



JOANNA LUMLEY

My terror at gun bandits' threat to kill me

SEE PAGE 9



BREXIT: 100 UK OFFICIALS GET TOUGH WITH EU

SEE PAGE 7



Britain's infection toll hits 39 as PM spells out battle plan to contain outbreak

BORIS WARNS: VIRUS LIKELY TO SPREAD WITHIN DAYS

By **Macer Hall** Political Editor

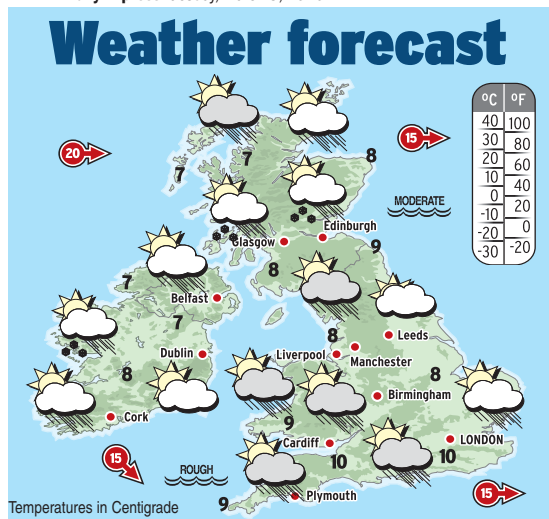
BORIS Johnson last night warned that a significant outbreak of coronavirus across the UK is likely over the coming days.

As the number of confirmed infections in Britain reached 39, the Prime Minister approved a battle plan for containing and delaying the spread of the disease at a

TURN TO PAGE 4



A girl wears a protective mask in the capital yesterday



North West: Sunshine and scattered showers, wintry for a time. Moderate westerly winds. High 7C (45F).

Northern Ireland: Plenty of sunny spells but also showers, perhaps wintry. Moderate south-westerly winds. High 6C (43F).

Norfolk: Cloudy with some heavy showers at first, but these will clear to leave it dry and sunny. High 10C (50F).

Midlands: Sunny spells at first, but cloudier in the afternoon with showers. Westerly winds. High 8C (46F).

North East/Yorks: Sunny spells but with the risk of an isolated wintry shower later. Moderate westerly winds. High 8C (46F).

Scotland: Sunny spells and scattered showers, with showers wintry over high ground. Drier later. High 9C (48F).

JK OUTLOOK TOMORROW: A bright start with a good deal of sunshine, but turning cloudier for most during the day. Scattered showers for Scotland, but otherwise dry.

SIX-DAY FORECAST						
Temperatures in Centigrade						
	WED	THU	FRI	SAT	SUN	MON
	min max	min max	min max	min max	min max	min max
London	2 9	4 9	5 9	7 12	5 12	6 11
Belfast	1 7	2 7	5 7	5 10	4 9	5 8
Birmingham	2 7	3 8	4 8	6 12	4 10	4 9
Cardiff	4 8	4 8	6 9	7 12	4 10	6 10
Glasgow	1 7	3 7	5 7	7 10	4 9	4 8
Manchester	1 7	3 8	5 8	6 11	4 10	4 9
Newcastle	0 8	1 7	2 7	5 11	3 10	3 9
Norwich	3 8	2 7	3 8	6 11	4 11	4 10
Plymouth	5 9	5 9	8 9	9 11	6 10	7 10

4 hours			RAIN			TEMP		
Sun			(mm)			(min/max)		
London	8.5	0.0	1	7		5.5	0.15	1
Birmingham	6.8	0.03	2	8		8.0	0.00	-2
Cardiff	7.7	0.00	1	8		8.0	0.12	2
Glasgow	5.4	0.04	0	7		6.7	0.00	0
Manchester	8.2	0.00	-1	8		7.9	0.00	1
Newcastle	7.2	0.16	2	8		4.0	0.22	4
Norwich	8.2	0.00	-1	8		8.1	0.01	-1
Plymouth	8.2	0.20	3	8		7.4	0.12	1
London	8.9	0.35	3	8		7.0	0.00	4
Cardiff	7.2	0.01	0	7		6.1	0.00	1
Glasgow	5.9	0.08	2	6		6.1	0.00	1

Moon, sun and tides		
MOON rises: 10.33am, sets: 2.09am		
SUN rises London: 6.40am, sets: 5.45pm		
Manchester rises: 6.51am, sets: 5.51pm		
Full Moon 09 March		
HIGH TIDE		
London Bge	(6.45am), (7.14pm)	
Liverpool	(4.04am), (4.42pm)	
Greenock	(5.33am), (6.09pm)	
Dover	(3.46am), (4.18pm)	

Lighting-up times		
Belfast	6.04pm-7.04am	
Birmingham	5.51pm-6.46am	
Bristol	5.54pm-6.48am	

Warmest: Plymouth 11C (52F)		
Coldest: Coningsby -2C (28F)		
Wettest: Guernsey 0.79in.		
Sunniest: Aberdeen 9.2hr.		

Today			Europe forecast			Tomorrow		
Amsterdam	Fair	8C/46F	Amsterdam	Fair	8C/46F	Amsterdam	Fair	8C/46F
Brussels	Showers	7C/45F	Brussels	Fair	8C/46F	Brussels	Fair	8C/46F
Dublin	Sunny	8C/46F	Dublin	Showers	7C/45F	Dublin	Showers	7C/45F
Frankfurt	Fair	8C/46F	Frankfurt	Cloudy	9C/48F	Frankfurt	Cloudy	9C/48F
Geneva	Cloudy	8C/46F	Geneva	Fair	9C/48F	Geneva	Fair	9C/48F
Isle of Man	Cloudy	18C/64F	Lisbon	Fair	18C/64F	Lisbon	Fair	18C/64F
Madrid	Cloudy	14C/57F	Madrid	Fair	19C/66F	Madrid	Fair	19C/66F
Paris	Fair	9C/48F	Paris	Cloudy	10C/50F	Paris	Cloudy	10C/50F
Rome	Fair	14C/57F	Rome	Fair	15C/59F	Rome	Fair	15C/59F

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Regulated

Fearful elderly call for urgent reform in care

EXCLUSIVE
By Sarah O'Grady
Social Affairs Correspondent

BRITAIN'S crisis-hit social care system needs urgent reform according to a huge swathe of the public.

As the Government's first Budget approaches, a clear message has been sent to Prime Minister Boris Johnson with a poll showing almost half of adults think the sector should be a major priority for ministers.

And 79 per cent of people aged over 70 worry about being able to afford decent care in old age – an increase of seven per cent since last August.

Research seen exclusively by the Daily Express showed social care was the second most important issue to the public, behind the NHS.

Worrying

Reacting to the study by specialist housing provider Anchor, Baroness Ros Altmann, care campaigner and former pensions minister, said: "More and more families are worrying about funding later-life care needs.

"It's a potentially catastrophic situation for those who find they get no help from the state and have to use their life savings and family home to pay for care.

"The artificial distinction between what counts as a 'health' need and what counts as a 'social care' need, is clearly wrong.

"If a millionaire has cancer, the NHS covers all the costs. If a widow has

WHY SHOULD WE STAY QUIET?



Not forgotten... Terry Keen, 73

TERRY Keen lives in sheltered housing at Willow Glade in Reigate, Surrey.

The 73-year-old said: "There seems to be a hope that older people will stay quiet and 'make do'. That's unacceptable and simply not going to happen.

"We won't be a forgotten generation. "Later life should be exciting and filled with potential, but we need to be valued and supported and for reform to happen to make that possible."

dementia then the state pays nothing towards her care until she has used up any assets, including her house.

"It's clear the number of people needing care will rise and this survey shows that worries about how to pay for care are also rising."

Jane Ashcroft, chief executive of Anchor Hanover, said: "The public are rightfully pushing for reform, now counting social care in their top two most urgent domestic policy issues.

"Successive government failures to address the crisis have forced a string of emergency cash injections, as funding pressures deepen.

"We cannot wait any longer for sustainable social care reform. This Budget is an opportunity for the government to deliver on its pledge to fix social care."

Caroline Abrahams, of

Age UK, said: "Far too many older people are struggling without the care they need, or watching with horror as their hard-earned money disappears into sky-high care bills. It's just unrealistic to expect individuals to save for their own care."

Contribute

"We need a government scheme we all contribute to throughout our lives, which means care will be there if we need it in our old age."

However, there is some good news in the survey.

Since August 2019, confidence that Mr Johnson will reform social care is up from 31 per cent to 38 per cent.

Anchor Hanover surveyed 5,413 people, including 1,509 aged over 70.

OPINION: PAGE 12



Caring... the Duchess

Camilla is hailed for campaign on abuse

By Liz Perkins

DOMESTIC abuse survivors have praised the Duchess of Cornwall for being "caring" and "honest" in sustained support for them, says a charity chief.

Suzanne Jacob, of SafeLives, said victims were heartened by the way she spoke out across the Commonwealth on the issue.

At a SafeLives event at Clarence House in London Camilla, 72, said domestic abuse "affects everybody" and urged people to "get up and talk about their experiences".

The Government will today set out an enhanced version of the landmark Domestic Abuse Bill – stalled by the general election – which includes lie-detector tests for abusers released from jail.

Killed

Ms Jacob said: "The Duchess talks about domestic abuse in a human way and it makes a difference."

Camilla will speak on domestic abuse at the Women of the World Foundation festival at London's South Bank on Friday.

Eighty women were killed by a partner or ex in the year to March 2019 – 27 per cent up on the previous year.

Female victims of homicide increased from 220 to 241 – the highest number since 2006.

Some years ago, after hearing the story of abuse survivor Rachel Williams, 47, shot at by her estranged husband Darren after asking for a divorce, the Duchess was in tears. Darren – and later Rachel's son Jack – killed themselves.

Now an anti-abuse activist, Rachel said: "She has been a constant supporter. We won't stay silent so abusers can stay invisible."

COMMENT

MORGAN VINE

Head of policy, Independent Age

AGEING is a privilege, with many people making the most of the opportunities life brings as they advance in years.

However, growing older can also come with its challenges.

We often hear from people who are living with long-term conditions or are in poor health, needing help with the most basic tasks, such as using the lavatory, getting out of bed and washing.

Worryingly, all too often these people are blocked from the support they need or face huge costs to receive it.

We want to see a

system that ensures people can grow older with dignity, where the burden on family carers is reduced, allowing people to access support earlier and reducing the pressure on the NHS. To achieve this, reform is essential.

Since December, the Prime Minister has made multiple promises to address the social care crisis once and for all, and

we welcome the spotlight he has shone on the issue.

Sadly, the families relying on the social care system have spent years on the receiving end of broken promises.

At Independent Age we are campaigning for free personal care. This wouldn't solve everything, but an entitlement to basic help such as dressing, washing and eating would reduce anxiety around costs and simplify the system.

Whatever the solution, the common thread is that we need a system that works for everyone... regardless of wealth.



Louis Theroux, with host Noel Fielding, admits he has never made a cake

Why I'm a flop in bread, by Bake Off Louis

By Laura Harding

IF YOU'RE thinking of having a few quid on Louis Theroux rising to the top in the next *Celebrity Bake Off* – it might be an idea to keep your money in your pocket.

The documentary maker will compete against comedians Jenny Eclair and Russell Howard and *Love Island* star Ovie Soko in the competition, which starts on Channel 4 next Tuesday.

But sadly for all his fans, he admits he is far better at eating cakes than making them or baking bread. He said: "I can follow a recipe but I don't bake very often and I don't have much experience."

"I've done a few little things – brownies, banana bread, flapjacks, one or two other things but basically that's it."

"I only vaguely know how much I don't know. I've made cupcakes but I don't think I've ever made a full-size cake."

Theroux has revealed Tom Cruise sent cupcakes to his grandmother for her 100th birthday.

And he told how he had always



wondered if there was a link between this and Scientology.

Hollywood star Cruise is the most high-profile member of the controversial religion which was the subject of Theroux's film *My Scientology Movie*.

He said: "I think he's a guy who's incredibly proactive about being friendly."

"What it means concretely is

that if it's your birthday, he sends you cupcakes. I don't think he makes the cupcakes, I think he's got a person who makes beautiful cupcakes."

"Or if it's the birthday of someone very close to you. I think that's what it means."

"But I have to admit, he didn't send me any cupcakes, he sent them to my granny, and that was

only because my cousin Justin, who's an actor, wrote *Tropic Thunder*, which Tom Cruise was in."

"So I think, after that, they became friendly and then Justin mentioned to Tom that it was our granny's 100th birthday."

And Tom sent her cakes when she turned 100.

"But I was wondering whether there's a link with Scientology?"

Theroux will compete against Soko, Eclair and Howard – seen above with host Sandi Toksvig

Whether you get to some level where you get a certain power over cupcakes?

"But I've read quite a lot about Dianetics and Scientology, and I don't remember anything about cupcakes."

● *The Great Celebrity Bake Off for Stand Up To Cancer* starts on Channel 4 at 8pm next Tuesday, March 10.



The Sussexes will be at Abbey service

Harry and Meghan to join royals for last time

THE Duke and Duchess of Sussex will join the Queen, the Prince of Wales, the Duchess of Cornwall and the Duke and Duchess of Cambridge at the couple's final official engagement before they quit royal life.

Buckingham Palace gave further details of Harry and Meghan's appearance at the annual Commonwealth Day service at Westminster Abbey next week. It

By Richard Palmer
Royal Correspondent

will be the first time the Sussexes have appeared with the Royal Family since their announcement in January, and their last as senior royals.

Harry and Meghan caused a crisis by announcing they wanted to step back into a dual role, supporting the Queen and earning

their own money. But the plan was unworkable and the couple are now dropping their HRH status and stepping away from the monarchy completely from the end of the month.

The service in London on Monday will be broadcast live on BBC One and across the BBC World Service.

World heavyweight boxing champion and Team GB Olympic

gold medallist Anthony Joshua will deliver a reflection, while singers Alexandra Burke and Craig David will perform.

Guests among the 2,000-strong congregation will include Prime Minister Boris Johnson, the Commonwealth secretary general Baroness Scotland, high commissioners, ambassadors, faith leaders and more than 800 children and young people.

WE WILL CONTAIN AND

Pictures: ANDREW PARSONS, TIM CLARKE

FROM PAGE ONE

meeting of the Whitehall Cobra emergency committee.

Ministers could instruct millions of employees to work from home to slash unnecessary travel under a "social distancing" strategy, the Government said.

Mr Johnson will also seek to rush legislation through Parliament by the end of the month allowing emergency powers to limit large public gatherings and maintain supply chains for food and other essentials.

At the Cobra meeting, Chancellor Rishi Sunak also warned ministers of the threat of a worldwide economic downturn after the Organisation for Economic Co-operation and Development raised concern about the biggest hit to world growth since the 2008 financial crisis.

Last night Mr Johnson said: "It is highly likely coronavirus will spread more widely in the coming days and weeks, which is why we're making every possible preparation."

"We have agreed a plan, which I will set out in detail today, so if the virus should spread, we are ready

Boris Johnson urged people to wash hands



Health Secretary Matt Hancock at the meeting

DAILY EXPRESS VOTE

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Connor... 'it is scary here'

Briton in Wuhan: 'I didn't know I had it'

THE first Briton believed to have caught coronavirus did not find out he had it until he had recovered.

Connor Reed said his illness progressed from cold-like symptoms to a bout of flu and finally pneumonia.

Speaking via video link from Wuhan in China, where the outbreak began, he said he fell ill in late November, before the first cases were reported. The teacher

from Llandudno, Conwy, found out he had had the virus in January.

He told ITV's This Morning: "At the time, I didn't even know what coronavirus was. I got sick, I got over it. That's the way I look at it."

Connor, 25, went to hospital as his condition worsened and was given an inhaler and antibiotics.

He said the city remains under strict quarantine, with residents only allowed out with permission

from officials. Shops have closed and citizens must order food through a group buying process.

He said: "It is scary, because normally the streets are bustling. But at the moment it is very dead."

On the national situation he said: "On a regional level I believe there were some hospitals covering it up. But at national level they've learnt from the Sars outbreak - so the numbers they give are accurate."

to take necessary steps to contain it and protect the most vulnerable.

"But we can all continue to do our bit to fight this virus - by washing our hands with soap and water for the length of time it takes to sing Happy Birthday twice."

In a BBC interview last night, the Prime Minister said "a very significant expansion of coronavirus in the UK population" was "clearly on the cards".

He said: "At the moment, it's difficult to speculate about exactly how it may or may not progress but what I think you can say with a fair degree of certainty is that it is much more likely than not that we will face a challenge in the weeks and months ahead."

"You've got to consider the realistic possibility that there is now going to be a significant expansion in the number of cases."

Mr Johnson said the Government was preparing emergency measures including closing schools and cancelling major public events that

could be introduced if and when the outbreak spreads.

He added: "What we've got is a range of calibrated responses. The issue will be when and how and with what logic to apply them."

"Of course we will do everything we can to stop the spread of the disease."

Measures in the plan include:

- The possibility of the Government encouraging widespread home working and discour-

aging unnecessary travel as part of a "social distancing" strategy.

- Emergency registration of retired health professionals who could be recalled to help out the NHS.

- Possible relaxation of rules around staff to pupil ratios in education and childcare settings.

- Every Government department will have a designated minister in charge of leading the departmental response to the virus outbreak.

- A "war room" will be set up in

the Cabinet Office bringing together experts and scientists from across the Government and the NHS to prepare a massive public information campaign.

Professor Paul Cosford, emeritus medical director of Public Health England, also warned that widespread transmission of coronavirus in the UK was likely.

He said: "I wouldn't say anything is inevitable, but it is now highly likely. At the moment, the vast

majority of cases we see in the UK are still linked to countries where there is more widespread infection, either in Italy or South-east Asia.

"It is true to say there is a small number now where it is much more difficult to find that link and that is leading us to think we may well see more widespread infection in the UK fairly soon."

"It could happen in the next few days or it could take a little longer."

During yesterday's Cobra meeting, Mr Sunak said the Treasury was making preparations with the Bank of England and financial regulators for the economic impact.

Extra cash for the NHS is expected to be announced later this week.

Mr Sunak said: "The whole Government is working closely together to tackle the spread of Covid-19. We are well prepared for this global threat and, as the wider economic picture becomes clearer, we stand ready to announce further support where needed."

COMMENT: PAGE 12



A home-made sign spotted in Haslemere

CHEEKY SIGN LIGHTENS THE MOOD

A CORONAVIRUS outbreak in a small Surrey town remained a mystery yesterday - as residents showed they still had a sense of humour.

A cheeky home-made sign appeared in Haslemere announcing that it was "twinning with Wuhan", the Chinese city where the coronavirus outbreak began. A man

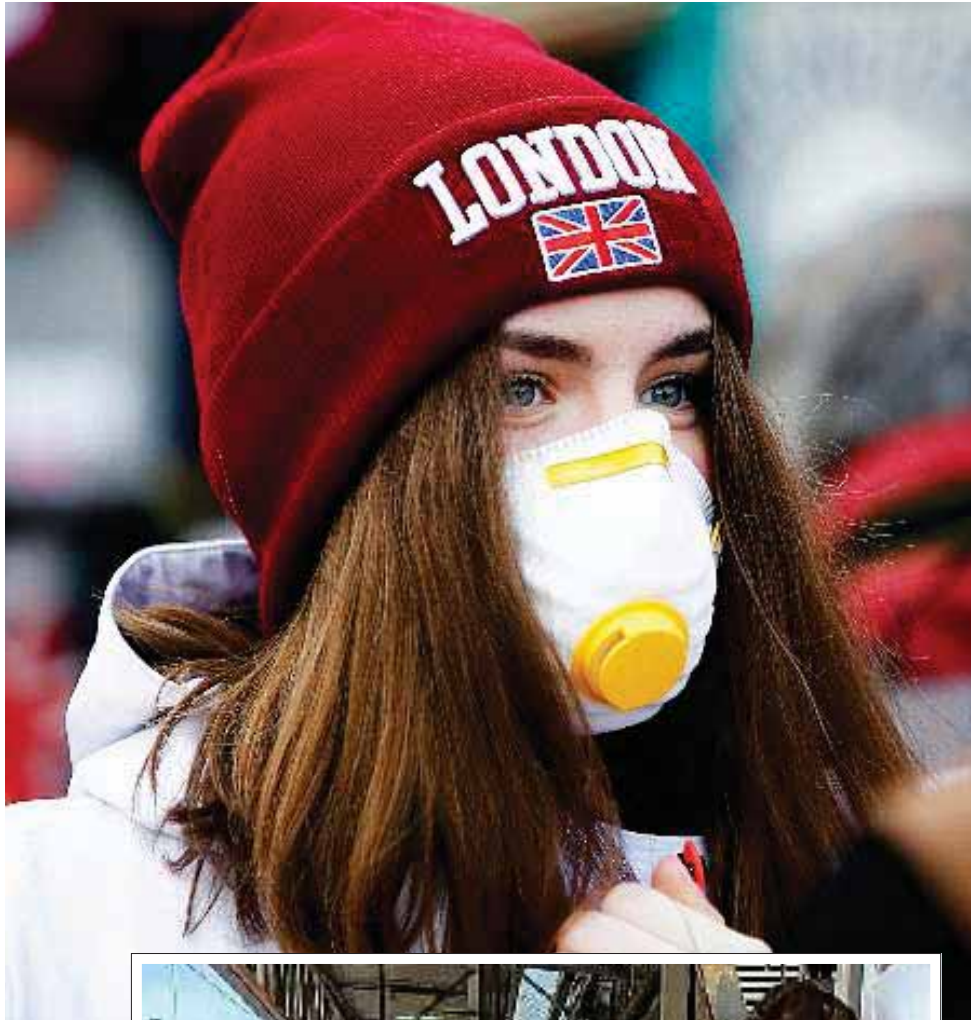
from the area last week became the first UK patient diagnosed after catching the virus on home soil.

Three members of his family then tested positive, but officials have yet to determine how he first encountered the virus.

It is understood he had not recently travelled abroad.

PROTECT, VOWS BORIS

Pictures: HENRY NICHOLLS/REUTERS, MATT BROWN/SWNS



As fear of the virus spreads a girl is seen wearing a face mask in London yesterday while in the morning a commuter in Milton Keynes was spotted wearing a gas mask



'Stop travel in and out of UK'

HALF of us think all travel in and out of the UK should be stopped in a bid to halt the spread of coronavirus.

And just under half – 49 per cent – do not believe the Government is doing enough to contain the outbreak, a study of 1,000 UK adults found.

Almost a third are "very concerned", with 73 per cent worried about elderly relatives or those considered at high risk.

Many believe all major festivals and sporting events – such as Glastonbury, Cheltenham Festival, the FA Cup final

By **News Reporter**

and the Grand National – should be scrapped. And more than a quarter of those polled are worried about the effect the virus is going to have on their holiday, research firm OnePoll.com found.

It also emerged 47 per cent of parents are worried about sending children to school, with sports clubs also a concern.

Almost a quarter admitted avoiding handshakes while 15 per cent said they are stockpiling food and essential items.



Threat...Grand National



Wimbledon College shut after a teacher was diagnosed with virus

UK cases rise to 39 as 4 more test positive

By **Hanna Geissler**

FOUR more people in Britain tested positive for coronavirus yesterday, bringing the number of confirmed cases to 39.

Schools and health centres closed and brought in deep-cleaning crews after staff and pupils fell ill.

More than 13,500 people have now been tested for Covid-19 across the country.

England's chief medical officer Professor Chris Whitty said the four new cases were in Hertfordshire, Devon and Kent.

All had recently returned from Italy, which has seen Europe's biggest outbreak.

Since last Wednesday, more than 70,000 people have used the NHS online 111 service to check their symptoms – the new pathway for coronavirus was used by more than 35,000 on Saturday alone.

NHS England is spending £1.7million more on an extra 500 phone responders.

Wimbledon College in south-west London closed after a teacher tested positive, and Churston Ferrers Grammar School in Torbay, South Devon, shut after a pupil was diagnosed.

London's Guildhall School of Music and Drama closed after a male teacher contracted the virus.

An email said he came into contact with "a limited number of students", who were receiving urgent advice. Mount Vernon Cancer Centre

in Hillingdon, north-west London, reassured patients after a worker was diagnosed, saying the risk was "very low". Infectious diseases expert Professor Paul Hunter, of the University of East Anglia, below, said the global spread of Covid-19 was now "pretty close to inevitable".

He said a worst-case scenario could see it infect half the UK population and kill up to a million people.

Prof Hunter said: "I don't think it will actually get anywhere near that, but it will still be substantially worse than a typical flu year.

Maybe with 100,000 fatalities." British Airways axed hundreds of flights and Ryanair is cutting services by up to a quarter. To match

reduce demanded, BA is also merging flights between March 16 and 28, including those between Heathrow and New York's JFK, Italy, France, Austria, Belgium, Germany, Ireland and Switzerland.

The European Commission has now raised the virus risk level from moderate to high and two more deaths were reported in France.

Italy has more than 2,000 confirmed cases and 52 deaths.

Meanwhile Britain, Germany and France have offered Iran, which has seen at least 66 deaths, £4.4million to help fight the virus.





Devastation...part of tower where 72 people died

We're sorry says architect boss behind Grenfell refurbishment

By Caitlin Doherty

A DIRECTOR of the architecture firm behind the refurbishment of Grenfell Tower apologised for the 2017 tragedy yesterday, telling the bereaved and survivors: "It shouldn't have happened."

Andrzej Kuszell, from Studio E, told victims he was "really, really sorry" when he gave evidence to the inquiry into the disaster.

It is currently looking into how the 24-storey tower in west London came to be covered in flammable cladding during its refurbishment between 2012 and 2016.

A blaze at the north Kensington block killed 72 people.

At the end of his questioning, Mr Kuszell said: "Hindsight now comes into play...doubtless absolutely



Giving evidence...Andrzej Kuszell

every one of us would wish to turn the clock back.

"I have to say that if we had understood that building regulations were not robust... this is so sad to say but I don't think this tragedy would have happened, and it really cracks me up, because it shouldn't have happened.

"It really shouldn't have

happened, and I'm really, really sorry for all of you."

Mr Kuszell told the hearings that the managing architect on the tower's refurbishment, Bruce Soules, had no experience of overcladding residential blocks.

Studio E was involved in the regeneration of neighbouring Kensington Academy and

Leisure Centre (KALC), and later Grenfell Tower itself.

Mr Soules began his evidence late on Monday, and told the hearing: "If a project comes along and there is no reason not to do it, you do it."

Yesterday's hearing was the first time the inquiry has sat since last week's decision by Attorney General Suella Braverman to guarantee some witnesses will not be prosecuted on the basis of what they say at the inquiry.

It does not cover any documents submitted to the inquiry, and does not stop witness evidence being used against corporations in future.

Protesters against the move had briefly delayed the hearing as Mr Kuszell began to give evidence.

Shouts of "it's a disgrace", and "What's the point?" were heard. The inquiry continues.

By Macer Hall
Political Editor

A FORMER aide to Priti Patel who took an overdose after allegedly being bullied received a £25,000 government payout, it was said last night.

The junior employee said Ms Patel, then the employment minister, told her to "get lost" and "get out of her face" and acted with an "unprovoked level of aggression".

Legal correspondence which the BBC says it has seen claimed the woman took an overdose of prescription medicine following the alleged incident in 2015.

She brought a formal complaint of bullying and harassment against the Department for Work and Pensions, including Ms Patel, after being dismissed from her role.

Threatened

The woman's grievance letter claimed she had previously tried to kill herself after reporting similar allegations of workplace bullying about another individual a year earlier.

It was reported that a settlement was reached in 2017 for £25,000 after the aide threatened to bring a legal claim on the grounds of race and disability against the department, including Ms Patel who is directly named.

The DWP did not admit liability and the case did not come before a tribunal.

The revelation comes after Boris Johnson yesterday triggered a Cabinet Office inquiry following a string of bullying allegations against Ms Patel, now Home Secretary.

The PM ordered the probe "to establish the facts" in response to the outcry over the resignation of top civil servant Sir Philip Rutnam.

Cabinet Office Minister Michael Gove announced the inquiry in the Commons. It will

Former aide of Patel won £25k payout after taking an overdose



Resigned...Sir Philip Rutnam

look into claims that Ms Patel broke Whitehall's ministerial code of conduct over her treatment of civil servants.

Sir Philip, 54, quit as the Home Office's permanent secretary on Saturday following a string of clashes with Ms Patel.

Threatening action against the Government for constructive dismissal, he accused her of orchestrating a "vicious" cam-

paign of briefings against him and accused her of bullying.

Raising the resignation in the Commons yesterday, Labour leader Jeremy Corbyn said: "These are just the latest in a series of allegations that suggest an unacceptable pattern of behaviour."

However, Tory backbenchers rallied in support of Ms Patel.

Former minister Robert Halfon said: "My constituents in Harlow want fair immigration, fairness to the taxpayer and 20,000 more police on our streets. Does this not have the nasty whiff of an establishment trying to stop these policies?"

Tory MP Alicia Kearns, formerly a civil servant, said: "On the day of the EU referendum result I was told by senior civil servants it was the wrong decision. Is it not right that ministers need to be robust with civil servants to make sure the people's priorities are delivered?"

Former Cabinet minister Owen Paterson said: "Her real offence is that she's upset the establishment."



Tory MPs have supported Home Secretary Priti Patel

Boozy MPs drink more units than UK average

By News Reporter

MPs drink more booze than the average Briton, a study has found.

Parliamentarians are more likely to indulge at least four times a week and tot up a minimum of 10 units on a typical day – the equivalent of a bottle of wine, five pints or 10 shots of spirits.

Binge drinking – six or more units in a session – is also more common than in the general public.

And MPs are more liable to feel guilty about their intake, reports BMJ Open.

Author Dr Tony Rao, a psychiatrist at King's College London, said the study aimed to explore "risky – hazardous, harmful and dependent – drinking among MPs".

He said: "Further examination of alcohol availability is warranted, as we understand there are 30 bars, restaurants and hospitality suites at which alcohol is available or sold in the Palace of Westminster, and six bars open most evenings when MPs are voting."

In total, 146 MPs filled out an anonymous survey in 2016. Thirty-seven per cent were women and half were aged over 50.

Last year MPs were warned not to hold boozy lock-ins at their offices after bars shut. And before becoming Speaker of the Commons, Sir Lindsay Hoyle said there was a drink problem that "needs to be addressed".

Pictures: DOMINIC LIPINSKI/PA; AFP

We'll ditch all EU rules, vows UK's trade talks army

By **Sam Lister**
Deputy Political Editor

AN ARMY of 100 negotiators will tell Brussels that Britain will not follow EU rules in return for a post-Brexit trade deal.

Talks continue today with the European Union insisting the UK must sign up to common standards in order to be given preferential trading conditions.

In a two-hour meeting at the European Commission yesterday, UK chief negotiator David Frost set out Boris Johnson's vision for future relations.

His team has been told to be friendly but robust – and protecting Britain's sovereignty is the top priority.

A Government spokesman said: "The UK will engage constructively to reach a Free Trade Agreement which fully respects the UK's political and regulatory autonomy."

There are fears flashpoints may collapse the talks within weeks, with clashes over competition, fishing and the role of the European Court of Justice (ECJ).

UK officials were reminded they are in Brussels to deliver on



Trading opinions...David Frost, left, and Michel Barnier yesterday

the Government's manifesto to negotiate as sovereign equals – and there will be no alignment with EU rules or ECJ jurisdiction in the UK.

Brussels wants a so-called level playing field where Britain would maintain the same or similar standards on the environment, labour and state aid rules.

The EU also wants to stop the UK slashing red tape to undercut the bloc.

without a trade deal. The Prime Minister wants significant progress by June to allow a deal to be finalised by September.

He will decide whether to pull the plug on talks and instead "decide whether the UK's attention should move away from negotiations and focus solely on continuing domestic preparations to exit the transition period in an orderly fashion".

Both sides are at odds over a Canada-style free trade deal, as well as demands over fishing, state subsidies and standards.

EU chief negotiator Michel Barnier says such a deal, which would axe most import taxes but still require some border checks, is not suitable due to Britain's nearness to the continent.

Sam Lowe of the Centre for European Reform said: "A deal by the end of the year is still possible but it will require both parties to drift away from their opening positions."

"In practice, it requires the UK to move a lot and the EU to move a little."

Warning

Talks are expected to continue until Thursday before a second round in London later this month.

For the first time since Britain left the EU on January 31, officials wore passes on lanyards featuring the Union flag.

Both sides agreed not to shake hands amid fears over the spread of coronavirus.

Britain is refusing to extend talks beyond the end of the year, warning it will walk away



Dummy run for Boris and baby

BORIS Johnson will have even more reason to wax lyrical when he discovers Madame Tussauds has added a baby carrier to its model of the Prime Minister.

The premier was reportedly unaware yesterday of the temporary waxwork addition – a baby strapped to his chest in a sling. The Prime

Minister, 55, and fiancée Carrie, 31, received warm congratulations from political well-wishers when they revealed they were expecting their first child in the summer.

But some branded the announcement's timing – following the resignation of top civil servant Sir Philip Rutnam – as "convenient".



NHS a 'red line' in US negotiations, says Truss

BRITAIN is willing to walk away from trade talks with the US if that is what it takes to protect the NHS, International Trade Secretary Liz Truss said yesterday.

The health service will "not be on the table" during talks, due to start this month, a document published by the Department for International Trade confirmed.

And the Government will not be compromising on environmental protection, animal welfare and food

By **Martyn Brown**
Senior Political Correspondent

standards. Ms Truss told Sky News: "We want a deal with the EU on Canada-style terms. If we have to trade with the EU on Australia-style terms, we will. Likewise with the US – we want to get a deal as soon as possible, but we're certainly not going to sell out the NHS."

"That's a very clear red line. We're not going to allow drugs to cost

more on the NHS and we're not going to sell out our food safety and animal welfare standards."

"We'll walk away if it is not a deal that suits the UK because one of the key reasons people voted to leave the EU was to have control over their own rules and regulations."

The paper acknowledged concerns about US chlorine-washed chicken and hormone-fed beef.

It said: "Ensure high standards and protections for UK consumers

and workers and build on our existing international obligations."

"This will include not compromising on our high environmental protection, animal welfare and food standards."

The Government has estimated a US trade deal would boost Britain's economy by £3.4 billion over the next 15 years. US ambassador to the UK Woody Johnson welcomed the 184-page document, adding: "Lots of work to do – let's get started."



We'll walk away...Liz Truss

EXCLUSIVE INTERVIEW

By **Giles Sheldrick**
Chief Reporter

POLICE have ignored the public for too long – and it is high time they started listening again.

This is the candid message from Nick Adderley, chief constable of Northamptonshire Police.

He said forces, including his own, did not pay enough attention to the victims of crime and the people they are supposed to serve.

Dealing with increasingly complex crime has seen fewer officers patrol the streets and spending less time dealing with low-level but important offences, like burglary and theft.

Speaking to the Daily Express, former naval officer Mr Adderley said: “The police service has lost sight of what is really important to the public. And that is listening to their concerns and doing something about it, whether that’s a house burglary, car theft, or having something stolen from a garden shed.

“These are the things that actually bother people and the things that really matter to them.

“Yes, we have to deal with complex criminality, but the public has suffered as a result. It’s important that dealing with this doesn’t come at

Time for police to listen to people we serve

‘The police service has lost sight of what is important to people’

the expense of listening to people.” Nearly half of Britons say they never see a bobby on the beat – the highest number since records began 12 years ago and almost double the 26 per cent logged in 2012, according to independent think tank the Police Foundation.

