46 Burnley Storm 11-4 (2-3-6, £14.76, TC: £27.94), 5.06 Show Princess 3-1 (4-5-6, £20.55, TC: £56.25), 5.22 Mill Candy 7-2 (4-1-2, £18.81, TC: £54.14), 5.39 Yahoo Eddie 7-2 (6-3-2, £25.72, TC: £66.83), 5.56 Lilies Law 5-2 (1-6-4, £17.53, TC: £65.16), 6.11 Siberian Orbit 3-1 (1-5-3, £27.06, TC: £74.69).

SWINDON. - 11.11 Droopys Arizona 5-1 (1-4-5, £16.88, TC: £71.04), 11.26 Malbay Russell 9-4 (5-1-3, £14.77, TC: £30.28), 11.41 Fridays Wispa 11-4 (4-5-6, £33.97, TC: £59.49), 11.56 Sunfield Ruby 4-1 (6-3-2, £46.49, TC: £154.04), 12.11 Butterbridge Ma 5-1 (4-1-6, £24.34, TC: £91.67), 12.26 Can't Blame Kay 4-1 (4-5-1, £16.42, TC: £46.66), 12.42 Treanaree Lilly 9-2 (4-2-5, £24.44, TC: £213.51), 12.57 Bandit Tex 3-1 (6-1-3, £22.98, TC: £0.00), 1.12 Proper Bangor 4-5f (2-4-1, £5.18, TC: £0.00), 1.27 Moment of Hope 7-2 (2-5-3, £17.41, TC: £75.00), 1.44 Glideaway Darchie 4-1 (6-4-3, £28.25, TC: £83.37), 1.59 Killian Sophie 8-1 (3-1-2, £34.77, TC: £111.80).

TOP DOG'S BEST

NOTTINGHAM 11.03 Slip The Gears (6-4-1) 11.19 Caulry Daisy (1-4-3) 11.34 Tommys Lott (4-5-6) 11.48 Narabane Blue (Nap) (4-2-5) 12.04 Totally In Motion (1-3-6) 12.18 Salacres Django (2-4-3) 12.33 Colarhouse Daisy (4-2-6) 12.48 Salacres Maddy (5-4-1) 1.04 Salacres Josh (6-1-5) 1.19 Cot-graves Lana (3-5-2) 1.33 Ticky Tia (3-5-6) 1.51 Woodcocks Aero (1-4-2).

KINSLEY 11.11 Hello Kaycee (6-4-3) 11.26 Izz Magic (4-3-1) 11.41 Stonepark Beauty (6-5-1) 11.56 Eskimo Star (2-6-5) 12.11 Russanda Ricky (Nap) (1-6-5) 12.26 Millie Kottlor (3-6-2) 12.42 Winter (6-4-1) 12.57 Apnotro (16-5-4) 1.12 A One Zippy (6-1-5) 1.27 Flaggys Goose (4-6-1) 1.44 Drumliff Rocket (6-1-2) 1.59 Nametab Hercules (1-2-5).

SUNDERLAND 2.08 Gerrys Hulk (1-2-3) 2.27 Tanna Orion (Nap) (1-6-2) 2.47 Seomra Keel (5-4-2) 3.07 Autumn Marina (4-6-1) 3.27 Corrig Hugo (6-4-2) 3.47 Ferryforth Jack (2-4-3) 4.07 Banter Puma (3-5-4) 4.27 Dians Diamond (4-1-6) 4.46 All Gone (1-3-4) 5.06 Springwell Palm (3-5-6) 5.22 Wotton Opal (3-1-4) 5.39 Apalachie Lady (3-6-2) 5.56 Westforth Harley (1-4-3) 6.11 Westforth Suzy (1-5-4).

CHELTENHAM 7 DAYS TO GO

JOE'S HOPE

Tizzard upbeat over Festival prospects

BY CHRIS GOULDING

AFTER drawing a blank at last season's Cheltenham Festival, Joe Tizzard is confident that can be rectified by taking the opening contest at this year's meeting with Fiddlerontheroof.

Tizzard, assistant to his father Colin, could not conceal his delight when parading Fiddlerontheroof at their yard outside

Milborne Port in Dorset yesterday.

"He's in the Supreme Hurdle," said Tizzard. "He's got some outstanding form this season.

"I don't mind if the ground is testing for him. He's just a lovely, big horse."

The six-year-old romped home in the Tolworth Hurdle at Sandown in January and with an abundance of smart novice

hurdlers representing the stable at the Festival, Tizzard believes Fiddlerontheroof is their best chance.

"Yeah, he would be our best hope," he said. "He ticks a lot of boxes."

With Native River, winner of the 2018 Cheltenham Gold Cup, sidelined with a tendon injury, Tizzard believes Lostintranslation cannot be overlooked in next



SPEAKING OUT
Joe Tizzard with
Lostintranslation

Friday's chasing crown. Always held in high esteem, the gelding blotted his copybook when pulling up in the King George VI Chase at Kempton on Boxing Day.

"He had an away day at Larkhill point-to-point course where he galloped

with eight of our Festival runners," said Tizzard. "And the signs are good."

"We've had his breathing tweaked with.

"Also, I believe he failed to fire because he had a harder race at Haydock, when winning the Betfair, than we thought before running at Kempton."

EXETER JACKPOT

NEWSBOY

2.00 YOUNG BUCK
2.30 QUICK WAVE (NAP)
3.00 KILCREA BRIDGE
3.30 JACK VALENTINE
4.00 ON THE ROAD
4.30 DEMOPOLIS

BOUVERIE

2.00 THE JITTERBUG
2.30 TRIO FOR RIO
3.00 BIG TIME FRANK
3.30 JACK VALENTINE (NAP)
4.00 ON THE ROAD
4.30 DEMOPOLIS

2.00 STARSPTS.BET NOVICES' HURDLE (4) 2m 7f

Winner £4,224 (6 run)

1 31-4f ECLAIR SURF (66) Emma Lavelle 6 11-9 (C) (F) A Wedge 126 GS
2 11-1f THE JITTERBUG (24) H Fry 7 11-9 (D) (SF) J J Burke 132 H
3 21-318 GETAROUND (24) Ella Pickard 5 11-3 B Carver (5) - -
4 6423-4 SECOND CAPTAIN (87) R Mitford-Slade 8 11-3 J Best 119 S
5 1- YOUNG BUCK (380) P Nicholls 6 11-3 H Cobden - -
6 PP-234 JANESLITTLEVOICE (32) (H) R G Hawker 6 10-10 D Noonan 109 H

BETTING: 11-8 The Jitterbug, 11-4 Eclair Surf, 10-3 Young Buck, 10 Getaround, 12 Second Captain.

2019: TRUCKERS LODGE 7 12 1, Loran Williams (5) 3-1 (P Nicholls), 13 ran.

2.30 WEATHERBYS TBA CHASE (NOVICES' LIMITED HANDICAP) (3)

3m Winner £9,097 (6 run)

1 517024 VIRGINIA CHICK (11) E Williams 8 11-8 (CD) Isabel Williams (7) 138 G
9-1 (10-13) 4th of 8, 29f behind Springfield Fox (11-0) at Exeter 3m nov hcac ch (3) G
2 10-855 SAMBURU SHUJAA (48) P Hobbs 7 11-5 (BF, D) R Johnson 125 G
3-fav (11-9) 5th of 8, 31f behind Django Django (11-12) at Newbury 2m 7f hcac ch (3) hvy
1-5354 TRIO FOR RIO (24) W Greatrex 7 10-13 (D) G Sheehan 145 S
11-2 (10-6) 4th of 6, 15f behind Sussex Ranger (10-6) at Newb 2m 7f nov hcac ch (3) gd
4 7-2p21 QUICK WAVE (19) Miss V Williams 10-13 (SF) S Twiston-Davies 143 S
13-8 (11-6) Won at Leicester 2m 4f mrs hcac chs (3) hvy bt Everlans (10-13) by Bl, 3 ran
5 34-121 FORTESCUE (38) H Daly 6 10-11 (D) H Nugent (5) 141 GS
3-1 (11-6) Won at Utteter 3m nov hcac chs 0-120 (4) hvy bt Big Nastly (11-12) by ½, 5 ran
6 8-52P1 HUGO 'N TAZ' (68) D Pipe 9 10-10 (D) D Noonan 138 H
5-1 (10-10) Won at Market Rasen 3m 4f hcac chs (3) sft in Dec bt Cyclop (10-6) by 4f, 9 ran

BETTING: 9-4 Quick Wave, 11-4 Fortescue, 10-3 Hugo 'n Taz, 7 Samburu Shujaa, 8 Trio For Rio, 10 Virginia Chick.

2019: BILLY BRONCO 8 10 10, Sean Bowen 15-2 (E Williams), 11 ran.

3.00 READ DAVY RUSSELL'S EXCLUSIVE BLOG AT STARSPTS.BET.

CO.UK HANDICAP CHASE (5) 3m Winner £3,899 (14 run)

1 14P442 BIG MEADOW (24) N King 9 11-12 (D) Mr J Andrews (7) 101 G
2 -53334 KILCREA BRIDGE (11) (B) R G Hawker 9 11-9 (BF, CD) William Marshall (7) 106 GF
3 83P111 BALLYBREEN (29) (B) E Williams 7 11-6 (CD) (SF) C Ring (3) 104 H
2-98U5 STEEL EXPRESS (32) Miss L Blackford 8 11-5 (C) Sean Houlihan (3) 71 H
5 548417 GREAT TEMPO (42) (B) D Pipe 7 10-5 (D) Mr F Gillard (7) 103 G
6 14-134 KIWI MYTH (42) Mrs F M Shaw 8 10-12 (CD) Mr M Legg (5) 103 H
7 -2P32P MORECEE (196) J Flint 11 10-12 (D) Jamie Moore 103 FM
8 -45441 INSPIREUS (56) J W Mullins 7 10-11 (F) (EW) Page Fuller (3) 101 GS
9 306862 BIG TIME FRANK (9) P Gundry 9 10-8 (EW) J Best 112 S
10 2/6-3P GENERAL GIRLING (24) (B) C J Gray 13 10-7 (D) R Dingle (3) 104 H
11 537-16 TOUCH SCREEN (40) M Gillard 10 10-4 D Noonan 101 GF
12 5/P-47 SUNNY LEDGEND (28) Andrew Martin 15 10-3 (D) R Patrick (3) 84 G
13 7556P5 RUFFLING FEATHERS (46) C Tizzard 6 10-0 H Kimber (7) 100 GS
14 -64P39 MIDNIGHT MUSTANG (28) Andrew Martin 13 10-0 (D) B Poste 100 S

BETTING: 10-3 Ballybreen, 6 Inspireus, 13-2 Kilcrea Bridge, 8 Big Time Frank, Big Meadow, 10 Kiwi Myth, 12 Ruffling Feathers, Morecee, Great Tempo.

2019: KIWI MYTH 7 10 3, Mr Michael Legg (5) 16-1 (Mrs F M Shaw), 17 ran.

TODAY'S FAB 4 TIPS

NORTHERNER'S NAP
PARALLEL WORLD (6.30 Southwell)
TOPSPOT
BIG TIME FRANK (3.00 Exeter)

WEST COUNTRY'S BEST
DEMOPOLIS (4.30 Exeter)
SPEEDHORSE
RED STRIPES (5.00 Southwell)

TODAY'S ABC GUIDE TO THREE MEETINGS

EXETER - EX	Cannie Lad	3.30 EX	Epsom Des Mottes	2.50 NC	Inspireus	3.00 EX	Motawaafeq	6.30 ST	Redesdale Rebel	7.00 ST	Sunny Legend	3.00 EX
NEWCASTLE - NC	Cape Greco	7.00 ST	Fabuleux Du Clos	4.50 NC	Intense Style	7.30 ST	Moveupon	5.00 ST	Ruffing Feathers	3.00 EX	Ted Veale	3.50 NC
SOUTHWELL - ST	Cape Highway	6.00 ST	Fanfaron Dino	3.30 EX	Jack Valentine	3.00 EX	Muhtamar	4.50 NC	Sabbathical	4.30 EX	That's Your Lottie	4.50 NC
Adams Star	Cardiff Bay	3.30 EX	First Flight	5.30 ST	Janeslittlevoice	2.00 EX	My Strong Man	2.50 NC	Samburu Shujaa	2.30 EX	The Black Squirrel	2.50 NC
Al Suli Eile	Casimir Du Clos	2.50 NC	Fortescue	2.30 EX	Jem Scuttlee	7.30 ST	Nautical Haven	5.00 ST	Seapoint	2.50 NC	The Jitterbug	2.00 EX
Andre Amar	Celma Des Bois	4.00 EX	General Girling	3.00 EX	Jobesgreen Lad	3.30 EX	Nelson's Touch	4.30 EX	Seapoint	2.50 NC	Tigra	5.30 ST
Aquarius	Chelsea's Boy	6.00 ST	Get Help	3.50 NC	Karalini	7.30 ST	Nick Vedder	7.00 ST	Second Captain	2.00 EX	Tommie Beau	3.30 EX
Arcade Attraction	Christmas In Usa	3.50 NC	Get With It	4.50 NC	Kilcrea Bridge	3.00 EX	Nyoutsea	4.50 NC	See Forever	2.50 NC	Ton Gamble	4.30 EX
Archippos	Custard The Dragon	7.00 ST	Getaround	2.00 EX	Kings Eclipse	3.20 NC	On The Road	4.00 EX	Sellingallthetime	6.00 ST	Tout Screen	3.00 EX
Ashjan	Daniel Dravot	6.00 ST	Giga White	4.30 EX	Kiwi Myth	3.00 EX	On We Go	2.50 NC	She'sasupermack	4.20 NC	Trio For Rio	2.30 EX
Augustus Caesar	Darius Des Sources	2.50 NC	Glacier Fox	5.30 ST	Lorna Cole	5.00 ST	Orkan	3.50 NC	Show On The Road	4.30 EX	Triple Chief	4.00 EX
Ballybough Nora	Daytime Ahead	4.30 EX	Globul Humor	5.00 ST	Lockstock Hall	3.50 NC	Osca	3.20 NC	Showshutal	6.00 ST	Tudors Treasure	4.00 EX
Ballybreen	Demopolis	4.30 EX	Globy Of Paris	7.00 ST	Lucou	3.50 NC	Parallel World	6.30 ST	Shutthegate	3.30 EX	Vampish	5.30 ST
Beaunif Artist	Diamond Brig	6.00 ST	Goinig Native	6.00 ST	Marvellous Joe	2.20 NC	Parlour Maid	4.00 EX	Silverturnstogold	6.30 ST	Virginia Chick	2.30 EX
Beyondthefame	Dionysis	3.20 NC	Gorcombe's Rascal	3.30 EX	Masham Star	6.30 ST	Pc Dixon	3.20 NC	Six Strings	5.00 ST	Waitaki	7.00 ST
Big Meadow	Donald Dux	2.50 NC	Great Tempo	3.00 EX	Mayo Star	2.20 NC	Permission Granted	2.50 NC	Skyhill	3.20 NC	Warrior's Spirit	6.00 ST
Big Time Frank	Dorothy's Flame	2.50 NC	Haul Us In	4.20 NC	Midnight Mustang	3.00 EX	Puchita	7.30 ST	Sainte Mhor	2.20 NC	Wetlands	4.50 NC
Bingo D'Olivate	Double Coffee	6.00 ST	Hidden Dilemma	4.20 NC	Mille Sussurri	3.30 EX	Pumblehook	5.30 ST	Speak Of The Devil	3.20 NC	Whispering Waters	2.50 NC
Bonanza Sam	Drenagh	4.50 NC	Howardian Hills	6.00 ST	Molly Carew	4.20 NC	Quick Wave	2.30 EX	Star Cracker	7.30 ST	Wicklow Warrior	7.30 ST
Bonny Hourty	Eclair Surf	2.00 EX	Hugo 'n Taz	2.30 EX	Moreece	3.00 EX	Rapid Fritz	2.20 NC	Stal Express	3.00 EX	You're Cool	5.00 ST
Buster Moon	Elite Icon	3.50 NC	Innerpuckle	3.30 EX	Morning Spirit	4.30 EX	Red Stripes	5.00 ST	Stolen Money	4.50 NC	Young Buck	2.00 EX
											Zeyzoun	6.30 ST