Only 16 per cent see a police foot patrol at least once a week, Office for National Statistics data uncovered by the foundation shows.

The think tank said the public were disillusioned at how forces have withdrawn from “visible local policing” which has contributed to the first decline in public trust in the police since tracking began in 2006.

Last month Matt Parr, HM Inspector of Constabulary, said a squeeze on budgets had a “corrosive” effect on forces’ long-term relationship with the public. Suspects

were charged in just 7.8 per cent of crimes recorded in England and Wales in the year to March 2019, down from 9.1 per cent the previous year. He said the public had “rumbled” that in crimes like minor burglaries, assaults and car theft, police capacity was “extremely limited”.

Mr Adderley’s assessment is backed by the Police Federation, which represents rank-and-file officers, and comes weeks after inspectors said victims had stopped report-

ing some crimes because they believed there was no chance of offenders being brought to justice.

“We might not be able to get their stolen property back but the very least we can do is visit them, or speak to them, and give them a crime number,” said Mr Adderley.

“In a way we have got to get back to basics. All I want is the public to have the confidence that when they contact us, we will respond quickly and do something. Isn’t that

what the police are for?” John Apter, of the Police Federation of England and Wales, added: “Officers spend more time completing forms for a crime than they do spending time with the victim. That’s not right.”

The Home Office said that 20,000 extra police officers are being recruited while the Safer Streets Fund is being launched to tackle crimes like burglary and theft.

OPINION: PAGE 12

Nick Adderley wants to get back to basics



Mortgage approvals on the rise

By **News Reporter**

THE number of mortgages approved to homebuyers increased to its highest level in nearly four years in January, figures reveal.

Some 70,888 loans were given, the highest since a total of 72,251 in February 2016.

January’s total was more than four per cent higher than December’s, the Bank of England’s statistics revealed.

Remortgaging approvals were also up by almost four per cent, to around 52,100.

Property values increased by 2.3 per cent annually in February, Nationwide said last week.

Simon Gammon, of Knight Frank Finance, said: “Lenders have started the year eager to do deals. Borrowers have been spoilt for choice when it comes to attractive deals.”

Bad sleep heart link

MIDDLE-AGED people who do not go to bed at a set time are twice as likely to develop heart disease.

Regular sleeping patterns for over-45s could be as vital as exercise and diet.

Dr Tianyi Huang said: “We hope our study will raise awareness about the importance of a regular sleep pattern in improving heart health.” The findings are in the Journal of the American College of Cardiology.

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Poster girl...Joanna Lumley in front of Che Guevara image in Cuba



Havana absolutely fabulous day...Joanna mingles with locals in the Cuban capital

Your money or your life, bandit gang tell Joanna

By **Sara Wallis**

JOANNA Lumley was trapped by an armed gang threatening "your money or your life" as she filmed a TV documentary.

The 73-year-old actress and her crew were ambushed in the mountains during a 1,500-mile adventure for her upcoming ITV documentary, *Joanna Lumley's Hidden Caribbean: Havana To Haiti*.

Joanna tells today's *Radio Times*: "Suddenly there was a blockage across the road. They'd put branches down. Luckily, we had two big bodyguards who got out and said, 'Come on guys, clear this away'.

"And they [the gang] said, 'No, we want your money or your life'."

Broken

The criminals eventually let Joanna and the camera crew pass.

Joanna's documentary begins in Cuba, where the star of *The New Avengers* and *Absolutely Fabulous* visits the capital Havana and Marxist revolutionary Che Guevara's tomb in Santa Clara.

Arriving in Port-au-Prince, Haiti, during a riot, she describes the capital as an "absolute catastrophe", saying: "All the aid workers don't go to the parts we went to because they're no-go areas." Joanna

was horrified to see desperately poor children living "like wild animals".

She says: "The country's broken, nothing works. There are some unbelievably poor communities. There were street children sleeping rough, having been abandoned by their families because families can't take on any more."

Despite the tragic scenes, Joanna, who is married to conductor Stephen Barlow, loves making documentaries.

She says: "My husband and I have only known long separations and irregular work, so we're used to it. Sometimes we're like ships in the night but whenever we can we race up to our cottage in Scotland."

The former model reveals she does not like award nights. She says: "Most people I know would rather cut their ankles off than walk another red carpet."

"You'll only be criticised for whatever you've chosen to wear, some people saying you look horrible. And then you have to sit in a chair for four hours and not get a prize. What's to like?"

● *Joanna Lumley's Hidden Caribbean: Havana To Haiti* begins next Tuesday at 9pm on ITV.

Show emotion like Americans, Fiona urges Roadshow crowds

FIONA Bruce has told of her frustration at the great British reserve of people on *Antiques Roadshow* – lamenting their lack of American exuberance.

In an interview with this week's *Radio Times*, the BBC presenter, who is on her 13th series as the face of the show, said she wished people would let their emotions show more.

She pointed to last Sunday's episode when a musician turned up without fanfare carrying a guitar – that had been gifted to him by Beatle George Harrison.

Fiona said: "The Roadshow has been going for 41 years, so how come George Harrison's guitar turns up now? We valued it at

By **Mark Reynolds**

around £400,000. He didn't pay a bean for it."

On the famous British reserve, she said: "Generally we British don't like talking about money.

"When someone is given an absolutely stonking value they tend to say, 'Hmmm'. Whereas in the American version, people actually faint to the ground. It is a tiny bit frustrating."

Fiona, 55, who also presents *Question Time* as well as reading the news, said she enjoyed juggling all her media roles.

But on *Antiques Roadshow*, she said: "I just love it. I turn up for a day's work in a beautiful place,

maybe a stately home or even somewhere intensely urban, and everyone who comes along is excited to be there.

"So suddenly to be in this place of great enthusiasm is an unmitigated pleasure."

She said her view of the great British public was not only formed via the roadshow, but also from the more angry audiences on *Question Time*.

But Fiona said: "Well, it's a lot calmer than last year. There was a level of anger and toxicity that this year, so far, is absent."

● *Radio Times* is out today.

Picture: JEFF OVERS



Fiona Bruce says she enjoys juggling her TV roles

Calm in face of fortunes

PARTICIPANTS on the *Antiques Roadshow* have a long tradition of showing great British reserve in the face of exciting revelations – and large valuations.

In 1991, *Roadshow* expert Eric Knowles told Terry Nurrish a plant pot that was snapped up as part of a £100 job lot was made by Christoffe for the Paris Exhibition in 1874. It sold for an eye-watering £668,000.

On another occasion, Canon Jamie MacLeod bought a portrait from a Cheshire antiques shop for £400. He said little when told it was a £400,000 Van Dyck.

Child dies as Turkey lets migrants flee to Europe

By **Chris Riches**

A CHILD has become the first reported death since Turkey opened its borders last week to let migrants reach Europe.

The unnamed boy drowned after a boat carrying migrants to the Greek island of Lesbos capsized yesterday.

After a rescue operation was launched the coastguard said they had rescued the migrants, which included two children who were taken to hospital – one of them unconscious.

But resuscitation efforts on the unconscious child, a boy aged six or seven, failed.

The tragedy happened after Turkish President Recep Tayyip Erdogan said his country could no longer cope with the surge of refugees from war-torn Syria and he would no longer enforce a 2016 EU deal to prevent migrants entering Europe.

Overtaken

Footage also emerged of a coastguard onboard a boat jabbing at migrants on another boat, which was also shot at. The Greek coastguard claimed 46 migrants on a dinghy heading to Lesbos, accompanied by a Turkish patrol vessel while in Turkish waters, overturned it deliberately once in Greek waters.

On Friday Turkish officials set the crisis in motion by announcing they would no longer try to stop irregular migrants from reaching Europe.

Yesterday President Erdogan told a meeting of his Justice and Development Party, in Ankara, that more than 100,000 migrants have entered the EU.

Meanwhile, Greek police have used tear gas to stop the thousands entering and asked EU border agency Frontex for urgent help.

Turkey already hosts some 3.7 million migrants from Syria alone, more than any other country in the world.

Ankara has repeatedly complained that the EU has failed to keep its



Footage showed a migrant boat being attacked off Lesbos as waves of people leave Turkey. Right, a boat lands on the island



promises under the 2016 EU-Turkey refugee deal to help stem the tide of migrants.

The recent refugee surge followed an attack by Syrian regime forces on Turkish troops in the Idlib de-escalation zone.

Frontex has moved on to a high-alert footing, stationing troops along the 27-nation bloc's land border with Turkey and in the Greek islands. Some

migrants threw stones and metal bars when stopped, and Greek border guards fired tear gas.

EU Council president Charles Michel and EU Commission president Ursula von der Leyen will today visit the border with Greek Prime Minister Kyriakos Mitsotakis.

Yesterday the Greek government said: "Turkey, instead of curbing the traffickers' channels of migrants

and refugees, has itself turned into a trafficker."

Greece has blocked new asylum applications for a month, because of the "co-ordinated and massive nature" of migration from Turkey.

The statement added: "This relocation of people has nothing to do with international law regarding the right of asylum, which concerns only individual cases."

Pollution cuts lives by 3 years

AIR pollution is cutting almost three years off people's lives, warns a new study.

It is responsible for more deaths than malaria, HIV and smoking – or wars and other forms of violence.

The findings, published in the journal *Cardiovascular Research*, warn that the world is facing an "air pollution pandemic".

If air pollution was reduced by removing fossil fuel emissions, average life expectancy worldwide would increase by just over a year, they claim.

Professor Jos Lelieveld, who led the German research, said: "Five and-a-half million deaths a year are potentially avoidable."

Stab cycle of violence

ONE in five knife victims has previously been treated in hospital for violence injuries, a study has found.

Researchers say police dealt with 47,136 offences in the year to March, the highest figure since recording began in 1946.

But 18 per cent of knife-wound victims had already been treated by doctors for previous violence injuries, according to the University Hospitals Birmingham.

The authors demanded a crackdown on machetes and called for them to be included alongside zombie and cyclone knives as offensive weapons.

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Pictures: DAN WOOLLER/REX, GETTY



Sheridan Smith and fiancé Jamie Horn at show. Inset, Kelly Brook

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

The stage version of the hit Nineties 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, ruthless Edward Lewis with his shrivelled heart and brick-like mobile phone and happy hooker Vivian Ward will totally buy into this high-energy version of the tale as old as time.

Sticking faithfully to the film's original storyline, the musical practically replicates the script word for word, with

REVIEW

SIOBHAN McNALLY

PRETTY WOMAN: THE MUSICAL ★★★★★
Piccadilly Theatre

a few added jokes for big laughs. And if you don't mind the guitar chords of music by co-writer Canadian rocker Bryan Adams, then you're in for a treat.

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

Similarly, leading man Danny Mac is a Gere mini-me – and when the two of them get together, it looks like a couple of cute kids playing

dress-up. Saying that, the 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 hair would be a perfect hiding place for the pesky devices? However, the beautiful couple are eclipsed by the big stars of the show.

Happy Man (played by Bob Harms) and Vivian's BFF Kit de Luca (Rachael Wooding) put the pissazz into razzmatazz with their show-stopper numbers.

Of course, the reality is that in these #metoo days, stalky Edward Lewis would be doing time in a correctional facility.

But if you can park your 21st-century sensibilities, *Pretty Woman* is a guilty pleasure that hits the spot.

Mum-to-be Sheridan is looking Pretty swell at dazzling new stage show

ACTRESS Sheridan Smith returned to the West End last night to welcome the arrival of *Pretty Woman* to the stage.

The pregnant star, 38, enjoyed a night out in London with fiancé Jamie Horn, 28, for the opening night of the theatre version of the Hollywood classic.

She showed off her bump in a black blazer matched with a pair of black loose-fitting leggings and tan designer boots.

Actress and model Kelly Brook, 40, also stepped out on the red carpet for the occasion, along with former Girls Aloud singer Kimberley Walsh, 40, and entertainer John Barrowman, 52.

The curtain went up on the show last night at the Piccadilly Theatre with

By **Liz Perkins**

stars Aimie Atkinson as Vivian and Danny Mac as her love interest Edward.

They take on the characters made famous by Hollywood stars Julia Roberts and Richard Gere in the 1990 film of the same name.

The hit movie was the story of a sex worker hired by a wealthy businessman to be his companion for a week.

The show ran for a year on Broadway, New York, with Manchester-born Samantha Barks taking the lead role.

Aimie, 32, has previously insisted she is

Actress Julia Roberts starred in the original hit 1990 movie



keen to make the role her own. She said: "We're paying homage to the movie, but I'm not doing an impression of Julia Roberts."

"It's got those iconic moments you would want but we're not really commenting on prostitution."

"It's more about the love story and the connection that these two people have."

"She isn't willing to settle for anything less than what she's worth, and I think that is incredible."

"He offers her what he believes is everything – money and cars and jewellery and people sucking up to you all the time, whatever you want – and she says, 'No that's not enough'."

"I think she is a very strong role model because she chooses a better life for herself, and she's more than what people think of her."

Pretty Woman: The Musical is scheduled to run at the Piccadilly Theatre until January 2021.

Harry: I ran from knife thugs

By **Laura Harding**

SINGER Harry Styles says he threw himself in front of a car to escape muggers who had threatened him with a knife.

The One Direction star said his ordeal began when he was approached by a group of men near his home in London.

Harry said he thought he was being followed so he crossed the road but they crossed too.

He said: "I thought, 'I'm about to get robbed'. The guys are like 'Hey, can we talk to you for a minute?' and there is nobody around."

Harry told Howard Stern's SiriusXM radio show in the US: "My heart's pounding, so I'm like 'Sure'. And he said 'What have you got on

Star's terrifying ordeal as gang demands his phone

you'. And they all kind of gathered around me, and I said 'I haven't got anything'. And he's like, 'Stop ***** around'."

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

"So I pull out my phone and I'm thinking, 'OK this is really annoying, but I'll wipe it and get a new phone – not worth fighting over."

"And then the guy's like, 'Unlock your phone'. The other guy pulls his shirt up and he's got a knife sticking

in his pants. I just said, 'I'm sorry mate, I can't. I can't unlock my phone'. And the guy's like, 'You've got 10 seconds to unlock your phone' and he starts counting them down."

Harry said he tried to hand over the handset, but the mugger insisted he unlock it first. He added: "There's a little pond behind them near where I live, and I thought I'd throw it in the pond and neither of us can have it. Then I thought, I don't want to p*** them off."

"Then the lights changed, and two cars were coming. So I just run into the road and try to stop a car, and

obviously a mad man runs into the road and tries to get in your car you won't let them into your car, so they don't let me in, and I try to get another car, they don't let me in."

"Then I just turned and ran back towards the little village area near where I live. I just sprinted and I guess because they had cash they ended up turning around."

Asked if it made him feel unsafe, Styles said: "I went walking around the next day for that reason."

"I walk a lot of nights when I'm home and I really like it. So I went and had some friends with me the next time."



One Direction star Harry Styles



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Let's see a Budget plan for Cinderella social care

FOR too long social care in this country has been a Cinderella issue – neglected and under-funded. Successive governments have paid lip service with a blizzard of unfulfilling consultations – including the latest Green Paper, which has been delayed an outrageous five times. But little has happened.

Now, with a certain inevitability, the people are restless. A recent survey by housing company Anchor found that half of Britons are demanding that our unfit social care system be urgently reformed.

The survey also found that social care was a huge priority for our citizens – young and old alike – and that an alarming 79 per cent of respondents aged over 70 worry about being able to afford decent care in older age.

Social care raises so many troubling issues, not least the gobbling up of life savings. The UK's policy response has been iniquitous, with care seen as part of a lifestyle, rather than a health need, and thus privatised.

That said, the public remains optimistic that this Government will deliver on social care reform.

The forthcoming Budget on March 11 will be its opportunity to prove that it has a plan – and it must deliver.

Long ear of the law

THERE'S long been a conversation about whether we have a police "force" or a police "service". Now a top cop in Northamptonshire has joined the conversation. Nick Adderley, a former naval officer, believes that the police need to listen more to the public and pay more attention to victims of crime.

As fewer officers visibly patrol the streets, spending more time on paperwork and less dealing with low-level but important issues such as burglary, assault and car theft, one can see why public trust has fallen to the lowest levels since tracking began in 2006.

Nor does Mr Adderley think that the mooted 20,000 new police alone will solve the problem. Respectfully, what we all need is for those in charge of the thin blue line to listen to those who suffer from criminal activity. Only then can the relationship with the law-abiding public be rebuilt.

Swansong for Sussexes

IT'S time for Harry to become an ex-prince. Next Monday sees Henry Charles Albert David Mountbatten-Windsor and Meghan Markle's last official royal engagement alongside the Queen, Prince William and Kate Middleton at a Commonwealth Day service at Westminster Abbey.

The couple will then depart royal life as of March 31 and the Prince will reverse every fairy tale ever told and become any old Tom, Dick or, probably, Harry. We wish him luck – but we suspect it won't be the last we hear from the self-deposed couple.

What's the wisest strategy as virus numbers mount?

YOU really don't need me to tell you about coronavirus. I mean that literally: according to the latest poll by Populus, coronavirus was by far the most talked about subject last month.

In yesterday's poll, 76 per cent of the public said the spread of coronavirus (or Covid-19, to give it its technical name) was the story to which they had paid most attention – a figure that even Brexit rarely reached in previous such polls.

So far, few of us appear to have fallen victim to full-scale panic, with our Keep Calm and Carry On motto – although I heard yesterday of someone who has bought three months' supply of toilet roll.

Indeed, some commentators downplay its impact here altogether. As I write, the ever-changing blizzard of figures totals 90,225 cases and 3,080 deaths worldwide. But compared with seasonal flu, which causes up to 646,000 deaths a year, they argue, it's barely worth worrying about.

So far, there have been just 39 confirmed cases in the UK.

But the nature of a pandemic – if coronavirus can yet be defined as one – is that its spread takes a while, doesn't seem that bad at first... and then suddenly accelerates.

AND all the projections show that we are more likely than not to see just that acceleration here. The worst-case models show that 80 per cent of the population may get the virus, which would mean – based on the death rate seen so far elsewhere – up to 500,000 deaths in the UK.

Looking at the global figures, Professor Neil Ferguson of Imperial College London has calculated "with an enormous amount of uncertainty" that one per cent of those infected might die – with a fourfold margin of error in each direction.

A death rate of 0.25 per cent would be similar to the 1957 and 1968 influenza pandemics,



TAKE CARE: So far coronavirus has affected small numbers in the UK but a pandemic may loom



Stephen Pollard
Political commentator

which killed at least one million people. A four per cent rate would compare with the 1918 Spanish flu epidemic... with a devastating death toll estimated at 40 to 50 million.

So far, most of those who have died have had pre-existing health conditions – not that that is any less of a worry. And we don't know if this will change as the virus spreads and adapts.

The Government faces two choices in its strategy.

On the one hand, we could go down the Chinese route and in effect, lock the country down to minimise the impact.

At the weekend, newspapers carried well-sourced reports of plans being drawn up to order millions of workers to work from home, with firms told to halt all "unnecessary travel" in a "social distancing" strategy.

Ministers are said to be working on the assumption that half the population could be off

work because of fears of infection, quarantine and school and transport closures. One aim of this would be to delay the "peak" of any outbreak until the summer, when the warmer climate would slow its spread and the NHS would be in a better position to cope.

But such a response would come at great economic cost, which could be worse even than the 2008 banking crash.

The impact on the global economy is already huge, with one leading economist saying yesterday that "the coronavirus has put the world economy in survival mode". Last week stock markets suffered their worst performance since the 2008 credit crunch.

The Baltic Dry Index, a forward-looking indicator of global trade, has fallen by half and oil prices are down by about a quarter so far this year. The OECD has warned that

global growth could be halved this year. But the Bank of England aims to stabilise the financial markets, and has pledged, along with other central banks, to ease Covid-19's economic impact.

Another option is to try to minimise the economic cost and let the virus come through and pass as soon as possible.

BUT the human cost of that would be impossible for any government to contemplate. Chinese data showed 14 per cent of those infected have a severe response, and five per cent are critically ill, needing intensive care.

There is no reason to think the impact here will be different. That would be a massive crisis the NHS simply could not cope with.

It's vital that we do not panic – not least because it would be pointless. The Government is about to launch a massive public information campaign, and the scientists all say that the best way for us to react is to observe basic health measures such as washing our hands properly.

It might not seem like much – but it's our best weapon against infection.

'It's said coronavirus has put the world economy in survival mode'

Vanessa Feltz

FROM THE HEART

Oh baby, how we've changed

THE stork is arriving chez Johnson. May blessings rain upon Boris, Carrie and BoJo Junior. Didn't the glad tidings make you reflect upon just how much society has changed?

My mum passed away in 1995. I imagined her being reincarnated for just one day. She read history at the London School of Economics and was a keen political theorist. I keep picturing her expression as



I explain: "Yes, mum, the Prime Minister's girlfriend is pregnant."

"Yes, she lives with him at 10 Downing Street. No, they're not married. Yes, they say they're engaged but it's not clear if the decree absolute from his second wife has come through yet."

"Yes, she's 31, 24 years younger than he is. Yes, it's true no one knows exactly how many children the PM has sired. Yes, the Queen knows about it."

"And, no, no one, except possibly his ex- or current wife (we're not sure which) has batted an eyelid."

Linda gives it to us straight

I REMEMBER Linda Robson when she was a little girl, rocking her showbiz credentials on Junior Showtime.

She morphed seamlessly into Birds Of A Feather in harmonious tandem with her real-life friend Pauline Quirke, growing up further on our screens into her latest incarnation in Loose Women. She's a British constant, a cockney sparrow, loved by all.

When I saw her at the National Television Awards she hinted at having survived mountainous emotional hurdles. How sad to think of Linda wrestling acute depression and alcoholism.

Yet how like her it is – for resilient Linda is honest as the day is long – to tell the true, unpalatable story so that others can take comfort from her ordeal.

Bug etiquette not to be sneezed at

HERE'S the question. With coronavirus raising its ugly head in this green and pleasant land, and with a pressing desire not to catch the horrible bug or pass it on to nearest and dearest – not to mention vulnerable strangers – at which point do we pitch in and speak out?

When do we stop minding our own business and make other peoples' behaviour our concern? When is it not only understandable but also our public duty to wade in on a total stranger's selfishness and knock their potentially infectious frolics on the head?

In a small local restaurant on Sunday lunchtime my family sat at a table adjacent to a prolific and copious cougher.

The bloke was a father of three and, boy, was he afflicted by a persistent moist cough which prompted him to disgorge most of the contents of his lungs at approximately five-minute intervals.

Frankly, I didn't watch him too closely as I was wary of getting a faceful of airborne sputum. On the other hand, I couldn't help sneaking a peek just to check if he was doing as we've all been told to do: catching it, killing it and binning it.

ALAS, none of the above. Our pestilence spreader wasn't wielding a tissue or hacking into the crook of his elbow. He was giving vent at full throttle, making no attempt whatsoever to shield his own offspring – or the rest of us – from the projectile results.

What would you have done? Would you have confronted him, stomped over and asked (politely of course): "Do you realise COVID-19's on the rise? If so, what the **** are you doing, forcing your phlegm on innocent diners?" Perhaps you would have handed him a wodge of Kleenex or summoned the waiter and arranged to move tables. Or would you have done precisely what I did – absolutely nothing at all?

Not everyone is so pathetically cowardly. My pal Mandy recently squared up to cursory hand-washers in the ladies. Her fellow diners had merely squirted a blob of soap on each hand and dipped them under the tap.

Mandy couldn't tolerate such perfunctory ablutions. "That's not how you do it" she bellowed. "Soap, hot water, sing Happy Birthday twice while scrubbing between the fingers and under your nails. Dry on a paper towel and use that towel to turn off the tap." What a girl.



Pictures: INSTAGRAM; GETTY; PA

I'm Holden out for an invite

LORD preserve us from other people's holiday snaps. They're either agonisingly boring or so excruciatingly aspirational we're driven mad with jealousy.

I admit to being stabbed by the green-eyed monster at the sight of Amanda Holden's girly weekend snaps at the gorgeous Soho Farmhouse in the Cotswolds. Yes, the location is chic, but what I coveted was the sense of sisterly solidarity and laughs.

I've had the pleasure of hanging out with some of her fellow revellers Tracy Ann Oberman, Tamzin Outhwaite and Angela Griffin (below left), and the words "total and utter rip-roaring hoot" don't even begin to cover it. Next time, ladies, invite me along.

FEISTY Fern Britton, divorcing husband Phil Vickery after 20 years, announces that she's now feeling "really confident, strong and quite indestructible".

She acknowledges she's been through rough times and all divorce survivors everywhere will be rooting for her.

A word of caution: as with all life changes the path isn't straight or even. Dollops of joy can swiftly be followed by helpless hopelessness. You haven't failed if you feel desperate and utter wretchedness won't last any longer than euphoria. Time – yes, it is a cliché – truly is the best healer.

STICK WITH IT KIM, IT'S ON TREND TO GET UPTIGHT ABOUT THE LATEST FASHION

GOOD luck to Kim Kardashian. She's embraced the trend for toging up in latex and recently sallied forth in a skin-tight tan trouser suit combo, looking for all the world like a giant condom.

I've only suffered the discomfort of head-to-toe latex once

in 1993, when This Morning sent me to report on a rubber fetishists' ball.

I'll gloss over the copious sprinklings of talcum powder that were essential to stop the vile material sticking ferociously to one's flesh, and glide tactfully across the

puddles of sweat that accrued between body and the offending garment.

Suffice it to say that Kim obviously has the metaphorical cojones to suffer and sacrifice for fashion. She's a braver soldier than I am, no question.

Princess Anne kidnap bid hero sad to sell medal to pay for his funeral

A HERO who saved Princess Anne during an attempted kidnap yesterday spoke of his sadness at selling his George Medal to pay for his funeral.

Ronnie Russell was a boxer aged 28 when he punched gunman Ian Ball in the head as he tried to abduct the Princess at gunpoint in London in 1974.

He was awarded the George Medal for bravery by the Queen who told him: "The medal is from the Queen, but I want to thank you as Anne's mother."

Tomorrow it is expected to fetch

By News Reporter

between £15,000 and £20,000 at auction in London.

The former bodyguard, 72, who has suffered with poor health for decades, said: "It will give me, or should give me, the relief I will be able to pay for my own funeral. I am very sad to be doing this."

"I am a through and through royalist to this day."

"I still believe that members of the Royal Family's lives are more important than my own. Dying for them was fine by me."



Proud...Ronnie and George Medal

More rain's on

By Paul Jeeves

MORE heavy downpours will continue throughout this week adding to the misery for communities devastated by the wettest February on record.

Forecasters said there is no sign of any respite for people who have been left reeling by three vicious storms that wreaked havoc across the nation last month.

Storms Ciara, Dennis and Jorge all brought devastating weather conditions to the British Isles which led to thousands of homes and businesses being flooded.

More than 3,300 properties in England have been flooded as a result of the storms, with around 600 more in Wales.

With more rain falling on sodden ground and adding to already swollen rivers the potential for even more flood destruction remains a severe risk.

Last night in England there were 73 flood warnings, meaning flooding is expected, and 124 flood alerts, meaning flooding is possible, still in place after the weekend's battering from Storm Jorge.

Risk

In Wales, two flood warnings and four flood alerts were in effect.

These warnings, predominantly in Yorkshire and around the Welsh border, are expected to stay in place until the weekend with the Environment Agency's five-day flood risk forecast stating that flooding will continue.

The forecast said: "River flooding is expected to continue along the River Severn and the lower River Aire for at least the next five days and also on the River Ouse in York until Wednesday and along the Lower River Wye today."

"Properties will flood and there will be travel disruption. Further rain on Wednesday into Thursday across Wales and southern and central parts of England may cause some land, roads and properties to flood and some travel disruption."

"Local groundwater flooding is expected to be ongoing over parts of the south of England for at least the next five days."

The Met Office said in its five-day weather forecast that further showers would hit northern and western parts of the UK overnight with the pattern continuing today, where frequent showers in the areas are expected. From tomorrow to

A warmer spring 'due to climate change'

MANY parts of the world are likely to see above-average temperatures over the next few months – even without an El Nino effect, experts believe.

The UN's World Meteorological Organization warned global warming caused by humans is now as powerful as the natural phenomenon.

The El Nino Southern Oscillation (ENSO) occurs every two to five years when warm water in the Pacific Ocean drives up temperatures around the world.

It is also linked to heavy rains, floods and drought.

The WMO said there was a 60 per cent chance of a "neutral" situation – without an El Nino or its opposite La Nina – between March and May.

There is a 35 per cent chance of an El Nino and just five per cent for a La Nina.

But the WMO forecasts above-average sea surface temperatures in many parts of the world will lead to higher than normal land temperatures.

Petteri Taalas, WMO secretary-general, said: "Even ENSO neutral months are warmer than in the past, as air and sea surface temperatures have increased due to climate change. With more than 90 per cent of the energy trapped by greenhouse gases going into the ocean, ocean heat content is at record levels."

"We just had the warmest January on record. The signal from human-induced climate change is now as powerful as that of a major force of nature."

Friday, the Met Office said: "Remaining rather cold with rain or showers, wintry on hills, especially in the North."

"The best of any dry weather likely in the East. Windy at times."

Figures from the Met Office show that an average of eight inches of rain fell last month, surpassing the record for February 1990 when 7.6in fell. Fifteen rivers in the Midlands, Yorkshire and Lancashire also recorded their highest levels on record this winter.

John Curtin, executive director for Flood Risk Management at the Environment Agency said: "Record February rainfall and river levels have tested the nation's flood defences; however we have been able to protect over 80,000 homes thanks to the action we have taken."

"Every flooded home is a personal tragedy, and with a changing climate we will need to become more resilient to flooding."

"I'd urge the public to be aware of their flood risk, sign up to flood warnings, and make a flood plan if they are at risk."



Warning signs on the River Severn

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way in no end to flood misery

Care in A&E corridors 'is inhumane'

CROWDED hospital A&E units are leading to "inhumane" treatment of patients in corridors, top doctors have warned.

The Royal College of Emergency Medicine (RCEM) said the departments were too small and inadequately resourced to cope with demand.

The college said: "The result of this is that many patients are being cared for in corridors as there are no available beds to admit them to."

"This is inhumane and undignified for patients and puts huge pressure on staff."

The RCEM says information from 50 trusts and boards since October 2019 showed 100,000-plus patients waited for more than 12 hours in A&E units this winter.

College president Dr Katherine Henderson said: "These figures are shocking and bear out what staff are telling us; our hospitals have run out of room."

She said more beds were needed and "we must end the practice of 'corridor care'."

£5k offer to join health professions

STUDENTS will be offered a £5,000 incentive to join the NHS.

The cost of living grant is part of a campaign by Health Secretary Matt Hancock to train up more nurses, paramedics and radiographers.

Extra payments worth up to £3,000 a year will also be available for specialisms that are struggling to recruit.

Those with child care responsibilities or looking to switch career will also be targeted in the campaign.

Mr Hancock said of radiographers and paramedics: "Everything they do is underpinned by talent, teamwork and compassion. It's also one of the most rewarding jobs out there."

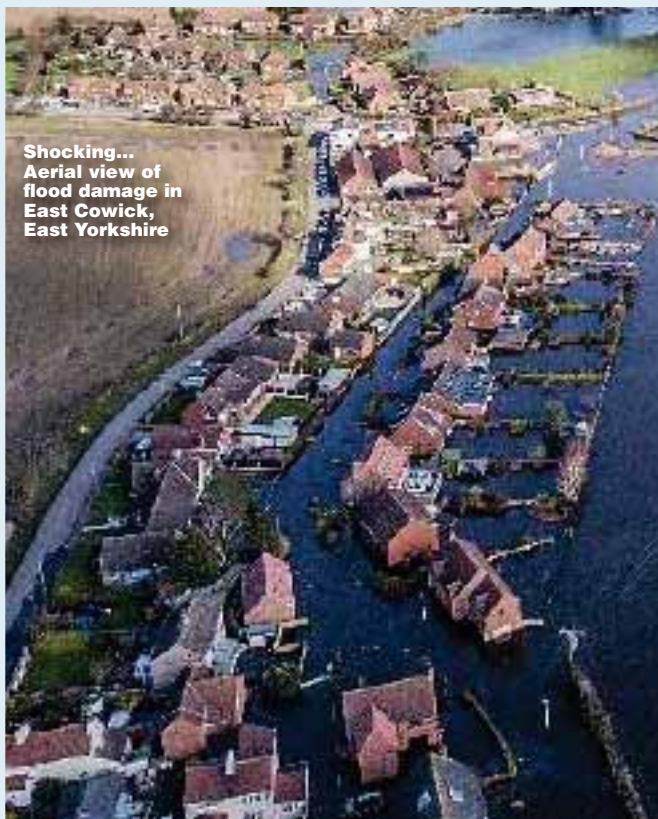
The latest phase of the "We Are The NHS" campaign will include adverts on TV, social media and radio to attract teenagers preparing to apply for university.

The Government needs 50,000 more nurses and 26,000 primary care workers.



Just solar panels and roof of bungalow of Catherine and Kevin Lorryman, left, can be seen in Snaith, East Yorks

We were left to drown, claim angry evacuees



HOMEOWNERS say they were "left to drown" and fend for themselves after they were flooded out of their homes.

People forced to evacuate their properties last week are unable to return because their homes are still submerged.

Shocking images taken yesterday of Snaith and East Cowick, East Yorkshire, show the extent of the flood damage.

Fiona Walker had to help her 80-year-old mother leave her home in East Cowick before it was submerged on Friday.

Suffering

Fiona, 58, said: "Someone needs to be held accountable for this. There should have been plans put in place to avoid any of this. We're extremely angry. 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. We've been forgotten."

"I think Boris Johnson is too wrapped up in coronavirus. It's important but there are people here who are also struggling and suffering. People who voted for his government."

Hundreds of homeowners were

By News Reporter

evacuated from 88 submerged properties in Snaith and surrounding villages last week.

Kevin and Catherine Lorryman have been left "heartbroken" at the prospect of losing their bungalow and fear it will have to be demolished when the waters recede. It is almost entirely underwater, with just the roof and solar panels protruding from the water.

Mrs Lorryman, 56, said: "Everything's gone. We didn't manage to save anything, even clothes. We've got nothing."

Her husband said: "We are just in a dream at the moment and there are people all over this town exactly the same, it's a nightmare."

Residents were forced to abandon their homes after evacuation orders were issued before the River Aire burst its banks.

Twelve heavy duty pumps have been in operation to move water away.

East Riding of Yorkshire Council said the levels in Snaith are now receding slightly.

The Government has said it is investing £2.6 billion in flood defences by 2021.

By News Reporter

MARY Poppins star Dick Van Dyke has hit the campaign trail in support of Bernie Sanders' campaign to be the Democrat who will face Donald Trump in the next US presidential election.

Speaking at the Los Angeles Convention Center, the 94-year-old actor introduced himself to the crowd, saying: "I am what's left of Dick Van Dyke. I'm 15 years older than Bernie."

Van Dyke said: "He's never been a career politician. He was just a patriot who worked as hard as he could."

He predicted that people who had stayed away from Mr Sanders in 2016 are now ready to vote for him after seeing Mr Trump unexpectedly win the presidency.

The Hollywood star, who was joined on stage by his wife Arlene Silver, 48, then did a little jig before pretending he had lost his train of thought mid-speech and did not really know what was going on, saying: "I'm supposed to introduce him, I don't even know if he's here yet."

Sanders is 78 years old and, if elected, would be the country's first Jewish president.

When he appeared on stage, he called for Californian voters to back his campaign in the primary election tonight. He told supporters he was the "youthful, vigorous Dick Van Dyke".

His plea for support came after his second place finish to Joe

Van Dyke, 94, backs 'young' Bernie, 78, to take on Trump

Pictures: EPA, AFP, GETTY



Support...Dick entertained as he backed Sanders, inset



Biden on Saturday night in South Carolina.

California is one of 14 states that vote on Tuesday as part of "Super Tuesday".

Mr Sanders is more than 10 points ahead of any other challenger in the state in the polls, meaning he can claim the bulk of

the 415 delegates up for grabs. The candidate who reaches 1,191 delegates wins the nomination.

Addressing the significance of the state in the race, Mr Sanders said: "The candidate who wins in California has an exceptional chance to win the Democratic nomination."



Rally...Arlene Silver joined her actor husband on campaign trail, below



Poundland set to offer frozen food

POUNDLAND is to sell frozen and chilled foods after a successful trial.

The budget chain said it planned to sell the new lines in 60 of its stores as it moved further into grocery sales.

It said around one in 10 shops would benefit from the expansion, thanks to a partnership with frozen food specialist Fulton Foods.

Brands in the fridges will include Bernard Matthews, Aunt Bessie's, McCain and Young's.

The first stores to see the products will be in Gateshead, Hartlepool, Sunderland and Nottingham.

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

The move comes just months after the budget retailer announced it was ending its historic across-the-board £1 price pledge.



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By **Michael Knowles**
Security Correspondent

VETERANS minister Johnny Mercer vowed to take action yesterday amid fears of a spike in suicides among ex-soldiers who served in Afghanistan.

Fourteen former and serving British personnel are thought to have taken their lives in the past two months.

Mr Mercer, a former Army officer, insisted "help is available" as he announced the Government was accelerating mental health services for veterans.

He said a number of soldiers from a "specific unit that served at a specific time in Afghanistan, the bloodiest time" have committed suicide in recent weeks.

He is believed to be referring to units at the forefront of the battle against terrorists in Afghanistan in 2009. That year, 108 British soldiers died.

The alleged suicides have prompted renewed criticisms over the Ministry of Defence's support for veterans once they return to civilian life.

Ministers are now fast-tracking plans for new mental health treatments for veterans, due to begin next month. The treatments are said to work alongside NHS programmes on PTSD, addiction and debt.

Mr Mercer said yesterday: "Recent events have concerned me



Ex-soldier and MP Johnny Mercer

significantly, and we are reacting accordingly. Services accelerated, data being gathered.

"I want to understand at exactly what stage we could or should have intervened in the process."

He described any suicide as a "tragedy not only for the individual, not only for his family - it's unimaginable".

He added: "It's a tragedy for the institution that I am so proud of."

Mr Mercer insisted help is available and, in a message to veterans, said: "Do not give up."

More than 70 former and serving personnel took their lives in 2018, and at least 50 suicides occurred last year. The MoD is also funding a study to examine the last 12 months of veterans who have taken their own lives.

Afghanistan veteran Dan Arnold, who is the co-founder of military support network All Call Signs, was left devastated by the latest deaths.

The former Lance Corporal said: "The recent reporting of a rise in suicides from individuals who served in Afghanistan is a travesty and more needs to be done."

"I have personally lost friends to Afghanistan. It was one of the last big conflicts our armed forces took part in so, naturally, accounts for a

Alarm over 14 suicides in eight weeks among 2009 Afghan tour vets

Picture: GETTY



Proud... Trevor Coult at Buckingham Palace with Military Cross after Afghanistan tours

I got in my car and drove into a wall

A DECORATED war hero tried to take his own life after witnessing "the worst type of trauma you could ever wish to see" in Afghanistan.

Ex-Colour Sergeant Trevor Coult, 44, broke down while teaching new recruits in 2014.

Trevor had been awarded the third-highest military honour for bravery after fighting off suicide bombers and gunmen who ambushed his convoy in Iraq in 2005. He then survived eight bomb blasts and 76 enemy engagements during three tours of Afghanistan. But he later tried to kill himself by



By **Michael Knowles**

driving his car into a wall. The former Royal Irish Regiment soldier, below, who has PTSD, told the Daily Express: "I was teaching the orders process. I couldn't remember the format and found myself shaking. I went into the staff changing rooms and just cried."

"It was a low point. I went to see the doctor and I never returned to work. It was a terrible time, I didn't know what was going on. I only felt anxiety and stress. I'd break down four or five times a day. No

one spoke to me. I just went home and broke down. I was supposed to be a tough soldier."

"I had received a Military Cross and met US president George Bush. But now, no one wanted to know me."

"Then, one day, I just got into my car and drove it into a wall."

Now he is calling for Army chiefs to stay in regular contact with doctors handling medically discharged soldiers.

Highlighting a lack of mental health services, he added: "When you get discharged, you get treatment for six months."

"But that was only four sessions a month. That doesn't even get through all the trauma of one tour."

large number of individuals coming forward for help, but not exclusively.

"We are still seeing individuals getting support from the Falklands, Northern Ireland and Iraq, alongside those who have poor mental health that does not stem

from combat." The Government also said the MoD veterans study would be extended to include recent service leavers and would be "updated on an ongoing basis to provide real-time monitoring of suicides".

A spokesman said: "Combined,

these studies will provide increasingly robust data in order to understand whether suicide in the ex-forces community is disproportionate compared to the rest of the UK general population, and will identify potential interventions."

Hundreds more UK troops set for Africa

BRITAIN is significantly stepping up military efforts in West Africa amid fears Islamist terrorists are establishing a new caliphate.

Jihadists are co-ordinating attacks as they wreak havoc in Mali, Niger, Nigeria, Burkina Faso and Senegal.

Hundreds of British troops will be deployed to Mali later this year to combat the world's fastest-growing Islamic insurgency.

Colonel Matthew Botsford, who oversees the British military training team in Nigeria, said: "What none of us want to see is a caliphate anywhere near West Africa that imposes its own regime and Islamic law. That's the worst case for us."

Slavery

"Events in the UK over the last couple of years have proved there is a link from Africa to the UK and back to Africa - slavery, drugs, money, trafficking, you name it."

Ministry of Defence deployment papers show 85 personnel and three RAF CH-47 Chinook helicopters are already in Mali, while 100 troops are supporting the Nigerian government to counter Boko Haram operations.

Some 30 British troops are currently training dozens of Nigerian, Moroccan and Cameroonian soldiers in Senegal.

Major John House, who is in charge in Senegal, warned: "If we don't act we may find the problems getting closer to our door."

"The more they have a presence, the more we feel the effect in the UK."

HICKEY

DISCUSSING her role as a gambling addict called Mary in new ITV police series *McDonald And Dodds*, Michele Dotrice, pictured, jokily complains an attempt to master slot machines beforehand proved costly.

Actress sister Karen had persuaded her to visit a London casino for the first time. Michele, 71, who memorably played Betty Spencer in *Some Mothers Do 'Ave 'Em*, explains: "She was showing me how to nudge and push and stick the money in."

Yet subsequently filming in Bath, "I walked in and said, 'Where are the slot machines?' They said, 'No, you're on an iPad'. I'd wasted 60 quid doing my study for this!"



WHILE former Downing Street enforcer Alastair Campbell bitterly insists old foe Piers Morgan has "bottled out" of a celebrity boxing bout for this month's *Sport Relief*, one of the charity's bosses attempts to offer a less violent compromise.

Broadcaster Emma Freud, who originally approached Morgan about stepping into the ring with Campbell to raise "£1million" for the charity, tweets enigmatically to the pair: "I have an idea how we can decide which of you is the better person, without resorting to boxing."

But bloodthirsty Campbell presently remains keen to settle the matter with fists.

ORIGINAL *Star Trek* favourite William Shatner is unimpressed by a suggestion his alter-ego Captain Kirk could make a return "cameo" appearance in the ongoing sci-fi franchise all these decades on.

The 88-year-old, whose character was seemingly killed off 26 years ago, now grandly responds: "I don't do cameos."

Mischievous types suggest Shatner's nose has been put out of joint after rival *Star Trek* veteran Sir Patrick Stewart was recently given a new TV series in his role as Captain Jean-Luc Picard.

NOW announcing she "applauds" Harry and Meghan's decision to step away from the Royal Family, Dame Helen Mirren, pictured, has been teased by the Prince in the past.

Noting her acclaimed role as Queen Elizabeth II both on film and stage, Harry cheekily calls the glamorous 74-year-old "Granny".



HAS anyone found time to explain Aston Villa's Carabao Cup final defeat by Manchester City to celebrity fan Tom Hanks?

The Oscar-winning American actor chose to support the West Midlands club in recent years because he liked the sound of their name.

As I recently noted, his grasp of the game remains limited, however. Hanks mistakenly thought Villa had already won the said cup after their semi-final victory over Leicester City, and embarrassingly took to Twitter to celebrate.

BRITT Ekland's pampered pooch Bowie enjoys prestigious billing during the Swede's current role in a touring British production of comedy thriller *The Cat and the Canary*.

The miniature pinscher/chihuahua mix has her name proudly fixed on the dressing room door along with her owner.

ON A WING

What does it take to get a crashed Spitfire and other iconic military aircraft back into the air? Thousands of man hours, millions of pounds and nerves of steel, reveals a gripping new TV series

DOWNED: The damaged Spitfire MJ772 after it crashed in Kent in 2015, and being restored watched by, right, David Mitchell, 94, who flew her in 1944



SOME BOYS, it seems, are never too old to make and play with model airplanes. After all, what could be more fun than escaping to a shed, there to disappear into a heady world of glue and paint, and to relive the dramas of the Battle of Britain? But there are those who always want to take things a step further.

These are the grown men who don't just have sheds, but actual hangars. And it's in those hangars that they don't just assemble 1:72-scale Airfix kits, but actually rebuild full-size aircraft – and no ordinary aircraft either. For these are iconic warbirds such as Spitfires, Dakotas and Wessex helicopters, all of which are being restored by big boys with very deep pockets indeed.

The stories of these magnificent men and their flying machines are now being told in a new six-part Yesterday channel TV series called *Warbird Workshop*, which goes behind the scenes to reveal quite how painstaking, expensive – and downright dangerous – it is to restore and then to fly aircraft that, in some cases, are nearly 80 years old.

Be in no doubt, these are not cottage industries, let alone a couple of old boys in woolly hats with roll-ups wedged between their teeth, armed with little more than a hammer and a can of WD40.

Restoring these planes costs well into seven figures, and even to buy a knackered old Dakota transport will set you back tens of thousands of pounds. But with a working Spitfire costing in the region of £6million, it could be money well spent – if you have it.

As a result, the workshops are more like industrial hospitals. And the restorers are all highly-trained and experienced, often with impressive degrees in aeronautical engi-



By Guy Walters

neering and with thousands of hours of flying experience.

Take the case of the restoration of one of the very few remaining two-seater Spitfires – known as MJ772 – which was wrecked when it crash-landed in a field in Kent in 2015 after the engine failed.

The veteran of some 50 wartime missions, including many sorties over Normandy after

D-Day in 1944, the plane is now owned and flown by the Biggin Hill Heritage Hangar – although the project's chief engineer, Franco Tambascia, had his doubts that any restoration would be possible.

"I was one of the guys who went to the field where it crashed," he recalls. "I just thought, 'We're never going to get this thing flying.'"

The damage really was terrible, with one of the wings ripped off and all the panels and the spars – the main structural elements of the wings – broken.

One of the biggest challenges faced by the team, as with all the teams in *Warbird Workshop*, was sourcing spare parts, which obviously are not readily available in the aeronautical equivalent of Halfords.

Those restoring Spitfires are relatively



FALKLANDS HERO: Bodged bare wiring was one challenge of restoring the Wessex

AND A PRAYER



BACK IN ACTION: MJ772
flies on Battle Of Britain
Day 2019, with veteran pilot
George Dunn, 97, on board

fortunate, as the RAF has kept thousands of spare parts in storage for well over 70 years, and it is these that are used by the team at Biggin Hill.

During the restoration, there was one man more than any other who was keen to see the plane flying again.

His name was David Mitchell, a 94-year-old former fighter pilot, who flew MJ772 over northern France in 1944 when he was serving with 340 (Ile-de-France) Squadron.

"They were delightful to fly," Mitchell said of the Spitfire. "I can't think of any other aeroplane that was nicer. I had loved the Hurricane before, but after the Spitfire, I didn't like it at all. That plane [MJ772] never gave any trouble – not to me, anyway!"

MITCHELL recalled his service during the war, and how he, along with seven other British pilots, had been attached to a French squadron in The Netherlands "because it had run out of Frenchmen".

"We were stationed at Nijmegen," he explained. "We were over German-held territory within 10 minutes. Contact with the enemy was most of the time in the air. We would only be off the ground for an hour and we would have done our job."

Mitchell was lucky to survive the war, four of his fellow British pilots were killed.

Sadly, however, he did not live to see MJ772 fully restored and flying again.

Another iconic Second World War veteran that is restored during the series is a Douglas DC-3, more commonly known as the Dakota. Although the plane, which was originally designed as a small airliner, lacks the glamour of the Spitfire, it was undoubtedly one of the heroes of the war. As no less a figure than General Eisenhower, the Supreme



TOUGH TASK: Following
extensive restoration the Dakota
finally takes to the skies



Allied Commander, once said: "The Jeep, the Dakota, and the Landing Craft were the three tools that won the war."

In the series, we watch the restoration of a Dakota nicknamed "Night Fright", which dropped paratroopers over Normandy in the small hours of D-Day. As with the Spitfire, restoration is a rich man's game, and in this instance the owner is a businessman and pilot called Charlie Walker, whose family owns a logistics company at Membury in Berkshire.

The task faced by Walker and his team looks almost insurmountable, as the plane is

heavily corroded, with panels as easy to tear as pieces of cardboard. A solution comes in the form of the purchase of another DC-3 for tens of thousands of pounds which can be cannibalised for spare parts.

However there is a snag – the other DC-3 is in Canada, and the team not only need to travel there, but also to rip out the parts they need in temperatures as low as minus 25 degrees.

And even if that is achieved, then the parts have to be shipped across a storm-tossed Atlantic without being damaged.

And it is in just such conditions in the

Atlantic that another of the warbirds really earned its spurs. For it was in 1979 that Westland Wessex helicopters would rescue dozens of sailors during the disastrous Fastnet sailing race, in which 19 were killed in the most treacherous conditions.

The Wessex would also prove to be a redoubtable workhorse during the 1982 Falklands War, not only bringing ammunition and other vital supplies to ground troops, but also flying secret missions for the SAS.

The Wessex is undoubtedly an aircraft with an illustrious history, and it seems surprising that none are still in the air.

However, thanks to Army officer turned businessman Andrew Whitehouse – and a cool third of a million pounds – the series shows the restoration of model XT1761, which first flew in 1966, and had been out of service since the 1990s.

It takes a certain amount of guts to fly in a helicopter that is more than half a century old. Choppers of course have far more moving parts than fixed-wing aircraft, which means that there is much more to go wrong.

And it takes even more guts to fly a helicopter which leaks oil and features wiring that is boded together from numerous repairs.

The goal of Whitehouse's team is to get Wessex airborne in time for the illustrious Yeovilton Air Display – but it would be a plot spoiler to reveal whether it makes it.

Of course, even when – or if – these warbirds take to the air, is only half the story.

The next part of the tale is keeping them there, and for that, those big boys had better make sure their pockets remain very deep indeed.

● *Warbird Workshop* airs on *Yesterday* (Freeview Channel 25) starting on Thursday at 9pm.



We did it...Phil and, left, Paul on DIDI and, right, back on dry land



Oarsome duo row Atlantic in a tiny boat



Phil Pugh and Paul Hopkins before setting out on their transatlantic mission

TWO Britons with a combined age of 120 have rowed across the Atlantic in a 21ft plywood boat.

Phil Pugh, 65, and Paul Hopkins, 55, made the 3,000-mile voyage in 70 days, nine hours and 11 minutes after setting off from the Canary Islands in their boat DIDI on December 12.

But a string of mishaps saw their steering and sat nav fail, forcing them to use maps, a compass and the stars.

Dozens of teams took part in the Atlantic Dream Challenge but the Tyneside pair were the only ones to do so in a little plywood boat.

Phil, who previously cycled across the US and swam around Gibraltar as part of a "megathon", admitted: "This was definitely the toughest challenge I've faced."

"Within hours of setting off we had hit a storm and the 1ft waves became 4ft. Salt gets into all your electric equipment and it just rusts and fails."

"It is unbelievable what a harsh environment the Atlantic is."

Wallsend firefighter Paul said: "The worst mile for me would've been on Christmas Day. My foot had swollen up and I knew I had 12 hours of rowing with gout. The first hour of that wasn't fun." To raise funds to com-

EXCLUSIVE
By Paul Jeeves

pete, 3,000 Newcastle residents, North-east firms and schools gave money to sign their names on DIDI - which stands for Dream It Do It.

Phil said: "That was our inspiration. When times got tough we looked at all those names and surged on."

Rowing in two-hour shifts before anchoring each night, the pair kept their friendship on an even keel.

Phil, who runs a tech firm in Newcastle with wife Michelle, said: "We agreed to have philosophical chats every evening and managed to put the world to rights. The only thing we avoided discussing was Brexit."

Arriving at Antigua last week, the pals are now home and have so far raised £10,000 for the Tiny Lives baby charity and the Fire Fighters Charity.

Father-of-three Phil, whose son Tom, 31, was born premature and needs specialist care, said: "Everything I do is for Tom because he is not physically able to do these things."

The duo are enjoying a well-earned rest. Paul said: "All the sore bits are getting better. We are both just about walking in a straight line again."

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By John Twomey

POLICE have reacted with fury after two officers who risked their lives in the Streatham terror attack were told their conduct was being investigated.

The pair were part of an emergency response team when extremist Sudesh Amman stabbed two bystanders on February 2.

Yesterday, the Independent Office for Police Conduct (IOPC) sparked anger among rank-and-file officers after it announced the duo were now under investigation.

Neither was involved in the fatal shooting of the 20-year-old.

Ken Marsh, from the Metropolitan Police Federation, said: "What kind of message does this send? These officers and their colleagues put their lives on

Fury as Streatham terror police face conduct probe

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

The probe by the IOPC centres around alleged dangerous driving and misconduct.

One of the officers was driving an undercover police car towards the terror attack when it crashed into two other vehicles, leaving

two people injured. The other officer driving a marked armed response vehicle was not involved in the crash.

An IOPC spokesman said: "Misconduct notices do not imply guilt and a criminal investigation does not mean criminal charges necessarily follow. Such notices are not judgmental in any way."



An unmarked police car crashed responding to reports of attack by Amman, inset

Find old love so I can leave her my money, pleads dying Sid, 73

Picture: CASCADE



Searching...pensioner Sid has been looking for Liliias Morgan in Aberdeen

A DYING pensioner is desperately trying to trace the ex-girlfriend he last saw in 1973 – so he can leave her his life savings.

Sid Johnson, 73, a former deep sea diver from Norfolk, has asbestosis and arthritis and said his days are numbered. He wants Liliias Morgan to be his sole heir and has hired private detectives to look for news of her in her home city of Aberdeen in a bid to track her down.

Sid first met Liliias – maiden name Knox – in the late 1960s when she was on holiday Norfolk.

They hit it off and stayed in touch via letter. Liliias and Sid also went on trips together in England.

Sadly, the pair's long-distance relationship eventually ended and Liliias went on to marry a man called David Morgan. Sid said: "I've got

By News Reporter

money in my bank that I don't want to donate to the cats' home.

"I'd rather it gets donated to someone else."

When Liliias married David, he remained friends with the pair, who often visited him in Norfolk.

Sid said: "My sole purpose is that my days are numbered. I live on my own in Norfolk but I want to find this little lass and David, her husband.

"Liliias used to come down and stay with me at my parents and we went on trips to Cambridge and the likes. When she got married, there was no animosity between us.

"What I would like, if they are still alive, is to meet them again.

"This is my holy grail. I've got to try to find her."



main lottery draw on Wednesday 04.03.2020 will also automatically be entered into the free prize draw to win £100,000. The free prize draw also manages 12 society lotteries that operate in rotation and each represents a different geographical region of Great Britain. This month's society which society lottery is running each month please visit www.healthlottery.co.uk or ask your Health Lottery retailer.

Pawfect 10! New arrivals could save declining breed



The red and white setters feeding with their mother

THIS 10-strong litter of precious puppies offers fresh hope for Britain's most-endangered breed.

The alarming demise of the Irish red and white setter has seen it plummet to the bottom of the Kennel Club's vulnerable breeds list in recent years.

In 2019 just 39 new puppies were registered, compared to 35,347 labradors – the UK's favourite dog.

Gun dogs like "red and whites" have fallen out of favour with British owners who now prefer designer breeds like

By News Reporter

cockapoos and labradoodles. Now one of the few remaining breeders of red and whites setters in the UK is celebrating the safe arrival of 10 puppies.

Jim Cuddy, chairman of the Red and White Setter Club of Great Britain, said: "Having 10 new puppies helps the breed, given there were only 39 last year.

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



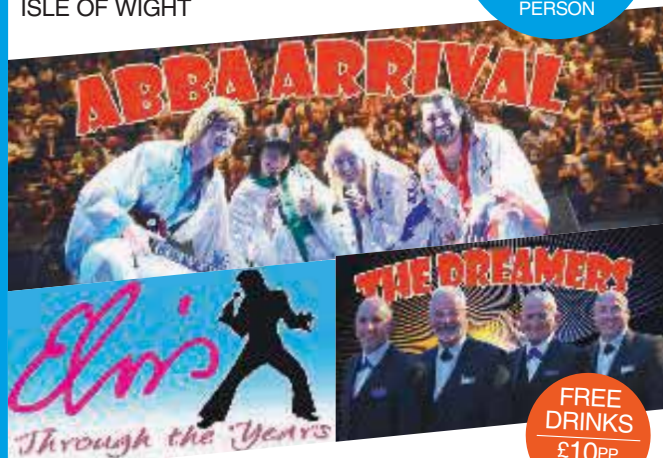
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By John Twomey

A MILLIONAIRE car dealer serving life for the murder of his estranged wife has won a £310,000 battle with the taxman from his prison cell.

Ian Workman, who stabbed his wife in the heart, sued HM Revenue and Customs claiming he was due a VAT rebate on his motor repair and sales business.

A judge has now ruled the killer is eligible for the six-figure tax payback from when his business was thriving in the 1990s.

But Workman will not be able to get his hands on the cash until 2029 – his earliest release date.

The self-made millionaire was jailed for life in 2011 for killing his wife Sue following a bitter divorce that split their family.

Mrs Workman, 55, made a chilling record of her final moments after her ex-husband burst into the family home in Turton, Lancs, ranting and screaming abuse.

Slashed

In her computer journal called Sue's Memories, she wrote: "Ian has come in shouting at me."

Her final entry read: "Standing, staring at me acro-"

Before she could finish the sentence Workman had grabbed a kitchen knife and stabbed her.

To make the murder look like self defence, he slashed himself across the stomach before making a tearful 999 call.

The killer then claimed his wife came at him and had stabbed herself to death in a struggle.

But jurors at Preston Crown Court rejected his story and found him guilty of murder in December 2011. Workman burst into tears as Mrs Justice Clarke ordered him to serve at least 17 years behind bars.

He and his wife had been married for 34 years and she worked for the company as he built it up into the highly-successful IGW Group based in Bolton.

The couple, who had three

Killer wins £310,000 tax battle from his jail cell



Legal bids...Ian Workman and his wife Sue, who he murdered in 2011

sons, were initially happy. But the relationship turned sour and was over by 2008, the court heard.

Mrs Workman petitioned for divorce two years later and applied for a freezing order on her husband's £2.5million assets.

She wanted about £1.4million, including the family home. His best offer was just over £900,000.

The divorce was settled in December 2010 – four months before her murder.

In the fall-out, their eldest son Grant sided with his father while Ben and Nick backed their

mother. After he was jailed for life, Workman sobbed to Ben and Nick: "I didn't do it, boys, I didn't do it." Grant believed his father had acted in self defence.

The killer has launched several legal challenges since he was jailed, but his victory over the taxman is his only success.

In 2014, he lost an appeal against his conviction.

And in the same year a High Court judge ordered him to pay Ben, Nick and his sister-in-law Carole Forrester the £1.4million claimed by his dead wife.

'Insulting' doctors need training to spot menopause, say women

Picture: COLIN LANE

EXCLUSIVE

By **Frances Millar**
and **Hanna Geissler**

DOCTORS have been accused of insulting menopausal women after dismissing concerns that GPs are not properly trained to spot the symptoms.

Women's health activists have warned that hundreds of thousands of patients were wrongly prescribed antidepressants.

They have called for doctors to be better educated.

But the Royal College of GPs insisted menopause was already included in their curriculum, insisting: "Mandatory training courses for some conditions and not others would be unworkable."

Diane Danzebrink, founder of Menopause Support UK, said any suggestion the current teaching



GPs prepared, says Prof Marshall

was adequate "simply doesn't make sense".

In a letter to Royal College chairman Professor Martin Marshall, she said: "Menopause may be included in the curriculum but it is very clear from the dreadful experiences of many thousands of women that simply being part of the curriculum is not sufficient.

"We are concerned that your comments may come across as insulting to many women who are being poorly treated, as well as to your GP colleagues.

"We are told by women on a daily basis that their GPs fail to diagnose menopause and diagnose what turn out to be psychological and cognitive symptoms of menopause as anxiety and depression,



Louise in triathlons at Chester, above, and Liverpool

Louise: How challenges do me good

BBC Breakfast star Louise Minchin says her love of challenges keeps her grounded.

And the 51-year-old said it also eased her menopause.

Recently returned from Namibia where she completed a gruelling trek through the desert for Sport Relief, Louise said: "After every single bike ride, swim, run, I feel that the world is an easier place to be. I'm less stressed, I'm less naggy.

"Throughout the menopause as well, it's been hugely helpful."

The presenter is no stranger to tests of physical endurance, being a big fan of triathlons.

Speaking in today's Radio Times, she said the money raised by her Sport Relief challenge will go to mental health charities, which has personal resonance.

"When my daughter [Mia, now 18] was born, my appendix burst six days later, which was terrifying...I was so ill."

Nine months later she had to be treated for Post Traumatic Stress Disorder.

and offer antidepressants. We also hear of women visiting their GP multiple times, sometimes over a period of years, to try to relieve a multitude of symptoms associated with menopause which are simply not recognised."

Many women going through the change do not experience the tell-tale signs, such as hot flushes and night sweats. Instead, they can

suffer a wide range of subtler symptoms, including anxiety and mood swings.

National Institute for Health and Care Excellence guidelines state that hormone replacement therapy is the primary treatment for menopausal women.

But Ms Danzebrink, who provides menopause counselling to 12,500 women, said GPs too often

mistake a hormonal imbalance for a mental health problem.

She has also written to Health Secretary Matt Hancock expressing her concerns.

But Prof Marshall said: "We understand the strength of feeling among women who are going through or have been through menopause, who do not feel that they have been taken

seriously – and that needs to be addressed. But GPs have the broadest curriculum of any medical speciality.

"While HRT is a safe and effective option for many women, it is not suitable for everyone, and clinical guidelines do not suggest that all, or even most, women with menopausal symptoms should be prescribed it."

I was ill and unable to work

NICOLA Harvey visited her GP five years ago after developing symptoms that left her "barely able to function".

She was plagued by night sweats and insomnia and was diagnosed with severe anxiety and depression.

Nicola, 49, said: "In 2015 I asked my GP if insomnia and night sweats could be menopause but was dismissed as being too young, despite having a hysterectomy two years

before." Nicola, of Monmouthshire, south Wales, was forced to leave her job as an international IT director.

She added: "I was really ill and unable to work for 18 months.

"In 2019, I finally convinced my doctor to acknowledge menopause.

"But I was unable to get the right HRT due to shortages so I'm on tablets that don't agree with me and have been told it's that or nothing."



Nicola...had to quit her job

My three-year wait

AFTER noticing "drastic changes" in her mood seven years ago, Kate Duffy visited her GP.

She suffered from emotional outbursts, insomnia, crippling anxiety and continuous bouts of cystitis and hair loss.

The 52-year-old said: "I was instantly diagnosed with depression. Doctor appointments, time and money were wasted on numerous anti-depressants I could not tolerate."

Kate, who lives in Oxford, waited three years before finally being told her symptoms were a result of the menopause.

She added: "The effect on my home life was debilitating."



Kate...suffered hair loss

Sour grapes over wine sales slump

THOUSANDS of jobs are at risk at French vineyards after a collapse in wine sales to the US.

Owners claim they may have to make up to 100,000 grape pickers and other workers redundant.

They blame a 25 per cent trade tariff hike imposed by President Donald Trump, plus a bumper harvest for Californian vineyards.

Bordeaux growers have suffered a 46 per cent drop in sales to US buyers, while France as a whole saw US exports fall 18 per cent.

Wine growers have demanded

By Cyril Dixon

£250million in state aid to help them cope with the slump.

Olivier Fleury, who owns the 18th-century Château du Pavillon in Bordeaux, said he has 70,000 bottles – priced at up to £45 each – which he cannot sell.

“It’s been a catastrophe,” he said. “The US accounts for 20 per cent of my exports in normal times. But since the tariff it’s been zero. My importer says he doesn’t want me to send him anything.”



Jobs risk...French vineyards



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HAD JUST had some bad news. A very close friend of mine had been diagnosed with cancer – for a second time – and I was feeling desperately sad and helpless. Working from home, I was alone and set to be so for the rest of the day. I considered calling someone but it felt too distant.

Google searches and social media visits were both helpful and terrifying – there were lots of people out there feeling like me but they were so far away.

It was when I had literally no idea what to do with myself that a knock at the door reminded me that I’d booked a grocery delivery online.

Feeling as if it was the last thing I needed, I tramped to the door and there, bearing my basket of food like a gift and wearing a beaming smile, was a young man.

“Morning!” he said cheerily. “How are you today?”

And in a moment of candour, I told him: “Not great, to be honest. I’ve just found out my friend has cancer.”

Why did I say that to this poor lad who’d never seen me before? No idea. Perhaps it was the appeal of a confession to strangers – akin to telling all your secrets to a hairdresser or bartender – or perhaps it just couldn’t stay inside me any longer.

It doesn’t matter. I said it and he replied: “Oh duck, that’s rough.” And d’you know what, that’s all it took. “It is,” I agreed, and showed him in.

I decanted my shopping while he smiled more, saying supportive things like, “I’ll all work out”, “Healthcare is amazing these days” and “I bet she’s strong, your friend”.

Then with a warm “Take care of yourself”, he was gone.

It had taken around four minutes but it was exactly what I’d needed – a bit of human contact, a friendly face and perhaps, above all, someone to listen to me.

It was out of that brief and heart-warming encounter that the character of Charlie was born and I began to write *Four Minutes to Save a Life*.

In the novel, the supermarket delivery driver – a kind but damaged young man nursing a secret or two – enjoys his new job because he doesn’t spend too long with people.

But when he’s assigned to Hope Row, he realises there are a lot of lonely people and, for some, he’s their only interaction.

His boss tells him he’s a driver, not a social worker, but Charlie can’t abandon his customers.

So he sets about trying to draw them out of their shells and back into the world. The question is, will it make everything worse? The answer, I hope, is no – reaching out to people rarely makes things worse.

HUMANS are social creatures and it’s not good for us to be alone too much, but more and more people are finding themselves isolated for days, if not weeks, on end.

Despite our supposedly connected world, we are

often starved of the true connection of human contact. The Jo Cox Loneliness Commission, set up before the MP’s murder in 2016, found more than nine million adults suffered loneliness some or all of the time.

Half of disabled people were often lonely, as were 52 per cent of parents of young children, nearly 60 per cent of migrants and refugees and a staggering 80 per cent of carers.

Off the back of the pioneering work done in Jo’s memory, charities such as Mind, Mental Health UK and The Campaign to End Loneliness are warning about the debilitating effects of isolation on mental health and wellbeing.

So what can we do about it? From what I’ve seen, tiny efforts are often all that’s needed, so here are five suggestions for a life more connected:

SAY HELLO EVERY DAY

Whether it’s walking down the road, at the bus-stop, the school gates or the gym, why

not smile at someone and say ‘hello’. I’ve tried to start doing this and, OK, sometimes people do look at you like you’re weird, but mostly, after a brief moment of surprise, they’ll say hello back.

OFFER SMALL ACTS OF KINDNESS

Again, this doesn’t need to be dramatic. I’m not suggesting we have to take someone home or commit to regular visits. It’s more about looking around us and thinking of others – giving someone a hand off the bus, buying a cup of tea for the person on the street, asking someone who looks confused if you can help. Sometimes you’ll get told to get lost, but more often than not people welcome help.

REACH OUT TO FRIENDS

How many of us have a friend – or a number of friends – that we “really must get together with”? We use all the usual excuses of work and



DRIVE: Jo Cox fought against loneliness

Pictures: PA/GETTY

When author Anna Stuart received disturbing news, she didn't know where to turn. But help came from the most unlikely place, the arrival of her online shopping. It inspired a heart-warming new novel as she reveals...

SERVICE WITH A SMILE:
Human contact can make a huge difference



HAPPINESS WAS DELIVERED TO MY DOOR

'I've always hated the word strangers because it implies that people we don't know are strange'

HOPE: Writer
Anna Stuart

children and the classic "I don't know where time's gone".

That's true but there's nothing better than getting together with mates, even just for an hour or two, so it's well worth the small organisational effort.

Pubs and cafes are a great place to meet people without having to commit swathes of time and The Campaign for Real Ale is running a "meet friends at the pub" campaign to encourage socialising. Beer from the supermarket is cheaper, but it doesn't come with the priceless addition of

social contact, so perhaps we should drink less and chat more!

LOOK UP FROM YOUR PHONE...

Left alone for even a moment, how many of us delve into our pockets for that ultimate safety device – the phone? While we're tapping away on that, we can both look and feel as if we are busily communicating with the world, but are we? Is there not more value in looking out the window at the life around us, in admiring the scenery or chatting to a person nearby? The brilliant little film by Andy Parsons for

The Campaign Against Loneliness shows him persuading people in a shopping centre to put away their devices and chat. So much laughter and quiet joy ensues.

...AND PICK UP YOUR PHONE

Not to text or post filtered pictures, or to scroll through YouTube videos of cats, but to actually call someone. Ironically, we are spending more time than ever before on phones but are talking far less. And when we do it tends to be more for practicalities than chat. So why not find ten minutes, scroll through

your contacts and call someone you know doesn't see many people to ask the simple question, "How are you?" It's more rewarding than those cats, however funny they are.

MAKING simple connections with other human beings is what it's all about. I've always hated the word "strangers" because it implies that people we don't know are strange.

As Charlie says in Four Minutes to Save a Life, "Strangers are just friends you haven't met yet." He's paraphrasing a well-known saying attributed to Napoleon: "Strangers are just friends waiting to happen."

If the great general could see that then surely we all can – though hopefully not with the aim of world domination, but the far simpler aim of making our lives and those around us that little bit happier.

Humans are designed to live in communities to derive energy and comfort from one another, but these days traditional concepts of community are breaking down.