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FLAT RACING LEAGUE LAUNCHED

BY **NEIL RANDON**

A NEW Flat racing initiative – Racing League – was unveiled yesterday.

The team-based league format will consist of 12 teams of 2-4 trainers working together, three jockeys, stable staff and a squad of 30 horses, for £1.8m in prize money.

Held over six consecutive evening meetings in July and August, the League will be run at four UK courses – Doncaster, Lingfield, Newcastle and Windsor.

The teams will compete in 36 handicap races (rated 0-90), worth £50,000 each. The inaugural meeting will be held on 16 July.

Each meeting's six races will be run between five and 12 furlongs and broadcast on Sky Sports.

NEWCASTLE

NEWSBOY	BOUVERIE
2.20 MAYO STAR	2.20 MAYO STAR
2.50 SEE FOREVER	2.50 EPSOM DES MOTTES
3.20 SPEAK OF THE DEVIL	3.20 SPEAK OF THE DEVIL
3.50 BINGO D'OLIVATE	3.50 TED VEALE
4.20 HIDDEN DILEMMA	4.20 SHE'SASUPERMACK
4.50 NYOUFSEA	4.50 DRENAGH

2.20	BORDER MINSTREL NOVICES' HURDLE (4) 2m 4f	Spot Form
Winner £3,769 (7 run)		
1	2132/1 MAYO STAR (44) N Richards 8 11-8 (C, D) (SF).....	B Hughes 122 GF
2	4-P DIONYSIS (112) (H) Stef Keniry 7 11-2.....	H Brooke -
3	0-6 MARVELLOUS JOE (29) M Hammond 5 11-2.....	J Collier 79 G
4	U-0P7P RAPID FRITZ (30) V Thompson 11 11-2.....	Mr Cameron Wadge (7) 22 G
5	67-F6 SLAINTE MHOR (51) Miss L Russell 6 11-2.....	T Willmott (5) 106 H
6	7PPP-F BEYONDTHEFLAME (62) J Haynes 10 10-9.....	T Dowson -
7	FFF-53 BONNY HOXTY (29) D Whillans 7 10-9 (F).....	C Whillans (3) 121 G
BETTING: 2-5 Mayo Star, 13-2 Bonny Houxty, 8 Dionysis, Slainte Mhor, 16 Marvellous Joe, 66 Beyondtheflame, 100 Rapid Fritz.		
2019: No corresponding race.		

2.50	WATCH SKY SPORTS RACING SKY 415 NOVICES' HANDICAP HURDLE (5) 2m 4f	Spot Form
Winner £2,794 (12 run)		
1	64-154 SEE FOREVER (26) F O'Brien 6 11-12 (D) (SF).....	M Kendrick (3) 99 H
2	6-PP33 DARIUS DES SOURCES (36) C Grant 7 11-10.....	S Quinlan 97 S
3	2P6-P4 THE BLACK SQUIRREL (66) H Hogarth 7 11-10.....	J Hamilton 99 FM
4	12150R CASIMIR DU CLOS (6) W Coltherd 8 11-8 (D).....	Sam Coltherd (3) 101 H
5	437321 SEAPPOINT (35) Miss J Foster 6 11-7 (C) (EW).....	Miss Becky Smith (3) 103 GY
6	099675 WHISPERING WATERS (14) J Jardine 7 11-4.....	C O'Farrell 102 GS
7	958612 EPSOM DES MOTTES (50) P Kirby 6 11-2 (BF) (F).....	W Shanahan (7) 104 H
8	645106 ON WE GO (14) Kenny Johnson 7 11-1.....	B Lynn (7) 101 GS
9	4574 MY STRONG MAN (F14) P Kirby 4 10-13.....	T Dowson 100 GS
10	-98446 DONALD DUX (62) A Crook 6 10-1.....	J Kingston 102 G
11	3850-4 PERMISSION GRANTED (68) Mrs R Dobbin 8 10-1.....	Lucy Alexander 97 FM
12	0-8P56 DOROTHY'S FLAME (15) J Haynes 8 10-0.....	D McMenamin (3) 100 S
BETTING: 5-2 Seapoint, 5 Epsom Des Mottes, 11-2 See Forever, 7 My Strong Man, 8 Casimir Du Clos, 10 Darius Des Sources, 12 Permission Granted, 14 Donald Dux.		
2019: ORIENTAL CROSS 6 11 11, Alan Johns 5-1 (T Vaughan), 16 ran.		

3.20	PARKLANDS DRIVING RANGE HANDICAP CHASE (4) 2m 7f	Spot Form
Winner £4,289 (6 run)		
1	311/AP DIAMOND BRIG (44) A Alexander 8 11-12.....	B Hughes 85 H
2	-32U22 SPEAK OF THE DEVIL (44) Miss L Russell 7 11-12 (SF).....	S Mulqueen (3) 116 GS
3	231111 SKYHILL (36) (H) Mrs A C Hamilton 7 11-10 (D) (F).....	J Hamilton 110 S
4	635P31 KINGS ECLIPSE (51) A Wilson 10 11-10 (D).....	R Day 110 S
5	3312P1 OSCAR CEREMONY (14) Stef Keniry 9 11-9 (D).....	H Brooke 112 H
6	62P465 PC DIXON (12) V Thompson 7 10-0.....	C O'Farrell 106 S
BETTING: 2 Skyhill, 11-4 Oscar Ceremony, 10-3 Speak Of The Devil, 9-2 Kings Eclipse, 12 Diamond Brig, 20 Pc Dixon.		
2019: ASTRACAD 13 11 8, Sam Twiston-Davies 4-1 (N Twiston-Davies), 9 ran.		

SOUTHWELL

NEWSBOY	BOUVERIE
5.00 MOVEONUP	5.00 MOVEONUP (NB)
5.30 PUMBLECHOOK	5.30 TIGRAY
6.00 GOING NATIVE	6.00 GOING NATIVE
6.30 PARALLEL WORLD	6.30 PARALLEL WORLD
7.00 AL SUIL EILE	7.00 AL SUIL EILE
7.30 JEM SCUTTLE (NB)	7.30 STAR CRACKER

5.00	BETWAY HANDICAP (5) 5f	Spot Form
Winner £3,429 (8 run)		
1	(2) 70-433 YOU'RE COOL (10) D Shaw 8 10-0 (D).....	L Edmunds 77 ST
2	(7) -33225 SIX STRINGS (10) M Appleby 6 9-12.....	T Ladd (3) 82 GS
3	(1) 131232 MOVEONUP (12) (V) Miss G Kelleway 4 9-7 (BF, CD) (SF).....	P-L Jamin (5) 80 ST
4	(3) 4239-4 LORNA COLE (27) W Muir 4 9-4 (D).....	M Dwyer 81 ST
5	(4) 166-91 GLOBAL HUMOR (14) J Goldie 5 9-4 (C) (EW).....	P Dennis 78 ST
6	(5) 412331 RED STRIPES (12) (B) Mrs L Williams 8 9-3 (CD).....	H Shaw (3) 77 SF
7	(8) 17-235 AUGUSTUS CAESAR (21) D O'Meara 3 9-1 (D) (F).....	S Gray 74 SF
8	(6) 074-2 NAUTICAL HAVEN (11) Suzi Best 6 9-0.....	D Costello 78 SF
BETTING: 10-3 Global Humor, 4 Moveonup, 5 Red Stripes, 6 Augustus Caesar, Six Strings, 8 Nautical Haven, 10 You're Cool, 12 Lorna Cole.		
2019: No corresponding meeting.		

5.30	BETWAY SELLING STAKES (6) 1m 4f	Spot Form
Winner £2,782 (7 run)		
1	(3) 3320-4 FIRST FLIGHT (39) A Newcombe 9 9-9 (D).....	A Mullen 74 G
2	(1) -47173 TIGRAY (6) (V) M Appleby 4 9-8 (CD) (SF).....	A Rawlinson 77 SF
3	(5) 00-847 GLACIER FOX (8) M Chapman 5 9-5.....	Selma Grage (7) 41 G
4	(4) 5470-0 ARCHIPPUS (55) (B) M Herrington 7 9-0.....	T Eaves 80 H
5	(2) 458-34 PUMBLECHOOK (14) J Jardine 7 9-0 (BF, D) (F).....	J Gormley 76 GS
6	(7) 65267-7 VAMPIISH (16) P McBride 5 9-0 (D).....	J Hart 69 SF
7	(6) 66- SANDY STREET (115) D McCain 4 8-13.....	Ella McCain (7) 45 SF
BETTING: 9-4 Tigray, 3 First Flight, 7-2 Vampiish, 6 Pumblechook, 7 Archippos, 20 Glacier Fox, Sandy Street.		

6.00	BETYOURWAY AT BETWAY HANDICAP (6) 1m 4f	Spot Form
Winner £2,782 (10 run)		
1	(4) 56878/ CHELSEA'S BOY (J32) D McCain 7 9-9 (D).....	G Lee -
2	(8) 51/839 CAPE HIDEAWAY (14) (V) M Appleby 8 9-7 (D).....	A Rawlinson 60 GS
3	(9) 40-625 HOWARDIAN HILLS (31) V Dartnall 7 9-5 (D) (F).....	L Morris 64 ST
4	(10) -35841 GOING NATIVE (8) (B) Oily Williams 5 9-5 (CD) (SF).....	B Curtis 69 ST
5	(3) 55/457 WARRIOR'S SPIRIT (11) P Niven 6 9-2 (EW).....	B McHugh 65 GS
6	(1) 98-100 DANIEL DRAVOT (14) (V) M Attwater 4 8-12 (C).....	A Mullen 62 S
7	(6) 700-7 BEAUTIFUL ARTIST (25) R Brislard 5 8-12.....	K O'Neill -
8	(7) 40940-0 SELLINGALLTHETIME (J18) M Usher 9 8-12 (CD).....	W Cox (3) 60 G
9	(2) 558-00 DOUBLE COFFEE (11) J Gallagher 4 8-11.....	P J McDonald 67 G
10	(5) 77005-0 SHOWSHUTAI (J40) C Kellett 4 8-11.....	J Hart 50 ST
BETTING: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, Cape Hideaway, 20 Chelsea's Boy, 33 Beautiful Artist, Double Coffee.		

IN FORM

TRAINERS: A Brittain 6-13 (46%), D Pipe 5-14 (36%), P Nicholls 16-47 (34%), H Daly 3-9 (33%), T R George 4-13 (31%), A Honeyball 3-10 (30%), J Gallagher 2-7 (29%), J J Quinn 2-7 (29%), K Burke 3-11 (27%), M Hammond 2-8 (25%), P Hobbs 4-17 (24%), H Fry 2-9 (22%), J Goldie 2-9 (22%), Jonjo O'Neill 5-23 (22%), F O'Brien 4-19 (21%).

JOCKEYS: Mr Jack Andrews 4-7 (57%), Richard Johnson 4-7 (57%), Harrison Shaw 2-4 (50%), Cam Hardie 8-20 (40%), Mr Alex Edwards 2-5 (40%), David Nolan 3-8 (38%), Harry Cobden 10-29 (34%), Mr Fergus Gillard 2-6 (33%), Brendan Powell 2-7 (29%), Jonathan Burke 5-18 (28%), Blair Campbell 2-8 (25%), Bryan Carver 1-4 (25%), Bryony Frost 3-12 (25%), Hugh Nugent 1-4 (25%), J Collier 1-4 (25%).

GOING: Heavy-Soft in places.

COURSE: Left-handed all-weather Tapeta course with a 3f run-in. Races up to 1m run on the straight course.