Jo Cox's commission was set up with the aim to "combat loneliness one conversation at a time". Time to get those conversations going.

● *Four Minutes to Save a Life* by Anna Stuart (Trapeze, £8.99) is out now.

Call Express Bookshop on 01872 562310 or order via expressbookshop.co.uk. UK Delivery £2.95. Orders over £12.99 free delivery



30-SECOND CHALLENGE

JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge: for the very young or arithmetically rusty, you have 30

seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

YOUR ANSWERS

Beginner	3	SQUARE IT	x8	-17	4/11 OF THIS	+49	÷3	-9	x4	
Intermediate	292	-139	÷17	SQUARE IT	+89	30% OF THIS	+265	3/4 OF THIS	-49	
Advanced	53	x9	+84	4/11 OF THIS	-68	INCREASE BY 75%	+187	5/17 OF THIS	TAKE THE CUBE ROOT	

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LOTTERY

25 32 34 52 55 58 9
THUNDERBALL
1 3 6 10 37 10

FRIDAY, FEBRUARY 28
EURO LOTTERY

8 11 20 22 23 3 4
THUNDERBALL
5 8 17 20 38 5

WEDNESDAY, FEBRUARY 26
LOTTERY

19 20 27 49 52 57 4
THUNDERBALL
8 14 18 29 30 2

THE HEALTH LOTTERY

SATURDAY, FEBRUARY 29
2 4 12 38 49 33

FRIDAY, FEBRUARY 28
5 18 23 34 42 45

The society benefiting from all draws in the month ending March 31, 2020, is Health Lottery North East & Cumbria.

PHONE POLL RESULTS

We asked in our poll on Saturday:
Is Britain doing enough to tackle the corona crisis?

YES: 44%
NO: 56%

SUDOKU

Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

	1	7		2				3
			9				1	6
3				1		8		7
	2	5			1			4
9		3		8		6	5	
	8		5			9	3	
7		8		2				5
	5				9	3	7	
4		1	7				6	

This is the Quick Sudoku for the solver in a hurry. For today's solution call:

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For extra clues call:

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MORE PUZZLES IN PULLOUT YESTERDAY'S SOLUTION

2	9	8	4	3	1	5	6	7
7	4	5	6	8	9	2	1	3
1	3	6	5	7	2	4	8	9
9	8	2	3	5	4	1	7	6
5	6	3	9	1	7	8	4	2
4	1	7	8	2	6	3	9	5
3	2	9	7	4	8	6	5	1
8	7	1	2	6	5	9	3	4
6	5	4	1	9	3	7	2	8

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Pictures: REUTERS



Goldfingers... designer Laura Clancy puts the finishing touches to the gold James Bond coin

007 makes big money

THE Royal Mint has made its biggest ever coin to celebrate the release of the 25th James Bond movie.

The seven-kilo gold one-off – which is about the same size as an adult's head – features an engraving of the spy's iconic Aston Martin DB5.

It is part of a commemorative coin and gold bar collection launched before the

By **Luke Powell**

release of No Time To Die on April 2.

Prices will start at £13 but fans will need deep pockets for the big coin.

It has a face value of £7,000 but is likely to fetch at least six figures when it is sold on the open market.

The recommended sale price for a smaller two-kilo coin in the collection is £129,990.

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 Kilbride, 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.



REVISIT SEASON ONE WITH DRAMA ON-DEMAND ON UKTV PLAY

Now our Dina is sprint she-ro Barbie



By News Reporter

CHAMPION sprinter Dina Asher-Smith is now available as a Barbie doll with Team GB kit.

Dina, 24, from Orpington, Kent, met some of the girls she hopes to inspire. The 200m star said: "For Barbie to champion female athletes shows future generations anything is possible."

Maker Mattel says "Sheroes" close the "dream gap" where girls fear they are less capable than boys.



Madness goes One Step Beyond to walk of fame



The ska band was formed in 1976

By News Reporter

MADNESS singer Suggs joked his band had single-handedly turned Camden into "one of the greatest tourist destinations on the planet" yesterday as he unveiled a stone on the capital's Music Walk Of Fame.

The band, which cut its teeth performing hits including One Step Beyond in the area, is the second group to receive a plaque near the borough's north London tube station.

The Who's Roger Daltrey and Pete Townshend were added to the walk in November. Amy Winehouse will also get a stone.



Suggs... singer Graham McPherson

Found, menu for night King invented a steak, saying 'Arise Sir Loin'

By Liz Perkins

A MENU has been discovered for a banquet where King James I is said to have invented the name sirloin after knighting a joint of beef.

The paper lists the 129 dishes which were laid on for the King and his royal party for the feast in 1617.

Included in the sumptuous dinner was a loin of beef which legend states was so tasty that the monarch drew out his sword to bestow the knighthood upon it.

He ordered the servants to bring the beef to him. As they did they went down on their knees.

The King is said to have uttered the words: "Loin, we dub thee knight henceforward be Sir Loin! Arise Sir Loin."

The momentous culinary moment occurred during the King's stay at Hoghton Hall, the Lancashire home of Sir Henry Hoghton.

The aristocrat spared no expense in laying on a banquet fit for royalty, with 14 members of staff preparing three giant meals.

The menu was for dinner, supper and breakfast the next day.

It included mutton, chicken, veal, turkey, rabbit, pig, pheasant, duck, deer, wild boar, quail and heron.

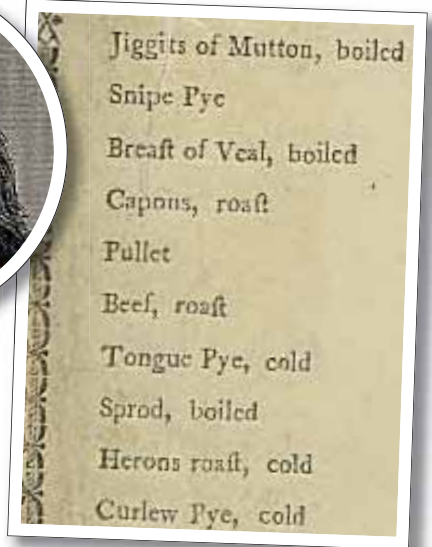
To satisfy the monarch's sweet tooth, there was pear tart and custard.

James was accompanied by the Duke of Buckingham and the Earls of Pembroke, Richmond, Nottingham and Bridgewater who helped him



devour the ample offerings. The menu has come to light more than 400 years later as it is being sold by a private collector with auction house Dominic Winter, of Cirencester, Glos, where it is expected to fetch £800 when it goes under the hammer tomorrow.

It is titled Notes Of The Diet Of Hoghton.



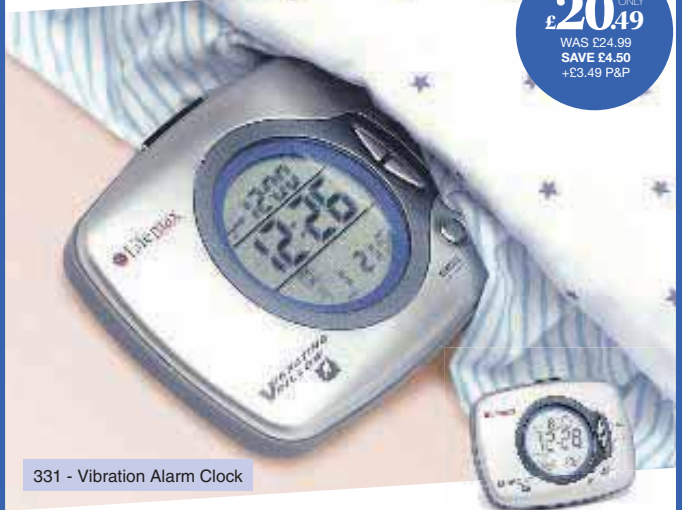
The menu for the banquet and James I, inset

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Tortoise who didn't crack ...and lioness went hungry



A YOUNG lioness bit off more than she could chew after pouncing on a tortoise.

Photographer John Sampson, 64, snapped the guileless beast as she tried, failed and then gave up on cracking open her lunch.

The pictures were taken in Lower Zambezi National Park, southern Zambia. John said: "We were all rooting for the tortoise to survive."



By News Reporter

TAYLOR Swift has been named global recording artist of the year for a second time.

The 30-year-old took home the title in 2014 following the release of her Grammy Award-winning album 1989.

She is only the second artist to earn the accolade on two occasions, after Canadian rapper Drake won in 2016 and 2018.

The title reflects an artist's combined success in streaming, downloads and physical sales.

It is awarded by the International Federation of the Phonographic Industry (IFPI).

Swift's seventh studio album Lover, released last August, debuted at No1 in more than 100 countries and sold the equivalent of three million albums in its first week.

Ed Sheeran took second place with his No6 Collaborations Project, while Post Malone earned third place for album Hollywood's Bleeding.

Billie Eilish, Queen, Ariana Grande and The Beatles also made the top 10. IFPI chief Frances Moore said: "Taylor is

Taylor-made success! Swift is star of year

the epitome of a truly global star. She continues to grow as an artist and maintains an incredibly strong connection with her fanbase, whilst continuing to evolve her sound with each album.

"The top 10 showcases some of the brightest and most talented artists from around the world, from newer stars to legacy acts like The Beatles and Queen.

"This range demonstrates how people's love of music can be continually ignited by new and diverse artists and yet endures across decades."

Past winners include Sheeran in 2017, Adele in 2015 and One Direction in 2013.



Taylor's album Lover went to No 1

JAY ASTON

The singer tells
**ELIZABETH
ARCHER**
why she is lending
her voice to a
campaign to teach
sign language in
schools

Surviving cancer makes you reassess your life

AS BUCKS FIZZ star Jay Aston stood in a recording studio belting out the final notes of a new song, tears streamed from her eyes. When she glanced at band mates Cheryl Baker and Mike Nolan, they too were sobbing.

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, 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 someone. 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 new album, *Smoke And Mirrors* (they rebranded after Bobby G left), 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, Jay 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.

"For the first 10 days after my operation, I had to write everything on a whiteboard and it made me realise how important it is to be able to communicate," she says.

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 March 6, 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.

"The song is magical and I hope it connects to people," says Jay.

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, but 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 checkup and until then I hadn't really noticed it." Although lichen planus is usually harmless and clears up on its own,

in two per cent of cases it can develop into cancer. Jay's dentist sent her to the hospital for a biopsy, which thankfully showed no abnormal cells.

She kept an eye on the condition but wasn't particularly concerned.

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.

"The dentist told me he didn't like the look of it and that I should go back to the hospital," she says.

"It took me a while to have a biopsy because every time I went to hospital I had a concert the next day and I didn't want to affect my singing."

"In hindsight it was silly, but I thought there was only a low chance of it being cancerous," she admits.

Eventually, in April 2018, she had the biopsy. She was on the treadmill at the gym when her phone rang – the hospital wanted her to come back in to discuss the biopsy results.

There were precancerous cells in her tongue and she would need to have some of it removed. "It was a terrible shock," she says.

But after initial surgery in May



SUPPORTIVE: Jay, left, with her band mates three years ago

Pictures: GETTY; REX/SHUTTERSTOCK; GC IMAGES



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.

"At that point, they can't tell you what stage the cancer is."

"I wrote my will out, I planned things for my family. 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 per cent according to the Mouth Cancer Foundation, with a more than 60 per cent increase in the last 10 years alone.

Jay was particularly concerned about her daughter Josie, who was preparing for her GCSEs at the time. "My biggest fear was leaving Josie. She's my world. 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 before having the surgery.

Then in June 2018, just a week after her diagnosis, she had a seven-hour operation to remove 40 per cent 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 radio or chemotherapy.

Afterwards, she was in agony.

"I looked like I'd been to a Halloween party. I didn't want my daughter to see me."

"I was very swollen up, it was pretty grim."

Because of the tracheotomy, she couldn't talk, and had to use 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" she says.

Since then, the road to recovery has been a long one. She has a seven-inch scar on her thigh and a scar on her neck from the tracheotomy.

But after months of physiotherapy, she can speak again and only has a slight lisp.

Singing, she 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."

She hopes that her speech will improve even further. "I'm still recovering and building more muscle. Over time, stem cells come to the new tissue and tell it to act like tongue tissue instead of thigh tissue."

And next month, she will have false teeth implanted to replace the ones she lost. Meanwhile, her band mates have been incredibly supportive. "We've had our moments but there's something that bonds us together."

Since her diagnosis, Jay'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 on March 6, there's no chance of her slowing down just yet.

In part two of our exclusive health guide, PAT HAGAN explains how lifestyle changes can cut your risk of developing non-alcoholic fatty liver disease



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.

"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.

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.

The results showed 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.

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 more than 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 whichever way the coffee is prepared, be it filtered, instant or espresso.

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

"Three to five cups a day seems to be where most of the health benefits appear 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 from many studies is overwhelming.

"Most of the data suggests caffeinated is better. But there is some effect from drinking decaf too.

"There are thousands of other bioactive elements in coffee and we don't know what the major ingredient is or whether it's due to a combination of them all."



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 in small amounts.

The British Liver Trust (BLT) recommends having at least three days a week alcohol-free to give the liver a chance to repair itself. These don't necessarily have to be three in a row – they can be spread

throughout the week.

The charity says: "The liver is your largest internal organ. As well as hundreds of other jobs, it processes the alcohol you drink. If you drink over the recommended daily guidelines it will be unable to process the alcohol you consume quickly enough, which damages the cells in your liver."

The trust has developed a special smartphone app to help people monitor their drinking (spruceapp.co.uk).



Simple changes to your liver last

LOSE 10 PER CENT OF YOUR BODY WEIGHT

KEEPING liver disease at bay doesn't necessarily mean a complete body transformation.

In fact, experts say if you are overweight shedding just 10 per cent of your overall body weight gives liver function a significant boost and may help reverse non-alcoholic fatty liver disease.

The same simple approach has also been found to help prevent type 2 diabetes – which is also heavily diet-related.

This means somebody who weighs 14 stone would need to shed 1stone 5lbs to reverse the early stages of NAFLD.

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



Pictures: GETTY



CUT DOWN 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 per cent more likely to develop NAFLD than those eating it every now and then.

Crucially, the findings were not related to overall calorie intake.

This means it wasn't how much volunteers 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 such as olive oil.

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 non-alcoholic fatty liver disease 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 NAFLD damage: "Garlic and its derivatives could be considered as a potent supplement in the prevention of fatty liver disease."



SIP SOME 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 to reap the rewards.

The study found there was only a notable difference in fat levels when people drank between five and ten cups of green tea a day.



LET BROCCOLI BE YOUR FRIEND

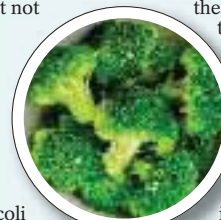
THE popular green vegetable may be just what you need to stop the advance of fatty liver disease.

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.



GET MORE SLEEP



IT'S not just diet and exercise that can help keep the liver healthy. Some research suggests getting proper 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 per cent 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.

TUCK INTO OILY FISH MORE OFTEN



OILY fish like 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 those 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 protects against heart disease.

"These kinds of fatty acids could be a new treatment option for NAFLD," researchers said.

COMING NEXT WEEK: OUR LIFETIME GUIDE TO KEEP YOU CHOLESTEROL IN CHECK

CLEAN UP YOUR ACT (AND BOOST YOUR HEALTH)

INDOOR air pollution 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 per cent in the last decade.

Air quality tests carried out by the environment charity Global Action Plan revealed that 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 be harmful to those with respiratory conditions, particularly babies and 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

Say no to artificial air fresheners:

The global market for these products is estimated to reach £10 million by 2023. But whilst the makeup of different brands and types of air fresheners will vary, many release chemicals such as benzene, toluene, formaldehyde and phthalates, warns Tim. Over

exposure to VOCs can lead to eye, nose and throat irritation, headaches, nausea, a general feeling of illness and, in the long-term, can cause respiratory and lung damage.

"Air freshening products are typically used to mask unpleasant odours; if you're using them to cover up a musty aroma, for instance, look for signs of mould and deal with that," says Tim.

Ditch 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 in the home by up to 30 per cent, creating ideal breeding conditions for mould spores which can pose a health risk to people with weakened immune systems or asthma. If you can't dry outside, use a tumble dryer or a well-ventilated indoor space away from living areas.

Burn it better: Shockingly, a wood burning stove emits more polluting particles per hour than a diesel truck. The Government's Clean Air

Strategy includes plans to prohibit 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 wet or damp wood increases the amount of pollution created through soot and smoke. Better still, burn smokeless fuel. Visit burnright.co.uk for information on fuel and stove usage.

BEDROOM

Ban pets: More than half of all dog and cat owners say

The effects of indoor pollution are estimated to cause up to 40,000 early deaths in the UK every year. MICHELE O'CONNOR reveals how to spring clean your way to better health



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Pictures: GETTY



their pet disrupts their sleep and their fur can trigger allergies.

Vacuum your bed: It could harbour up to 1.5 million dust mites, which can trigger asthma and allergies so vacuum mattresses and pillows regularly and use hypo-allergenic dust-mite repellent covers, advises Chartered Environmental Health Practitioner, Dr Lisa Ackerley. "And hang duvets and pillows outdoors on crisp, cold days to kill dust mites," she adds.

Adjust the thermostat: A cool 16-18°C (60-65°F) is thought to be an ideal temperature in a bedroom, according to the National Sleep Foundation. Temperatures over 24°C (71°F) are likely to cause restlessness, while a cold room of about 12°C (53°F) will make it difficult to drop off.

Invest in house plants: There are several houseplants that can absorb toxins from the air, such as peace lilies, aloe vera, Boston ferns and spider plants, says Claire Bishop, houseplant buyer at Dobbies Garden Centres. "Snake plants are great for the bedroom as they produce a lot of oxygen giving you a better night's sleep," she adds.

KITCHEN

Open up: Keep windows flung wide, and the back door if possible, and use the extractor fan when cooking to ensure adequate ventilation, suggests Tim. Living in an environment with any kind of damp

problem increases the risk of night-time breathing difficulties by 90 per cent and chronic bronchitis by 67 per cent, according to a Swedish study. It also puts you at significantly higher risk of asthma and allergies.

Read the label: Many everyday cleaning products contain volatile organic compounds (VOCs), which may irritate the throat and lungs when they evaporate into the air – especially sprays. Look for products labelled "allergy-friendly", as these have lower levels of VOCs and tend to be fragrance-free.

Upgrade your pans: Research shows that 37 per cent of us cook with blistered or scratched pans that could lead to toxic chemicals being released from the coatings.

BATHROOM

Skip the sog: Mats and shower curtains are breeding grounds for bacteria, mould and dust mites. Dry yourself off in the shower rather than dripping on to the mat and regularly wash shower curtains.

It's all in the head: Don't forget the showerhead when cleaning your bathroom. US 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 the moisture can spur bacteria growth.

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tree pollens, starting with hazel and alder, which can cause symptoms from mid-February, then elm and yew from the beginning of March, followed by birch, which is a common cause of hay fever from the end of March to early May.

The biggest difference between a cold and hay fever is usually the nasal discharge, which is always clear in hay fever, whereas with a cold it can be creamy, yellow or green.

And unlike hay fever, a cold can also give you a mild fever and sometimes a sore throat and ears and make you generally feel unwell. And unlike a cold, hay fever can give you itchy and watering eyes and an itchy nose and throat.

Colds usually last up to 10 days whereas hay fever will continue as long as the pollen trigger is in the air, which is usually a month or more. It's also worth trying to remember if you had similar symptoms at the same time last year as this makes hay fever more likely.

If you think you have a hay fever then your symptoms will be eased by taking antihistamine tablets and an anti-allergy nasal spray. They won't help if you have a cold, and more importantly won't do you any harm, so are worth a try.

Q I AM a 73-year-old woman who has irritable bowel syndrome, for which I take medication. Lately my bowels have been playing up. I have the feeling I want to go to the toilet all the time. When I do go I don't do

much and it is very soft. Also I get a lot of wind and sometimes I find I have had a little accident. It is embarrassing and very inconvenient. Also I get a lot of niggly tummy aches. Can you advise me please?

A THIS may sound strange but I wonder if you are constipated. That sense of constantly needing to go and incomplete emptying could be due to a build up of hard faeces in your lower bowel, a condition called faecal impaction. Small amounts of soft or liquid matter is able to get

past but this may happen accidentally.

Having wind and feeling uncomfortable often happens too. The only way to diagnose this is for your doctor to check what is going on inside your back passage by examining it with a finger (it's not as embarrassing or

uncomfortable as it sounds). If there is a build up of hard faecal matter this is often best cleared with suppositories or an enema. You will feel more comfortable and your bowel movements should return to normal. So make an appointment at your surgery as soon as possible.

● If you have a health question for Dr Leonard, write to her in confidence at the Daily Express, One Canada Square, Canary Wharf, London E14 5AP or email yourhealth@express.co.uk. Dr Leonard regrets she cannot enter into personal correspondence or reply to everyone.

Retail therapies

By AMY PACKER

● **DECENT** workout leggings can be hard to find but new brand TCA Relentless has cracked it. 100 per cent opaque, they have a high waistband, wick sweat and their breathable mesh lining works to stop the material slipping or chafing, making them great for sensitive skin. (£39; tca.fit)



● **HORSE** Chestnut and Butcher's Broom are the natural ingredients that make Bional V-Nal Cream (£10.35; Holland & Barrett) a superhero for legs and feet. Regular application can help banish dryness and discolouration that can come with age. Apply generously and put your feet up for 20 minutes to deal with fatigue.



● **SWEETENED** with dates and made without any refined sugar, Whole Earth's Chocolate and Hazelnut Smooth Peanut Butter (£3; Tesco) has 80 per cent less sugar than standard chocolate spreads but still feels like an indulgent treat.

It's also a decent source of protein and fibre, whether you indulge with crepes or spread it on wholemeal toast.



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RESPITE is a word that means different things to different people. The people at Revitalise, a charity creating holidays for disabled people and carers, believe that the chance to get away from daily stresses and strains and enjoy a re-energising change of scene is vital for everyone. They are determined to ensure that breaks are accessible to both carers and the people they care for.

But don't take our word for it; read the story of one family who have all benefited in very different ways from the vital respite holidays that Revitalise creates:

Steve lives with his wife Karen and daughter Natalie in Orpington. Six years ago, Steve suddenly and unexpectedly had a stroke, which left him a full-time wheelchair user with a weakened left side and limited mobility.

Karen has found it difficult to adapt to their new life. She says: "The illness was so sudden. One minute he was driving a bus, the next he was in hospital. It had a huge impact on our lives. He was the main breadwinner."

"We've lost all that. Natalie was doing her GCSEs at the time Steve had his stroke. It was very hard on her, but I'm so proud of her."

The hardest part for Steve was to give up his much-loved job as a London bus driver. He loved meeting lots of different people each day and chatting

A break with a caring side



RELAXED: The garden area at Jubilee Lodge, in Chigwell

to his customers, but since becoming ill, he spends a lot of time at home by himself.

He says: "I miss my work as a bus driver and being at work, just feeling useful. I miss having people around me. I'm a very positive person, but I get very lonely when Karen's out at work."

It was Steve's social worker who first told the family about the benefits of a Revitalise holiday. Steve now enjoys regular respite at Revitalise Jubilee Lodge in Chigwell, Essex.

He adds: "Revitalise gives me a great sense of life. I get to see so many things and I love meeting people. I really care about people. I meet an incredible mix of volunteers. We're like a family."

"Karen can catch up with things and go places with Natalie while I'm away. "I love that they can do what they want to do. When I come back I feel much more alive."

Revitalise creates respite holidays, with the reassurance of 24-hour nurse-led care, as well as support from volunteers at three UK holiday centres in Chigwell, Southampton and Southport. Fully accessible excursions, activities and entertainment are fundamental features of all Revitalise holidays.

Carers are welcome to accompany those they care for to Revitalise and enjoy quality time with the one they love, or else take their own break, secure in the knowledge that their loved one is happy and being well looked after. The Revitalise effect is the same either way – guests go home with new memories and stories to share, feeling refreshed and rejuvenated.

● For more information about Revitalise, call 0303 303 0145 or visit revitalise.org.uk

'Revitalise gives me a great sense of life. I love meeting people. We're like a family'

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Time for... retail therapy

THE years are positively flying by on **BACK IN TIME FOR THE CORNER SHOP** (8pm), BBC2's endearing living history series. Only a week ago it was the dreary old late 19th century. By the end of tonight's episode they've seen off the Nazis.

Well, OK, our shopkeeping family the Arderns haven't. Other than conscripted son Sam, they've continued toiling away behind the counter of their convenience store in Sheffield, adapting and readapting to these rapidly changing times.

And to their credit, they seem



Mike Ward
previews
tonight's TV

to be taking it completely in their stride.

If anyone sounds confused, it's the show's resident historian, Polly Russell, when she and presenter Sara Cox step into the Arderns' newly revamped store at the start of the programme.

Casting her eye over the lovely new Twenties-style fixtures and

fittings, Polly exclaims: "It looks as though somebody's come here professionally and kitted out this whole shop!"

Yes, Polly, that's because somebody's come there professionally and kitted out this whole shop. It's how the programme works, remember?

I must admit it does look rather splendid, though (coming from a family of small shopkeepers – premises-wise, not in height terms – I do get quite excited by this kind of stuff).

Lots of familiar brands are neatly laid out on the shelves. Heinz Tomato Ketchup, Oxo, Marmite, Colman's Mustard, Persil, you

name it. Actually, don't, we'll be here all day.

But it's the Bird's Custard that well and truly comes into its own a little later.

The mum and daughter, Jo and Olivia, are preparing a rather unusual ice cream to sell to their customers, of which this product is a key ingredient.

I can't say the result looks particularly tempting but when one local lad pops in to try it, he declares it "probably the best ice cream I've ever tasted".

Admittedly, that's before the paramedics turn up. Joke.

I have to say, I'm liking this latest *Back In Time*...series rather a lot.

Not just because the subject matter is right up my street but because it feels a lot less didactic than some.

Back In Time For School, documenting the evolution of the British education system, was a tad too agenda-driven for my liking. This one's closer to the spirit of the original, *Back In Time For Dinner*.

And I do like Sheffield bunch the Arderns. Some of the families in previous series have overdone the am-dram a tad, whereas this lot know where to draw the line.

When Sam gets his conscription papers, Jo expresses natural maternal concern but not before pointing out: "We know you're not going..."

PICKS OF THE DAY



Comedy: *The Windsors*, C4, 10pm

Even the staunchest of monarchists must raise the odd smile at this cutting comedy series. Tonight, Charles and Camilla (Harry Enfield and Haydn Gwynne, both left) reluctantly agree to attend Kate's father's birthday celebrations, where long-standing family rivalries flare up over who has bought him the best present. Fergie takes Beatrice and Eugenie to Glastonbury, but only two of them can get into the VIP area, leaving one member of the family outing forced to mingle with the general public. Meghan catches Harry in a compromising situation with Pippa, and Charles suspects an attempted regicide is on the cards and plans to strike first. Simon Day guest stars.



Gardening: *Love Your Garden*, ITV, 8pm

For this week's project, a woman known locally as The Cake Lady sees her garden given a wonderful makeover. Alan Titchmarsh goes traditional with a twist, creating an elegant tea-garden for charity volunteer Kath (left) who has made cakes for over 9,000 injured servicemen and women. The twist? This new garden in Birmingham will have a fully equipped kitchen to bake in and raised beds full of fresh ingredients to add to pies and cakes. Sounds like heaven.



Documentary: *Ben Fogle: Make A New Life In The Country*, Channel 5, 9pm

Turning a refurbished chicken shed in the Malvern Hills into a brewery sounds like a big job. Doing it after giving up successful careers in London sounds like something Ben Fogle (above) would be interested in following with his camera crew. He helps the couple involved with the day-to-day routine of cleaning barrels and making hops.



Documentary: *My New Greek Life*, Channel 5, 10pm

Feeling sorry for the people featured in this series is not easy, given the weather the majority of Britain has faced over the last six weeks, but tonight we see Laura and Ross (above, with Noah and Josh) move their yacht to a new island, only to encounter fierce weather and must decide whether they are going to stop for the winter. Meanwhile, in Corfu, Jenny prepares to be induced, while Kenny feels pressure.

Medicine: *Dr Ranj: On Call*, ITV, 7.30pm

In this new series Dr Ranj Singh (right) offers advice on how to spot and treat common illnesses and accidents. In the first episode he goes on call with the West Midlands Ambulance Service. Plus, journalist Kylie Pentelow explores some of the latest techniques that could transform people's lives and save the NHS millions of pounds in the process. If you fancy giving yourself a bit of shock at some stage, try and guess how old Singh is and then check the actual answer...



DID YOU KNOW? Haydn Gwynne, who plays Camilla in *The Windsors*, is fluent in French and Italian. She had a five-year lectureship at the University of Rome and also starred as Alex Pates in *Drop The Dead Donkey*.

EXPRESS | GARDENING

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	BBC One	BBC Two	ITV	Channel 4	Channel 5
	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 shows the moment a teenager fell from a waterfall, and motorists attempt to rescue a man who has passed out at the wheel of his van. 12.15 Bargain Hunt Antiques. (R) 1.00 BBC News at One; Weather 1.30 BBC Local News; Weather 1.45 Doctors Abz' life is turned upside down after a night out. 2.15 Jimmy McGovern's Moving On A blind woman undergoes an operation to restore her sight. 3.00 Escape to the Country Jules Hudson searches for a Cambridgeshire home. 3.45 Money for Nothing Jay Blades is at Altrincham Recycling Centre in Greater Manchester, where experts Duncan McKean and Chloe Kempster transform an old radiogram and a chest of drawers. 4.30 Ready Steady Cook Akis Petretzikis and Anna Haugh create a meal in 20 minutes, using ingredients brought on to the show by the two childhood friends assisting each of them. Rylan Clark-Neal hosts. 5.15 Pointless Gameshow. (R) 6.00 BBC News at Six; Weather 6.30 BBC Local News; Weather	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 12.15 Politics Live Political updates. 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 Terry Wogan and Adam Partridge go on a culinary journey around the nation. (R) 3.00 Red Rock A confession shakes Kevin Dunne. Irish crime drama. (R) 3.45 The Great Interior Design Challenge The competitors aim to impress while working in Kentish weatherboard cottages. (R) 4.45 Portillo's State Secrets Michael Portillo unearths Hitler's hidden medical files. (R) 5.15 Flog It! Experts Raj Bisram and Adam Partridge search for antiques at Rochester Cathedral in Kent. (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 On a journey from Belfast to Portrush, Michael Portillo investigates the work of author and Narnia creator CS Lewis, and visits the Royal Portrush Golf Club. (R)	6.00 Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health and lifestyle features. 9.00 Lorraine Showbiz, current affairs and fashion news. 10.00 This Morning A mix of celebrity chat, lifestyle features, advice and competitions. 12.30 Loose Women More celebrity interviews and topical debate from a female perspective. 1.30 ITV Lunchtime News 1.55 Local News; Weather 2.00 Judge Rinder Cameras follow barrister Robert Rinder as he takes on cases in a studio courtroom. 3.00 Tenable Five friends from Manchester who work in the telecoms industry answer questions about top 10 lists, then try to score a perfect 10 in the final round. Quiz, hosted by Warwick Davis. (R) 4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot. 5.00 The Chase Bradley Walsh presents as Laura, Paul, Maureen and Bhagwan answer general knowledge questions and work as a team to take on the Chaser and secure a cash prize. 6.00 Local News; Weather 6.30 ITV Evening News; Weather	6.30 Cheers Double bill. (R) 7.10 The King of Queens (R) 8.20 Everybody Loves Raymond Double bill of the comedy. (R) 9.10 Frasier Double bill. (R) 10.10 Undercover Boss Canada (R) 11.05 Ramsay's Kitchen Nightmares USA Reality show. (R) 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 Danni Menzies helps Chris and Allan search for a property where they can relax and unwind in Manilva. (R) 4.00 A New Life in the Sun: Where Are They Now? Catching up with a bar owner in Spain whose business fell apart. 5.00 Come Dine with Me Four contestants from southeast London compete to host the best dinner party and win the £1,000 prize. The quartet includes a former Home and Away actor. (R) 6.00 The Simpsons Homer manages to ruin any chance of a friendship with his new neighbour, while Marge is concerned that Lisa has no friends. (R) 6.30 Hollyoaks Edward lets Marrie down gently when she comes on too strong. Darren takes Tony to The Loft for a boys' night out. (R)	6.00 Milkshake! Children's shows. 9.15 Jeremy Vine Discussion. 11.15 Nightmare Tenants, Slum Landlords More tales from the buy-to-let system. (R) 12.10 5 News at Lunchtime 12.15 Paddington Station 24/7 Train enthusiasts descend on Paddington to get a glimpse of the world-famous 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) A former hostage negotiator's plans for the future are upset when her daughter is abducted and the kidnapper fails to submit a ransom demand. Forced to re-enter a world she thought she had put behind her, Alice investigates the crime. Thriller, starring Katrina Begin. ★★★ 4.00 Friends Double bill. (R) 5.00 5 News at 5 Headlines. 5.30 Neighbours Finn is annoyed when Bea refuses his request to stop singing at the Waterhole, while Aaron tries to get Mark Brennan and Paige together. (R) 6.00 Home and Away Ryder is charged with uploading the sex tape, giving Mac no choice but to reinstate Jade. Colby hears Bella being nasty to Mackenzie. (R) 6.30 5 News Tonight Headlines.
	THE ONE SHOW: Alex Jones hosts the usual mix of topical stories and celebrity chat, 7pm	 RICHARD OSMAN'S HOUSE OF GAMES: Ellie Taylor tests her general knowledge skills, 6pm	 DR RANJ: ON CALL: Tonight, Dr Ranj Singh goes on call with the West Midlands Ambulance Service, 7.30pm	 A NEW LIFE IN THE SUN: WHERE ARE THEY NOW?: Catching up with expats, including Fontaine, in Spain and France, 4pm	 BEN FOGLE: MAKE A NEW LIFE IN THE COUNTRY: Ben meets a couple in the Malvern Hills, 9pm
7 PM	7.00 The One Show Another mix of nationwide reports and live studio-based chat. 7.30 LIVE Match of the Day: The FA Cup Chelsea v Liverpool (Kick-off 7.45pm). Gary Lineker presents all the action from the fifth-round tie at Stamford Bridge. The Blues defeated Championship sides Nottingham Forest and Hull City in the previous rounds, while Liverpool overcame rivals Everton, before beating League One Shrewsbury Town in a replay while fielding the youngest side in the club's history. The sides met here in the Premier League in September, with the Reds prevailing 2-1, but the home side will be desperate to take another step closer to claiming the trophy in what has proved to be a frustratingly inconsistent season.	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, and Tom Allen joins the team in the studio. (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 spot and treat common illnesses.	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 PM	8.00 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, but the home side will be desperate to take another step closer to claiming the trophy in what has proved to be a frustratingly inconsistent season.	8.00 Back in Time for the Corner Shop The Ardens 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 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. Plus, Katie Rushworth offers tips on rooftop gardening.	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 PM	9.00 The Reds prevailing 2-1, but the home side will be desperate to take another step closer to claiming the trophy in what has proved to be a frustratingly inconsistent season.	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 PM	10.00 BBC News at Ten 10.25 BBC Local News; National Lottery Update. 10.35 NEW Beauty Laid Bare New series. Four members of the public investigate the beauty industry, beginning by attending a major make-up convention.	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 national and international news. 10.30 Local News; Weather 10.45 Tyson Fury: The Gypsy King The boxer enjoys some downtime in Morecambe after defeating Tom Schwarz. (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 tackle a range of challenges in 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 stay. Last in series.
11 PM	11.15 The Truth About Takeaways Journalist Nikki Fox teams up with scientists at Liverpool John Moores University to discover what takeaways do to our health, what's really in them and how people can kick the habit. In a unique experiment, 15 volunteers eat nothing but takeaways for two weeks and undergo a barrage of tests, from blood sugar and body fat to gut bacteria and mental sharpness. (R) 12.15am Weather for the Week Ahead 12.20-6.00am BBC News	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)	11.40 Tenable A team of five family and friends answer questions about top 10 lists from the realms of pop culture and general knowledge, then try to score a perfect 10 in the final round to take home the prize money. Warwick Davis hosts. (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	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. (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. Real-life cases. (R)	12.30am Ramsay's Kitchen Nightmares USA (R) 1.20 FILM What Richard Did (2012/15) Drama, starring Jack Reynor. ★★★ 2.55 Come Dine with Me (R) 3.50 Grand Designs (R) 4.45 Location, Location, Location (R) 5.40 Kirstie's Vintage Gems (R) 5.50-6.30am Countdown (R)	12.05am How to Have a Better Orgasm Documentary. (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