TOP TRAINERS: J Jardine 25-318 (7.9%), P Kirby 20-219 (9.1%), N Alexander 16-106 (15.1%), M Hammond 15-154 (9.7%), N Richards 15-75 (20.0%), Miss L Russell 10-105 (9.5%), J Ewart 10-95 (10.5%), M Walford 7-78 (9.0%), Mrs R Dobbin 6-60 (10.0%), D Whillans 5-36 (13.9%), Miss S Forster 4-19 (21.1%), J Haynes 3-27 (11.1%).

1ST RUN SINCE WIND OP: 3.50 Christmas In Usa.

1ST TIME HOODS: 2.20 Dionysis.

PROFITABLE RACES FOR FAVS: 3.50.

3.50	BORDER MINSTREL PUB HANDICAP HURDLE (4) 2m	Spot Form
Winner £3,769 (9 run)		
1	607648 TED VEALE (11) N Alexander 13 11-12 (D) (EW).....	Mr K Alexander (5) 116 G
2	23633P GET HELP (29) W Coltherd 7 11-11.....	Sam Coltherd (3) 115 GF
3	056074 ASHJAN (57) Miss S Forster 7 11-9.....	Rachel McDonald (5) 108 G
4	1-4877 LOSTOCK HALL (11) (B) Daragh Bourke 8 11-8 (CD).....	A Cawley 111 FM
5	577 ELITE ICON (15) Katie Scott 6 11-7.....	C Bewley 101 H
6	F-823D BINGO D'OLIVATE (15) (H) J Ewart 9 11-5 (D) (SF).....	B Hughes 109 GS
7	-8IPOO CHRISTMAS IN USA (37) N Alexander 8 11-4 (D).....	Lucy Alexander 107 FM
8	24P0-4 ORKAN (298) M Walford 6 11-2 (EW).....	J Hamilton 111 G
9	426686 LUCOU (37) M Hammond 4 10-9.....	Miss Becky Smith (3) 103 G
BETTING: 11-10 Bingo D'Olivate, 13-2 Ted Veale, 15-2 Get Help, 10 Orkan, Ashjan, 12 Lostock Hall, Elite Icon, Christmas In Usa, 20 Lucou.		
2019: TIM ROCCO 7 11 11, Ross Turner (7) 11-8 Fay (Oliver Greenall), 11 ran.		

4.20	EQUINE PRODUCTS MARES' HANDICAP CHASE (3) 2m 4f	Spot Form
Winner £7,343 (4 run)		
1	G/2214 HAUL US IN (29) Miss L Russell 8 11-1 (BF).....	B Campbell (3) 127 H
2	260322 SHE'SASUPERMACK (14) J Jardine 7 11-8 (D) (SF).....	C O'Farrell 131 H
3	34-433 MOLLY CAREW (45) N Mulholland 8 11-2 (D).....	Robert Dunne 130 S
4	P-30P2 HIDDEN DILEMMA (29) S Crawford (IRE) 7 11-0 (D) (F).....	B Hughes 128 H
BETTING: 9-4 Hidden Dilemma, 5-2 She'sasupermack, 11-4 Haul Us In, 7-2 Molly Carew.		
2019: SONG SAA 9 11 8, Mr N George (7) 2-1 (T R George), 4 ran.		

4.50	WATCH SKY SPORTS RACING VIRGIN 535 INTERMEDIATE OPEN NH FLAT RACE (5) 2m	Spot Form
Winner £2,274 (8 run)		
1	PU533 DRENAGH (25) A Ralph 5 11-1 (F).....	Mr A Edwards (5) 116 H
2	FABULEUX DU CLOS S G West 5 11-1.....	J Kingston -
3	6 GET WITH IT (82) Mrs R Dobbin 5 11-1.....	Craig Nichol 88 G
4	8- MUHTAMAR (364) (H) J Ewart 5 11-1.....	N Moscrop (3) 71 FM
5	4 NYOUFSEA (43) J Jardine 5 11-1 (EW).....	C O'Farrell 102 GS
6	STOLEN MONEY D Whillans 5 11-1.....	C Whillans (3) -
7	4 WETLANDS (109) N Richards 5 11-1 (BF) (SF).....	B Hughes 107 GS
8	5 THAT'S YOUR LOTTIE (61) Katie Scott 5 10-6.....	C Bewley 46 S
BETTING: 6-5 Wetlands, 4 Nyoufsea, 9-2 Drenagh, 8 Get With It, 12 Stolen Money, 14 Muhtamar, 25 That's Your Lottie, Fabuleux Du Clos.		
2019: No corresponding race.		

GOING: Standard.

COURSE: Round left-handed all-weather fibreglass track which runs outside the turf course. There is a straight 5f course.

DRAW: Low numbers best from 6f to 1m

TOP TRAINERS: M Appleby 103-816 (12.6%), K Burke 43-207 (20.8%), D Shaw 31-254 (12.2%), D Carroll 28-149 (18.8%), A Carroll 21-140 (15.0%), M Johnston 20-128 (15.6%), Miss G Kelleway 19-113 (16.8%), D O'Meara 15-114 (13.2%), J Jardine 15-62 (24.2%), R Brislard 15-124 (12.1%), Alexandra Dunn 13-96 (13.5%), J Given 11-84 (13.1%), J Mackie 10-53 (18.9%), J J Quinn 7-63 (11.1%).

1ST RUN SINCE WIND OP: 6.00 Chelsea's Boy.

6.30	BOMBARDIER GOLDEN BEER HANDICAP (4) 1m	Spot Form
Winner £5,208 (5 run)		
1	(3) 011- PARALLEL WORLD (65) K Burke 4 9-7 (C) (SF).....	H Shaw (3) 87 ST
2	(1) 06-554 MASHAM STAR (13) M Johnston 6 9-6 (D).....	P J McDonald 92 ST
3	(4) 0-2473 MOTAWAAFEQ (3) (H) M Appleby 4 9-4.....	A Rawlinson 90 ST
4	(5) 08-896 ZEYZOUM (13) (H) Alexandra Dunn 6 9-3.....	D Muscitt 75 S
5	(2) 11-139 SILVERTURNSTOGOLD (6) (B) A Carroll 5 9-2 (CD) (F).....	Elisha Whittington (7) 91 ST
BETTING: 11-10 Parallel World, 7-2 Masham Star, 4 Silverturnstogold, 6 Motawaafeq, 14 Zeyzoun.		

7.00	BOMBARDIER 'MARCH TO YOUR OWN DRUM' HANDICAP (5) 7f	Spot Form
Winner £3,429 (7 run)		
1	(5) 6-4188 CUSTARD THE DRAGON (18) J Mackie 7 9-9 (CD).....	J Fanning 80 ST
2	(1) 2-3165 AL SUIL EILE (25) J J Quinn 4 9-8 (C, D).....	J Hart 82 SF
3	(6) 242454 GLORY OF PARIS (4) (V) M Appleby 6 9-7 (D).....	L Morris 80 ST
4	(7) 7594-2 CAPE GRECO (8) Miss G Kelleway 5 9-1 (D) (SF).....	Toby Eley (5) 79 ST
5	(3) 25-16 REDESDALE REBEL (17) S Corbett 4 9-0.....	G Lee 81 ST
6	(4) 04-950 NICK VEDDER (12) R Brislard 6 8-13 (D).....	T Eaves 77 ST
7	(2) 363516 WAITAKI (6) J Given 7 8-10 (D) (F).....	JP Sullivan 80 GS
BETTING: 9-4 Cape Greco, 4 Waitaki, 5 Glory of Paris, 6 Redesdale Rebel, Al Suil Eile, 7 Custard The Dragon, 16 Nick Vedder.		

7.30	HEED YOUR HUNCH AT BETWAY HANDICAP (6) 6f	Spot Form
Winner £2,782 (8 run)		
1	(6) 3436/3 KARALINI (14) D P Quinn 4 9-7.....	Pierre-Louis Jamin (5) 58 G
2	(4) 0293-6 INTENSE STYLE (40) D P Quinn 8 9-6 (D).....	Grace McEntee (5) 63 YS
3	(1) 7-8232 JEM SCUTTLE (14) (B) D Carroll 4 9-6 (F).....	D Nolan 68 ST
4	(7) 35521 PUCHITA (4) A Brittain 5 9-5 (CD) (SF).....	C Hardie 69 G
5	(5) 5-5779 ANDREA AMAR (3) R Brislard 4 9-2.....	T Eaves 66 GF
6	(3) 4-5595 AQUARIUS (5) M Appleby 4 9-1 (D).....	L Morris 68 G
7	(2) 729-11 STAR CRACKER (32) J Goldie 8 8-12 (D) (EW).....	P Dennis 70 GS
8	(8) 45/00- WICKLOW WARRIOR (139) P Niven 5 8-7.....	JP Sullivan 32 ST
BETTING: 9-4 Star Cracker, 5-2 Puchita, 9-2 Jem Scuttle, 8 Aquarius, Karalini, 14 Intense Style, Andrea Amar, 25 Wicklow Warrior.		

STAT OF THE DAY

Trainer Michael Herrington and jockey Tom Eaves have a 20 per cent strike rate when teaming up at Southwell – 2 wins from 10 runners for a level-stake profit of +£29.00pts. So look out for ARCHIPPUS (5.30).

LONGEST TRAVELLER

There is one from Ireland at Newcastle, HIDDEN DILEMMA (4.20). By road, Limpley Stoke, Wilts-based Neil Mulholland sends MOLLY CAREW (4.20) on a 317-mile trip to Newcastle.

SINGLE-SHOT STAR

(Top in-form jockey with just one booked ride)

No qualifiers.



AJ SPURRED ON TO FACE TYSON

BY **DAVID ANDERSON**

ANTHONY JOSHUA'S next fight will be against Kubrat Pulev, disappointing the many fans who are desperate to see him face Tyson Fury.

The boxing world wants to see Joshua clash with Fury for the undisputed world heavyweight title.

But they must wait until the end of the year at the earliest after Joshua announced he will face his IBF mandatory challenger Pulev on June 20 at the new Tottenham Hotspur Stadium.

Fury (right) will also be tied up this summer with a third fight against Deontay Wilder.

Joshua announced his news by tweeting a picture of himself, holding his WBA Super, IBF, WBO and IBO belts with the date June 20. The fight will be the first staged at Spurs' 60,000-seater home, despite late interest from Arsenal to have it at the Emirates.

Joshua, 30, said: "A spectacular stadium has been built in 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." Negotiations between Matchroom MD Eddie Hearn on behalf of Joshua and Pulev's promoter Bob Arum, who also promotes Fury in the US, were tricky and they only reached a deal hours before today's IBF's deadline.

Arum had insisted that Bulgarian Pulev would not travel to the UK because "we don't get a level playing field". Hearn has won that argument and Joshua will fight in his home city for the first time since stopping Alexander Povetkin at Wembley in September 2018.

Hearn claims beating Pulev will be Joshua's next step towards becoming the undisputed champion.

"As we go into what I believe will be the biggest year of AJ's career so far, all our attention turns to Kubrat Pulev in an absolute must-win fight," he said.

"Pulev is undefeated in six years and his team, especially Bob Arum, really fancy this. You'll see something special from AJ – a destructive performance on the road to undisputed."

Pulev, 38, is durable, if unexciting, his only loss in 29 fights was a fifth-round KO by Wladimir Klitschko in 2014. "I am happy to have the opportunity to show the world how strong I am," said Pulev.



GOLF RYDER CUP GREAT BACKS FLEETWOOD



BY **NEIL SQUIRES**

PAUL AZINGER came under fire from a European Ryder Cup hero yesterday for dismissing victories outside the United States as irrelevant.

The victorious 2008 US Ryder Cup captain was accused of disrespecting European golf during the final round of the Honda Open, centred on Tommy Fleetwood. The Englishman, who missed out to Sungjae Im after splashing out at the last, was criticised by Azinger for his failure to win in the States yet.

"You can win all you want on the European Tour, the international game and all that, but you have to win on the PGA Tour, and it's put a little pressure on Tommy," said Azinger, working as an analyst for NBC.

Ian Poulter hit back, pointing to Europe's record of nine wins in the last 12 Ryder Cups.

Poulter wrote on Twitter: "Please do not condescend or disrespect the @EuropeanTour and our players like that. We have slapped your a*** in Ryder Cup for so long. That was embarrassing."

MARCH 3 ON THIS DAY

1928: Ronnie Dix made history as the youngest player to score a goal in the Football League. He was just 15 years and 180 days old when he netted for Bristol Rovers in their 3-0 win over Norwich in a Third Division (South) match.

1991: Runcorn Highfield's dismal record of 75 matches without a win ended when they beat Dewsbury. Their run - the worst in rugby league history - went back 28 months, during which time they had five coaches.

2000: More than 100,000 people lined the streets of Stoke to pay their respects as the funeral cortege of Sir Stanley Matthews passed through.

2002: Michael Schumacher launched his bid for a record-equalling fifth Formula One drivers' crown with victory in an extraordinary Australian Grand Prix in which only eight cars crossed the finishing line.

BACK PAGE: 2003



GERARD HOULLIER hailed a Michael Owen-inspired Worthington Cup victory that expelled any doubts about his future.

The Liverpool manager admitted that he had been under pressure before this 2-0 victory over Man United, but insisted that the talk about his job being on the line was never generated from within the club.

He said: "All of the talk about my future came from outside the club, but this victory has provided the evidence to show we haven't done too badly since I came back from my heart operation last March."

BIRTHDAYS

John Virgo (74) - former professional

snooker player, now a commentator.

Zico (67) - appeared in three World Cups with Brazil, born 1953.

Fatima Whitbread (59) - 1987 world javelin champion who won silver at the Seoul Olympics the following year.

QUICK QUIZ

1. New MLS team Inter Miami's crest features a pair of

which species of bird?

2. Which city will host rugby union's European Challenge Cup and Heineken Champions Cup finals in 2020?

3. Which Premier League club did Frank Lampard play for before joining Chelsea in 2001?

4. Heather Watson's 2020 Mexican Open win marked her first WTA title in how many years? A: Two, B: Three, C: Four.

ANSWERS

1. Heron. 2. Marseille. 3. West Ham. 4. C: Four.

SPORT AND THE CORONAVIRUS CRISIS

NO PANIC

UEFA say it's business as usual despite telling their own staff to avoid unnecessary travel

SAFETY FIRST
The Europa League clash between Inter Milan and Ludogorets was played behind closed doors



BY **JOHN CROSS**
Chief Football Writer
@johncrossmirror

UEFA chiefs have insisted there is no need to "panic" over the coronavirus - despite putting a travel ban in place for their own workforce.