- 6.00 **Teleshopping** Buying goods.
 7.15 **Cops UK: Bodycam Squad**
 8.00 **American Pickers**
 9.00 **Storage Hunters UK**
 10.00 **American Pickers**
 12.00 **Cop Car Workshop**
 1.00 **Top Gear** Motoring series.
 2.00 **Cops UK: Bodycam Squad**
 3.00 **Sin City Motors** Car show.
 4.00 **Top Gear** Double bill.
 6.00 **Taskmaster** Gameshow.
 7.00 **Room 101** Double bill.
 8.20 **Have I Got A Bit More News**
 For You Extended edition of the quiz show, hosted by Gary Lineker.
 9.20 **QI** With guests Sue Perkins, Bill Bailey and Gyles Brandreth.
 10.00 **Taskmaster** The rivals get to meet the Mayor of Chesham.
 11.00 **Hypothetical** Panel show.
 12.00 **Taskmaster 1.00** Have I Got A Bit More News For You 2.10 Jon Richardson: Ultimate Worrier 3.00 Zapped 3.35 The Indestructibles 4.00-6.00 Home Shopping

Drama

- 6.00 **Teleshopping** Buying goods.
 7.10 **Soldier, Soldier** Double bill.
 9.00 **The Bill** Police drama.
 10.00 **Classic Holby City** Drama.
 11.00 **Classic Casualty** Drama.
 12.00 **The Bill** Police drama.
 1.00 **Classic EastEnders** Soap.
 2.20 **London's Burning** Drama.
 3.20 **Monarch Of The Glen**
 4.20 **Bergerac** Detective drama.
 5.20 **Bread** Mrs Boswell goes for a trip in Derek's boat.
 6.00 **Hi-de-Hi!** Classic comedy.
 6.40 **As Time Goes By** Comedy.
 7.20 **Last Of The Summer Wine**
 8.00 **Judge John Deed** Two solicitors are suspected of fraud.
 10.00 **New Tricks** The team reopens an investigation into the death of an elderly woman. Eric Sykes guests.
 11.20 **Waking The Dead** The body of police hero Debbie Britten washes up in the Thames.
 1.50 **The Bill** 2.55 London's Burning 4.00-6.00 Home Shopping

Gold

- 6.00 **Teleshopping** Buying goods.
 7.35 **You Rang, M'Lord?** Sitcom.
 8.35 **The Good Life** Sitcom.
 9.15 **Porridge** Prison comedy.
 9.55 **Hi-de-Hi!** Classic comedy.
 10.35 **Last Of The Summer Wine**
 12.35 **Keeping Up Appearances**
 1.15 **Dad's Army** Wartime comedy.
 1.55 **Hi-de-Hi!** Classic comedy.
 2.35 **The Good Life** Sitcom.
 3.15 **Keeping Up Appearances**
 3.55 **Dad's Army** Wartime comedy.
 4.35 **Last Of The Summer Wine**
 6.35 **The Good Life** A journalist writes a story about the Goods.
 7.15 **Porridge** Fletch is entrusted with a treasure map while sharing a ward with Blanco in hospital.
 7.55 **Dad's Army** Four episodes.
 10.35 **Mrs Brown's Boys** Sitcom.
 11.15 **Peep Show** Double bill.
 12.20 **Mrs Brown's Boys** Irish sitcom. 1.00 Dad's Army 1.35 Peep Show 2.40 Marley's Ghosts 4.00-6.00 Home Shopping

Yesterday

- 6.00 **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**
 12.00 **Impossible Railways**
 1.00 **Secrets Of Britain**
 2.00 **Walking Through History**
 3.00 **Underground Worlds**
 4.00 **Impossible Railways**
 5.00 **Secret Nazi Bases**
 6.00 **Nazi Victory: The Post-War Plan** Hitler's plans to build cities in the countries he conquered.
 7.00 **Underground Worlds**
 8.00 **Abandoned Engineering**
 9.00 **The Two Ronnies** Double bill.
 10.40 **Porridge** Double bill.
 12.00 **Porridge** 12.40 **Nazi Victory: The Post-War Plan** 1.40 The British Middle Class 2.35 David Attenborough's Natural Curiosities 3.00-6.00 Home Shopping

RADIO 1

FM: 97.8-99.8 MHz

- 6.30 Breakfast Show. 10.00 Clara Amfo. 12.45 Newsbeat. 1.00 Scott Mills. 4.00 Nick Grimshaw. 5.45 Newsbeat. 6.00 Nick Grimshaw. 7.00 Radio 1's Future Sounds. 9.00 Dev. 11.00 Indie Show. 1.00 Annie Nightingale. 3.00 Movie Mixtape. 4.00-6.30 Early Breakfast With Adele Roberts.

RADIO 2

FM: 88-90.2 MHz

- 5.00 Vanessa Feltz. 6.30 Zoe Ball. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright. 5.00 Sara Cox. 7.00 Jo Whiley. 9.00 The Jazz Show. 10.00 Rhythm Nation. 12.00 OJ Borg. 3.00 Sounds Of The 80s With Gary Davies. 4.50-5.00 Sounds Of The 80s Mastermix.

RADIO 3

FM: 90.2-92.4 MHz

- 6.30 Breakfast. 9.00 Essential Classics. 12.00 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 In Concert. 10.00 Free Thinking. 10.45 The Essay: Women Writers To Put Back On The Bookshelf. 11.00 Night Tracks. 12.30-6.30 Through The Night.

RADIO 4

FM: 92.4-94.6 MHz LW: 198 kHz

- 5.30 News Briefing. 5.43 Prayer For The Day. 5.45 Farming Today. 5.58 Tweet Of The Day. 6.00 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. 12.00 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 Six O'Clock News. 6.30 The Hitchhiker's Guide To The Galaxy: Hexagonal Phase. 7.00 The Archers. 7.15 Front Row. 7.45 The Book Of Strange New Things. 8.00 File On 4. 8.40 In Touch. 9.00 Inside Health. 9.30 The Life Scientific. 10.00 The World Tonight. 10.45 Book at Bedtime: Apeirogon. 11.00 Liam Williams - Ladhoo. 11.30 Today In Parliament. 12.00 News: Weather. 12.30 Book of the Week: Guest House For Young Widows. 12.48 Shipping. 1.00 As BBC World Service. 5.20-5.30 Shipping.

RADIO 5 LIVE

MW: 909, 693 kHz

- 5.00 Morning Reports. 5.15 Wake Up To Money. 6.00 5 Live Breakfast. 9.00 Your Call. 10.00 The Emma Barnett Show. 1.00 Nihal Arthanayake. 4.00 5 Live Drive. 7.00 5 Live Sport. 7.45 5 Live Sport: FA Cup Football 2019-20. 10.30 Geoff Lloyd. 1.00-5.00 Up All Night.

talkSPORT

MW: 1053, 1089, 1071, 1107 kHz

- 5.00 Early Breakfast. 6.00 The Alan Brazil Sports Breakfast. 10.00 White And Sawyer. 1.00 Hawksbee And Jacobs. 4.00 Adrian Durham And Darren Gough. 7.00 Kick-off. 10.00 Sports Bar. 1.00-5.00 Extra Time With Paul Ross.

BBC WORLD SERVICE

on digital only

- 5.00 News. 5.06 The Newsroom. 5.30 Discovery. 6.00 Newsday. 8.30 Business Daily. 8.50 Witness

Variations

- BBC One Variations WALES:** 11.00 Wanted Down Under 11.30 X-Ray 12.00 Saved On Camera 12.30-1.00 Bargain Hunt 10.35 Young, Welsh And Pretty Minted: Gonth makes a new friend who shares his passion for fast cars. 11.05 Beauty Laid Bare: New series. Four members of the public investigate the secrets of the beauty industry. 11.45 The Truth About Takeaways 12.45-6.00 BBC News
BBC Two Variations WALES: 1.50 First Minister's Questions 2.40-3.00 Coast: Neil Oliver visits the Channel Islands. 11.15 New Voices From Wales 11.25-12.15 Natural World: Examining simians. S4C 6.00 Cyw 12.00 Newyddion S4C A'r Tywydd 12.05 Ffasiwn Mecanic 12.30 Heno 1.30 Ffermio 2.00 Newyddion S4C A'r Tywydd 2.05 Prynawn Da 3.00 Newyddion S4C A'r Tywydd 3.05 Corau Rhys Meirion 4.00 Awr Fawr: Peppa 4.05 Awr Fawr: Y Brodyr Coala 4.20 Awr Fawr: Antur Natur Cyw 4.35 Awr Fawr: Sion Y Chef 4.45 Awr Fawr: Deian A Loli 5.00 Stwnsh: Boom! 5.10 Stwnsh: Seligo 5.15 Stwnsh: #FI 5.20 Stwnsh: Cath-Od 5.30 Stwnsh: Un Cwestiwn 5.50 Stwnsh: Ffeil 6.00 Codi Pac 6.30 Rownd A Rownd 7.00 Heno 7.30 Newyddion S4C A'r Tywydd: News and weather. 8.00 Pobol Y Cwm: Dai promotes Diane's erotic novel as autobiographical. 8.25 Rownd A Rownd: Fflur decides that she must tell Llew the truth about her illness. 8.55 Newyddion 9 A'r Tywydd: News and weather. 9.00 Cynefin 10.00 Walter Presents: Yr Un Awy: Lars gets invited into the home of Sabine's family. 11.00-11.35 Nyrsys

Radio Choice

Costing the Earth
Radio 4, 3.30pm

Avengers star Mark Ruffalo is on a mission to raise awareness of chemical pollution and he's using his new movie as an example. Dark Waters, which also stars Anne Hathaway, Tim Robbins and Victor Garber, tells lawyer Robert

Bilott's story, as he uncovers the PFAS pollution of US drinking water by one of the world's largest corporations. In the first of a new series, Tom Heap talks to Ruffalo about the film, and how chemicals can build up in the human body and take tens of thousands of years to decay.

History. 9.00 News. 9.06 The Arts Hour. 10.00 World Update. 11.00 The Newsroom. 11.30 In The Studio. 12.00 News. 12.06 Outlook. 1.00 The Newsroom. 1.30 The Documentary. 2.00 Newshour. 3.00 News. 3.06 People Fixing The World. 3.30 World Business Report. 4.00 BBC OS. 6.00 News. 6.06 Outlook. 7.00 News. 7.06 The Newsroom. 7.30 Sport Today. 8.00 News. 8.06 People Fixing The World.

8.30 Digital Planet. 9.00 Newshour. 10.00 News. 10.06 The Newsroom. 10.20 Sports News. 10.30 World Business Report. 11.00 News. 11.06 The Documentary. 11.30 In The Studio. 12.00 News. 12.06 The Arts Hour. 1.00 News. 1.06 Business Matters. 2.00 News. 2.06 The Newsroom. 2.30 The Documentary. 3.00 News. 3.06 Outlook. 4.00 News. 4.06 HARDtalk. 4.30-5.00 The Compass.

CLASSIC FM

FM: 100-102 MHz

- 6.00 More Music Breakfast. 9.00 John Suchet. 1.00 Anne-Marie Minhall. 5.00 Classic FM Drive. 7.00 Smooth Classics. 8.00 The Full Works Concert. 10.00 Smooth Classics. 1.00-6.00 Sam Pittis.

ABSOLUTE RADIO

MW: 1215, 1197, 1242 kHz

- 6.00 Bush And Richie. 10.00 Leona Graham. 1.00 Sarah Champion. 4.00 Ben Burrell. 7.00 Danielle Perry. 10.00 Jay Lawrence. 1.00-6.00 Chris Martin.

RADIO WALES

MW: 882, 657 kHz FM: 93.9-95.9, 103.7-103.9 MHz

- 5.30 All Things Considered. 6.00 Radio Wales Breakfast With Claire Summers. 8.30 Jason Mohammad. 11.00 Wynne Evans. 2.00 Eleri Sion. 5.00 Gareth Lewis. 6.30 Science Cafe. 7.00 Janice Long. 10.00 Chris Needs. 1.00-5.30 As BBC World Service.

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For details, see wildlifeforall.org

FILMS

SKY CINEMA PREMIERE

Sky 301

6.00am Hot Air (2018) (15) Drama, starring Steve Coogan. **8.00 The Candidate (2018) (15)** Spanish political thriller, starring Antonio de la Torre. **10.15 The 2020 Top Ten Show 10.30 Killers Anonymous (2019) (15)** Crime mystery thriller, starring Gary Oldman. **12.15pm Godzilla: King Of The Monsters (2019) (12)** Fantasy adventure sequel, starring Vera Farmiga. **2.30 Straight Up (2019) (15)** Premiere. Romantic comedy, starring Katie Findlay. **4.15 UFO (2018) (12)** Sci-fi action thriller, starring Gillian Anderson. **6.00 The 2020 Top Ten Show 6.15 Killers Anonymous (2019) (15)** Crime mystery thriller, starring Gary Oldman. **8.00 Godzilla: King Of The Monsters (2019) (12)** Fantasy adventure sequel, starring Vera Farmiga. **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, starring Katie Findlay. **Midnight Mapplethorpe (2018) (18)** Biopic, starring Matt Smith. **2.00 Extracurricular (2018) (18)** Thriller, starring Keenan Tracey. **3.45 UFO (2018) (12)** Sci-fi action thriller, starring Gillian Anderson. **5.30 Monster Family: Special.**

SKY CINEMA COMEDY

Sky 308

7.10am Sometimes Always Never (2018) (12) With Bill Nighy. **8.45 The Wedding Guest (2017) (15)** With Justin Long. **10.30 Tag (2018) (15)** With Jeremy Renner. **12.15pm Instant Family (2018) (12)** With Mark Wahlberg. **2.15 Arizona (2018) (15)** With Danny McBride. **3.45 Sometimes Always Never (2018) (12)** With Bill Nighy. **5.20 Grand-daddy Day Care (2019) (12)** With Danny Trejo. **7.00 Instant Family (2018) (12)** With Mark Wahlberg. **9.00 Tag (2018) (15)** With Jeremy Renner. **10.50 Pineapple Express (2008) (15)** With Seth Rogen. **12.50am The Wedding Guest (2017) (15)** With Justin Long. **2.45 Changeland (2019) (15)** With Seth Green. **4.25 Roxanne (1987) (PG)** With Steve Martin.

SKY CINEMA ACTION

Sky 307

6.00am Alpha (2018) (12) With Kodi Smit-McPhee. **7.45 Winchester '73 (1950) (U)** With James Stewart. **9.30 Lethal Weapon (1987) (15)** With Mel Gibson. **11.30 Lethal Weapon 2 (1989) (18)** With Mel Gibson. **1.30pm Lethal Weapon 3 (1992) (15)** With Mel Gibson. **3.45 Lethal Weapon 4 (1998) (15)** With Mel Gibson. **6.00 Lethal Weapon (1987) (15)** With Mel Gibson. **8.00**

TODAY'S CHOICE

GIFTED ★★★★★

Film4, 9pm

In between making the bombastic, special effects-laden Avengers movies, Chris Evans took the lead role in this altogether quieter and more gentle production.

It's a drama about Frank (Evans), a single man raising his seven-year-old niece Mary alone. When Mary displays genius-level maths skills at school, her estranged grandmother fights for custody, threatening the close bond between the little girl and her uncle.

Mckenna Grace is charming as the youngster; Lindsay Duncan and Octavia Spencer also star.

Sarah Morgan



Lethal Weapon 2 (1989) (18) With Mel Gibson. **10.00 Lethal Weapon 3 (1992) (15)** With Mel Gibson. **12.15am Lethal Weapon 4 (1998) (15)** With Mel Gibson. **2.25 Never Grow Old (2019) (15)** With Emile Hirsch. **4.15 Winchester '73 (1950) (U)** With James Stewart.

SKY CINEMA KIDS BOOKS

Sky 306

6.00am Cloudy With A Chance Of Meatballs 2 (2013) (U) Animated comedy sequel. **7.35 Babe (1995) (U)** Family comedy. **9.10 Babe: Pig In The City (1998) (U)** Family comedy sequel, with Magda Szubanski. **10.50 Harry Potter And The Chamber Of Secrets (2002) (PG)** Fantasy adventure sequel, starring Daniel Radcliffe. **1.35pm The Many Adventures Of Winnie The Pooh (1977) (U)** Animated adventure, with the voice of Sterling Holloway. **2.55 The Chronicles Of Narnia: The Voyage Of The Dawn Treader (2010) (PG)** Fantasy adventure, with Georgie Henley and Skandar Keynes. **4.50 Babe (1995) (U)** Family comedy, starring James Cromwell. **6.25 Cloudy With A Chance Of Meatballs 2 (2013) (U)** Animated comedy sequel, with the voice of Bill Hader. **8.00 Harry Potter And The Chamber Of Secrets (2002) (PG)** Fantasy adventure sequel, starring Daniel Radcliffe. **10.45 Jumanji (1995) (PG)** Fantasy adventure,

starring Robin Williams. **12.40am The Chronicles Of Narnia: The Voyage Of The Dawn Treader (2010) (PG)** Fantasy adventure, with Georgie Henley and Skandar Keynes. **2.35 Babe: Pig In The City (1998) (U)** Family comedy sequel, with Magda Szubanski. **4.20 Jumanji (1995) (PG)** Fantasy adventure, starring Robin Williams.

SKY CINEMA WOMEN IN FILM

Sky 310

6.15am Red Sonja (1985) (15) **7.55 Terminator 2: Judgment Day (1991) (15)** With Arnold Schwarzenegger. **10.15 The Next Karate Kid (1994) (PG)** With Pat Morita. **12.05pm The Darkest Minds (2018) (12)** With Amanda Stenberg. **1.50 Edge Of Tomorrow (2014) (12)** With Tom Cruise. **3.50 Mortal Engines (2018) (12)** With Hera Hilmar. **6.00 Kick-Ass (2010) (15)** With Aaron Taylor-Johnson. **8.00 Kick-Ass 2 (2013) (15)** With Aaron Taylor-Johnson. **9.55 Terminator 2: Judgment Day (1991) (15)** With Arnold Schwarzenegger. **12.15am Red Sonja (1985) (15)** With Brigitte Nielsen. **1.50 Aliens: Special Edition (1986) (18)** With Sigourney Weaver. **4.30 The Next Karate Kid (1994) (PG)** With Pat Morita.

SKY CINEMA GREATS

Sky 304

6.10am Tremors (1990) (15) Comedy horror, starring Kevin Bacon. **7.55 Highlander (1986) (15)** Fantasy

Times quoted are GMT.

adventure, starring Christopher Lambert. **9.55 Men In Black II (2002) (PG)** Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones. **11.30 The Blind Side (2009) (12)** Fact-based drama, starring Sandra Bullock. **1.45pm The Desert Rats (1953) (U)** Second World War adventure, starring Richard Burton. **3.20 Jaws (1975) (PG)** Steven Spielberg's thriller, starring Roy Scheider. **5.30 War Of The Worlds (2005) (12)** Sci-fi thriller, starring Tom Cruise. **7.30 Men In Black II (2002) (PG)** Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones. **9.00 The Blind Side (2009) (12)** Fact-based drama, starring Sandra Bullock. **11.15 First Blood (1982) (15)** Action thriller, starring Sylvester Stallone. **1.00am Rambo: First Blood Part II (1985) (15)** Action adventure sequel, starring Sylvester Stallone. **2.45 Rambo III (1988) (18)** Action adventure sequel, starring Sylvester Stallone. **4.35 The Desert Rats (1953) (U)** Second World War adventure, starring Richard Burton.

TCM MOVIES

Sky 315

7.05am Off Set 7.25 Return Of The Gunfighter (1967) (U) Western, starring Robert Taylor. **9.35 Carson City (1952) (U)** Western, starring Randolph Scott. **11.25 12 Angry Men (1957) (U)** Legal drama, starring Henry Fonda. **1.30pm Cool, Ltd 4.45 (1950) (U)** Western, starring Randolph Scott. **3.00 Bad Man From Red Butte (1940) (U)** Western, starring Johnny Mack Brown. **4.15 Cimarron (1960) (PG)** Western, starring Glenn Ford. **7.15 The Nevadan (1950) (U)** Western, starring Randolph Scott. **9.00 Out For Justice (1991) (18)** Action thriller, with Steven Seagal. **11.00 Payback (1999) (18)** Thriller, starring Mel Gibson. **1.10am Assassins (1995) (15)** Thriller, starring Sylvester Stallone and Antonio Banderas. **3.35 Hollywood's Best Film Directors.**

FILM4

Freeview 14 - Sky 313

11.00am The Naked Truth (1957) (U) Comedy, with Peter Sellers. **12.50pm Rage At Dawn (1955) (U)** Western, starring Randolph Scott. **2.40 The Longest Day (1962) (PG)** Fact-based Second World War drama, starring Richard Burton. **6.20 The Core (2003) (12)** Sci-fi thriller, starring Aaron Eckhart. **9.00 Gifted (2017) (12)** Premiere. A single man attempts to raise his child prodigy niece, but his formidable mother ruins his plans. Drama, starring Chris Evans. **11.05 Conan The Barbarian (2011) (15)** Fantasy adventure, starring Jason Momoa. **1.15am A Dark Song (2016) (15)** Psychological horror.

ENTERTAINMENT

ITV2

Freeview 6 - Sky 118

7.00am The Ellen DeGeneres Show **7.50** Emmerrade **8.20** Coronation Street **9.20** Superstore **10.15** Dinner Date **11.15** Dress To Impress **12.15pm** Emmerrade **12.45** Coronation Street **1.50** The Ellen DeGeneres Show **2.45** Dinner Date **3.50** Dress To Impress **4.50** Take Me Out **6.00** You've Been Framed! **Gold 8.00** Two And A Half Men **9.00** Family Guy **10.00** Plebs **11.00** Family Guy **11.30** American Dad! **12.25am** Two And A Half Men **1.25** Ibiza Weekender **2.25** Don't Hate The Playaz **3.15** Nightscreen

ITV3

Freeview 10 - Sky 119

6.00am Classic Coronation Street **6.55** Classic Emmerrade **7.55** Heartbeat **8.55** The Darling Buds Of May **10.00** That's My Boy **10.30** Inspector Morse **12.40pm** Heartbeat **1.45** Classic Emmerrade **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 **11.00** Inspector Morse **3.10am** Nightscreen **3.30** Teleshopping

ITV4

Freeview 24 - Sky 120

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

5STAR

Freeview 30 - Sky 128

8.00am 3rd Rock From The Sun **8.20** House **10.00** Nightmarer Tenants, Slum Landlords **11.00** The Nightmare Neighbour Next Door **Noon** 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** Teleshopping

SUSA

Freeview 21 - Sky 141

9.00am Criminals: Caught On Camera **9.25** Criminals: Caught On Camera **9.45** CSI: NY **11.25** The Mysteries Of Laura **12.25pm** Law & Order **8.00** NCIS: New Orleans **9.00** The Enemy Within **10.00** Law & Order: Special Victims Unit **1.50am** Law & Order: Los Angeles **3.50** Access **4.00** Teleshopping

SKY ONE

Sky 106

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** The Trip To Greece **11.00** A League Of Their Own **Midnight** Jettt **1.05** Avenue 5 **1.40** The Heist **2.40** Hawaii Five-0 **4.30** Stop, Search, Seize

E4

Freeview 13 - Sky 135

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 **Noon** 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 **Midnight** Brooklyn Nine-Nine **1.00** Celebs Go Dating **2.05** First Dates **3.00** Gogglebox **3.55** The Big Bang Theory **4.45** How I Met Your Mother

MORE4

Freeview 18 - Sky 136

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** Food Unwrapped

SKY WITNESS

Sky 107

6.00am Nothing To Declare **8.00** Paramedics **9.00** Blue Bloods **10.00** Criminal Minds **11.00** CSI: Crime Scene Investigation **Noon** 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 **10.00** Law & Order: Special Victims Unit **11.00** Law & Order: Special Victims Unit **Midnight** CSI: Crime Scene Investigation **1.00** Criminal Minds **3.00** Ghost Whisperer **4.00** Shades Of Blue **5.00** Brit Cops: Rapid Response

CBS JUSTICE

Freeview 39 - Sky 148

9.00am Diagnosis Murder **11.00** Matlock **Noon** Perry Mason **1.05** Walker, Texas Ranger **2.05** CSI: Miami **3.00** NCIS **4.00** NCIS: Los Angeles **5.00** Matlock **6.00** Perry Mason **7.05** Scorpion, Paige and Happy are stranded in a faulty gondola. **8.00** Walker, Texas Ranger **9.00** NCIS **10.00** NCIS: Los Angeles **11.00** Scorpion **Midnight** CSI: Miami **1.00** NCIS **2.00** Gunsunko **3.05** The High Chaparral **4.50** Mission: Impossible

CBS REALITY

Freeview 66 - Sky 146

9.00am Judge Judy **7.00pm** Medical Detectives **8.00** 48 Hours: Mystery **9.00** Cold Blood **10.00** Murder By The Sea **11.00** Killer Doctors On Death Row **Midnight** Wives With Knives **1.00** Cold Blood **2.00** Murder By The Sea **3.00** I Survived **3.45** Unsolved Mysteries **5.10** Bondi Rescue

BBC FOUR

Freeview 9 - Sky 116

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 **Midnight** Inside The Medieval Mind **1.00** Rhythms Of India **2.00** Socrates: Genius Of The Ancient World **3.00** Royal History's Biggest Fibs With Lucy Worsley

SPORT

SKY SPORTS MAIN EVENT

Sky 401

6.00am Live Women's ICC World T20 Cricket **7.30** Live Women's ICC World T20 Cricket **11.30** Football Center **Noon** Sky Sports News **5.00** Sky Sports News At 5 **6.00** Sky Sports News At 6 **7.00** Sky Sports Tonight **10.00** The Debate **11.00** Live Test Cricket. New Zealand v India

SKY SPORTS PREMIER LEAGUE

Sky 402

6.00am PL Greatest Games **7.00** PL Legends: Sol Campbell **7.30** PL Legends: Robert Pires **8.00** Best PL Goals: North London Derby **8.30** Best PL Goals: Tottenham V Chelsea **9.00** Premier League 100 Club **10.00** PL Years **Noon** PL Best Goals 06/07 **4.00** PL Greatest Games **5.00** PL 100 Club: England's Finest **5.30** Premier League 100 Club **6.00** PL Legends: Alan Shearer **6.30** PL Legends: Michael Owen **7.00** PL Review **8.00** Gary Neville's Soccerbox **9.00** Premier League Review **10.00** The Debate **11.00** PL Best Goals 08/09 **Midnight** The Debate **1.00** Premier League Years **3.00** PL Greatest Games **4.00** PL Best Goals 98/99 **5.00** Best PL Goals: Merseyside Derby **5.30** PL 100 Club

SKY SPORTS CRICKET

Sky 404

6.00am Live Women's ICC World T20 Cricket. Pakistan v Thailand. **7.30** Live Women's ICC

World T20 Cricket. West Indies v South Africa. **11.30** Test Cricket **12.30pm** Women's ICC World T20 Cricket **8.30** Women's World T20 Classics **9.30** Test Cricket **10.25** Live Test Cricket. New Zealand v India

SKY SPORTS ACTION

Sky 407

6.00am Boxing Gold **7.00** Sporting Records **8.00** NFL: A Football Life **9.00** NFL: America's Game **10.00** Sporting Records **11.00** NFL: America's Game **Noon** NFL: A Football Life **1.00** Sporting Records **2.00** Darts Gold **2.30** Boxing Gold **3.30** Darts Gold **4.00** Legends Of Darts **4.30** Sporting Records **5.30** Hooked On Africa **6.00** NBC's Pro-Football Talk **8.00** NFL Highlights **10.00** Hooked On Africa **10.30** Darts Gold **11.00** NFL: A Football Life **Midnight** NFL: America's Game **1.00** Super League Gold **2.00** NFL - Greatest Games **3.30** Darts Gold **4.00** Sporting Records **5.00** Sporting Greats

BT SPORT 1

Sky 413

6.00am Chelsea V Leeds United 1969/70 **6.30** Wolves V Arsenal 1971/72 **7.00** WWE Friday Night SmackDown **8.30** No Filter: How Furry Beat Wilder **9.00** Premier League Review **10.00** Gallagher Premiership Tonight **10.45** Hyundai A-League Highlights **11.45** BT Sport Goals Reload **Noon** FA Cup: Portsmouth V Arsenal **1.30** Ref: Stories From The Weekend **2.30** Brighton V Crystal Palace **4.00** WWE NXT Highlights **5.00** BT

COMEDY CENTRAL

Sky 112

8.00am Will & Grace **10.00** The Office (US) **11.00** Friends **3.10pm** My Name Is Earl **5.00** Friends **9.00** Film: Billy Madison (1995) (12) **10.55** The Daily Show. Satirical talk show, with Trevor Noah. **11.30** The Ricky Gervais Show **12.35am** Russell Howard's Stand Up Central **1.35** South Park **3.25** Bad Robots **4.15** The Office (US) **5.00** Teleshopping

FOX

Sky 124

8.00am Republic Of Doyle **9.00** Bones **10.00** Bull **11.00** NCIS **Noon** Bones **2.00** The Mentalist **3.00** NCIS **4.00** Bull **5.00** Bones **6.00** The Mentalist **7.00** NCIS **9.00** Family Guy **11.00** American Dad! **Midnight** Family Guy **1.00** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic Of Doyle **5.00** Teleshopping

DISCOVERY

Sky 125

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 **Noon** 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 **9.00** Gold Rush **10.00** Gold Rush: Dave Turin's Lost Mine **11.00** Gold Rush: The Dirt **Midnight** 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** How It's Made

Sport Goals Reload **5.15** FA Cup: Portsmouth V Arsenal **6.45** Early Kick-Off **7.00** Live: Hibernian V Hearts (Kick-off 7.45pm) Coverage of the Scottish top-flight clash from Easter Road **10.00** Premier League Reload **10.15** BT Sport Goals Reload **10.30** Premier League Review. A look back at the best of the recent action. **11.30** Live PSA Squash: Windy City Open PSA. Squash action from the Men's and Women's semi-finals of the Windy City Open in Chicago **4.00am** Southampton V Man Utd 1971/72 **4.30** Leeds United V Southampton 1971/72 **5.00** Liverpool V Birmingham 1972/73 **5.30** Tottenham V Bristol Rovers 1977/78

EUROSPORT 1

Sky 410

7.10am Cycling: Strade Bianche **7.30** World Superbikes **9.00** Motocross World Championship **10.00** Formula E **11.00** World Superbikes **Noon**

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Nick Grey, inventor and owner of Gtech

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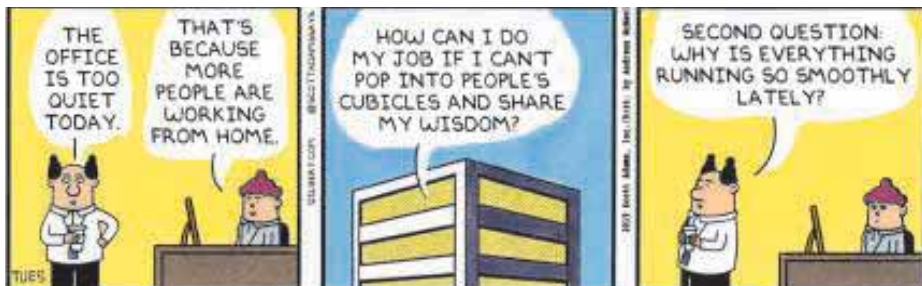
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**FAITH, HOPE AND SUE** Lisa Wild**RUPERT AND THE OLD HAT** No 32

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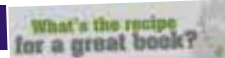
More noisy birds have appeared, but Rupert stands firm. "You've frightened the cuckoo quite enough," he declares. "Now he's sheltering in my hedge and mind you leave him alone." They fly away grumbling and then Rupert dashes into the house to collect the old hat. "Well, where have you been?" asks Mrs Bear. "I'll tell you about it very soon," says Rupert, smiling, "but now, please may I have half a dozen safety pins quickly?"

"The cuckoo won't come near your trees. So leave this garden, if you please!"

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"Now all I need is safety pins! Please may I have some?" Rupert grins.

**Chicken pasta with tequila and coriander sauce**

A unique chicken pasta dish offering some new flavour experiences. The recipe states fettuccine but spaghetti or penne is equally as good. Serves 4.

INGREDIENTS

- 5 tablespoons chopped coriander
- 2 tablespoons minced garlic
- 2 tablespoons minced jalapenos
- 3 tablespoons butter, divided
- 120ml chicken stock
- 3 tablespoons tequila
- 2 tablespoons fresh lime juice
- 3 tablespoons soy sauce
- 500g chicken breasts, cubed
- 1/2 red onion, sliced
- 1 red pepper, 1/2 yellow pepper and 1/2 green pepper, thinly sliced
- 1 (500g) pack fettuccine pasta
- 350ml whipping cream
- Fresh coriander
- 1 lime, sliced

METHOD

- 1) In a medium saucepan, saute the coriander, garlic and jalapenos in 2 tablespoons of the butter over a medium heat for 4 to 5 minutes.
- 2) Add the stock, tequila and lime juice. Bring the mixture to the boil and reduce to a paste-like consistency. Set aside.
- 3) Pour the soy sauce over the chicken and set aside for 5 minutes.
- 4) Meanwhile, in a frying pan, saute the onion and the red, yellow and green peppers with the remaining tablespoon of butter, stirring occasionally.
- 5) Meanwhile, cook the fettuccine according to the packet directions.
- 6) When the peppers are soft, add the chicken and soy sauce. Toss and add the reserved tequila/lime paste and cream, bring to the boil then reduce heat and simmer until the chicken is cooked through and the sauce has thickened.
- 7) Mix the sauce with the fettuccine and garnish with the coriander and lime slices before serving immediately.



ALAN'S TIP OF THE DAY: Sink pots of coloured primroses into a basket of moss for an instant spring display around the house. But don't plant them outside yet. The flowers aren't as weatherproof as those of their wild cousins, so they'll stay in better condition under cover.

Russell Grant

Britain's celebrity astrologer



Aries Mar 21 - Apr 20

Concern about an older relative's financial situation will prompt you to talk to a money manager. You may be accused of interfering but you can't ignore this situation any longer. Especially when you're in a position to be able to help.

0905 789 3701**



Taurus Apr 21 - May 21

Confusion over a legal or financial matter is creating tension. The sooner this situation is addressed, the better. Talk to an accountant to find out who is entitled to what. Deceptive relatives and false friends are coming out of the woodwork.

0905 789 3702**



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. Instead of getting drawn into arguments, find a place where you can be alone.

0905 789 3703**



Libra Sep 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 nasty neighbours. Register for rehousing or start looking for a home in a better location.

0905 789 3707**



Scorpio Oct 24 - Nov 22

You're becoming increasingly concerned about the health of an older relative or neighbour. They may be too proud to ask for help but calling in on them regularly will mean you can keep an eye on their progress.

0905 789 3708**



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. It would be better to step back and hope that eventually those you live with will come to their senses without your help.

0905 789 3709**

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Cancer June 22 - July 23

Talk to a legal advisor before signing a contract. If there is anything in the wording you don't understand, don't be afraid to ask for clarification. You've been so busy keeping on top of things that an important job could fall through the cracks.

0905 789 3704**



Leo July 24 - Aug 23

Getting enough sleep and improving your diet will have a tremendous effect on your health and wellbeing. If you feel insecure and hypersensitive, exercising your creative side can also help recharge your batteries.

0905 789 3705**



Virgo Aug 24 - Sep 23

Be patient with a youngster's emotional outbursts. It is possible they're having a hard time. If you're concerned about a child's education or school experiences, talk to their teacher. They are relying on your support.

0905 789 3706**



Capricorn Dec 22 - Jan 20

It will feel rewarding to spend time on a home improvement programme. Repainting drab rooms and refurbishing shabby furniture will be a satisfying experience and one that will inspire you to also upgrade your appliances.

0905 789 3710**



Aquarius Jan 21 - Feb 19

People you see regularly seem to have no time for you nowadays. 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 their absence personally.

0905 789 3711**



Pisces Feb 20 - Mar 20

Stay positive and keep smiling even if it feels as if nothing is going your way. Stumbling blocks that face you now can be overcome. Soon life will get easier. Keep telling yourself that the happiness you deserve is within reach.

0905 789 3712**

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Hancock deals with crisis like a true professional

HEALTH Secretary Matt Hancock deserves congratulations for the way he is managing the current coronavirus problem ("We will stop at nothing to beat virus", March 2).

He is open and honest with the public and provides common sense updates at regular intervals.

He is doing the job he was delegated to do.

It is not necessary for a prime minister to micromanage a competent minister and in my view Mr Hancock fits that category.

Margaret Bye,
Morley, WYorks

Don't hike taxes, cut MPs, Lords and civil servants

ISN'T it time we cut out all the dead wood and hangers-on before taxes are raised to pay for any Budget pledges ("Budget must hike taxes to fund pledges", February 27)?

We don't need 650 MPs or 800 Lords, and whatever happened to the bonfire of the quangos?

And civil servants are wildly overpaid, many earning much more than the PM – we are top-heavy with them and it's time to stop all the waste in government.

Things must change. The public are sick of being short-changed.

Angela Sainsbury,
Bath

Whitehall mandarins are there to serve, not lead

THE problem with many high-ranking civil servants is they stay too long in office and come to believe they are more important than the elected MPs ("Fantastic" Patel gets backing of top Tories", March 2).

They need to realise they are there to serve, not dictate.

Peter Hyde,
Driffield, EYorks

Priti sure that I'd side with our Home Secretary

I KNOW nothing about Priti Patel or Sir Philip Rutnam but I suspect many civil servants are nothing more than chair-warmers. I do know that some did their best to sabotage Brexit and many do little good except for themselves.

Martin Fletcher,
Rotherham, SYorks

We voted for MPs so let them get on with the job

THE civil service is there to do what the Government tells it to do.

All ministers should make sure the civil servants working in their departments do as they are told.

Dave Allen,
Runcorn, Cheshire

Time to ditch Heathrow's project runway for good

I WELCOMED the news of the Court of Appeal's ruling on the Heathrow expansion as a step in the right direction and a landmark ruling on the grounds of environmental protection ("Heathrow third runway bid set

Letter of the day

Picture posed by model: GETTY



RISK: Air travellers are passing through airports unchecked

Freedom to travel helps virus spread

THERE is such a thing as closing the stable door after the horse has bolted ("Cities will shut down in virus battle plan", March 2).

Seeing the horrifying videos of people wandering through the arrivals hall of Heathrow Airport, totally unchecked no matter where they have travelled from and free to travel on to anywhere, must be such a case.

Is it any wonder that we are seeing a daily increase in the number of cases of coronavirus in this country?

While this freedom to travel unchecked is allowed to continue, other measures to contain the spread of this virulent virus will be completely useless.

Elaine Mackenzie,
Burgess Hill, W Sussex

to be axed after judges' verdict", February 28).

Having lived under the flight path for years and now raising a family in south east London, I had been hoping the expansion would be ruled against for reasons of air and noise pollution, and for the health of my growing family.

I have since learnt that the proposed expansion would have come at a cost of £43 billion to other regions of the UK as reported by the New Economics Foundation.

I hope the Government will use this opportunity to put investment into poorer regions as well as to boost its international standing as leaders at the COP summit.

Rebecca Truscott,
London

Richard needs to see the light over clock change

RICHARD Madeley's observations need to be challenged (Richard & Judy, February 29).

While I agree the clocks should go forward earlier than the last weekend in March, it was an EU directive that altered the date from mid-March.

However he then goes on to say he would abolish the concept of daylight saving, advocating that when the clocks go forward on March 29 we should leave them

there permanently. This was tried between 1968 and 1971 and it was found that in much of the country there was concern children were going to school in the dark and the House of Commons voted against continuing the scheme by 366 votes to 81.

Also, as a southerner he then infuriated Midlanders by inferring that Shrewsbury should be pronounced "Shrowsbury" ("You have to go with the Shrow", February 29).

How then would he pronounce the comedy written by the greatest Midlander, William Shakespeare, The Taming Of The Shrew?

Bob Bannister,
Coventry

Don't moan when houses built on flood plains flood

FLOOD plains are called flood plains for a reason ("Storm Jorge worsens homes misery", February 29).

Why have builders been granted permission to build on ground subject to flooding?

Why do people buy such buildings in which to live or work?

And why do they complain and expect help when the flooding inevitably takes place?

Michael Cook,
Hinckley, Leics

Parents of the Greta rally strikers should be fined

IF parents can be fined for taking their children on holiday during school term time, can anybody explain why there have been so few reports of parents receiving financial penalties for keeping their children off school to attend the Greta Thunberg rally recently ("Striking pupils at giant Greta rally", February 29)?

One nurse is quoted as keeping her daughter off school for the day to learn a more important lesson. I doubt if she was talking about civil disobedience which she has been successful in teaching her daughter and thus breaking the law herself.

Laurie Dalton,
Hoylelake, Merseyside

Daily Express cartoonists know their funny business

I WOULD just like to say the Daily Express cartoons Calvin And Hobbes, Dilbert and Faith Hope And Sue cheer me up every day.

I'm not quite sure how their creators Bill Watterson, Scott Adams and Lisa Wild think of something new every day but I really appreciate their work.

Elizabeth James,
Yeovil, Somerset

IS WORKING FROM HOME BETTER THAN OFFICE LIFE?

Yes

I GET loads more work done at home than I ever do in our busy office ("Working from home is a shedload less stressful", March 2).

While it's nice to chat to fellow workers, I don't miss the two-hour commute and my stress levels plummet.

And isn't it better for

the environment if fewer journeys are made in cars and on trains and buses? I think it makes perfect sense.

But you have to be very disciplined to work from home – the draw of watching Loose Women with a hot mug of tea is hard to resist.

Leah Benson,
Bristol

No

RUNNING your own business from home can be very rewarding but at times it can feel very lonely.

When I was made redundant 10 years ago I used my pay-off to set myself up in business and have done well.

But there are times when I miss the buzz of

a busy office and just being in the company of other people all day.

We are social animals and without that daily interaction you can get cabin fever and quickly become isolated.

Friends and co-workers make the job a lot more bearable.

Nick Brookes,
Sunderland

TODAY: Tuesday
March 3, 2020

ON THIS DAY



16 years ago (2004)

We reported that an overjoyed mother was to be reunited with the daughter she thought had been killed in a fire as a baby. The child had been kidnapped by a relative who set her house ablaze.

Luz Cuevas of Philadelphia in the US had been convinced Delimar was alive. When she went by chance to a children's birthday party she saw a six-year-old with a dimpled smile exactly like her own and that of her other children. Cuevas knew she had found her daughter and tests later proved the little girl was her child. The story was made into a film in 2008.

77 years ago (1943)

One hundred and seventy three people were crushed to death trying to enter Bethnal Green tube station, used as an air raid shelter by up to 7,000 Londoners. It was the UK's largest single loss of civilian life during the Second World War.

46 years ago (1974)

London-bound Turkish Airlines Flight 981 en route from Ankara crashed near Paris shortly after take-off following a scheduled stop.

All 346 aboard were killed, including British passengers transferred from a British Airways flight because of a strike by engineers.

BIRTHDAYS



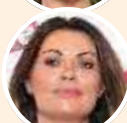
Total Recall star **Jessica Biel** is 38. She's married to Justin Timberlake.



Ex-Boyzone star **Ronan Keating** is 43. He is worth around £19 million.



Girlfriends actress **Miranda Richardson** is 62. She campaigns for animal welfare.



Coronation Street actress **Alison King** is 47. She supports Liverpool FC.

TODAY'S GIGGLE
Where did Noah keep his bees?
In the Ark hives.

OFFER CODE:
X13420

Edited by DAVID SHAND

email: city@express.co.uk

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AT A GLANCE

STOCK MARKET

FTSE 100	6654.9	▲ +74.3
FTSE 250	19301.7	▼ -29.2
FTSE ALL SHARE	3706.8	▲ +33.2
Shares Traded	5654.8 million	

POPULAR SHARES ON THE RISE

AstraZeneca	7010	+216
BAE Systems	610%	+2%
BP	411%	+1%
Centrica	73%	+1%
GlaxoSmithKline	1630	+67%
National Grid	1006%	+23%
Royal Dutch Shell 'B'	1712	+48%
Sainsbury (J)	204%	+8%
Unilever	4320	+150

POPULAR SHARES ON THE SLIDE

Aviva	343%	-7%
Barclays	143%	-5%
BT Group	139%	-1%
HSBC Holdings	520	-3%
Int Consolidated Airlines	433	-39
Lloyds Banking Group	49%	-3%
Marks & Spencer Group	157%	-1
Rolls-Royce Holdings	615%	-4%
Royal Bank of Scotland	172%	-6%
Royal Mail	161%	-1%
Saga	31	-1%
Standard Life Aberdeen	275%	-3%
Tesco	228%	-1%
Vodafone Group	133%	-3%
Whitbread	3759	-135

WORLD MARKETS

WALL STREET	26703.32	▲ +1294
TOKYO	21344.1	▲ +201.1
HONG KONG	26291.7	▲ +161.8
GERMANY	11857.9	▼ -32.5
FRANCE	5333.5	▲ +23.6

STERLING VALUE

Dollar	1.281	▼ -0.001
Yen	138.058	▼ -0.519
Euro	1.146	▼ -0.016

DOLLAR VALUE

Dollar/Yen	107.791	▼ -0.2803
Dollar/Euro	0.895	▼ -0.0116

COMMODITIES

GOLD(\$)	▲ 1595.00
KRUGERRAND(E)	▲ 1247.05
SILVER(pence)	▲ 1334.61
BRENT CRUDE(\$)	▲ 52.05

OTHER INDICATORS

Base rate	0.75%
Halifax mortgage rate	3.99%
Retail Price Index	+2.7% (CPI +1.8%)
House price index	+2.2%
Unemployment	1,290,000

Digital Look
www.DigitalLook.com

TOURIST'S POUND

Australia	1.90 dollar
Canada	1.65 dollar
China	8.30 renminbi
Czech Rep.	27.43 koruna
Denmark	8.23 krone
Eurozone	1.13 euro
Hong Kong	9.39 dollar
Hungary	363.63 forint
Israel	4.16 shekel
Japan	132.00 yen
Kenya	119.81 shilling
Mexico	23.72 peso
New Zealand	1.98 dollar
Norway	11.49 krone
Poland	4.72 zloty
Saudi Arabia	4.55 riyal
South Africa	19.09 rand
Sweden	11.67 krona
Switzerland	1.19 franc
Thailand	37.81 baht
Turkey	7.37 lira
United States	1.25 dollar

Coronavirus threat to production boom

By David Shand

SUPPLY chain disruption from the coronavirus is threatening to stifle the UK's manufacturing recovery, as economists warned global growth could halve this year if the outbreak intensifies.

Factory output hit a 10-month high in February as domestic demand picked up after the general election, according to the IHS Markit/CIPS purchasing managers' survey.

But work for overseas customers fell for the fourth straight month as new orders from Asia dried up.

The survey found the virus had a "noticeable impact", with supplier lead times lengthening to the greatest extent since July 2019.

Duncan Brock, director at the Chartered Institute of Procurement & Supply, described a "startling deterioration" in the performance of supply chains.

He added: "With no clear end to disruption in sight, the gains made by manufacturing at the beginning of the year could soon be lost."

The Bank of England said it is working with regulators, the Treasury and international part-



SUPPLY: UK car manufacturing is a sector relying on overseas orders

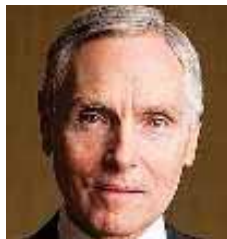
ners to take "all necessary steps" to try to soften the economic impact of the coronavirus.

Its pledge came as the Organisation for Economic Cooperation and Development predicted that "even in the best-case scenario" of limited outbreaks in countries outside China, global growth would fall to 2.4 per cent from 2.9 per cent in 2019.

But the Paris-based group

warned contagion across the wider Asia-Pacific region and advanced economies could cut global growth to as low as 1.5 per cent this year, halving its previous projection from last November.

The OECD said: "Containment measures and loss of confidence would hit production and spending and drive some countries into recession, including Japan and the euro area."



LETTER: Edward Bramson

Barclays' Epstein links CEO 'must go'

BARCLAYS is under pressure to remove chief executive Jes Staley over his links with disgraced tycoon Jeffrey Epstein.

In a public letter Edward Bramson, whose Sherborne Investors owns 5.8 per cent of the bank, "strongly recommends" the Barclays board

rescind its unanimous recommendation to re-elect its American boss. He said: "We believe it would be in everyone's interest to draw a line under this destabilising situation, which has become a circus, as soon as possible."

Regulators are investigating

whether Staley was sufficiently transparent about his relationship with Epstein, who died last year in prison.

He had no contact with Epstein since becoming CEO in December 2015.

Barclays said he "retains the full confidence of the board".



LINKS: Jes Staley

++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW	COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW	COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
3i Group	987%	-20%	1184%	942%	HSBC Holdings	520%	-3%	680%	511%	Ocado	1119%	+55%	1435	1045
A.B. Foods	2262	+7	2708	2106	Imperial Brands	1563%	+8%	2648%	1528%	Paddy Power Betfair	8502	+236	9456	5525
Admiral Group	2140	+28	2330	2014	Informa	659%	-22%	892	657%	Pearson	550	-7%	927	550
Anglo American	1844%	+52%	2266	1666%	InterContinental Htl	4287	-15	5738	4165%	Persimmon	2841	+2	3298	1836
Antofagasta	775%	+23%	1022%	751%	Intertek Group	5324	+54	6170	4643	Phoenix Group	697%	+6%	803	634%
Ashtead Group	2407	+18	2774	1805%	Intl Consolidated Airlines	433	-39	671	413%	Polymetal Intl	1221%#	+27%	1345	772%
AstraZeneca	7010#	+216	7878	5644	ITV	114%	-1%	156%	103%	Prudential	1270	+3	1790	1236%
Aveva Group	4406	+18	5315	3515	John David Group	721%	-15%	881%	464%	Reckitt Benckiser	5748	+27	6688	5615
Aviva	343%	-7%	438%	339%	Johnson Matthey	2475	-36	3454	2439	Reed Elsevier	1885%	+18	2099	1606
BAE Systems	610%	+2%	669	444	Kingfisher	185	-4%	266%	179	Rentokil Initial	513%	+29%	513%	345%
Barclays	143%#	-5%	192%	136%	Land Securities	821	-13%	1001%	735%	Rightmove	619%	+%	701%	472
Barrat Development	750%	-6%	878%	552%	Legal & General	254%	-5%	318%	216%	Rio Tinto	3720	+112	4976%	3608
Berkley Grp Hldgs	4738	-16	5474	3437	Lloyds Banking Grp	49%	-%	67%	48%	Rolls-Royce Group	615%	-4%	9411%	600%
BiP Billiton	1449	+30%	2049	1389%	London Stock Ex	7888	+312	8542	4538	Royal Bank Of Scot	172%	-6%	270%	168%
BHP	411%#	+15	582%	396%	M&G	193%	-5%	190	252%	RSA Insurance Grp	518	-%	597	501%
British Amer.Tob	3000%	-62	3507	2648	Meggitt	542%	+%	697%	490	Ryl Dutch Shell 'A'	1716#	+54%	2612	1661%
British Land	494	-7	638%	468%	Melrose	203%	-6	248%	160%	Ryl Dutch Shell 'B'	1712#	+48%	2622	1663%
BT Group	139%	-1%	230%	136%	Mondi	1572	+10	1846	1510%	Sage Group	694%#	+12%	860%	655
Bunzl	1910	+40	2551	1865%	Morrison (Wm)	180	+8%	231%	170	Sainsbury (J)	204%	+8%	240%	177
Burberry Group	1661	+12	2345	1572	National Grid	1006%	+23%	1067%	778	Schroders	2836	-18	344%	2541
Carnival	2333#	+46	3625%	2753	Next	6026	-56	7340	5086	Scottish Mortgage	583	+22	659	472
Centrica	73%	+1%	123%	64%						SEGR0	832%	+11%	935	653%
Coca-Cola HBC	2515	+41	3074	2299						Seyn Trent	2547	+82	2696	1905%
Compass Group	1700%	-10	2138	1669						Smith & Nephew	1770	+31	1990	1439
CRH	2718	+79	3100	2279						Smiths Group	1532%	-%	1769%	1378
Croda International	4690	+136	5375	4554						Spirax-Sarco	8545	+150	9415	6760
DCC	5554	+22	7496	5490						SSE	1545%#	+16%	1686%	1008
Diageo	2811%#	+46	3625%	2753						St James's Place	1001%	-14	1199%	913%
DS Smith	316%	+2	394%	308						Standard Chartered	550%	-12%	738%	534%
EasyJet	1062%#	-38	1552	854%						Standard Life	275%	-%	337	238
Evraz	317%	-8%	709%	309%						Taylor Wimpey	203	+%	236%	143
Experian Group	2707	+116	2898	1970%						Tesco	228%	-%	259	212%
Ferguson	6780	+40	7602	4800						TUI AG	590%	-9%	1081%	569%
GlaxoSmithKline	1630#	+67%	1846	1501%						Unilever	4320#	+150	5324	3963
Glencore	193%	-13%	340%	188						United Utilities	959	+14%	1061	759
Halma	1997%	+68%	2244	1575						Vodafone Group	133%	-%	165%	123%
Hargreaves Lansdown	1555#	+18%	2433	1530						Whitbread	3759	-135	5152	3669
Hikma	1899	+111	2200	1556%						WPP Group	740%	-12%	1077%	726%



Ailing NMC in plea to debtors

NMC Health has appealed to lenders not to call in their loans as it tries to stabilise the business amid questions over its accounting.

The FTSE 100 Middle East hospitals provider has appointed heavyweight advisers over an emergency restructuring of its debts after its shares were suspended last week.

It is "asking for continued support and an informal standstill in relation to existing facilities from its lenders to achieve an immediate stabilisation" of its financing.

NMC removed its chief executive last week and gave its finance chief extended sick leave.

£25m cost of Travelex hit

THE owner of currency service provider Travelex has warned of a £25million hit to first-quarter profits after a New Year's Eve cyber attack left its systems down for weeks.

Finabul said the coronavirus is another negative because of the firm's presence at airports and travel hubs.

The payments firm said customer-facing systems had all been restored and it expects its cyber insurance to offset much of its reduced earnings.

It said: "The decision to immediately take the Travelex systems offline at the time of the attack contained the spread of the malware and protected the integrity of customer and partner data."

MARKET REPORT

SHARES in travel companies continued to head south despite a rebound in leading share prices after last week's rout.

British Airways owner IAG led top-flight fallers with a 39p drop to 433p, while easyJet eased 38p to 1062½p and cruise operator Carnival sank 102p to 2333p.

The coronavirus outbreak also hit airports food operator SSP Group, 33½p leaner at 473½p, while cinema chain Cineworld fell 16¾p to 138½p.

Plane parts supplier Senior survived turbulence from the grounding of Boeing's 737 Max aircraft to climb 5½p to 147p as it posted "robust" annual figures.

A body armour contract with the US Army failed to protect engineer Avon Rubber, down 115p to 2615p.

Textile rental services firm Johnson Service Group added 14p to 197p as it grew annual adjusted pre-tax profit by 13.4 per cent to £48.2million.

+ BG + Barclays + BT + Centrica + Dixons Carphone + First Group + HSBC + Kingfisher + Marks & Spencer + Next + Prudential + Rolls-Royce + Sainsburys + Tesco + Unilever + Vodafone + Whitbread + WPP

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	HIGH	LOW
Aerospace & Defence				
Avon Rubber	2615#	-115	2900	1205
Babcock International	4404#	-234	664#	416#
BAE Systems	6104#	+21	669	44
Chemring Group	241	286	137	
Meggitt	5423#	+34	697#	490
QinetiQ Group	343	-1	387#	67
Rolls-Royce Group	6154#	-41	941#	600#
Senior	147	+6	235	141
Ultra Electronics	1927	-18	2292	1273
Alternative Energy				
Povair	690	+20	786	514
Banks				
Barclays	1431#	-51	1921	1361
Bo Santander	2834	-2	402	275
Close Brothers	1266	-17	1663	1277
CYBG	147	-5	220	114
HSBC Holdings	520#	-34	680	510#
Lloyds Banking Grp	49#	-3	674	48#
Metro Bank	165	-21	96	155#
Royal Bank Of Scot.	172#	-61	270#	158#
Standard Chartered	5501#	-121	738	164
Beverages				
Barr (AG)	534	-1	975	523
Brive	866#	+14	1068	845
Coa-Cola HBC	2515	+41	3074	2299
Diageo	2811#	+46	3625#	2753
Chemicals				
Carclo	9#		451	8
Croda International	4690	+136	5375	4554
Elements	981#	-23	1841	973
Johnson Matthey	2475	-36	3454	2439
Synthomer	276#	-43	392	272
Trealt	464#	+14	546	388
Victrex	2064	-32	2540	1845
Construction & Materials				
Balfour Beatty	2423#	-31	295	194
Boat (Henry)	304	342	233	
Clarke T	109	+2	140	91
Costain Group	1641#	-11	3971	1441
CRH	2718	+79	3100	2279
Galliford Try	1473#	-61	886	1311
Gleeson (IHL)	914	-12	990	698
Keller Group	714	+65	876	511
Kier Group	1066	-51	6321	614
Kingspan Grp	5099	+104	5578#	3517#
Marshall	710	-17	876	542
Morgan Sindall	1788	+34	1970	1096
Smart (J) & Co.	123	125	111#	
Tyman	240	-21	291	195#
Electricity				
Drax Group	2601#	-91	3861	251
SSE	1545#	+161	1686#	1008
Electronic & Electrical Equipment				
Accl	510	-4	586	384
Dewhurst	1040	1125	825	
Dialight	2131#	-16	570	211
Halma	1997#	+681	224	1575
Morgan Crucible	2751#	-21	3244	2321
Oxford Instruments	1406	+16	1654	963
Renishaw	3400	-94	4638	3232
Spectris	2695	-21	3005	2234
TT Electronics	200	+1	265	190#
Xaar	391#	+134	1481	305
XP Power	3000	-30	3820	1965
Equity Investment Instruments				
Aberdeen All Asia	5721#	+15	645	515
Aberdeen Asian Sml	990	+24	1150	966
Aberforth SML Co.	1218#	-8	1546	1114
Acom Income	325	-81	417	319#
Advance Divid Fund	561#	+7	634	540
Albion Tech & Gen. VCT	79	81	73	
Albion VCT	713	79	71	
Alliance Trust	765	+16	876	730
Artemis Alpha	294	+4	350	267
Aurora Inv Tst	206	+3	242	177#
AV Global Tst	708	+13	802	694
Baillie Gifford Japan	690	+15	848	675
Baillie Gifford Shin Nip	1471#	+51	1393	1394
Bankers Inv Tst	934	+31	1032	851
Baronsmead VCT2	70#	781	70	
BH Global GBP	15021#	+71	16671	14321
BH Global USD	12161#	+11	13291	1111
BH Macro GBP	2650	2830	2250	
Biotech Growth Trust	936	+40	1010	707
BlackRock Mining	321#	-2	395	315
Blue Planet Intl Tst	361#	-43	331	
Bluecrest AllBlue	1954	+1	218	180
Bluecrest AIM VCT2	321#	341	314	
British Assets Tst	1061#	+21	1201	104
Brunner Inv Tst	834#	+20	926	741
Caladonia Inv	2900	+25	3180	2860
City National Res. Yld.	731#	+134	931	72
City Of London	389	+7	448	381
Dunedin Enl Tst	321	+13	380	303
Dunedin Income	279	+1	307	249
Edin Widge Inv	189	+44	2181	171
Edin Widge Tst	394	+437	319	
Edin Inv Tst	533	+5	652	523
Edin US Tracker	2711#	+81	3121	2604
Eldestreest VCT	521#	551	50	
Electra Private Eq	332	-16	427	288
European Ass Tst	941#	+2	115	92
F&C Capital Inc	3171#	+11	358	299#
F&C Inv Tst	690	+18	786	672
F&C Smaller Cos	1273#	+134	150	125
F&C US Smaller Companies	1030	+71	1197#	952
Fidelity Asian	358	+8	457#	350
Fidelity European	2441#	+41	272	218

COMPANY	CLOSE	+/-	HIGH	LOW
Fidelity Japanese	148	+11	1831	1341
Fidelity Special	235	+5	2801	2271
Finsbury Gwth&Int	811	+16	958	786
Forefront Tech VCT	681#	69	651	
Gartmore Euro	1210	+65	1370	1120
Genesis E.M.F.	732	+14	818	686
Graphite Ent.	860#	-10	1015	824
Hansa Tst 'A'	1761#	+126	205	173
Hansa Tst Plc	174	+34	222	170
Henderson Euro Tst	1185	+652	1270	1040
Henderson Far Est.	321	+11	387	310
Henderson High Inc	169	+8	195	161
Henderson Op Tst	909#	+2	1110	856
Herald Inv Tst	1332	-22	1530	1205
HC Capital Tst	2421#	+31	2721	1971
HSBC Infrastructure	1741#	+21	183	155#
Impax Env Mkt	327	+9	360	280
Intl Biotech Tst	558	+28	670	540
International Public	1621#	+11	1711	1461
Invesco Asia	269	+4	310	263
Invesco Inc Gth Tst	280#	+4	305	258
Invesco Lev	73	+7	78	70
Invesco Perp UK	528#	+6	638	471
JPM American	462	+171	524	421
JPM Asian	371	+10	419	343
JPM Clearhouse	676#	796	60	
JPM Elect Man Gwth	817#	922#	785	
JPM Emerg Mkt	955	+19	1088	878
JPM Euro Sml Co	358	+1	405	340
JPM Global Emerging	124	+31	1431	119
JPM Indian	640	+12	790	628
JPM Japanese	390	+7	477#	381
JPM Mid Cap	1215	+71	1425	1010
JPM Overseas IT	329#	+27	368	302
JPM Smler Co	265	-2	3211	196#
JPM US Sml Co	313	+11	371	294
Monks Inv Tst	806	+32	926	708
Jupiter Primda	275	+21	305	254
JZ Capital Partners	256	-2	490	236
Keystone Inv Tst	3071#	+51	361	299
Lab Debuture	578	+12	654	552
Lowland Invest Co	1235	+221	1480	1151
Majestic Inv	207	+41	2761	202#
Manchester&Lon	536	+41	610	471
Martin Currie Prio Tst	2941#	+7	329	253#
Matrix Inc & Gwth	651#	82	641#	
Maven Income And Growth VCT	431#	451	421#	
Mercantile Inv Tst	235	-2	2781	188
Merchants Tst	479#	+6	567	433#
Mid Wynd Int	568	+32	630	500
Midas Inc&Gwth Tst	1661#	+51	1811	158#
Monks Inv Tst	920	+24	1026	809
Montanaro Euro Tst	1012#	-1	1200	870
Montanaro UK	119#	-1	1461	101
Murray Inc Tst	836#	+6	938	764
Murray Int Tst	1068	+12	1286	1046
New India	436	-4	519	4231
New Star Inv Tst	116	+1	121	105
North All Sml Tst	3310	3560	2890	
Northern 2 VCT	601#	61#	58	
Northern Venture	641#	67	63	
Oxford Tech 2 VCT	221#	40	221#	245
Oxford Tech VCT	33	35	33	
Pacific Assets	248	+8	3111	240
Pacific Horizon	322	+71	364	302
Pantheon Int	2110	-50	2620	2020
Perpetual In Gwth	284	+11	342	276
Polar Cap Tech	1536	+58	1746	1220
RCM Technology Tst	1692	+92	1974	1440
RIT Capital Partners	1924	+38	2180	1886
Ruffer Investment	214	+5	230	206
Schroder Asia	436	+81	4851	4241
Schroder Japan	269	+4	318	265
Schroder Japan	172	+2	203	170
Schroder UK	181	-11	206	169
Schroder UK M&S	550	+14	694	485
Scottish American	397	+13	440	368
Scottish Inv Tst	724	+9	843	715
Scottish Mortgage	583	+22	659	472
Shires Inc	2631#	+9	2981	251
Shires Smlr Co	3131#	-24	349	263#
Small Comp Div Tst	168	+8	2181	158
SPARK VCT	21	22	21	
Standard Life Equity	345	+6	435	336#
Standard Life UK Sml	538	+12	638	439
SVM Global	291	308	2531	
SVM UK Emerging	87	+11	1031	831
Temple Bar	1204	+12	1486	1162
Templeton Emrg	768	+21	876	731
The European Inv Tst	844	+49	954	762
Thornmont Tst	594#	+4	724	496
TR Euro Growth	855	+15	994	802
TR Prop. Inv Tst	441	+8	4921	377
Troy Inc & Growth Trust	78	+11	861	76
Value & Income	240	+5	288	236
Witan Inv Trust	198#	+2	235	195
Witan Pacific	325	+7	356	312#
Widde Healthcare	3005	+100	3330	2495
Financial Services				
3i Group	987#	-201	11841	9421
3i Infrastructure	3001#	+4	3171	2701
Ashmore Group	461#	-16	570	397#
Brewin Dolphin	3073#	+34	3751	2871
Charles Stanley	285	-1	345	235
City Of London Group	1271#	145	1251	
Guinness Peat Group	591#	-14	871	571
Harveys Lansdown	1555#	+181	2433	1530
IG Group	6811#	+71	708	474#
Intermediate Cap Grp	1604	+12	1877	999
Intermediate Pers Fin	148	+25	2051	87
Investec	3851#	-61	5181	376#
IP Group	661#	-16	1031	551
Jupiter Fund Man	3111#	+111	432	298

COMPANY	CLOSE	+/-	HIGH	LOW
Liontrust Asset Man	1070	-40	1350	597
London Stock Ex.	7888	+312	8542	4538
London	40	-1	411	361
Man Group	1431#	-31	1751	1301
Melrose	2031#	-6	2481	160#
Paragon Group	462	+7	5531	388
Prudential Financial	4011#	599#	355	
Rathbone Brothers	1684	+24	2540	1618
S & U	2200#	2500	1751	
Schroders	2836	-18	3443	2541
Schroders NV	2225	+5	2635	196
Standard Life	2751#	-14	337	238
Tullett Prebon	3671#	+31	4171	270
Walker Crisp Group	251#	271#	24	
Fixed Line Telecommunications				
BT Group	1391#	-11	2301	1361
TalkTalk	109	-1	1261	99
Telecom Plus	1326	-8	1552	1130
Food & Drug Retailers				
Morrisons	2090	2476	1730	
Groceries (Wm)	180	+81	2311	170
Ocado	1119#	+551	1435	1045
Sainsbury (J)	2041#	+61	2401	177
Tesco	2281#	-14	259	212#
Food Producers				
A.B. Foods	2262	+7	2708	2106

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COMPANY	CLOSE	+/-	52 WEEK HIGH	LOW
Smith & Nephew	1770	+31	1990	1439
United Drug	706	+41	832½	551
Household Goods & Home Construction				
Abbeys	1280	-40	1350	1205
Barratt Development	7501½	-61	8781	552½
Belway	3675	-48	4310	2698
Berkley Grp Hldgs	4738	-16	5474	3437
Bovis Homes	1271½	-8	1478	975
Colefax Group	428	535	410	
Headam Group	502	-3	560	408
Mclride	671½	-1½	1091½	48½
Perstimon	2841	+2	3298	1836
Reckitt Benckiser	5748	+27	6688	5615
Reckitt Benckiser	5748	+27	6688	5615
Rowland	733	-13	846	533
Taylor Wimpey	203	+34	263	143
Industrial Engineering				
Bodycote	748½	-15½	971	652
Castings	377	+6	449	347
Goodwin	2700		3700	2680
Hill & Smith	1329	-8	1510	1049
IMI	1002	+4	1206	906
Rotork	235	-12	383½	235
Rotork	280	-13½	341½	269½
Severfield-Rowen	85	+1	93	61
Spirax H.C.	65		97½	65
Sprax-Sarco	8545	+150	9415	6760
Tax Holdings				

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Trifast	1281½	+½	242	128
Vitec Group	880	-20	1305	862
Wear Group	1277	-28½	1841	1250½
Industrial Metals & Mining				
Ervaz	317½	-8½	709½	309
Ferrexpo	133½	+4½	301½	123
Industrial Transportation				
BBA Aviation	273	-6½	327½	234
Braemar Shipping Serv	139½	-11½	233½	137½
Clarkson	2520	+30	3110	2280
Fisher (J) & Sons	1796	-44	2260	1680
Ocean Wilsons	865		1220	810
Royal Mail	1611½	-1¼	283½	159
Stobart Group	85½	+8½	182½	719
Wincanton	257	-8	313	214
Leisure Goods				
Games Workshop	6270½	-30	7350	2800
Photo-Me Intl.	85½	+2	106	76
Life Insurance				
Aviva	343½	-7½	438½	339½
Chesnara	277½	-1	389½	259½
Legal & General	254½	-5½	318½	216½
Phoenix Group	697½	+6½	803	634½
Prudential	1270	+3	1790	1236½
St James's Place	1001½	-14	1199½	913½
Media				
4imprint Group	2720	-50	3500	2035
Bloomsbury Pub	245		302	222
Daily Mail & Gen	725	-15	877	632
Euromoney Inst.	1058	-22	1498	736
Future	1150	-6	1572	736
Haynes Publishing	692½	-2½	695	191
Huntsworth	72	2¼	104	64
Informa	659½	-22½	892	657½
ITE Group	72½	-4½	109½	616
ITV	114½	-13½	156½	103½
Moneysupermarket	307½	-2¼	417½	303
Pearson	550	-7½	927	550
Quarto Group	65½		745	570
Reach	135½	-11½	2080	606
Reed Elsevier	1885½	+18	1809	1606
Rightmove	619½	+¼	701½	472
STV Group	427	+7	425	343
Wilmington Group	231	+5	274	189
WPP Group	740½	-12½	1077½	726½
Mining				
Anglo American	1844½	+52½	226	166½
Anglo Pacific	135	+5½	228	129½
Antofagasta	775½	+23½	1022½	751½
Avoca Mining				
BHP Billiton	1449	+30½	2049	1389½
Cantonian Enrgt	134½	+6	153½	79½

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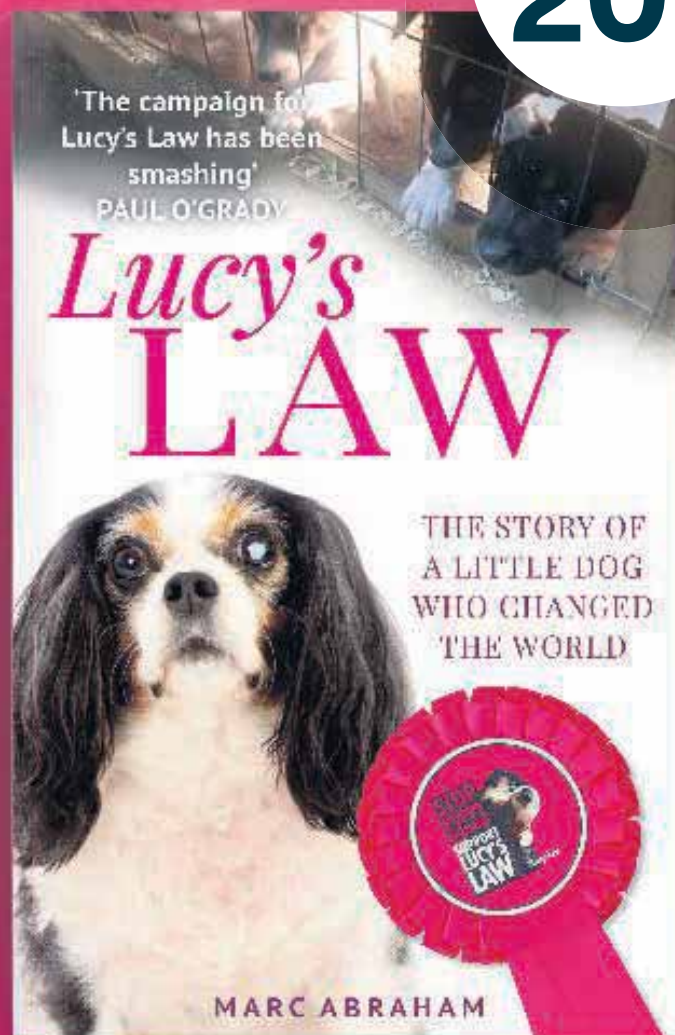
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Racing



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TIZZ TIME TO SHINE

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 sees Fiddlerontheroof as their best chance.