European football's governing body say there are currently no plans to change Euro 2020 despite the escalating health crisis spreading across the globe.

And it can be revealed that UEFA has told ALL staff not to travel in the next two weeks unless their journeys are absolutely essential, which means there will even be scaled down numbers in Amsterdam for today's Nations League draw.

They are planning to push ahead with Champions League and Europa League games but any planning meetings, get togethers or workshops which are not urgent will be put on hold for the next fortnight.

It comes as the FA are awaiting updates from the UK government and UEFA regarding the Euros and, most pressingly, the friendlies with Italy and Denmark at the end of the month.

The Wembley friendly with the Azzurri on March 27 would appear to be causing most concern as Italy has been badly hit by coronavirus, with several sporting events already off and Serie A games affected.

However, the FA are adamant that they are planning for both games to go ahead despite mounting concerns and daily health updates.

England boss Gareth Southgate (below) will travel to Amsterdam for the Nations League draw along with several members of FA staff, while UEFA are adamant that the

Europe-wide Euro 2020 tournament is not in imminent danger. Asked if there was any panic at UEFA, executive committee member Alexey Sorokin said: "No - we don't sense any panic. None whatsoever. We need to assess the situation as it develops."

FA chairman Greg Clarke said: "We are planning on the basis that the games will go ahead. If the government decides on a change of policy, we will adhere to that policy."

"The facts are changing so quickly, you can't penalise the government for not quite knowing what the situation will be like in a month. I understand the problem."

The Swiss Football League was yesterday suspended until March 23.

In the Bundesliga, RB Leipzig have apologised to a group of Japanese supporters ejected from their stadium by stewards during Sunday's match at home to Bayer Leverkusen amid coronavirus concerns.

A spokesman said: "We must apologise for this mistake. We would like to make up for what happened and are trying to contact the fans and invite them to the next home game."



'FOXES WILL HUNT OUT FORM'

BY **JAMES NURSEY**

BRENDAN RODGERS admits Leicester are suffering after their nosedive in form.

Rodgers' third-placed Foxes have not scored in three Premier League games and only have 12 points from the last 12 matches.

They also lost in the Carabao Cup semi-finals to struggling Aston Villa over two legs and Rodgers is demanding an

improvement after last week's defeat at basement Norwich.

Ahead of tomorrow's visit from Birmingham in the FA Cup, Rodgers (right) said: "At times you have to be harsh to be clear - this is elite sport."

"You can't dance around the truth. There is no doubt we can play better."

"We are working very hard to do that."



DIER'S DEFENCE PLEA

BY **TONY BANKS**

ERIC DIER insists he sees his future at Tottenham as a centre-half.

The England international (right), who has played mainly as a defensive midfielder this season, was in the back four again on Sunday as Spurs lost 3-2 to Wolves.

But Dier, who was at fault

for Wolves' first goal, said: "I'm at a stage in my career where I want to play in my best position, and centre-back

is where I see my future. It's where I can be the best I can be."

Tottenham will face Norwich in tomorrow's FA Cup fifth-round tie without keeper Hugo Lloris and Erik Lamela, who are both injured.



HOW OTHER SPORTS ARE REACTING..

RUGBY UNION

THE Six Nations' remaining matches - including England's under-threat visit to Italy on March 15 - last night received the green light.

Officials confirmed in Paris that all five scheduled remaining games will be played.

The one fixture already called off - Saturday's clash between Ireland and Italy in Dublin - will be rearranged at a later date.

CRICKET

ENGLAND cricketers are resorting to nothing more than fist bumps on and off the field to prevent the spread of bacteria.

Their two-Test tour to Sri Lanka is going ahead unhindered by the coronavirus outbreak,

but they have ditched handshakes on medical advice. Skipper Joe Root (left) said: "After the illnesses that swept

through the squad in South Africa we are well aware of the importance of keeping contact to a minimum. We've been given sound advice from our medical team."

FORMULA ONE ORGANISERS insist the opening two rounds of the season will go ahead as scheduled. The Australian Grand Prix is still due to take place on March 15, with most F1 crews in Melbourne this week. Australian GP chief executive Andrew Westacott (above) said: "We are all systems go. There is no indication of further travel bans."

MOTO GP

AFTER this week's season curtain-raiser in Qatar was called off on Sunday, the race in Thailand on March 22 has also been scrapped.

DARTS

THE PDC is not postponing any events, but said players should avoid shaking hands.

TENNIS

THE WTA has cancelled next month's Kunming and Xi'an tournaments in China.



MANCHESTER UNITED



THE ONLY WAY IS CUPS

Rashford reveals his 2020s vision.. to win World Cup and the Champions League

BY DAVID McDONNELL
@DiscoMirror

MARCUS RASHFORD has set himself a 10-year target of winning the Champions League and World Cup.

Rashford is currently sidelined with a double stress fracture in his back, but is expected to return before the end of the season and be fit for Euro 2020.

The Manchester United striker has already won the FA Cup, League Cup and Europa League, but has his sights set on bigger prizes. And top of the England star's wish-list are the Champions League and World Cup.

United have recovered from their worst league start for 30 years and are firmly in the hunt for a Champions League spot. Rashford feels Ole Gunnar Solskjaer's side are moving in the right direction and are

on course to recapture the glory days they enjoyed under former boss Sir Alex Ferguson.

Asked to outline his ambitions for the next decade, Rashford replied: "To win the World Cup and, for United, to win the Champions League.

"We need to start showing signs that we can be the United of old.

"It's been difficult, but it's a period of transition. I don't see why we can't turn things around and really improve."

Rashford reached a

career-best tally of 19 goals by mid-January before succumbing to injury.

The 22-year-old already has 64 goals from 201 United appearances, but claimed Wayne Rooney's all-time club record of 253 is not in his thoughts just yet.

Rashford said: "If you're playing your best, then whatever happens, happens.

"If I was to get that record but we go into the next decade with no trophies, that's not going to be the greatest feeling for me.

"If I don't get the record but we get loads of trophies and something to look back on, that's the most important thing."

And Rashford is keen to secure legendary status at United – like Rooney.

"When you join United, you don't only dream of making your debut – you dream of being like Beckham, Scholes and Giggs. It's part of the dream as an academy lad."

FERNANDO: UNITED UP FOR EURO CHALLENGE

BY DAVID McDONNELL

BRUNO FERNANDES says Manchester United must raise their game if they are to secure a Champions League place.

Fernandes (above), who scored his third goal in as many games in Sunday's 1-1 draw at Everton, said: "We can do better. We need to win games, because we want a place in the Champions League. I think in the next games we will be much better."

United visit Derby in the FA Cup fifth round on Thursday, then host rivals Manchester City in the league on Sunday.



Southgate eye on Henderson

BY JOHN CROSS

GARETH SOUTHGATE is keen to look at Dean Henderson ahead of Euro 2020 as pressure mounts on England No.1 Jordan Pickford.

England boss Southgate (above), who will be at today's Nations League draw in Amsterdam, has been loyal to Everton keeper Pickford and it would seem unlikely he will make a change just three months ahead of Euro 2020.

But Pickford was criticised over Bruno Fernandes's equaliser for Manchester United on Sunday.

Former Under-21 keeper Henderson, on loan at Sheffield United from Manchester United, has been in outstanding form, and this month's friendlies against Italy and Denmark would provide the opportunity to give him a full senior debut.

NATIONS LEAGUE DRAW GUIDE

LEAGUE A

Pot 1: Portugal, Holland, ENGLAND, Switzerland

Pot 2: Belgium, France, Spain, Italy

Pot 3: Bosnia and Herzegovina, Ukraine, Denmark, Sweden

Pot 4: Croatia, Poland, Germany, Iceland

LEAGUE B

Pot 1: Russia, Austria, WALES, Czech Republic

Pot 2: SCOTLAND, Norway, Serbia, Finland

Pot 3: Slovakia, Turkey, REPUBLIC OF IRELAND, NORTHERN IRELAND

Pot 4: Bulgaria, Israel, Hungary, Romania

LEAGUE C

Pot 1: Greece, Albania, Montenegro, Georgia

Pot 2: North Macedonia, Kosovo, Belarus, Cyprus

Pot 3: Estonia, Slovenia, Lithuania, Luxembourg

Pot 4: Armenia, Azerbaijan, Kazakhstan, Moldova

LEAGUE D

Pot 1: Gibraltar, Faroe Islands, Latvia, Liechtenstein

Pot 2: Andorra, Malta, San Marino



■ To read the full interview with Marcus Rashford, buy the new issue of FourFourTwo magazine which is in the shops from Thursday

MAN UTD RECORD

	Games	Goals	GPM
Rashford	201	64	0.31
Rooney	559	253	0.45

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CARABAO CUP FALLOUT FROM WEMBLEY



SAMATTA: WE WILL SURVIVE

BY DAVE ARMITAGE

WEMBLEY scorer Ally Samatta is convinced that Aston Villa will beat the drop.

His goal in the 2-1 Carabao Cup final defeat by Manchester City had them dancing in the streets of his Tanzania homeland.

Now he is on a mission to spark mass celebrations in Birmingham B6 by spearheading Villa's bid for safety.

It was only the striker's fifth game since his £8million transfer from Genk in January. The move has sparked a wave of interest back home, where he enjoys hero status.

Samatta's diving header was his second goal for his new club and he firmly believes Villa can haul themselves out of the bottom three.

Wins for relegation rivals West Ham, Watford and Norwich completed a bad weekend for the club. But Samatta (above) said:

"Everyone is confident and everybody has positive energy. I'm sure we'll stay up.

"We saw the results, but we only concentrate on our games. We have to focus on getting as many points as possible. As a team we always want to win. It's just a matter of time until we catch the pace and start winning games."

Regarding their Wembley defeat, he added: "It was not a bad performance and if we continue working hard, we have a chance. The character is there and everybody believes. There is just something missing, but we are going to get it."

He will not let Wembley heartache get in the way of shooting Villa out of the danger zone, starting at Leicester next Monday.

"It's the past," said Samatta. "We didn't win the cup. Now we're focusing on the next game."

LEON CUP

Who's the daddy? Foden hopes his man-of-the-match cup final display can earn him a Euro 2020 call-up

BY DAVID McDONNELL
@DiscoMirror

PHIL FODEN hopes his starring role in Manchester City's Carabao Cup win can catapult him into England's Euro 2020 squad.

Foden, 19, was man of the match at Wembley as City beat Aston Villa 2-1, his performance boosting his chances of earning a first England call-up.

Even though Gareth Southgate was at Everton on Sunday, he will find it hard to omit Foden from his next squad after watching a rerun of the youngster's energetic display. The England boss names his squad for

friendlies against Italy and Denmark this month, and Foden played himself into contention with his Wembley wizardry.

An assist for Sergio Aguero's opener, a sublime first touch with his outstep and a marauding display with the ball at his feet have given Southgate much to ponder.

He has a wealth of young English attacking midfield talent to pick from, including Jack Grealish, James Maddison, Mason Mount, Jadon Sancho and Callum Hudson-Odoi.

But Foden is now in that bracket, his performance wide on the right for City

against Villa – in contrast to his usual central role – displaying his versatility, a huge strength in tournament football. Asked if he allowed himself to think about the

BRAVO OFFERED BITE OF BIG APPLE

BY DAVID McDONNELL
MANCHESTER CITY'S Carabao Cup hero Claudio Bravo has been offered a move to the MLS with New York City FC.

The Chile star, whose fine late reaction save from Bjorn Engels ensured City beat Aston Villa 2-1 at Wembley on Sunday, is out of contract this summer.

Bravo, 36, will not be

prospect of making the England squad this summer, Foden was diplomatic but hinted he believes he can.

"I want to be there obviously, but it's very

offered a new deal, but is weighing up a move to New York, which is also run by City's owners. He joined from

Barcelona for £17million in 2016, and his departure will create an opportunity for a new deputy to Ederson.

City have been impressed with the progress of Zack Steffen, who is on loan at Fortuna Dusseldorf.

A MEDAL PARENT..

Phil Foden with his son, Ronnie, after helping City claim Wembley glory on Sunday



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STAN COLLYMORE

The man who always speaks his mind

Play Phil or let him go

PHIL FODEN won Man of the Match in Manchester City's latest League Cup triumph, but the worry for him is will Pep Guardiola keep picking him?

Guardiola has already said he's one of the best players he's ever worked with (below), and that's fine.

But if you are only going to get an opportunity every seven, eight or nine games then Foden, on the back of a really good performance on Sunday, has some thinking to do.

He doesn't want to be getting to next September and be living off the memory of the Carabao Cup.

If I were him, I'd demand a sit-down with the manager and the coaching staff and say that unless he gets more opportunities to play he might take the Jadon Sancho route.

There are any number of clubs across Europe who would take him, and if he's not playing regularly by mid-August then if I were him I'd say I want to go out on loan.

And not just for six months, but for 18 months or two years.

I'm sure he's going to be thinking he's going to be late to the party for the Euros, and he will be thinking ahead to the 2022 World Cup.

He's got to play. He can't play one game in 10. The League Cup will be forgotten in two weeks' time.

He's proved he deserves the opportunity now, so come on Pep, give him a chance.



COLLYWOBLER

I LOVED how Bayern Munich and Hoffenheim players responded to the offensive banner unfurled by Bayern fans about Hoffenheim president Dietmar Hopp (with Karl-Heinz Rummenigge, below) by passing the ball to each other for the remainder of the match.

So often when there are issues around racism, the game goes on and the club is just hit with a fine.

The fact the players stopped the game and went off and had a chat... God forbid a conversation between football people!

They then went back out and knocked the ball about between them, toying with the supporters, as if to say, 'We are here to entertain you - we will play by the rules on the pitch if you play by the rules in the stands'.

I loved what the players did and that would be welcome, especially for me as a mixed-race Briton, if more did that in England when there are monkey chants and issues around racism.

Losing at Watford will be great for Liverpool.. you learn more from defeats than easy victories

LIVERPOOL losing to Watford is the best thing that could happen to them.

Certainly since Christmas and the Club World Cup in Dubai, the Reds have not been great even though they were still winning.

Now they can have a reset, there will be words said in the dressing room about maintaining standards and they will go out and redouble their efforts.

Every single Liverpool player has worked their nuts off for a ridiculous amount of games to get them into this position.

But what happens is human nature takes over. You begin to think you always find a way to win games so even if performances drop by one per cent, and you're still winning games, you think you're OK.

Now all the Invincibles talk will stop, which will serve Liverpool well because I don't think that helped.

The notion that they have lost will make the players sit up and realise they've got to win just four games to lift the Premier League title.

There will be a real focus on the other tournaments, too.

There was so much talk about Jurgen Klopp's men going unbeaten and winning the league. That was becoming the overriding story of the season - could they be the best Premier

League team ever and get 100-odd points? To be fair to Klopp and his players, it has not been them who have been talking about this.

Now they can say we still have work to do in the Premier League, which will take us into April, we've still got the FA Cup and the Champions League.

When I tweeted that it could be the best thing to happen to Liverpool, some people responded saying I was talking rubbish and that the club would certainly have preferred to win the match.

Of course they would have preferred to win the game.

But a lot of other sports people tweeted in agreement, realising that you learn more in defeat than you do from an easy victory.

What Mo Salah (right) and his team-mates will have learnt from that defeat is unless you are at your very best and completely switched on for every match, anybody in the top flight can trip you up - including any team in the bottom three.

They will look at that and redouble their efforts in the three remaining competitions.

Historically any sportsman or woman who has suffered a shock defeat, all great champions all get back to basics and doing what got them to the top in the first place.

If Liverpool had been playing well

and winning games for the last five or six weeks, we would not even be discussing this right now.

But a lot of people have rightly pointed out that they have not been playing well and so now it's an opportunity to take a step back, refocus and go again.

Not only will they do that in the Premier League, I think you'll see a concerted effort in the Champions League and there could be a cracking night at Anfield next week, almost Barcelonaesque, when Atletico Madrid arrive for the second leg 1-0 up.

I think the Reds might go stronger in the FA Cup against Chelsea, too. Of course, it won't be the starting 11 you would expect in the league, but one or two more senior players may figure.

Two months out, the Watford result was a shock to the system, a jolt, a wake-up call. They were so good, they were almost sleep walking their way to becoming invincible.

But teams don't sleep walk to becoming invincible.

Every single win, every single point has to be fought for and they can get back to that level, not just in one tournament, but in three.



Villa haven't got the goal power to stay up

ASTON VILLA have slipped into the bottom three and my worry for my old club is goals.

Wesley, brought in for £22million, didn't work, got injured and there aren't enough goals collectively to put teams away.

When you look at Watford,

for example, Troy Deeney is back, who's a leader. Villa don't have that up front. I've got them down to get between five and nine more points. That would only take them to a maximum of 34, which won't be enough.

Jack Grealish (left) has put in Premier League performances

and his goals and assists stand up to scrutiny with any other attacking midfielder of his age in the top flight.

Unfortunately, the players around him have not shown that consistent quality.

John McGinn coming back will be a big plus for them. He

scores the odd goal and takes some of the pressure off.

But Villa are going to have to put in performances they have not managed this season to stay up and I just don't think they have the quality beyond Grealish, Tyrone Mings and McGinn to do that.





SMASH 'N' GRABBAN

Middlesbrough 2 N Forest 2

LEWIS GRABBAN rescued a point for Nottingham Forest with his first strike in seven games to keep them on course for the play-offs.

The forward (above) won't mind that his 17th goal of the season was arguably his messiest, sticking a foot out to divert the ball past a startled Aynsley Pears after Joe Lolley's deflected effort ballooned in the air.

The shock of tumbling into the relegation zone had brought out the best in Middlesbrough, who looked on course for their first win since New Year's Day. They hit back from a goal down to lead through Rudy Gestede and Lewis Wing, and yet still remain stuck in the bottom three after Grabban's late heartbreaker.

Gestede cancelled out Ryan Yates' 28th-minute opener with his eighth goal against Forest - comfortably his best tally against any opponent.

Whatever Boro's fate this season, they have a hot prospect in Hayden Coulson. Moments after Forest broke the deadlock, he raced on to Gestede's lay-off forcing keeper Brice Samba to tip his shot around the post.

And the 21-year-old was the architect behind Boro's second just before half-time, charging upfield and laying off for Wing. Samba got a hand to Wing's shot but was unable to prevent the ball spinning into the net.

It was quite a turnaround considering Boro's woeful scoring record and Forest's ability to hang on to the lead. But then Grabban had the last word when he pounced late on.

MIDDLESBROUGH: Pears 5, Howson 6, Shotton 7, Moukoudi 6, Johnson 6, Clayton 7, McNair 6, Tavernier 6 (Spence 87), Wing 7 (Saville 81), **MOTM** Coulson 8, Gestede 6
FOREST: Samba 5, Cash 6, Figueiredo 7, Worrall 6, Ribeiro 6, Watson 6, Yates 7 (Bostock 78, 5), Lolley 6, Semedo 5 (Diakhaby 56, 6), Ameobi 6 (Carvalho 69, 5), Grabban 7
REF: Darren England **ATT:** 18,884

WEST BROM v NEWCASTLE

THE Emirates FA CUP 5TH RND: KO 8PM



LET'S LIFT TOON GLOOM

PROBABLE TEAMS	
WEST BROM	NEWCASTLE
Bond	Darlow
Furlong	Yedlin
Ajayi	Lascelles
Bartley	Fernandez
Gibbs	Rose
Harper	Hayden
Barry	Bentaleb
Brunt	Ritchie
Phillips	Almiron
Austin	Lazaro
Edwards	Joelinton

IN WITH A SHOUT
Bruce is targeting glory in the Cup to lift the mood for his players and fans

Bruce believes Cup cheers up the fans.. and gives his team a boost in the Prem



BY IAN MURTAGH
STEVE BRUCE wants FA Cup joy to sweep away the dark clouds hovering over Newcastle.

Victory in tonight's fifth-round tie at West Brom would leave the Toon just 90 minutes away from a first trip to Wembley in 20 years.

And Bruce believes a Cup run won't just cheer up long-suffering fans, but can act as a springboard towards Premier League survival.

An alarming slump in form has increased fears Newcastle are braced for a third relegation in the Mike Ashley era.

But Bruce won't allow a run of one win in 10 to temper his belief that Cup success has a positive effect on league form.

"It's a big week coming up," he said. "And I hope we can give everyone a lift. Let's have something to look forward to rather than doom and gloom."

"We've got 5,000 going, which is unbelievable. Let's embrace it. Let's go there and give it a go. The season is still all to play for."

"We've got 32 points with 10 games to spare and if someone had told me in August that would be the case, I'd have taken it. And yes, I believe a win in the Cup can help our league form."

With five points separating his side from the drop zone, Bruce has no option but to consider Saturday's trip to Southampton and so may not risk Jonjo Shelvey, Dwight Gayle and Allan Saint-Maximin tonight.

Shelvey and Gayle (left) are only just back from long lay-offs, while Saint-Maximin's hamstring is a worry.



HOTSHOT AUSTIN FITS BAGGIES' BIL

SLAVEN BILIC will call on Austin's powers to shoot West Brom into the last eight tonight.

Charlie Austin (right), a £4million summer buy from Southampton, is desperate to impress the Baggies boss.

Striker Austin, 30, has largely been brought on from the bench this season but still has nine goals. Bilic (left) said: "Of course he wants to play. He's



trying to prove himself and impress me every single day. "He's not happy when he isn't playing but he's a positive character. He is the kind of

striker who almost guarantees that you are going to score." "Those kind of guys are difficult to find and that's why they cost so much. "With someone like him around you don't panic when it's 0-0 with 20 minutes to go."

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PORTSMOUTH 0 ARSENAL 2

Sokratis 45, Nketiah 51

THE Emirates FA CUP

FA CUP FIFTH ROUND
FRATTON PARK

BY PAUL BROWN

SPEEDY Arsenal winger Reiss Nelson's brilliant delivery from the right served up goals for Sokratis and Eddie Nketiah either side of half-time.

And that left former Disney boss Michael Eisner's dreams of a big cup upset in tatters as League One Pompey crashed out.

But it was good news for Gunners boss Mikel Arteta, who needed a response after his side were sent crashing out of the Europa League by Olympiakos.

And, whisper it quietly, at this rate it surely won't be long before Nelson, 20, gets a call from Gareth Southgate.

The England Under-21 star, who cut his teeth on loan at German club Hoffenheim, has been responsible for six goals in his last eight starts for the Gunners.

As potential mismatches go, it was a big one on paper. The 13-time winners against the lowest-ranked team left in the competition.

But Arteta tempted fate by resting skipper Pierre-Emerick Aubameyang completely, with Pablo Mari making his debut at the back and Nketiah starting up front.

Mesut Ozil was also not in the squad, but there are few who think a fifth-round tie on a Monday night away to a lower league team is the right stage for him anyway.

Pompey boss Kenny Jackett, who led Millwall to the semi-finals in 2013, made six changes from Friday's 3-0 win over Rochdale.

You could hardly blame him. The south coast club, which flirted with extinction not so long ago, are third in League One and their priority is promotion.

But the bumper 18,893 home crowd was pumped up from the off and their side gave it a go, with Ellis Harrison looking particularly dangerous.

There certainly was a poise and purpose about Pompey, and Arsenal had plenty of defending to do.

Arteta was also forced into an early change when James Bolton crunched into a tackle on Lucas Torreira which resulted in the Arsenal midfielder going off on a stretcher.

Torreira needed oxygen and Arsenal players did not look impressed when the home fans taunted him with chants about how he was going home in an ambulance.

When play resumed, Pompey skipper Gareth Evans should have done better with a free header from a Steve Seddon cross.

At the other end Gabriel Martinelli fired over the bar from close range after a fizzing Nelson centre.

But it was poor from Arsenal until unlikely hero Sokratis put them in front against the run of play with a fine volley from another Nelson cross.

Makeshift right-back Sokratis had copped all sorts of flak from Arteta, and team-mate David Luiz too, for not getting forward enough, and that was the perfect answer.

It got better for Arsenal when Nketiah grabbed a second from close range, with man-of-the-match Nelson again the provider, before doing his trademark phone call celebration.

After that the visitors played keep-ball. They haven't lost to a team in the third tier or lower since 1992, and a place in the quarters was theirs.



SOK IT TO THEM
Gunners marched through with goals from Sokratis (top) and Nketiah (below)



NELSON CREW DO THEIR DUTY



It's plain sailing for Gunners as Reiss sinks sad Pompey



MATCH STATS

27%	POSSESSION	73%
1	SHOTS ON TARGET	4
4	SHOTS OFF TARGET	5
3	CORNERS	10
2	OFFSIDE	2
8	FOULS	8
1	CARDS	1

PORTSMOUTH: Bass 6, McCrorie 6, Burgess 6, Bolton 6, Seddon 6, McGeehan 6, Close 6, Harness 7 (Curtis 67, 6), Evans 6 (Cannon 75, 6), Williams 6, Harrison 7 (Marquis 67, 6)
ARSENAL: Martinez 6, Sokratis 6, Mari 7, Luiz 6, Saka 6, Guendouzi 5, Torreira 5 (Ceballos 16, 6), Nelson 8 (Maitland-Niles 90), Willock 6 (Xhaka 86), Martinelli 6, Nketiah 7
REFEREE: Mike Dean ATT: 18,839

Jimenez hails spirit

BY TONY BANKS

RAUL JIMENEZ insists his Wolves side "never quit" - under any circumstances.

The Mexican scored his 22nd goal of the season in Sunday's 3-2 comeback win at Tottenham. The result saw Wolves leapfrog Spurs into sixth - and join the race for the Champions League.

Jimenez said: "We never quit. We never give up, we go until the end."

"We know we are a team that can come from behind. It's very important for us."

RESULTS & FIXTURES

FOOTBALL

EMIRATES FA CUP 5TH ROUND

PORTSM'TH (0)	0	ARSENAL (1)	2
	Sokratis 45		Nketiah 51

Att: 18,839

SKY BET CHAMPIONSHIP

MIDDLESBRO (2)	2	NOTT'M FOR (1)	2
Gestede 40		Yates 29	
Wing 44		Grabban 86	

Att: 18,884

	P	W	D	L	F	A	Pts
West Brom	36	19	12	5	64	37	69
Leeds	36	20	8	8	54	30	68
Fulham	36	18	9	9	51	37	63
Nottm Forest	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
Middlesbrough	36	8	14	14	36	47	38
Barnsley	36	8	10	18	42	60	34
Luton	36	10	4	22	43	71	34

CRICKET

ICC WOMEN'S T20 WORLD CUP - GROUP A

Melbourne: Australia 155-5 (20 overs; B L Mooney 60). New Zealand 151-7 (20 overs). **Australia (2pts) won by 4 runs.**

Melbourne: Bangladesh 91-8 (20 overs; H A S D Siriwardene 4-16). Sri Lanka 92-1 (15.3 overs). **Sri Lanka (2pts) won by 9 wickets.**

2ND TEST

Christchurch: India 242 (63 overs; GH Vihari 55, KA Jamieson 5-45) & 124 (46 overs; TA Boult 4-28); New Zealand 235 (73.1 overs; TWM Latham 52, M Shami 4-81) & 132-3 (36 overs; TA Blundell 55, TWM Latham 52). **N Zealand won by 7 wkts.**

TODAY'S FIXTURES

FOOTBALL-

(7.45 unless stated)

Emirates FA Cup Fifth Round

Chelsea v Liverpool

Reading v Sheff Utd (8)

West Brom v Newcastle (8)

Sky Bet League One

Ipswich v Fleetwood Town

Sky Bet League Two

Exeter v Crewe

Plymouth v Grimsby

Swindon v Scunthorpe

Vanarama National League

Barnet v Boreham Wood

Chesterfield v Harrogate Town

Chorley v Eastleigh

FC Halifax v Sutton Utd

Solihull Moors v Hartlepool

AFC Fylde v Notts County

Ladbrokes Scottish Premiership

Hibernian v Hearts

Ladbrokes Scottish Ch'ship

Ayr v Dundee Utd

Dundee v Alloa

Inverness CT v Morton

Partick v Queen of South

Ladbrokes Scottish League One

Clyde v Montrose

Dumbarton v Forfar

Raith v Falkirk

Ladbrokes Scottish League Two

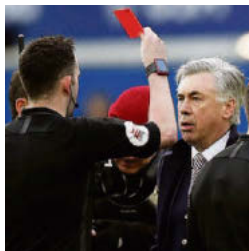
Cowdenbeath v Albion

Stirling v Stenhousemuir

CRICKET

ICC Women's T20 World Cup - Group B, Sydney:

Pakistan v Thailand (4am), West Indies v South Africa (8am).