"Yeah, he would be our best hope," he said. "He ticks a lot of boxes. I would love to win the first race as it would get to

By Chris Gouling

ball rolling." After numerous discussions between the Tizzard family, Copperhead will be targeted at the RSA Chase.

The winner of last month's Reynoldstown Chase at Ascot had the option of the National Hunt Chase but there were reservations about securing a top amateur rider.

But Tizzard revealed that all the leading amateurs in Ireland had been on the phone asking for the ride.

"He has got the pace to handle that race and if he takes another step forward, he would have to have an almighty chance in it," said Tizzard.

With 2018 Cheltenham Gold Cup winner Native River sidelined with a tendon injury, Tizzard thinks

Lostintranslation cannot be overlooked in next Friday's chasing crown, despite 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. I believe he failed to fire because he had a harder race at Haydock, when winning the Betfair, than we thought."

CUP HOPE: Joe Tizzard with Lostintranslation



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THE SCOUT

2.00	YOUNG BUCK (nap)	3.30	Fanfaron Dino
2.30	Samburu Shujaa	4.00	Celma Des Bois
3.00	Big Meadow	4.30	Demopolis

2.00 STARSPTS.BET NOVICES' HURDLE

1	31-FI	ECLAIR STAR (66) (C,F) Emma Lavelle 6 11-9	A Wedge	126
2	U-41	THE JITTERBUG (24) (D) H Fry 7 11-9	J J Burke	132
3	21-318	GETAUND (24) Eliza Pickard 5 11-3	B Carver	151
4	P642-34	SECOND CAPTAIN (87) R Mifford-Slade 8 11-3	J Best	119
5	1-	YOUNG BUCK (380) P Nicholls 6 11-3	H Cobden	-
6	PP-234	JANESLITTLEVOICE (32) R G Hawker 6 10-10	D Noonan	109

TONQUE STRAP: Nos. 3, 5, 6, 13, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

SP FORECAST: 11-8 The Jitterbug, 11-4 Eclair Star, 10-3 Young Buck, 10 Getaround, 12 Second Captain, 20 Janes Little Voice.

2019: Truckers Lodge 7-12-1, Loran Williams(5) 3-1 (P Nicholls), 13 ran.

2.30 CHASE (NOVICES' LIMITED HANDICAP)

1	L1024	VIRGINIA CHIEF (11) (C&D) Williams 8 11-8	1 Williams(7)	138
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1	10-815	SAMBURU SHUJAA (48) P Hobbs 7 11-5	R Johnson	125
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2	41-1354	TRIO FOR RIO (24) W Greatest 7 10-13	G Sheehan	145
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4	442-P21	QUICK WAVE (19) V Williams 7 10-13	S Twiston-Davies	143
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5	834-121	FORTCE (38) (D) H Daly 6 10-11	H Nugent(5)	141
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6	5L-52P1	HUGO 'N TAZ (68) D Pipe 9 10-10	D Noonan	138
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TONQUE STRAP: Nos. 1, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

SP FORECAST: 9-4 Quick Wave, 11-4 Fortce, 10-3 Young Buck, 7-2 Samburu Shujaa, 8 Trio For Rio, 10 Virginia Chief.

2019: Billy Bronco 8-10-10, Sean Bowen 15-2 (E Williams), 11 ran.

NEWCASTLE SKYSPORTSRACING

2.20 BORDER MINISTAL NOVICES' HURDLE

1	52132/1	● MAYO STAR (44) (D,F) N Richards 8 11-8	B Hughes	122
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2	4-P	DIONYSIS (112) Stef Keniry 7 11-2	H Brooke	-
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3	0-6	MARVELLOUS JOE (29) M Hammond 5 11-2	J Colliver	79
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4	PU-07P7	RAPID FRITZ (30) V Thompson 11 11-2	Mr C Wade(7)	22
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5	LL-6	SLAINTE MHOR (51) Miss J Russell 6 11-2	T Williams(5)	106
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6	47P9P-7	BEYONDTHEFLAME (62) J Haynes 10 10-9	T Dawson	-
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7	6IFF-53	NOVON HOUTY (29) D Williams 7 10-9	C Williams(3)	106
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TONQUE STRAP: Nos. 4, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

SP FORECAST: 2-5 Mayo Star, 13-2 Benny Hurdle, 8 Dionysis, Slainte Mhor, 16 Marvelous Joe, 66 Beyondtheflame, 100 Rapid Fritz.

2019: No corresponding race.

2.50 NOVICES' HANDICAP HURDLE

1	464-154	● SEE FOREVER (26) (D) (F) O'Brien 6 11-2	M Kendrick(3)	99
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2	16-PP33	DARIUS DES SOURCES (36) C Grant 7 11-10	S Quinlan	97
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3	22P6-P4	THE BLACK SQUIRREL (66) H Hogarth 7 11-10	J Hamilton	101
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4	121-08	CASIMIR DU CLOS (6) D W Coltherd 8 11-8	S Coltherd(3)	101
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5	43732-1	SEAPPOINT (35) (C,F) J Foster 6 11-7	Miss B Smith(3)	103
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6	019615	WHISPERING WATERS (14) J Jardine 7 11-4	C O'Farrell	102
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7	019612	ONM DES MOTTES (50) P Kirby 6 11-2	W Shanahan(7)	104
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8	64511L	OW WE GO (14) Jenny Kenyon 7 11-1	B Lynn(7)	101
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9	4574	MY STRONG MAN (F14) P Kirby 4 10-13	T Dawson	100
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10	L-98446	DONALD DUX (62) A Crook 6 10-4	J Kingston	102
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11	63850-4	PERMISSION GRANTED (68) R Dobbin 8 10-1	L Alexander	97
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12	LL-8P56	DOROTHY'S FLAME (15) J Haynes 8 10-10	D McMenamin(3)	100
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TONQUE STRAP: Nos. 1, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

SP FORECAST: 5-2 Seapoint, 5 Epson Des Mottes, 11-2 See Forever, 7 My Strong Man, 8 Casimir Du Clos, 10 Darius Des Sources, 12 Permission Granted, 14 Others. 2019: Oriental Cross 6-11-1, Alan Johns 5-1 (T Vaughan), 16 ran.

3.00 STARSPTS.BET.CO.UK HANDICAP CHASE

1	HP442	● BIG MEADOW (24) (D) King 9 11-12	Mr J Andrews(7)	101
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2	7-53334	KILCREA BRIDGE (11) (C&D) R G Hawker 9 11-9	W Marshall(7)	106
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3	13P11	BALLYBREEN (29) (C&D) E Williams 7 11-6	C Ring(3)	104
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4	22-88U5	STEEL EXPRESS (32) L Blackford 8 11-5	S Houlihan(3)	71
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5	14841L	GREAT TEMPO (42) D Pipe 7 11-5	Mr F Gillard(7)	103
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6	414-134	KIWI MYTH (42) (C&D) Mrs F M Shaw 8 10-12	Mr M Legg(5)	103
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7	L-2P2P2	MOREICE (196) J Flint 11 10-12	Jamie Moore	103
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8	5-45441	INSPIREUS (56) (F) J W Mullins 7 10-11	Page Fuller(3)	101
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9	L06862	BIG TIME FRANK (9) P Gundry 9 10-8	J Best	112
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10	332L-3P	GENERAL GIRLING (24) (D) C J Gray 13 10-7	R Dingle(3)	104
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11	9537-1L	TOUCH SCREEN (40) M Gillard 10 10-4	D Noonan	101
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12	4L5P-47	SUNNY LAGOON (28) (D) A Martin 15 10-3	R Patrick(3)	84
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13	LL6P5	RUFFLING FEATHERS (46) C Tizzard 6 10-10	H Kimber(7)	100
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14	5-64P39	MIDNIGHT MUSTANG (28) (D) A Martin 13 10-10	B Poste	100
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BLINKERS: Nos. 2, 3, 5, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

PIECES: Nos. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

SP FORECAST: 10-3 Ballybreen, 6 Inspireus, 13-2 Kilcrea Bridge, 8 Big Time Frank, Big Meadow, 10 Kiwi Myth, 12 Ruffling Feathers, Moreice, Great Tempo, 14 Others. 2019: Kiwi Myth 7-10-3, Mr Michael Legg(5) 16-1 (Mrs F M Shaw), 17 ran.

3.30 STAR SPORTS APP NOV! MAIDEN HURDLE

1	4906	ADAMS STAR (27) David Dennis 5 11-2	L Edwards	99
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2	PL1	BONAZZA SAM (13) Mrs J Mason 7 11-2	N Schofield	112
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3	LL	CANNIE LAD (9) M Harris 5 11-2	D Sansom(3)	103
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4	5LP	CARDIFF BAY (32) E Williams 5 11-2	A Wedge	97
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5	29	● FANFARON DINO (42) A Honeyball 5 11-2	R McLernon	98
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ATHLETICS

COMMONWEALTH Games gold medallist Kelly Sotherton will be England's track and field team leader when the event comes to her home city of Birmingham in 2022.

The 43-year-old former heptathlete's main role will be to lead the team's preparation as they try to surpass the 17 medals won in 2018. She said: "The fact the Games will be in my home town makes it extra special."

Chris Jones, CEO of England Athletics, said: "Kelly knows what preparation is required to succeed."



Jon's operation Wolfpack

JON WILKIN says he is happy to put off knee surgery as Toronto's needs come first.

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 cancelled the surgery and will play on in pain to help Super League newcomers Toronto find their first win.

The former Great Britain star said: "It is really important for me that I add my leadership and guidance.

"It is not an acute injury as a result of trauma, it's just cartilage that has been dislodged and is floating

WORLD OF SPORT

RUGBY LEAGUE

By Julie Stott

around. It is something that has been grumbling on from the first day of the year but it's an occupational hazard.

"You don't usually get an opportunity with injuries to choose when is the best time to have surgery, but this is one where I can pick a point to do it.

"We are pretty low on troops and the next three or four weeks are really important for us. We need to get a win."



WILKIN

- Who beat Donald 'Cowboy' Cerrone inside 40 seconds on his return to the UFC octagon?
- Who scored the goal that gave Manchester United victory over Wolves in their FA Cup third-round replay?
- Which Exeter Chiefs player scored two tries in their 33-14 Heineken Champions Cup victory over La Rochelle?
- Who scored his 10th goal of the season to give Everton a 1-0 win over Brighton?
- Which country holds the record for the most consecutive cricket Test match victories with 16, a feat they have achieved twice?
- Which ball in snooker is worth two points?
- Which East German figure skater was ladies' Olympic champion in 1984 and 1988?
- Which German footballer scored the first Golden Goal in a major championship, in 1996?
- Which US tennis player lost to Martina Navratilova in the 1983 Wimbledon ladies' singles final?
- How many events are there in a heptathlon?

10 to tackle
RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1. Conor McGregor; 2. Juan Mata; 3. Sam Simmonds; 4. Richarlison; 5. Australia; 6. Yellow.

RUGBY UNION: SIX NATIONS

Nick was too small for England... now he's a big threat

EXCLUSIVE

By Alex Spink

TRIPLE CROWN-chasing England have been warned that Nick Tompkins poses a "massive threat" to their ambitions on Saturday.

London-born Tompkins 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's second-string, the Saxons, two years later.

But the call did not come from Eddie Jones and when Tompkins pulls on a Wales jersey at Twickenham courtesy of his Wrexham-born grandmother, England might just live to regret it.

Saracens coach Alex Sanderson said: "Through the grapevine I hear that the feedback he got from England was that he wasn't big enough to play international rugby.

"And you do look at Nick - 6ft and 14-and-a-half stones - and wonder how he is going to defend a Tuilagi, don't you?"

"But every time he gets the ball in his hand, he surprises the opposition because he carries and tackles like somebody who's two stones heavier.

"Technique, willpower, whatever it is, he has an ability in contact to punch above his weight. And that

WALES ACE READY AFTER BLOOD, SWEAT AND TEARS

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 apart from Tompkins, who was a picture of frustration as he sat in the corner with

Sanderson. "He wasn't getting a look-in and was almost crying," said the Sarries forwards and defence coach.

"The rest were having a good laugh and he was a bit lost. He said, '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 that Tompkins had racked up a century of appearances by the time he finally wrote his name up 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: "For sure, he has had to be patient but he's now reaping the reward. People are seeing what we have known for years."

Tompkins, 25, will line up in the back line 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," said Sanderson.

"I'm English and 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."

IT'S ALL WHITE: Tompkins' joy at winning the 2014 Junior World Cup with England



SOUTHWELL SSR

THE SCOUT

- | | |
|-------------------|----------------------|
| 5.00 Lorna Cole | 6.30 Parallel World |
| 5.30 Vampire | 7.00 Redesdale Rebel |
| 6.00 Going Native | 7.30 Karalini |

5.00 BETWAY HANDICAP

£3,429 (Class 5) 4f 214yds (8 declared)

- 2 433 YOU'RE COOL (10) (D) Shaw 8 10 ... L Edmunds
- 7 231 AUGUSTUS CAESAR (21) (D) O'Meara 9 9 1 ... S Gray
- 1 232 MOVEONUP (12) (C&D) F Kellaway 4 9 7

BLINKERS: No. 4 LORNA COLE (21) (D) W Mui 4 9 4 ... M Dwyer

W-Factor: Six Stripes (82); Lorna Cole (81); Moveonup (80).

SP FORECAST: 10-3 Global Humor, 4 Moveonup, 5 Red Stripes, 6 Augustus Caesar, 3 Stripes, 8 Nautical Haven, 10 Others.

5.30 BETWAY SELLING STAKES

£2,762 (6) 1m 4f 14yds (7)

- 3 214 FIRST FLIGHT (29) (D) A Newcombe 9 9 9 ... A Mullen
- 1 113 TIGRAY (6) (C&D) M Appleby 4 9 8 ... A Rawlinson
- 4 112 GLACIER FOX (8) M Chapman 5 5 5 ... S. Alma Graze(7)
- 4 114 LACER (55) (C&D) M Appleby 4 9 8 ... A Rawlinson
- 2 8-34 PUMBLEHOOK (14) (D, T) Jardine 7 9 0 ... J Gormley
- 6 26-7 VAMPIRE (16) (D, P) P McBrine 5 9 0 ... J Hart
- 6 16-2 SANDY STRIP (115) D McCain 4 8 13 ... Ella McCain(7)

BLINKERS: No. 4 VISION; No. 2 TONGUE STRAP; No. 2 CHEEK PIECES; No. 5.

W-Factor: Archippos (80); Tigray (77); Pumblehook (76).

SP FORECAST: 9-4 Tigray, 3 First Flight, 7-2 Vampires, 6 Pumblehook, 7 Archippos, 20 Glacier Fox, Sandy Street.

6.00 BETWAY HANDICAP

£2,782 (6) 1m 4f 14yds (10)

- 4 818 CHELSEA'S BOY (132) (D) McCain 7 9 9 ... G Lee
- 8 139 CAPE HIDEAWAY (14) (D) M Appleby 8 9 7 ... A Rawlinson
- 9 625 HOWARDIAN HILLS (31) (D, T) V Dartnall 7 9 9

BLINKERS: No. 4 GOING NATIVE (8) (C&D) O Williams 5 9 5 (Sev)

SP FORECAST: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit (65).

W-Factor: Going Native (69); Double Coffee (67); Warrior's Spirit (65).

SP FORECAST: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, 20 Others.

BLINKERS: No. 4 VISION; No. 6 TONGUE STRAP; No. 7 CHEEK PIECES; Nos. 3, 5, 8.

W-Factor: Going Native (69); Double Coffee (67); Warrior's Spirit (65).

SP FORECAST: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, 20 Others.

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W-Factor: Going Native (69); Double Coffee (67); Warrior's Spirit (65).

SP FORECAST: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, 20 Others.

7.00 BOMBARDIER HANDICAP

£3,429 (5) 7f 14yds (7)

- 1 518 CUSTARD THE DRAGON (18) (C&D) J Fanning
- 1 165 AL SUIL EILE (25) (C, D) J Quinn 4 9 8 ... J Hart
- 4 454 GLORY OF PARIS (4) (D) M Appleby 6 9 1 ... L Morris
- 7 94-2 CAPE GRECO (8) (C&D) S Kellaway 5 9 1 ... T Eaves
- 5 5-16 REDESDALE REBEL (17) S Corbett 4 9 0 ... G Lee
- 4 150 NICK VEDDER (12) (D) R Brislard 6 8 13 ... T Eaves
- 2 516 WAITAKI (6) (D) J Given 7 8 10 ... JP Sullivan

W-Factor: No. 3 CHEEK PIECES; No. 1 EYE COVERS; No. 4.

W-Factor: Al Suil Eile (82); Redesdale Rebel (81); Custard the Dragon (80).

SP FORECAST: 9-4 Cape Greco, 4 Waitaki, 5 Glory of Paris, 6 Redesdale Rebel, Al Suil Eile, 7 Custard the Dragon, 16 Nick Vedder.

BLINKERS: No. 4 VISION; No. 6 TONGUE STRAP; No. 7 CHEEK PIECES; Nos. 3, 5, 8.

W-Factor: Going Native (69); Double Coffee (67); Warrior's Spirit (65).

SP FORECAST: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, 20 Others.

BLINKERS: No. 4 VISION; No. 6 TONGUE STRAP; No. 7 CHEEK PIECES; Nos. 3, 5, 8.

W-Factor: Going Native (69); Double Coffee (67); Warrior's Spirit (65).

SP FORECAST: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, 20 Others.

BLINKERS: No. 4 VISION; No. 6 TONGUE STRAP; No. 7 CHEEK PIECES; Nos. 3, 5, 8.

W-Factor: Going Native (69); Double Coffee (67); Warrior's Spirit (65).

SP FORECAST: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, 20 Others.

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BLINKERS: No. 4 VISION; No. 6 TONGUE STRAP; No. 7 CHEEK PIECES; Nos. 3, 5, 8.

WETHERBY: Heavy-soft in places

2.00-ACCORDINGTODINO (H Skelton, 3-10 fav)

1 Le Cheval Noir (4-1 2nd fav); 2 Bluefortytwo (10-1) 3. 3. 301. (D Skelton). Tote: £120.

exacta: £160. Trifecta: £180. CSF: £185.

2.35-SNOUGAR (B Hughes, 11-2) 1. Going Mobile (16-1) 2. Angel's Envy (9-1) 3. H'cap 7 ran.

11, 9L (D McCain; 11-8 fav The Crazy Moon). Tote: £590.

pl £250, £610, exacta: £8780, trifecta: £76986, trifecta: £89220. CSF: £7019. Non-runner: Steel Yard.

3.10-DIOBORUS (H Reed, 5-1) 1. Thor De Cerisy (6-4 2nd fav); 2. Maxed Out King (11-2 2nd fav); 3. 5 ran. 1/4L, 1/2L (Tristan Davidson). Tote: £1070.

pl £180, £140, exacta: £1300, trifecta: £2500. CSF: £1272.

3.40-MORTENS LEAM (P K Donovan, 7-1) 1. Frankie Ballou (8-1) 2. Maxed Out King (11-2 2nd fav); 3. H'cap 7 ran. 1/4L, 1/2L (M Hawker; 6-4 fav Envoi De La Cour). Tote: £860.

pl £310, £360, exacta: £640, trifecta: £2600. CSF: £5435.

4.15-MAIN FACT (Mr F Gillard, 6-4 fav) 1. McGowan's Pass (7-1) 2. Flegmatik (3-1 2nd fav); 3. H'cap 9 ran. 6/4L, 5L (D Pipe). Tote: £220.

pl £120, £130, exacta: £1900, trifecta: £2658. Trifecta: £3980. CSF: £1301.

4.45-THE DAWN MAN (B J Powell, 2-1 fav) 1. Smuggler's Stash (16-1) 2. Spirit Of Hale (5-1 2nd fav); 3. H'cap 8 ran. 1/4L, 1/2L (D Pipe). Tote: £120.

pl £150, £170, £180, exacta: £2100.

RESULTS

1. Le Cheval Noir (4-1 2nd fav); 2. Bluefortytwo (10-1) 3. 3. 301. (D Skelton). Tote: £120.

exacta: £160. Trifecta: £180. CSF: £185.

2.35-SNOUGAR (B Hughes, 11-2) 1. Going Mobile (16-1) 2. Angel's Envy (9-1) 3. H'cap 7 ran.

11, 9L (D McCain; 11-8 fav The Crazy Moon). Tote: £590.

pl £250, £610, exacta: £8780, trifecta: £76986, trifecta: £89220. CSF: £7019. Non-runner: Steel Yard.

3.10-DIOBORUS (H Reed, 5-1) 1. Thor De Cerisy (6-4 2nd fav); 2. Maxed Out King (11-2 2nd fav); 3. 5 ran. 1/4L, 1/2L (Tristan Davidson). Tote: £1070.

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pl £120, £130, exacta: £1900, trifecta: £2658. Trifecta: £3980. CSF: £1301.

4.45-THE DAWN MAN (B J Powell, 2-1 fav) 1. Smuggler's Stash (16-1) 2. Spirit Of Hale (5-1 2nd fav); 3. H'cap 8 ran. 1/4L, 1/2L (D Pipe). Tote: £120.

pl £150, £170, £180, exacta: £2100.

trifecta: £25137, trifecta: £25670. CSF: £2139. Non-runner: Slowmo.

6.15-ORINGOLD CHIEF (Hollie Doyle, 11-2) 1. Deal A Dollar (7-2 2nd fav); 2. Cosmopolitan (7-1) 3. H'cap 4 ran. 1/4L, 1/2L (N Littlewood; 4-5 fav Sky Defender). Tote: £610, exacta: £1940, trifecta: £4640. CSF: £2173. Non-runner: Kodiak Harbour.

6.45-UNFORGIVING MINUTE (A Kirby, 4-7 fav) 1. Lady Beest (14-1) 2. Sciffian (9-2 2nd fav); 3. 7 ran. 1/4L, 1/2L (S Curran). Tote: £150, pl £110, £420, exacta: £920, trifecta: £2000. CSF: £976.

7.15-LITTLE RED SOCKS (B Curtis, 13-2) 1. Lovers Cry (14-1) 2. Dear Power (12-1) 3. 10 ran. 1/4L, 2L (K Burke). Tote: £430, pl £200, £260, £110, exacta: £6540, trifecta: £62290. CSF: £7845. Non-runner: Kylla Looke.

7.45-BOWLING RUSSIAN (George Rooke, 7-2 fav) 1. Lakeview (9-2) 2. Feel Good Factor (11-1) 3. H'cap 9 ran. 2/4L, 1/4L (G Baker). Tote: £400, pl £180, £220, £370, exacta: £1800, trifecta: £2442. Trifecta: £14010. CSF: £1762.

Jackpot: Not won, pool of £16,342.92 carried over.

Placings: £215.30

(Race 1) 5, 1, 4; (2) 8, 4, 9; (3) 1, 3, 7; (4) 3; (5) 2, 6, 7, 2.

Quodpot: £22.60

Quodpot: £22.60

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Quodpot: £22.60

Quodpot: £22.60

Mako's back and in the frame to face Wales

MAKO VUNIPOLA has returned to England and is set to win his 60th cap for his country against Wales on Saturday.

Vunipola, right, missed the victory over Ireland, returning to Tonga for family reasons, but the Saracens prop was named yesterday in a 34-man squad for the Twickenham clash.

Anthony Watson was also included and could return after a calf injury which has kept him out of

England's first three matches.

Coach Eddie Jones has gone against his usual policy by calling up a third scrum-half - Exeter's Jack

By Neil Squires

Maunder, 22, who won his solitary cap off the bench on the 2017 tour to Argentina.

He joins Willi Heinz and Ben Youngs, who yesterday recommitted himself to Leicester by signing a contract extension after reports he would move on having been asked to take a pay cut.

"Leicester is my home and Tigers are my family. I've always wanted to remain here and any suggestion I didn't, or don't give my everything for Leicester, is way off the mark," said Youngs.

Leicester also announced two international additions for next season

in Fiji wing Nemani Nadolo, who will swap Montpellier for the East Midlands, and Georgia hooker Shalva Mamukashvili, who will arrive from Russian side Enisei-STM.

Former England wing Chris Ashton has left Sale after a row with the club's director of rugby Steve Diamond.

Ashton, who had two years left on his contract, had differences with Diamond over the side's direction despite the Sale boss steering them to second in the Premiership. Harlequins are leading the race to pick up the 32-year-wing.



CENTRE STAGE
Wales back Tompkins is now ready to show England what they are missing

Webb designs on No9 shirt

By Alex Bywater

RHYS WEBB is in no mood to settle for second best on his return for Wales.

The scrum-half, below, is back in the international fold after being released by Toulon, having become a victim of Wales' 60-cap selection rule when he

moved to France in 2018. But he is now getting back to full fitness with Bath, the club he has joined until the end of the season.

Webb, who has 33 caps, is scheduled to start the 2020-21 campaign with Ospreys.

"I have missed Test rugby," said the 31-year-old, who returned as a replacement for Wales' Six Nations opener against Italy and made his Bath debut against Bristol on Sunday.

"It's been brilliant being back involved. It was quite a tough situation for me at Toulon and then being without a club.

"I needed to play and earn respect to get back. The No9 jersey for Wales is the end goal."

Ahead of facing England at Twickenham on Saturday, Wales have been tight-lipped on fly-half Dan Biggar, who injured his knee playing for Northampton against Saracens. Their only other No10 option is rookie Jarrod Evans.



Europeans turn on 'arrogant' Azinger

PAUL AZINGER came under fire from Europe's Ryder Cup heavyweights yesterday after dismissing victories outside the United States as irrelevant.

The victorious 2008 US Ryder Cup captain was accused of disrespecting European golf in an 'arrogant' attack during the final round of the Honda Classic centred on Tommy Fleetwood.

The Englishman, who missed out to Sungjae Im after finding water at the last, was criticised by Azinger, right, for failing to win in the States.

"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. [Lee] Westwood took

By Neil Squires

offence when I asked about that. He said he's won 44 times all over the world. But it's not the PGA Tour. They know that, and Tommy knows that 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 past 12 Ryder Cups. Poulter tweeted:

"I like @PaulAzinger a lot. And get on with him great. But Paul please do not condescend or disrespect the @EuropeanTour and our players like that.

"We have slapped your a*** in Ryder Cup for so long. I know

you captained a win but that was embarrassing."

Westwood accused Azinger of being two-faced. "One minute Paul walks down the range wishing you good luck, the next he's condescending to the tour you play on and disrespects the tournaments you've won," he said.

Thomas Bjorn, Europe's winning captain in Paris in 2018, added: "He was at best ignorant, at worst arrogant in delivering that."

Fleetwood, right, who is the only player in the world's top 20 yet to win on the PGA Tour, is convinced that will change soon. He said: "I've just got to keep going and it'll happen."



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Joe roots for Sri Lanka push

CRICKET
By Dean Wilson

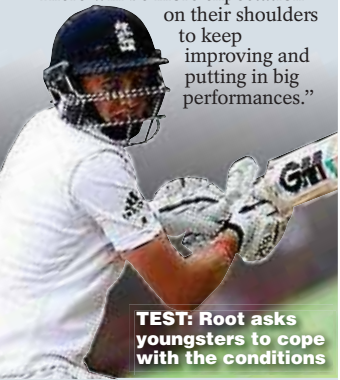
JOE ROOT believes his young guns have what it takes to build on their stunning win in South Africa and meet their Sri Lanka challenge head on.

The England captain was delighted by the performances of Dom Sibley, Ollie Pope and Zak Crawley with the bat and Dominic Bess with the ball as they triumphed 3-1 in the Test series against the Proteas.

All four will be tasting international cricket in tricky subcontinent conditions for the first time later this month.

Ahead of England's departure, Root said: "As well as they did in South Africa, this is another test for them and they will need to use other skills and manage different things over long periods of time to score runs and take wickets."

"There will be more expectation on their shoulders to keep improving and putting in big performances."



TEST: Root asks youngsters to cope with the conditions

SPURRED ON

Fury must wait as AJ heads to Tottenham

By David Anderson

ANTHONY JOSHUA'S next fight will be against Kubrat Pulev at the new Tottenham Hotspur Stadium on June 20, disappointing the fans desperate to see him face Tyson Fury.

Joshua announced the news by tweeting a picture of himself holding his WBA Super, IBF, WBO and IBO world heavyweight belts.

Fight fans wanted to see the 30-year-old meet fellow Briton Fury, inset, for the undisputed title.

But they must now wait until at least the end of the year after Joshua revealed he will take on IBF mandatory challenger Pulev next.

WBC champion Fury will also be tied up this summer, with a third fight against Deontay Wilder in July after the American triggered their rematch clause.

Joshua's bout will be the first staged at Spurs' new state-of-the-art 60,000-seater venue, despite interest from Arsenal to hold it at the Emirates.

He 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 chief Eddie Hearn on behalf of Joshua and Pulev's promoter Bob Arum,

who also works for Fury in the US, were difficult and they reached agreement just hours before today's IBF deadline.

Arum had insisted Pulev would not travel to the UK because "we don't get a level playing field" and claimed the fight would go to purse bids.

Pulev was due to face Joshua in Cardiff in October 2017 before he withdrew at short notice due to a shoulder injury and was replaced by

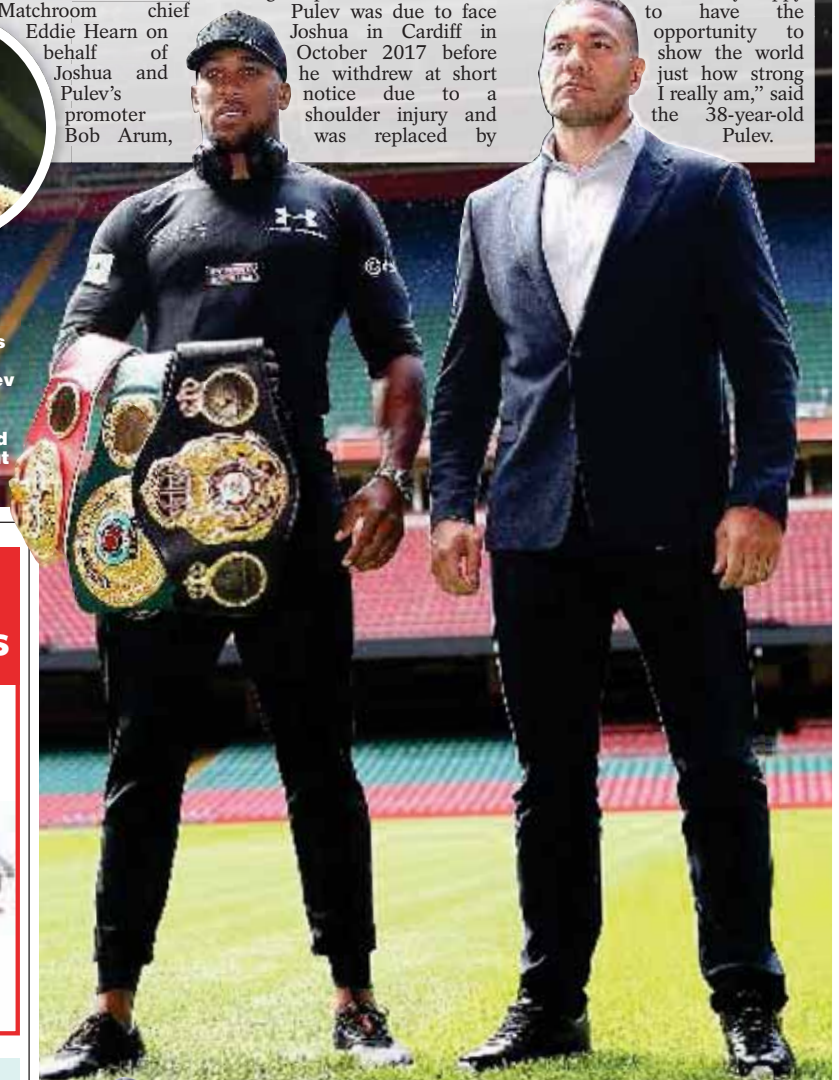
Carlos Takam. His only loss in 29 fights was a fifth-round knockout by Wladimir Klitschko in 2014 when the Ukrainian ruled the heavyweight division.

Bulgarian Pulev earned his shot by beating Hughie Fury in a final eliminator in Sofia.

"I'm very happy to have the opportunity to show the world just how strong I really am," said the 38-year-old Pulev.