SEEING RED Ancelotti is dismissed by ref Kavanagh

Ancelotti hoping to avoid ban

BY **DAVID MADDOCK**

CARLO ANCELOTTI is hopeful he will escape a ban despite being charged by the FA after becoming the first Premier League manager to receive a red card.

The Everton manager will be hit with a disciplinary case of improper conduct after referee Chris Kavanagh brandished the card at the end of a dramatic game with Manchester United.

Previously no cards were shown under Premier League rules when managers were sent off.

Ancelotti demanded an explanation after Dominic Calvert-Lewin's 'winner' was ruled out for offside.

He marched over to the referee at the end of the game and was told to leave the field of play by Kavanagh.

The Blues boss visited the referee's room afterwards, for what he explained was a polite and friendly conversation.

During the exchange, they suggested there was a "misunderstanding" and Ancelotti is still confident he will be hit with a lesser punishment of a fine and warning.

Agony for Deulofeu

WATFORD'S survival hopes have been dealt a shattering blow with key man Gerard Deulofeu set to miss the rest of the season.

The Hornets' creative spark (below) will undergo surgery after rupturing his anterior cruciate ligament in Saturday's shock 3-0 win over Liverpool.

Manager Nigel Pearson admitted the injury is a serious setback for Watford, who are only out of the Premier League drop zone on goal difference.

"He is probably going to be out for the rest of the season," said Pearson.

"For sure Geri is going to be a miss for us."



CHELSEA v LIVERPOOL



DAN: I WON'T TAKE MONEY FOR NOTHING

FROM BACK PAGE

for me, I'm gutted about it, my season's over," said the former Liverpool, Chelsea and Manchester City star.

"It was upsetting that the appeal panel overturned the original, highly-qualified panel's ruling."

"I just don't think it's the right thing for me to continue accepting wages from a team that I can't contribute to."

The FA were unhappy after Sturridge (above), 30, was found guilty last July of breaking betting rules over a potential transfer in January 2018.

He was fined £75,000 and banned for six weeks - four suspended - by an independent commission, who found him guilty of just two of a raft of charges.

Sturridge was said to have told his brother to bet on a transfer to Sevilla, although he actually went on loan to West Brom.



TANGERINES' DREAM BOSS

BLACKPOOL have named Liverpool Under-23s boss Neil Critchley as their new manager, and he leaves with Jurgen Klopp's blessing.

Critchley (above), 41, twice took charge of Liverpool's first team this season, for the 5-0 Carabao Cup defeat at Aston Villa and the FA Cup fourth round replay win over Shrewsbury.

Klopp said: "It shows you can make your way as a youth or under-23s coach."

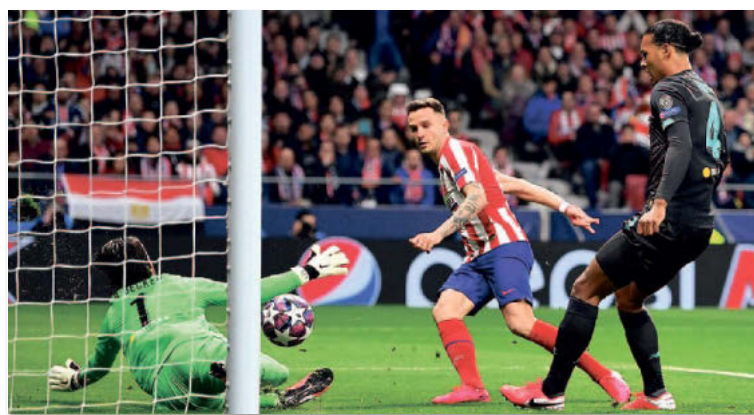


ONLY AN
IDIOT
WOULD
DOUBT
THIS
TEAM
AND
...AND
I'M NO
IDIOT

**SAYS KOP BOSS
JURGEN KLOPP**



FA CUP FIFTH ROUND
STAMFORD BRIDGE, 7.45PM



'I'm not in any doubt about the character of these boys... they deserve my trust, my faith and don't lose it after a bad game'

BY DAVID MADDOCK
@MaddockMirror

JURGEN KLOPP insisted he would be an "idiot" if he did not keep total faith with his wounded Liverpool side.

The Reds manager revealed he held a team meeting the day after their shock 3-0 defeat at Watford (above, right), but explained he did not exchange harsh words with the players.

Instead, Klopp told them he knows they will bounce back by showing their mental strength following the end of a remarkable 44-game Premier League unbeaten run.

Ahead of a mouth-watering and now significant FA Cup clash with Chelsea tonight, Klopp said: "I am

not a little bit in doubt about the character of the boys and I would be a real idiot if I would be, to be honest.

"They deserve my trust, my faith and they don't lose it after one bad game.

"It can happen that I get angry with the players, but I didn't get angry with the players in this meeting.

"If I go into that meeting and shout at them like they have lost 10 games in a row because of a bad attitude, that would be really strange."

While Klopp wants his side to learn from their defeat, they will not get an immediate chance to do so.

He will be making wholesale changes at Stamford Bridge, with those squad members who have

not played many games recently getting a chance.

But he hit out when questioned whether – in the team meeting – his side showed they are hurt by defeat and ready to react.

"Of course, they want to strike back," said Klopp. "This is an exceptional group of players. "That night, we were just not good enough."

Chelsea is a tricky away trip and Liverpool also face a struggle in the Champions League, trailing Atletico Madrid 1-0 (above, left) going into the second leg.

The Reds could win the league before the end of March, so defeat in both the FA Cup and Champions League would mean their season ended early. But

Klopp bristled at the suggestion that could persuade him to go harder with a more senior selection this evening.

The German coach added: "I'm not sure if you noticed, but we go really hard in all the games.

"How can I take a risk with a player who played on Saturday? No, I can't.

"If I think we need another option, I will do it. I want to win this game.

"I don't think, 'Send the reserves out against Chelsea'. We are not like this."

Naby Keita has a minor hip

injury and will miss the tie but James Milner and Joe Gomez have returned to fitness. Klopp also defended his under-fire centre-back Dejan Lovren (left) following the defeat at Watford.

He said: "A lot of times in my life I speak to people and they know less than I do about football. That's OK as

I'm a well-paid Premier League manager and I should know more than most people.

"But on that level, I can't discuss it.

"If anybody gave Dejan Lovren the blame for our defeat then I can't help these people."

PROBABLE TEAMS

CHELSEA	LIVERPOOL
Kepa	Adrian
Azpilicueta	Gomez
Zouma	Matip
Rudiger	Lovren
James	Williams
Kovacic	Milner
Jorginho	Lallana
Alonso	Oxlade-C
Willian	Origi
Giroud	Minamino
Mount	Jones

TV TIMES: Live on BBC1 from 7.30pm

LAMPS: I WANT TIME TO BUILD A CHELSEA DYNASTY LIKE KLOPP'S DONE AT ANFIELD

BY TONY BANKS

FRANK LAMPARD wants the same amount of time to build a winning dynasty at Chelsea as Jurgen Klopp has had at Liverpool.

Lampard's inconsistent side host Klopp's Premier League champions-elect tonight in the fifth round of the FA Cup.

The Chelsea boss is in his debut season as a top-flight manager but says Liverpool are the example he wants to follow.

Klopp finished eighth in his first season in charge at Anfield in 2015-16, then had two fourth places before last year finishing runners-up to Manchester City while also winning the Champions League.

This season they are 22 points clear at the top as they close in on their first league crown in 30 years, while Chelsea battle it out for a Champions League spot.

Lampard said: "The Liverpool journey is an incredible story. We have seen the journey

of this team that is now an absolute machine – rolling everyone over.

"It can take time. Behind a team that wins is hard work from everyone, which is what I am trying to do at Chelsea.

"There is a plan that has run through Liverpool, which we'll try to do here – understanding there will be tough times when I'll be questioned and we have to stay tough.

"Liverpool is a great model. What they've done is fantastic."

Chelsea owner Roman Abramovich is not exactly

known for being patient when it comes to his managers. Only once since he bought the club in 2003 has a Blues boss survived without winning a trophy – Jose Mourinho's first year of his second spell in 2013-14.

The FA Cup is almost certainly Lampard's last chance of silverware this season with Chelsea on the brink of a Champions League exit after losing 3-0 in the first leg of their last-16 tie against Bayern Munich (below).

"That is something that is not in my control," he said. "You

have to look at where we are as a club. Work with what is in front of us.

"We are trying to improve and Chelsea fans understand that.

"When I first came to this club as a player I was part of a team that was not winning trophies. That process to get a team was long and hard.

"We are not quite there. We are in the fight around fourth place – and people did not expect us to be there.

"I know where we are at. I know it will be tough. The gap at the moment is pretty big."

Lampard is set to bring misfit goalkeeper Kepa back into his side six weeks after dropping him.

He said: "Kepa is in the frame. It's how well you train, and he's been training well."



BEN THE BLADE: EVEN I WOULDN'T SELECT MYSELF!

Reading v Sheffield United
FA Cup fifth round, 8pm

BY BILL COOPER

BEN OSBORN admits even he wouldn't select himself in Sheffield United's side.

He arrived from Nottingham Forest for £5million last summer but has spent the bulk of this season on the outside looking in at Bramall Lane.

Osborn, 25, has been handed just six league outings plus four more in FA and League Cup clashes for boss Chris Wilder's surprise packages.

The midfielder (above) said: "When I take a step back, look at the bigger picture and think about the quality of the players the manager has got, I ask myself 'If I was him 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 so I have no complaints.

"If we do get into Europe, there will be loads more games for us next season, and that's something I want to be involved in.

"That's an exciting prospect, so one thing for sure is that I can't see me leaving the club."

Osborn steps out of the supporting cast and into a starring role tonight when the Blades head to Championship side Reading in tonight's FA Cup fifth round clash.

He added: "It would be a dream come true to win the FA Cup, and we know it's a big chance for us."

A ROYALS SHOCKER, BY GEORGE



BY GRAHAM THOMAS

GEORGE PUSCAS only needs "half a chance" to score against Sheffield United tonight, according to Reading boss Mark Bowen.

The Royals face the Premier League high-fliers in the fifth round of the FA Cup. And Bowen is tipping Puscas (above) to inspire an upset after scoring his 12th of the season in Saturday's 2-0 win over Barnsley.

"As a finisher, George has some really good qualities," said Bowen. "He knows where the goal is, he only needs half a chance and he can score. Like all strikers, he lives and dies by his goals.

"But he's still young and he's got more to come. His all-round game needs improving, he knows that."

Puscas, 23, didn't quite cut it in Italy with Inter Milan or Palermo, but is starting to hit form now.

PROBABLE TEAMS

READING: Rafael, Yildom, Moore, Morrison, Obita, Rinomhota, Swift, Ejaria, Olise, Meite, Puscas
SHEFFIELD UNITED: Henderson, Basham, Egan, O'Connell, K Freeman, Berge, Norwood, Fleck, Osborn, Sharp, McBurnie

I HAVE FAITH IN MY TEAM... I'M NOT AN IDIOT

Chelsea v Liverpool
Stamford Bridge, 8pm
FULL STORY: PAGES 50 & 51



UEFA: BUSINESS AS USUAL... DON'T PANIC

Sporting chiefs react to the growing spread of coronavirus
FULL STORY: PAGE 44

» PORTSMOUTH 0 ARSENAL 2 TORREIRA BLOW MARS GUNNERS CUP CRUISE



ARSENAL kept their season alive - but their FA Cup fifth round win over Pompey was marred by an injury to Lucas Torreira.

The Gunners, dumped out of the Europa League by Olympiakos last week, saw off League One Portsmouth with goals from Sokratis and Eddie Nketiah. But midfielder Torreira required oxygen after being carried off on a stretcher.

Arsenal defender David Luiz said: "I was pleased with the young boys tonight, they have a great mentality and they did great tonight."

MATCH REPORT ON PAGE 49

» STURRIDGE 'DEVASTATED' BY BAN AND FINE

I WON'T TAKE MONEY FOR NOTHING

BY JOHN CROSS

FORMER England striker Daniel Sturridge is "devastated" after he was banned for four months and fined £150,000.

The worldwide punishment follows an FA appeal against an earlier sentence handed out when an independent commission found Sturridge guilty of breaching betting

rules. Hours earlier, Turkish club Trabzonspor confirmed they had terminated his contract six months into a three-year deal.

There was no escape clause in the deal, but Sturridge (right) says he ended it himself as it was the honourable thing to do. "It's devastating

TURN TO PAGE 50



Ex-Kop & Bridge star ended Turkish deal after gambling rap

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PUZZLES



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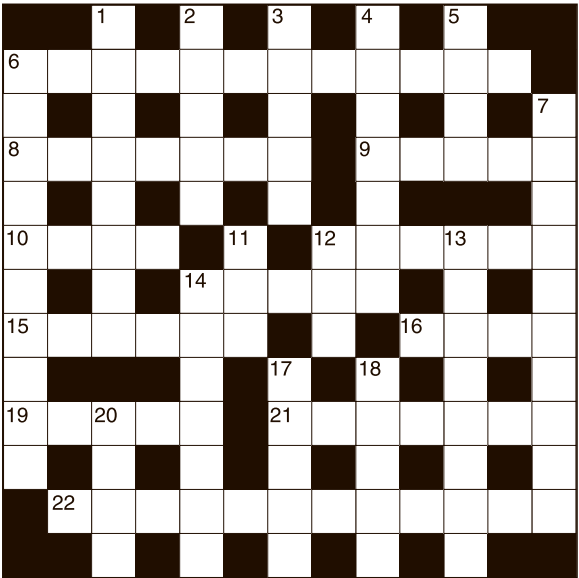
Quizword & Crossword

Two sets of clues, two different answers - all on the same grid. Choose one or the other.

Quizword

- ACROSS**
- 6 Shrub with small piquant dark berries (12)
 - 8 Fourth book of the Old Testament (7)
 - 9 1900 opera by Giacomo Puccini (5)
 - 10 and 19 1861 novel by Ellen Wood (4,5)
 - 12 South African monkey with a reddish patch beneath the tail (6)
 - 14 David -, actor who played Derek Trotter in BBC TV sitcom Only Fools and Horses (5)
 - 15 George Frederick -, composer whose Water Music collection premiered in 1717 (6)
 - 16 Second son of Judah and Shua in the Old Testament (4)
 - 19 See 10 Across
 - 21 The -, Anton Chekhov stage play first performed in 1896 (7)
 - 22 The -, 1888 novel by Henry James (6,6)
- DOWN**
- 1 S J -, England Test cricketer who took 5-43 against Australia at Lord's in 2005 (8)
 - 2 Form of clay-pigeon shooting in which targets are hurled from two traps at varying speeds and angles (5)
 - 3 Rene -, actress whose roles include Karen Flores in 1995 crime film Get Shorty (5)
 - 4 Benjamin -, composer of the operas Peter Grimes and Billy Budd (7)
 - 5 Son of Seth in the Old Testament who lived nine hundred and five years (4)
 - 6 Battle of -, June, 1775 conflict of the American Revolutionary War also known as the Battle of Breed's Hill (6,4)
 - 7 Mexican comedian who played Passepartout in 1956 adventure film Around the World in Eighty Days (10)
 - 11 Mikhail -, 1960-61 world chess champion (3)
 - 12 In heraldry, a pair of wings conjoined (3)
 - 13 Denise -, television presenter whose credits include The Big Breakfast and Who Dares, Wins! (3,5)
 - 14 1938 film drama for which Bette Davis won a Best Actress in a Leading Role Oscar (7)
 - 17 Rafael -, 1963 US National Singles tennis champion (5)
 - 18 State in Western Asia whose capital is Doha (5)
 - 20 Walter -, Prime Minister of New Zealand from 1957-60 (4)

Solutions in tomorrow's Daily Mirror



Crossword

- ACROSS**
- 6 Insensitive to criticism or hints (5-7)
 - 8 Improve (7)
 - 9 Court case (5)
 - 10 Among (4)
 - 12 Mend one's way (6)
 - 14 Lid (5)
 - 15 Keep quiet or unseen (3,3)
 - 16 Surprise or astound (4)
 - 19 Weekly pay (5)
 - 21 Lottery type (7)
 - 22 Adequate or suitable (12)
- DOWN**
- 1 Congratulatory gesture (4, 4)
 - 2 Without money (5)
 - 3 Winter sportsman (5)
 - 4 One more (7)
 - 5 Abominable snowman (4)
 - 6 Execution by hanging (3,7)
 - 7 Simple (10)
 - 11 At present (3)
 - 12 Traffic light colour (3)
 - 13 Conforming to established views (8)
 - 14 Pirate (7)
 - 17 Rigid (5)
 - 18 Slap (5)
 - 20 Happy and pleased (4)

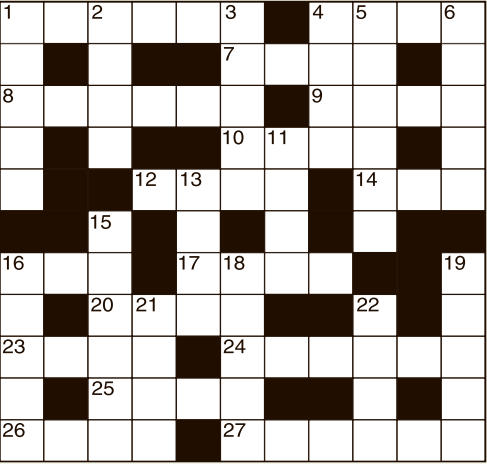
Solutions in tomorrow's Daily Mirror

Two-speed coffeebreak

Two sets of clues - but the answers are the same.

Cryptic clues

- ACROSS**
- 1 Brave attorney gets call (6)
 - 4 Quiet lie about large house (4)
 - 7 Melanie has style (4)
 - 8 Sodium forced into people (6)
 - 9 Witches' irritation (4)
 - 10 Loosen at a French party (4)
 - 12 Save broken receptacle (4)
 - 14 And not out of ignorance (3)
 - 16 About to have nothing but caviar (3)
 - 17 Ties off the location (4)
 - 20 Navy bird? (4)
 - 23 Vote, possibly, or the opposite (4)
 - 24 Complete space with flag (6)
 - 25 We're off to get a jug (4)
 - 26 Hearsay about organs (4)
 - 27 Confusion at the first corner (6)
- DOWN**
- 1 Restaurant or its client (5)
 - 2 Ceremony sounds correct (4)
 - 3 Type of information on America (5)
 - 4 Pressure to help was rewarded (4)
 - 5 Sing using popular sound (6)
 - 6 Anaesthetic that's used there (5)
 - 11 Unfortunately sent home (4)
 - 13 Collapsed round part of church (4)
 - 15 Metal seat for the first queen (6)
 - 16 Heard assessment of entertainment (5)
 - 18 Still inter badly (5)
 - 19 Article with yours truly as subject (5)
 - 21 Disputes with banks (4)
 - 22 Swinging round part of house (4)



Quick clues

- ACROSS**
- 1 Bold (6)
 - 4 Heap (4)
 - 7 Dash, flair (4)
 - 8 Country (6)
 - 9 Tickle (4)
 - 10 Reverse (4)
 - 12 Urn (4)
 - 14 Neither (3)
 - 16 Fish eggs (3)
 - 17 Venue (4)
 - 20 Small bird (4)
 - 23 Block (4)
 - 24 Whole (6)
 - 25 Pitcher (4)
 - 26 Heads of corn (4)
 - 27 Ensnare (6)
- DOWN**
- 1 Cafe (5)
 - 2 Ritual (4)
 - 3 Category (5)
 - 4 Remunerated (4)
 - 5 Chant (6)
 - 6 Colourless flammable liquid (5)
 - 11 Roost (4)
 - 13 Church recess (4)
 - 15 Alloy (6)
 - 16 Sketch show (5)
 - 18 Motionless (5)
 - 19 Topic (5)
 - 21 Lines (4)
 - 22 Part of an aircraft (4)

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! TWO-SPEED COFFEEBREAK 0903 659 6060 (80p/min)

TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP Mi Telecom Ltd. Helpdesk 0330 880 6060. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

The name game

Hidden in the grid is the name of an American politician. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name.

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

Solutions in tomorrow's Daily Mirror

- BOX1:** The game show Fort Boyard was filmed on a fortress off the coast of which country?
Norway (S)
Scotland (L)
France (A)
- BOX2:** Tower, Albert and Vauxhall are all bridges in which European city?
Paris (R)
London (L)
Berlin (M)
- BOX3:** Theravada is a branch of which religion?
Catholicism (R)
Christianity (T)
Buddhism (I)
- BOX4:** Which British musician hosts their annual hootenanny on TV on New Year's Eve?
Tim Rice (J)
Jools Holland (N)
Andrew Lloyd Webber (A)
- BOX5:** What is the first name of author J K Rowling?
Joan (F)
Jessica (K)
Joanne (A)
- BOX6:** Royal Charlevoix SC is a football club in which country?
Belgium (S)
Oslo (U)
Stockholm (E)
- BOX7:** In which year did Ian McKellen (pictured) receive his knighthood?
1991 (R)
1993 (E)
1995 (Y)
- BOX8:** An isba is a type of log house traditional to which country?
Croatia (W)
Russia (P)
Bulgaria (V)
- BOX9:** Who wrote the 1958 novel Breakfast at Tiffany's?
Truman Capote (H)
J D Salinger (T)
William Golding (W)
- BOX10:** Kate Winslet starred alongside Jude Law and Jack Black in which 2006 romantic comedy?
Love Actually (G)
The Holiday (A)
Valentine's Day (R)



30-sec brain teaser

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge. Genius players have 30 seconds to complete their own plus the Intermediate. Good luck! Solutions in tomorrow's Daily Mirror

BEGINNER

43 → DOUBLE IT → -30 → HALVE IT → ÷7 → x11 → +23 → -8 → x3 → +11 → Answer

INTERMEDIATE

13 → x7 → TRIPLE IT → ÷13 → 2/3 OF THIS → +36 → 2/5 OF THIS → x10 → -30 → DOUBLE IT → Answer

GENIUS

95 → 1/5 OF THIS → x10 → 7/10 OF THIS → ÷7 → +86 → 60% OF THIS → -25 → TRIPLE IT → ÷6 → Answer

Mirrorgram

Solve our ten-letter anagram below

G O T V I T A M I N

1 2 3 4 5 6 7 8 9 10

Solutions in tomorrow's Daily Mirror

Our best Arrowwords variety



Our best Arrowwords variety

	4			19	6	8	2	9	5	6			21	
13	25	5	26		20		8		9		15	25	5	6
	6		8	11	22	17	25	12	5	21	25		17	
		16	25	17		24				21		2	5	14
19		18			25	6	8	1	25			24		1
6	8	10	21	25	1		10		1	7	26	5	21	25
10		7		26			21			12		23		15
19	5	21			10	12	10	14	10	5	26		25	26
7		5		1			7			25		24		25
3	5	9	26	25	14		23		14	21	6	25	25	21
22		26			21	20	25	3	21			12		25
	14	25	2		5			6			14	21	22	
	8		5	3	21	25	6	24	5	21	20		25	
13	5	7	12		10		10		7		22	8	26	16
	6			14	25	17	24	25	12	21		26		



Hindu god of prophecy	▼	Mountain pass	▼	Mary ---, fashion designer	▼	Strong desire	▼	Comic routine (5-2)	Julian ---, musician	Major continent	▼						
Pronounce not guilty	→	▼	▼					Sixth musical note	→	▼							
Common sense	→					Former F1 driver, Jean ---	→										
→								No goals	→								
Edible jelly		Lincoln's nickname		Bring (pressure) to bear	→	Reporter, --- MacIntyre	→										
→		▼		▼				Inner character		Mouth (slang)							
French castle	African river		Face covers			Cartoon penguin	→	▼		▼			Quick look	▼	Un-interested	▼	Plague
→	▼		▼			→	Require		Goes against	→			▼				
Irregular		Upright	→						Coffin frame	→					Forbidden		Allude
→						Norway's capital		One of the deadly sins	Move unsteadily	→				▼			▼
Set fire to		Old Testament prophet		Diana ---, British actress	→	▼		▼	Modernise	→							
→		▼				Jockey's colours	→					Taj ---, Indian landmark		Muscat's country		Most excellent	
Collide	Return of the ---, film		Paul Hewson's U2 name	Period	Toilet!	→			Truthful	North American deer	→	▼		▼			
Petty official	→	▼	▼	▼					▼	Love	→						
→						River barrier	Sprite	Fuss (3-2)	→					Old and feeble		American lift	
Greek fable writer		Lowest point	→		▼	▼	▼	Please reply (inits)		--- Agassi, tennis star	→		▼			▼	
→													Conger or moray, eg	→			
						→		Remove faults from		Indoor step		Zenith	→				
					Family car (1,1,1)	Domestic animals	→	▼		▼	Thomas ---, composer		Vicar?	→			
					Sour-tasting liquid	Wrath	▼	▼	Member of a convent		Art gallery	→	▼			Turkish leader	
	→				▼	▼	▼						Postman ---, kids' TV show	→		▼	
					Be in charge of	→				Rainbow colour	→						
				Last	→								Sailor	→			

Su-doku corner

EASY SU-DOKU

			1		2			9
		8						
					9	5	4	8
				2		3	9	
5	1							
	6		3				8	
						8	3	
	3		5	1		7		
6	2							

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear SU-DOKU 5 NUMBER CLUES or FULL SOLUTIONS to the easy and toughie su-dokus.
Or text EASYCLUE or TOUGHCLUE to 61011 (£1/text) for 5 CLUES.

SU-DOKU TOUGHIE

5	4							
					1		7	
2				7	4			
							6	3
	6		7	4				
				8				1
			5				9	3
3		1						
4	9	2			5			

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

KILLER SU-DOKU

11			11	9	7			14		
6	6			8			13	9	11	
	12			12	21			12		
6			11			17				
	9					14	11	8	7	
19			13					8		
	13	6				14	12		6	
14				15				7		
	12					7		14		

Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

HITOSHII

7+	3-		7+	
	6x	15x		
50x		3-		9+
	8x		15x	

The totals given in the areas bounded by bold lines (cages) can be the result of addition, subtraction, multiplication or division. The numbers 1-5 can appear once in every row and column. Note that numbers can be repeated within cages.

Solutions in tomorrow's Daily Mirror

Brickwork

1						
2						
3						
4						
5						
6						
7						
8						
9						

Solutions in tomorrow's Daily Mirror

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

1 Surgical tweezers
2 Cadaver
3 Writing in its ordinary form
4 Minute opening in the skin
5 Selling agent
6 Orchard fruit
7 Get thinner at one end
8 Corsair
9 Type of mammal including monkeys and apes

Fivers

From the letters of the words given below, form six five-letter words to fit the grid. Three letters have been inserted already and here is a clue to the first word reading across: *Try a little food*

		W		
C				M

BODY
CROWN
RATE
TEAM
VAST

Solutions in tomorrow's Daily Mirror

Bingo

Tue Mar 3 2020
Game 7 Day 2

78

10

27

73

35

18

13

31

75

57

37

62

HERE are the numbers for **Day 2** of **Game 7** on your Bingo card.

TO WIN a full house £250 prize, all 15 numbers on the **Game 7** grid must be correctly crossed off with the **Daily Mirror** numbers. If you're still short by Saturday, buy the Sunday Mirror and the Sunday People for more numbers and the chance to win a £100 prize.
TO CLAIM Call 01420 525501 (Rol 01 868 8620) from 10am to 3pm on **Mondays only**. If you get a full house on any other day, you will need to phone and make your claim on the following Monday. No responsibility accepted for failure to call within stated hours.
Std Reach Rules apply, see www.mirror.co.uk/2020bingorules

Hide'n'seek wordsearch

We are setting the table in this puzzle. The unused letters reveal four types of wine which you could enjoy with your meal.

Solutions in tomorrow's Daily Mirror

BOTTLE
BOWL
BREAD
CANDELABRA
CANDLE
CARAFE
CHINA
COASTER
CONDIMENTS
CRUET
DECANTER
DISH

EWER
FLOWERS
FORK
GLASS
GRAVY BOAT
KETCHUP
KNIFE
NAPKIN
PEPPER
PLACE
SETTING
SALT

SAUCER
SERVICE
SIDE / PLATE
SPOON
TABLECLOTH
VINEGAR
WAITRESS
WATER JUG
WINE / COOLER

Words separated by an oblique line are to be found separately.

S	I	D	E	C	R	G	N	I	T	T	E	S	E	C	A	L	P
N	A	P	K	I	N	E	H	A	E	T	A	L	P	R	D	O	S
S	E	R	V	I	C	E	P	D	B	E	N	E	W	E	R	S	S
D	I	S	H	A	G	N	E	P	R	E	L	O	O	C	E	N	R
C	H	I	N	A	R	C	R	U	E	T	B	T	O	R	A	W	E
Y	P	D	I	S	A	S	C	N	A	P	O	O	T	P	T	I	W
N	L	O	S	N	V	A	A	I	D	R	M	I	W	O	S	N	O
E	E	A	T	R	Y	L	R	E	T	S	A	O	C	L	B	E	L
L	L	E	O	T	B	T	A	B	U	W	R	E	C	U	A	S	F
G	R	R	G	U	O	E	F	I	N	K	K	E	T	C	H	U	P
V	I	N	E	G	A	R	E	C	O	N	D	I	M	E	N	T	S
F	O	R	K	N	T	A	R	B	A	L	E	D	N	A	C	D	Y
H	T	O	L	C	E	L	B	A	T	G	U	J	R	E	T	A	W

YESTERDAY'S SOLUTIONS

QUIZWORD

ACROSS: 1 Joppy, 4 U-boat, 10 Aston, 11 Obadiah, 12 Crawford, 13 Zulu, 15 Hendry, 17 Fathom, 19 Gobi, 20 Intaglio, 23 Laidlaw, 24 Elver, 25 Skara, 26 Stone.
DOWN: 2 Ostia, 3 Ponsford, 5 Brae, 6 Azimuth, 7 Marc Chagall, 8 Corry, 9 Chaulmoogra, 14 Parakeet, 16 Niblick, 18 Snowy, 21 Leven, 22 Slur.

CROSSWORD

ACROSS: 1 Razor, 4 Obese, 10 Issue, 11 Example, 12 Runner-up, 13 Pant, 15 Shinto, 17 Baboon, 19 Omit, 20 Princess, 23 Imagine, 24 Virgo, 25 Messy, 26 Alpha.
DOWN: 2 Arson, 3 Omelette, 5 Brag, 6 Soprano, 7 Microscopic, 8 Femur, 9 Betting shop, 14 Carnival, 16 Imitate, 18 Preen, 21 Earth, 22 Miss.

TWO-SPEED COFFEEBREAK

ACROSS: 1 Bread, 4 Relic, 7 Mob, 9 Temper, 11 Fair, 12 Lop, 13 Defence, 15 Silence, 18 Rap, 19 Ivan, 20 Margin, 23 Ply, 24 Satin, 25 Leads.
DOWN: 1 Battleships, 2 Amp, 3 Doe, 5 Learn, 6 Corresponds, 8 Brie, 10 Map, 13 Don, 14 Foe, 16 Least, 17 Camp, 18 Rig, 21 All, 22 Rye.

NAME GAME

HUGH DENNIS
1G, 2S, 3I, 4N, 5N, 6U, 7D, 8H, 9E, 10H.

CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
M	G	E	L	P	Q	U	N	B	R	F	H	W
14	15	16	17	18	19	20	21	22	23	24	25	26
I	V	A	S	Y	T	C	D	Z	O	K	X	J

R	B		O	A	F		G	R						
W	E	D	L	O	C	K	U	M	P	I	R	E	D	
L		I		R		Z		F		J				
H	A	R	P		G	A	U	Z	E	T	R	O	D	
X			E		S		X			I				
E		V	I	O	L	E	N	T	L	Y		C		
E	D	D	Y		M		D		R	O	W	E	D	
F		I	B	E	X		B	E	A	U		A		
T	A	R	N		T		H		M		N	O	S	Y
P		G	A	R	D	E	N	I	N	G		C		
P			I	A		S					E			
B	A	K	E		C	A	R	A	T		L	I	N	O
R		L		B		I			O		E			
D	E	V	A	L	U	E		R	E	Q	U	I	R	E
L		N		T	R	Y			T		Y			

PICTURE POINTER

R		H	D			A										
I	M	P	A	L	E	F	E	N								
P	A	R	R		T	H	O	R	N							
D	E	C	I	D	E	R		D	I	E						
H	O	D														
N	A	I	R	O	B	I		E		O						
N	N		T	H	R	O	B		P		R					
B	R	E	W	E	R		O		L	I	A	I	S	O	N	
E		A	B	Y	S	S			E	N	D	S		W		
D	A	F	F	Y	D		P		S	E	T	T	L	E		
C		E		E	P	I	C		O	N	E	O	F	F		
C	H	A	R		R	E	T	U	R	N		X		R		
		D			C	A	B			A	M	I	G	O		
P	A	R	T		S	L	I	P		C	O	N	A	N		
R	O	M	E	O			C	U	M	I	N		Z			
G		A	T	O	M	S		D		D	E	T	E	R		
N	O	E	L	E	D	M	O	N	D	S		T	I	D	E	
					E	R	A		L		S		N		L	
							R	E	E	S	E		K	A	Y	
							B		A		L	A	V	E	R	
							R	O	T	T	E	N		R	O	B
							A	W	E		E	C	Z	E	M	A
							D	E	N	O	T	E		D	A	N

EASY SU-DOKU

1	8	5	6	3	2	9	4	7
2	6	4	1	9	7	5	8	3
9	3	7	8	4	5	6	2	1
7	1	6	4	2	3	8	5	9
5	2	3	9	7	8	4	1	6
8	4	9	5	1	6	3	7	2
6	5	1	2	8	9	7	3	4
4	7	8	3	6	1	2	9	5
3	9	2	7	5	4	1	6	8

SU-DOKU TOUGHIE

8	7	4	9	5	6	3	2	1
3	1	6	4	7	2	5	9	8
2	9	5	8	3	1	6	7	4
9	6	8	2	1	4	7	3	5
5	3	1	6	9	7	8	4	2
7	4	2	3	8	5	1	6	9
6	8	7	5	2	9	4	1	3
4	5	9	1	6	3	2	8	7
1	2	3	7	4	8	9	5	6

KILLER SU-DOKU

7	6	3	5	2	9	8	1	4
1	2	8	7	6	4	3	9	5
5	9	4	8	3	1	2	6	7
6	4	9	1	8	2	7	5	3
3	5	7	9	4	6	1	8	2
2	8	1	3	7	5	6	4	9
4	1	2	6	5	7	9	3	8
9	3	5	2	1	8	4	7	6
8	7	6	4	9	3	5	2	1

HITOSHII

2	3	4	1	5
5	1	2	3	4
3	2	5	4	1
4	5	1	2	3
1	4	3	5	2

MIRRORGRAM

BANKRUPTED

HIDE'N'SEEK WORDSEARCH

Goodnight Sweetheart

30-SEC BRAIN TEASER

Beginner 51
Intermediate 206
Genius 126

JUST A BIT OF FUN

2 Seal on a document

BRICKWORK

1 Romance,
2 Cornea,
3 Crane,
4 Race,
5 Ear,
6 Real,
7 Glare,
8 Angler,
9 Wrangle.

MINDBOGGLER

1 Interlude,
2 Nightmare,
3 Delighted.

RUSSELL GRANT

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Aries March 21-April 20

Concern about an older relative's financial situation will prompt you to talk to a money manager. You may be accused of interfering in another person's business but you can't ignore this situation any longer. Especially when you're in a position to be able to help.

For more call **0905 789 4171** (80p/min + network access charge)

Taurus April 21 - May 21

Confusion over a legal or financial matter is creating tension in the home. The sooner this situation is addressed, the better. Talk to an accountant or solicitor to find out who is entitled to what. Deceptive relatives and false friends are coming out of the woodwork.

For more call **0905 789 4172** (80p/min + network access charge)

Gemini May 22 - June 21

A power struggle is causing tension in the family. Keep out of it as no matter how carefully you word your advice, someone will accuse you of taking sides. Relationships are a source of stress. Instead of getting drawn into arguments, find a place where you can be alone.

For more call **0905 789 4173** (80p/min + network access charge)

Cancer June 22 - July 23

Talk to a solicitor or legal advisor before signing a contract. If there is anything in the wording you don't understand, ask for clarification. You've been so busy keeping on top of things that an important job could fall through the cracks. You may have to delegate tasks to colleagues.

For more call **0905 789 4174** (80p/min + network access charge)

Leo July 24 - August 23

Taking regular exercise will boost your productivity. Getting enough sleep and improving your diet will have a big effect on your health and wellbeing. If you feel insecure and hypersensitive, exercising your creative side can also help recharge your emotional and spiritual batteries.

For more call **0905 789 4175** (80p/min + network access charge)

Virgo Aug 24 - Sept 23

Be patient with a youngster's emotional outbursts. It is possible this child is having a hard time coping with some changes that are being imposed. If you're concerned about a child's education or school experiences, talk to the teacher. The youngster is relying on your support.

For more call **0905 789 4176** (80p/min + network access charge)

Libra Sept 24-Oct 23

If you're living in a toxic neighbourhood, the sooner you relocate the better. You're too sensitive to have to endure verbal abuse from neighbours. Register for rehousing or start looking for a home in a better location. Be patient as it will take time to find a place that suits your needs.

For more call **0905 789 4177** (80p/min + network access charge)

Scorpio Oct 24 - Nov 23

You're becoming increasingly concerned about the health of an older relative or neighbour who may be too proud to ask for help, but calling in regularly will mean you can keep an eye on this person's progress. If you feel it's needed, help get the medical care he or she needs.

For more call **0905 789 4178** (80p/min + network access charge)

Sagittarius Nov 23 - Dec 21

Someone in the family will ask for your help in resolving an argument. The moment you step in, you will wish you hadn't. All the bickering, moodiness and sulks will start to get you down. It would be better to step back and hope that those you live with will come to their senses without your help.

For more call **0905 789 4179** (80p/min + network access charge)

Capricorn Dec 22 - Jan 20

It will feel rewarding to spend time on home improvement. Repainting drab rooms and refurbishing shabby furniture will be a very satisfying experience and one that will inspire you to also upgrade your kitchen and bathroom appliances. Relocating to a new home is another option.

For more call **0905 789 4180** (80p/min + network access charge)

Aquarius Jan 21 - Feb 19

People you see regularly seem to have no time for you. Your best friend is immersed in a new romance. A partner has commitments elsewhere and seems to have forgotten you exist. Try not to take this absence personally. Take the chance to do something you've always wanted.

For more call **0905 789 4181** (80p/min + network access charge)

Pisces Feb 20 - Mar 20

Stay positive and keep smiling even if it feels as if nothing is going your way. Appliances that break down can be replaced or repaired. Stumbling blocks you face now can be overcome. Soon life will get easier. Keep telling yourself that the happiness you deserve is within reach.

For more call **0905 789 4182** (80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge - maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

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TO 61011

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DMIST

CARTOONS



Batch cooking BBC Good Food daily recipe to collect

Big-batch bolognese

Whip up a huge batch of bolognese that's fit to feed a hungry crowd, or freeze half for a speedy midweek meal

4 tbsp olive oil
6 smoked bacon rashers, chopped
4 onions, finely chopped
3 carrots, finely chopped
4 celery sticks, finely chopped
8 garlic cloves, crushed
2 tbsp dried mixed herbs
2 bay leaves
500g mushrooms, sliced
1½ kg lean minced beef (or use half beef, half pork mince)
6 x 400g cans chopped tomatoes
6 tbsp tomato purée
large glass red wine (optional)
4 tbsp red wine vinegar
1 tbsp sugar
parmesan, to serve

carrots and celery for 20 mins until golden. Add the garlic, herbs, bay leaves and mushrooms, then cook for 2 mins more.
2 Heat a large frying pan until really hot. Crumble in just enough mince to cover the pan, cook until brown, then tip in with the veg. Continue to fry the mince in batches until used up. Tip the tomatoes and purée in with the mince and veg. Rinse the cans out with the red wine if you have some, or with a little water, then add to the pan with the vinegar and sugar. Season generously and bring to a simmer. Simmer slowly for 1 hr until thick and saucy and the mince is tender. Serve with pasta and parmesan.

PREP:
25 MINS
COOK: 1 HR 30 MINS
SERVES 12



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TOMORROW'S RECIPE: CHILLI MARRAKECH