TAKE TWO
Joshua is pictured with Pulev ahead of their cancelled 2017 bout



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ICON:
Sir Stan in his pomp

1928: Ronnie Dix became the youngest player to score in the Football League. He was 15 years and 180 days when he netted for Bristol Rovers in a 3-0 win over Norwich in a Third Division match.

1991: Runcorn Highfield's 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.

THOSE WERE THE DAYS

ON THIS DATE IN SPORTING HISTORY

2000: More than 100,000 people lined the streets of Stoke as Sir Stanley Matthews' funeral cortege passed through the city.

2005: Former Holland coach Rinus Michels, who pioneered 'total football', died at the age of 77.

2011: Manchester City defender Kolo Toure was

suspended after failing a drugs test. The Ivory Coast international was later banned for six months.

2014: South Africa captain Graeme Smith retired from international cricket, while Andy Flower was named technical director of elite coaching at the England and Wales Cricket Board.

M'BORO v NOTTM FOREST

55	POSSESSION %	45
4	SHOTS ON TARGET	3
5	SHOTS OFF TARGET	7
5	BLOCKED SHOTS	6
4	CORNERS	11
13	FOULS	11
1	YELLOW CARDS	1
0	RED CARDS	0

Source: Opta

TAKE WING:
Lewis Wing
puts Boro
2-1 ahead



Grabban grabs the lifeline for Forest

LEWIS Grabban rescued a point for Nottingham Forest with his first goal in seven games to keep them on course for the play-offs.

The striker will not 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 towards goal.

The shock of tumbling into the relegation zone had brought out the best in Boro, who looked on course for their first win since New Year's Day, hitting back from a goal down to lead through Rudy Gestege and Lewis Wing.

But they remain in the bottom three after sloppy work allowed Grabban a late heartbreaker.

Gestege is hardly the most prolific marksman around but he cannot stop scoring against Forest.

He cancelled out Ryan Yates' 29th-minute opener with his eighth goal against them –

SLOPPY BORO LET IT SLIP

MIDDLESBROUGH

2

NOTTM FOREST

2

By Ian Murtagh

comfortably his best tally against any opponent.

The striker ended a Riverside drought stretching back two years with his second goal of the campaign, nodding home at the far post after Harold Moukoudi had headed on a Paddy McNair free-kick.

Whatever Boro's fate this season, they have a hot prospect in Hayden Coulson, who was once again their shining light.

Moments after Forest broke the deadlock, he raced on to Gestege's lay-off, forcing 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, picking up Pears' throw-out and charging upfield before 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.

The visitors had gone ahead with Yates scoring against Boro for the second time this term, letting Sammy Ameobi's pass roll across his body before picking his spot with a smart right-foot finish.

And then Forest had the last word when Grabban pounced.

BORO (4-2-3-1): Pears 5; Howson 6, Shotton 7, Moukoudi 6, Johnson 6; Clayton 7, McNair 6; Tavernier 6 (Spence 87), Wing 7 (Saville 81, 5), Coulson 8; Gestege 6.

Goals: Gestege 40, Wing 44.

FOREST (4-2-3-1): Samba 5; Cash 6, Figueiredo 7, Worrall 6, Ribeiro 6; Watson 6, Yates 7 (Bostock 78, 5), Lolley 6, Smedo 5 (Diakhaby 56, 6), Ameobi 6 (Carvalho 69, 5); Grabban 7. **Goals:** Yates 29, Grabban 86.

SPORT IN BRIEF

Emirates FA Cup 5th

Round
PORTSMOUTH (0).....0 ARSENAL (1).....2
Att: 18,839
Sokratis 45
Nketiah 51

Sky Bet Championship

	P	W	D	L	F	A	Pts
West Brom	36	19	12	5	64	37	69
Leeds	36	20	8	8	54	39	68
Fulham	36	18	9	9	51	37	63
Nottingham Forest	36	16	12	8	48	35	60
Brentford	36	16	9	11	59	33	57
Preston North End	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
Sheff	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

MIDDLESBROUGH (2) ... 2 NOTTM FOR (1) ... 2

Gestege 40
Wing 44
Att: 18,884

CRICKET

ICC WOMENS T20 WORLD CUP - GROUP A—Australia v New Zealand (Melbourne): Australia 155-5 (20.0 overs); B L Mooney 60, New Zealand 151-7 (20.0 overs). Australia (2pts) beat New Zealand by 4 runs.

Bangladesh v Sri Lanka (Melbourne): Bangladesh 91-8 (20.0 overs); H A S D Siriwardene 4-16, Sri Lanka 92-1 (15.3 overs). Sri Lanka (2pts) beat Bangladesh by 9 wickets.

P W L TNR Pts RR
India 4 4 0 0 0 8 0.98
Australia 4 3 1 0 0 6 0.97
New Zealand 4 2 2 0 0 4 0.36
Sri Lanka 4 1 3 0 0 2 0.40
Bangladesh 4 0 4 0 0 0 0.191

GOLF

USPGA TOUR THE HONDA CLASSIC (Florida, USA)—**Final**
Rnd: (USA unless stated, par 70):
274 S Im (Kor) 72 66 70 66, 275 M Hughes (Can) 71 72 66 66, 276 T Fleetwood (Eng) 70 68 67

71, 277 B Steele 68 67 71 71, D Berger 69 70 69 69, Byeong-Hun An (Kor) 76 66 68 67, L Westwood (Eng) 67 69 71 70, 278 R Henley 70 69 70 69, G Woodland 70 67 74 67, C Davis (Aus) 70 67 73 68
USPGA TOUR COLOGUARD CLASSIC (Tucson, Arizona, USA)—**Final Rnd:** (USA unless stated, par 73): 201 B Langer (Ger) 68 68 65, 203 W Austin 69 68 66, 205 B Quigley 64 68 73, R Pamplung (Aus) 67 68 70, 206 S Stricker 67 71 68, M Angel Jimenez (Spa) 69 66 71, F Couples 68 66 72.

TODAY'S DIARY

(7.45pm unless stated)

Emirates FA Cup 5th

Reading v Sheffield Utd (8pm)
West Brom v Newcastle (8pm)
(Live on BBC Interactive)

Sky Bet League One

Ipswich v Fleetwood
Exeter v Crewe
Plymouth v Grimsby
Swindon v Scunthorpe

Sky Bet League Two

Exeter v Crewe
Plymouth v Grimsby
Swindon v Scunthorpe

Scottish Premiership

Hibernian v Hearts
(Live on BT Sport 1)

Scottish Championship: Ayr v Dundee Utd, Dundee v Alloa, Inverness CT v Morton, Partick v Queen of the South.

Scottish League One: Clyde v Montrose, Dumbarton v Forfar, Raith v Falkirk.

Scottish League Two: Cowdenbeath v Albion, Stirling v Stenhousemuir.

Vanarama National League: Barnet v Boreham Wood, Chesterfield v Harrogate Tn, Chorley v Eastleigh, FC Halifax v Sutton Utd, Solihull Moors v Hartlepool, AFC Fylde v Notts County.

FA Trophy—4th rnd: Concord Rangers v Royston Tn.

CRICKET
ICC Womens T20 World Cup
- Group B: West Indies v South Africa (Sydney, 08am).

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Southgate keeping eye on Henderson

GARETH Southgate is keen to look at Dean Henderson ahead of Euro 2020 as pressure mounts on England No1 Jordan Pickford.

The England manager has been loyal to the Everton keeper and it would seem unlikely he will make a change just three months before the finals.

But Southgate, who is in Amsterdam for the Nations League draw, went to Goodison Park on Sunday and checked on Pickford. The

By John Cross

goalkeeper was criticised after he let in a low shot from Bruno Fernandes for Manchester United's equaliser.

Henderson, 22, has starred on loan at Sheffield United from Manchester United and has twice been promoted to the England squad because of injuries.

This month's friendlies with Italy and Denmark are a chance to give the England Under-21 keeper a debut.

ENGLAND'S POT SHOT

ENGLAND will discover their Nations League opponents today.

They are in Pot 1 for the League A draw, which is being held in Amsterdam, with the finals taking place in June 2021.

They will play six games - facing each team home and away - between September and November 2020, which does away with meaningless friendlies.

The 55 European football associations are split into four leagues, with Wales, Scotland, Republic of Ireland and Northern Ireland in League B. England will be hoping to avoid a 'Group of Death' containing France, Denmark and Germany.

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 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 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 D

POT 1

Gibraltar, Faroe Islands, Latvia, Liechtenstein

POT 2

Andorra, Malta, San Marino

'I want to win the World Cup and the Champions League'

By David McDonnell

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 of the back, but is expected to return before the end of the season and be fit for Euro 2020.

The Manchester United and England striker, 22, has already won the FA Cup, League Cup and Europa League, but has his sights set on claiming the bigger prizes.

United have recovered from their worst league start for 30 years and are firmly in the hunt to qualify for next season's Champions League.

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 legendary 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 has been difficult, but it's a period of transition. As long as we stay focused, I don't see why we can't turn things around."

Rashford reached a career-best tally of 19 goals this season before succumbing to injury on January 15 in a 1-0 win against Wolves. He already has 64 goals from 201 United appearances, but said Wayne Rooney's all-time club record of 253 is not in his thoughts at this stage of his career.

"I don't pay too much attention to that," said Rashford. "If you're playing your best football, 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

AMBITIOUS RASHFORD SETS BAR HIGH FOR HIS CLUB AND COUNTRY

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."

But Rashford does want to secure legendary status at United like Rooney and others such as David Beckham, Ryan Giggs and Paul Scholes before him.

"That's always the aim," he said. "You grow up around so many people who have that United legend status that it becomes part of your dream."

Rashford is on course to be fit for Euro 2020 this summer and claimed Gareth Southgate's squad should be among the favourites, after reaching the World Cup semi-finals in 2018 and because they have home advantage.

"We should definitely win a trophy - at least one," said Rashford. "If we don't, it will be disappointing for me, because I believe in the manager and the players. It feels like the right time. We'll give it our best shot at the Euros. If we're playing our best football, I don't see why we can't win it."

● To read the full interview with Marcus Rashford, buy the new issue of FourFourTwo magazine - in the shops on Thursday.



MAKING A MARC

Rashford is aiming for the stars with England, right, and Manchester United

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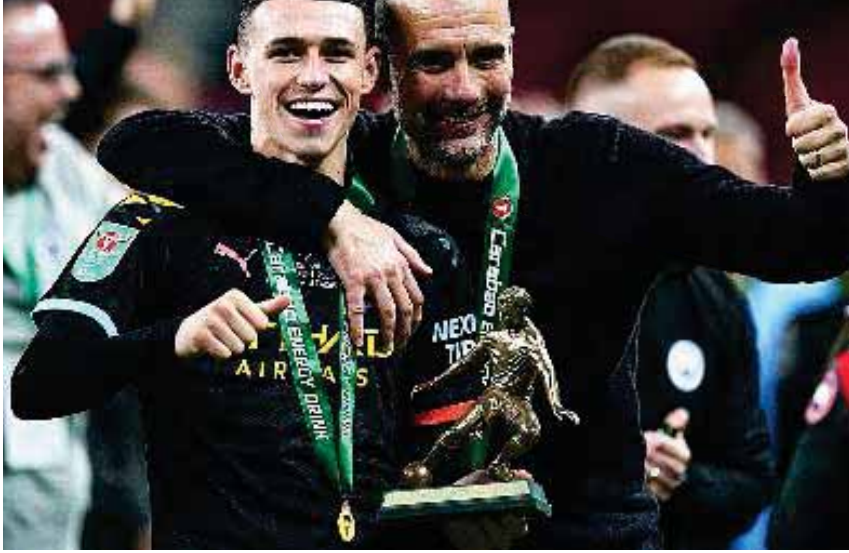
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Main picture: WILL OLIVER



PRIZE GUYS OF ALL AGES

Foden celebrates his man-of-the-match award with Guardiola and yesterday he let his one-year-old son, Ronnie, play with his medal

LION IN WAIT

Foden hopes his Wembley wondershow will fast-track him into the Euro 2020 squad

PHIL FODEN says he still harbours hopes of making Gareth Southgate's Euro 2020 squad after a "dream" Wembley performance in the Carabao Cup final.

The 19-year-old Manchester City star eclipsed some big names on Sunday with a man-of-the-match display as Pep Guardiola's men lifted the trophy for the third consecutive year.

And even though England manager Southgate was 200 miles north at Everton, he will find it hard to overlook Foden for much longer after watching a rerun of his energetic display.

"I want to be there [at the Euros] obviously but it's very difficult with the players we have," said Foden. "Hopefully, Gareth saw things that he liked."

"That is all I can do, just show what I can do every time I play and see where it takes me."

Few left Wembley believing Foden will not grace the senior international stage at some point,

By Gideon Brooks

even if this summer's tournament could come too soon.

There will be an indication of Southgate's thinking when the squad is announced for the friendlies against Denmark and Italy at the end of this month.

Foden was Player of the Tournament when England won the Under-17s World Cup three years ago and scored a wonderful goal against France in last year's European Under-21 Championship.

Yet if he cannot force Southgate's hand he should at least be able to encourage Guardiola to give him a little more game time in what remains of City's season.

Guardiola has stressed that David Silva's departure this summer will mean Foden gets more responsibility next term.

But his promotion to first-team duties, certainly in the Premier League, could be accelerated during the final three months of

the season. The midfielder is set to start again tomorrow in the fifth-round FA Cup tie at Sheffield Wednesday.

Foden is flattered to hear Guardiola suggest he can fill Silva's shoes when the Spanish veteran departs.

He said: "If the manager says something like that, it gives you a lot of belief and courage to keep playing and doing well."

And conceding he found the physicality and pace of the first-team squad difficult to match initially, performances such as Sunday's back up his assertion he now "belongs" on the better stages.

"Not many young players like myself could play in a team like this so it just shows the belief the manager and players have in me, which is really nice," said Foden.

"When you are growing up you dream about playing at Wembley for City on a big stage, and that's a dream come true for me now."



PROMISE: Foden has been a hit with the Under-21s

Villa can beat the drop says Samatta

By Dave Armitage

WEMBLEY goalscorer Mbwana Samatta is convinced Aston Villa will not be relegated.

The Tanzania striker's goal in the 2-1 Carabao Cup final defeat by Manchester City came in only his fifth game since his £8million move from Belgian club Genk in January.

His switch sparked a wave of interest in his home country, where he enjoys hero status.

Samatta's diving header was his second goal and he believes Dean Smith's men can haul themselves out of the bottom three.

Wins for relegation rivals West Ham, Watford and Norwich made it a bleak weekend for Villa.

But Samatta, 27, said: "Everyone is confident and 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.

"We want to win games. We are trying to do that and it's just a matter of time."

He said of their Wembley display: "It was not a bad performance and if we continue to keep working hard we have a chance."

Samatta, who fine-tuned his skills kicking balls made from plastic bags, is determined to make the most of his move to the Premier League.

And he will not let his Wembley heartache stop him trying to get Villa out of the drop zone, starting at Leicester on Monday.

LOOKING UP: Samatta has faith in Villa



BRAVO USA OFFER

MANCHESTER City's Carabao Cup hero Claudio Bravo has been offered a move to the MLS with New York City.

Bravo, right, whose fine late save from Bjorn Engels helped City beat Aston Villa on Sunday, is out of contract this summer.

Second choice to Ederson in the Premier League and in Europe, Bravo will

not be offered a new deal but is weighing up a move to the US.

The departure of Bravo, 36, who joined City from

Barcelona for £17million in 2016, could give chances to young City keepers Zack Steffen, 24, and

Aro Muric, 21, who are on loan at Fortuna Dusseldorf and Nottingham Forest respectively.

DAVID McDONNELL



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Lawrence is unfazed

By James Nursey

DERBY forward Tom Lawrence says that he is no longer daunted by meeting Manchester United, the club he used to play for and support.

The Rams, including skipper Wayne Rooney, are preparing to welcome United in the FA Cup on Thursday.

It is the third cup meeting between the sides in as many seasons. Derby knocked United out of the League Cup last term, while the Red Devils won in an FA Cup clash.

Lawrence, above, said: "I supported them as a kid and managed to make my debut for them."

"The first time against them was strange but now I am used to it."



Foxes in freefall

BRENDAN RODGERS admits Leicester are suffering after their nosedive in form.

Rodgers' third-placed Foxes have picked up just 12 points from their past 12 matches.

Ahead of tomorrow's visit from Birmingham in the FA Cup, Rodgers, below, said: "You can't dance around the truth. We can play better."

"We have to pick up players whose confidence may have dropped and go back to the basics of the game."

"It is now about the mentality and bringing our intensity back."

JAMES NURSEY



HIGH JINKS
Newcastle and Bruce favourite Jimmy Smith during his Toon heyday



The nutmeg was my party piece... I loved the roar from the crowd when I did it

Jimmy Smith, an idol of Toon boss Steve Bruce, inspired Newcastle to victory over West Brom the last time they were at the Hawthorns for an FA Cup fifth-round tie. IAN MURTAGH spoke to them both.



"WISH Brucie all the best from me," said Jimmy Smith.

"And tell him what a pleasure it is to have a Newcastle manager who actually cares about the FA Cup."

'Jinky', as he was nicknamed during his 1970s heyday, was Steve Bruce's boyhood idol.

"What a player," said the Toon boss.

"He just had that natural ability. Such silky skills. Everything came so easy to him and as a kid, I loved it when he stuck the ball between a defender's legs. Wow."

"Malcolm Macdonald was the big hero then but, for me, Jimmy Smith was the man."

"Mind you, I'd love the pair of them in my team now!"

Bruce and Smith have never met and, like any football fan, the former would jump at the chance to come face to face with the ex-Scotland player.

But it will not happen – yet. "I've just had a knee replacement and I'm waiting for a hip op," said Smith, now 73 and still living on Tyneside, his home since joining Toon from Aberdeen for £100,000 in 1970. "I don't get out much

WEST BROM V NEWCASTLE 8PM

these days. My right knee forced me to quit the game and now it's my left giving me grief."

Newcastle play West Brom in the FA Cup fifth round at the Hawthorns tonight, scene of arguably Smith's greatest game for them at exactly the same stage of the competition.

In 1974, sporting a natty new Brazil-like away kit, the visitors tore the Baggies to shreds with goals from Supremac, Stewart Barrowclough and John Tudor. Smith came on in the 12th minute for the injured Terry Hibbitt and had a hand in all three goals.

"I got on early and it was one of those days when things started to happen. The nutmeg was my party-piece and I remember it coming off a few times," he said.

"I used to love the roar from our fans when I did it."

"No one's ever told me I was Steve Bruce's favourite player and it's lovely to hear that."

Newcastle reached Wembley but, with both Jinky and Supremac, flopped badly as Liverpool won 3-0. Bruce is up for a get-together with his hero and Smith is happy to accept the invitation for a final date in May.

SLAVEN BILIC is set to call on Austin's powers to try and shoot West Brom into the quarter-finals.

Striker Charlie Austin, a £4million summer buy from Southampton, is straining at the leash for an opportunity against Newcastle tonight after being used mainly from the bench this season.

Boss Bilic said: "He's not happy when he isn't playing but is great in the dressing room. He's great to have around – the kind of striker who almost guarantees that you are going to score."

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Picture: DAVID KLEIN

Reiss sinks hosts as Gunners avoid another cup exit

PORTSMOUTH

0

ARSENAL

2

By Paul Brown

REISS LIGHTNING struck twice at Fratton Park to deny Portsmouth owner Michael Eisner a fairy-tale FA Cup upset.

Speedy Arsenal winger Reiss Nelson's brilliant delivery from the right served up goals for Sokratis, below, and Eddie Nketiah either side of half-time.

That left former Disney bigwig Eisner's dreams of an upset in tatters as Pompey crashed out.

But it was good news for Gunners boss Mikel Arteta, who needed a response after his side were turfed out of the Europa League by Olympiakos last week.

And whisper it quietly but at this rate it surely will not be long before Nelson, 20, gets a call from Gareth Southgate.

The England Under-21 star has now been involved in six goals in his past eight starts for Arsenal.

As potential mis-matches go, it was a sizeable one – the 13-time winners against the lowest-ranked team remaining in the competition.

Arteta tempted fate by resting skipper Pierre-Emerick Aubameyang, 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 League One team is the right stage for him anyway.

Pompey boss Kenny Jackett made six changes from Friday's 3-0 win over Rochdale.

You could hardly blame him. The South Coast club, who flirted with extinction not so long ago, are third in the table and their priority is promotion.

But the bumper 18,893 crowd was pumped up from the off and their side gave it a go, with Ellis Harrison looking dangerous.

There was poise and purpose about Pompey, and Arsenal had plenty of defending to do.

Arteta was forced into an early change when James Bolton crunched into a tackle on Lucas Torreira which resulted in the Arsenal midfielder being taken off on a stretcher.

Torreira needed oxygen and his teammates were not impressed when the home fans taunted him with chants about how he



STEADY EDDIE
Nketiah gets behind the Portsmouth defence to tuck in the second goal last night

PORTSMOUTH v ARSENAL	
27	POSSESSION %
1	SHOTS ON TARGET
4	SHOTS OFF TARGET
6	BLOCKED SHOTS
3	CORNERS
8	FOULS
1	YELLOW CARDS
0	RED CARDS
Source: Opta	

NELSON & CREW SAIL ON SAFELY

LUIZ PRAISES YOUNG GUNS

DEFENDER David Luiz hailed Arsenal's youngsters and said there is more to come as goals from Sokratis and Eddie Nketiah booked their place in the last eight of the FA Cup.

Luiz, 32, said: "They are improving every week, everyone was 100 per cent focused. They are starting with a great opportunity with a great club.

"It is important to do the job we are doing every day. Since [manager] Mikel Arteta came we have done well but we are not there yet. "Tonight I was pleased with the team and the young boys. They have a great mentality and understand what is needed. We need to be ready to react and understand football.

"The clean sheet was great, this is the kind of things we have to learn. We did it great tonight.

"I say to the young lads, 'You are starting with a great opportunity at a big club'. I'm the oldest in the team but inside my heart is young forever."

Forward Nketiah, 20, said: "We knew it was going to be a hard game and to get the first goal settled us. The team kept pressing all game. Overall it was a great performance by the team. In the second half we played a lot quicker and we were able to play better football."



was going home in an ambulance. When play resumed, Pompey skipper Gareth Evans should have done better with a free header

At the other end, Gabriel Martinelli fired over the bar.

But it was poor from Arsenal until unlikely hero Sokratis put them in front against the run of play with a fine volley from an excellent Nelson cross.

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 were content to play keep-ball.

The Gunners have not lost to a team in the third tier or lower since 1992, and a place in the quarter-finals is now theirs.

PORTSMOUTH (4-2-3-1): Bass 6; McCrorie 6, Burgess 6, Bolton 6, Seddon 6; McGeehan 6, Close 6; Harness 7 (Curtis 67, 6), Evans 6 (Cannon 75), Williams 6; Harrison 7 (Marquis 67, 6).

ARSENAL (4-2-3-1): 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. Goals: Sokratis 45, Nketiah 51.

I'm a centre-half says Dier

ERIC DIER sees his future at Tottenham as a centre-half.

The England star was brought back into the centre of defence on Sunday and had a rocky time as Wolves won 3-2.

Dier was at fault for Wolves' first goal, when he miskicked Ruben Vinagre's cross, allowing Matt Doherty to score.

Spurs manager Jose Mourinho later defended his decision to bring Dier, right, into his defence in place of Toby Alderweireld. Dier has won most of his 40 England caps as a defensive

By Tony Banks

midfielder, but was signed as a right-back by Spurs when he joined from Sporting Lisbon in 2014.

He was converted to a midfielder by previous manager Mauricio Pochettino, but Dier, 26, said:

"Centre-back is the position I see myself playing. That's where I see my future."

Tottenham face Norwich in the FA Cup tomorrow and have more injury woes, with forward Erik Lamela struggling with a groin injury.



WATFORD'S hopes of avoiding relegation have suffered a blow with Gerard Deulofeu set to miss the rest of the season after rupturing his anterior cruciate ligament and tearing his meniscus during Saturday's 3-0 win over Liverpool.

The attacker will undergo surgery and manager Nigel Pearson admitted it is a big loss for the Hornets, who moved out of the relegation zone on goal difference with the victory over the runaway league leaders.

Pearson said: "The scan results show he is probably going to be out for the rest of the season. For sure Geri will be a miss for us but it's important we look forward with a positive mentality."

EXPRESS POOLS SERVICE

Premier League	
1 Arsenal v West Ham.....1	24 Fleetwood Town v Blackpool.....2
2 Burnley v Tottenham Hotspur.....2	25 Ipswich v Coventry.....1
3 Chelsea v Everton.....1	26 Lincoln City v Burton Albion.....X
4 Crystal Palace v Watford.....X	27 MK Dons v Doncaster.....2
5 Liverpool v AFC Bournemouth.....1	28 Peterborough v Portsmouth.....X
6 Man Utd v Man City.....2	29 Rochdale v Rotherham.....2
7 Sheffield Utd v Norwich.....1	30 Shrewsbury v Oxford Utd.....1
8 Southampton v Newcastle.....X	31 Southend v Bristol Rovers.....X
9 Wolverhampton v Brighton.....X	32 Sunderland v Gillingham.....1
Sky Bet Championship	
10 Barnsley v Cardiff.....2	33 Carlisle v Colchester.....2
11 Birmingham v Reading.....X	34 Cheltenham v Port Vale.....X
12 Brentford v Sheff Wed.....1	35 Crawley Town v Oldham.....2
13 Bristol City v Fulham.....1	36 Crewe v Stevenage.....X
14 Charlton v Middlesbrough.....X	37 Leyton Orient v Cambridge.....1
15 Leeds v Blackburn.....X	38 Newport C v Morecambe.....X
16 Leeds v Huddersfield.....1	39 Northampton v Mansfield.....2
17 Nottm Forest v Millwall.....X	40 Plymouth v Macclesfield.....1
18 Preston North End v QPR.....1	41 Salford City v Bradford.....X
19 Stoke v Hull.....X	42 Scunthorpe v Grimsby.....X
20 Swansea v West Brom.....2	43 Swindon v Forest Green.....2
21 Wigan v Luton.....X	44 Ladbroke Scottish Premiership
Sky Bet League One	
22 Accrington v Tranmere.....1	45 Aberdeen v Hibernian.....1
23 AFC Wimbledon v Bolton.....X	46 Celtic v St Mirren.....1
	47 Hamilton v Kilmarnock.....1
	48 Hearts v Motherwell.....X
	49 Ross County v Rangers.....2
	50 St Johnstone v Livingston.....X

BEST BETS

TREBLE CHANCE: Crystal Palace, Southampton, Charlton, Stoke, AFC Wimbledon, Peterborough, Cheltenham, Newport County, Scunthorpe, Hearts. Perm any 8 from 9 = 9 bets, or any 9 from 10 = 10 bets.

FOUR DRAWS: Wolverhampton, Wigan, Lincoln City, Southend, Salford City. Perm 4 from 5 = 5 bets.

TEN HOMES: Arsenal, Liverpool, Brentford, Preston North End, Accrington Stanley, Ipswich, Sunderland, Leyton Orient, Plymouth, Hamilton. Perm any 8 from 9 = 9 bets, or any 9 from 10 = 10 bets.

SIX AWAYS: Tottenham Hotspur, Cardiff, West Brom, Rotherham, Forest Green, Rangers.

Osborn: I don't blame boss for not picking me

READING V SHEFF UNITED 8PM



BEN OSBORN admits even he would not select himself in Sheffield United's side.

Osborn arrived from Nottingham Forest for £5million last summer but has spent the bulk of this season on the outside looking in as the Blades fight for a shock European place.

Manager Chris Wilder has handed the 25-year-old just six league outings with four more in cup ties.

The midfielder accepts his bit-part role, and said: "When I take a step back, look at the bigger picture and think about the quality of the players, I ask myself, 'If I was the gaffer would I change it?' The answer is no I wouldn't because the two lads in my position, Enda Stevens and John Fleck, have been outstanding."

"I signed thinking I could break in and get a bit more game time. But maybe I underestimated the quality

WAITING: Osborn has had to be patient this term

and consistency of the players here.

"I've had to be patient and play the waiting game. It's been tough initially, and mentally I found it difficult to get my head around not playing every week."

"The way the boys are performing, it's exciting to be around 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 so I can't see me leaving."

Osborn steps out of the supporting cast and into a starring role tonight for the fifth-round FA Cup tie at Reading.

He said: "It would be a dream come true to win the FA Cup, so this game is massive because if we go through, then we're one game away from Wembley."

SHEFFIELD UNITED
(probable): Henderson; Basham, Egan, O'Connell; K Freeman, Berge, Norwood, Fleck, Osborn; Sharp, McBurnie.

BILL COOPER

PUSCAS SET TO UPSET BLADES

GEORGE PUSCAS only needs "half a chance" to score against Sheffield United tonight, according to Reading manager Mark Bowen.

And Bowen is tipping Puskas, below, to inspire an upset after scoring his 12th goal of the season in Saturday's 2-0 Championship 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 to score. "But he's still young and he's got more to come. His all-round game needs improving but he knows that."

Romanian Puskas, 23,

did not quite cut it in Italy with Inter Milan or Palermo, although he is starting to hit form now, with three goals in his past four matches.

Reading needed penalties to beat Cardiff in the previous round, and Bowen said: "I have

been lucky in my career in penalty shoot-outs. I got through two play-offs - one as a player and another as a coach - through penalties.

"We know how strong Sheffield United are. In fact, the whole country knows it."

READING (probable): Rafael; Vlodavac, Moore, Morrison, Obita; Rinomhota, Swift; Ejaria, Olsie, Melite; Puskas.

GRAHAM THOMAS

I would be a real idiot to doubt the character of my boys



IN SALUTE: Klopp saw his team of youngsters go through against Shrewsbury after a fourth-round replay while, above right, Salah and Mane have to accept defeat against Watford

HOW THE SIDES MATCH UP

- This is the first FA Cup meeting between Liverpool and Chelsea since the 2012 final, which the Blues won 2-1.
- Chelsea have won six of their 10 FA Cup encounters with Liverpool, with this the first such meeting between the sides at Stamford Bridge since a 4-2 win for the Blues in January 1997, en route to winning the trophy.
- In all competitions, Chelsea have won just one of their past six home games against Liverpool (D2, L3), losing 2-1 earlier this season in the Premier League.
- This is the furthest Liverpool have progressed in the FA Cup under manager Jurgen Klopp, with the Reds last reaching this stage in the 2014-15 campaign.
- This is the fifth consecutive season Chelsea have reached this stage of the FA Cup, though they were eliminated in this round last term by Manchester United.
- Two of Liverpool's four FA Cup goals this season have been own goals, while the other two have been netted by 19-year-old Curtis Jones.

Lampard hoping to build dynasty

FRANK LAMPARD says he 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 manager, right, is in his debut season as a top-flight manager and believes that Liverpool are the example to follow.

Klopp finished eighth in his first season in charge at Anfield in 2015-16. He then wound up in fourth place twice before

By Tony Banks

last year finishing runners-up to Manchester City while also winning the Champions League.

This season Liverpool are 22 points clear at the top of the table as they close in on their first league crown in 30 years.

Chelsea, though, have a real fight on their hands to clinch a place in the Champions League next term.

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 will 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 have done is fantastic." Chelsea owner



Main picture: PETER POWELL

By David Maddock

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 Saturday's shock 3-0 defeat at Watford 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, which is the second-longest in English top-flight history.

Ahead of a mouth-watering and now significant FA Cup clash against 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 a bad game."

"It can happen that I get angry with the players but I didn't get angry with the players in this meeting."

"From a common sense point of view, if I go into that meeting and shout at them like they have lost the past 10 games in a row because of a bad attitude, that would be really strange."

While Klopp now wants his side to learn from



KLOPP IS BACKING HIS 'EXCEPTIONAL' GROUP BUT HINTS AT CHANGES

CHELSEA V LIVERPOOL 7:45PM



their defeat at Watford, and the underlying causes, the team that surrendered their record-breaking 18-match league winning streak will not get an immediate chance.

He hinted he will make wholesale changes, with those squad members who have played few games recently getting a chance.

But he hit out when questioned whether his side showed they are hurt by defeat and ready to react during the team

meeting. "How can I now think these boys sit there and are happy that they lost?" said Klopp. "Of course, they want to strike back. This is an exceptional group of players."

"They did outstanding stuff – not that night, we were just not good enough."

"I can neither ignore the game they

played against Watford nor the rest of it before."

Chelsea is a tricky away trip and Liverpool also face a struggle in the Champions League, where they trail Atletico Madrid 1-0 going into the second leg.

Liverpool could win the league before the end of March, so defeat in both the FA Cup and Champions League would mean their season is ended early.

But Klopp bristled at the suggestion that scenario might persuade him to go harder with a more senior selection at Stamford Bridge. He said: "I'm not sure if you saw that

BLACKPOOL have named Liverpool Under-23s boss Neil Critchley as their new manager – with an endorsement from Jurgen Klopp.

Critchley, 41, twice took charge of the first team this season, with Klopp absent for their 5-0 Carabao Cup defeat at Aston Villa and the 1-0 FA Cup win over Shrewsbury.

Klopp said: "It shows it's possible you can make your way as a youth or Under-23s coach, that's always what we wanted."

but we go really hard in all the games. If you invest 100 per cent, how can you invest more?"

"How can I take a risk with a player who played on Saturday with all the little bits of information from everywhere? 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 are fit.

HOW THEY LINE UP

CHELSEA (3-4-3):

Kepa; Azpilicueta, Zouma, Rudiger; James, Kovacic, Jorginho, Alonso; Willian, Giroud, Mount.

LIVERPOOL (4-3-3):

Adrian; Williams, Matip, Lovren, Gomez; Milner, Lallana, Oxlade-Chamberlain; Origi, Minamino, Jones.

7/1

Divock Origi to score first

thepools.com

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 at the hands of Bayern Munich after their 3-0 first-leg drubbing at Stamford Bridge

last week. "That will always be something that will not be in my control," he said.

"You have to look at where we are as a club and work with what is in front of us."

"We are fighting for consistency and trying to improve. Chelsea fans understand that."

"When I first came here as a player I was part of a team that was not winning trophies. That process to get a winning team was long and hard."

"We are not quite there. We are in the fight for 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 Spanish international goalkeeper Kepa Arrizabalaga back into his side at home to Liverpool, six weeks after dropping the former Athletic Bilbao man and bringing in reserve Willy Caballero.

He said: "Kepa is in the frame. It's how well you train and he has been training well."



HANDY TIMING: Kepa is set for a recall

Six-month ban for 'gutted' Sturridge

FROM BACK PAGE

a previous sentence by an Independent Commission.

Sturridge, 30, says he ended the Trabzonspor deal himself, believing it to be the honourable thing to do.

"It's devastating for me, I'm gutted. My season's over," said the former Liverpool, Chelsea and Manchester City star.

"It was very disappointing to hear that the appeal panel had overturned the original ruling."

"I feel very uncomfortable, and 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 due to being banned."

The FA were unhappy last July after Sturridge was found guilty on only two charges of breaking betting rules surrounding

a potential transfer in January 2018.

He was fined £75,000 and banned for six weeks – four of which were suspended – after the Independent Commission found him guilty of just two of a raft of charges.

Sturridge was alleged to have told his brother, Leon, to bet on a possible transfer to Sevilla, although he went on loan to West Brom instead.

The FA appealed and now a further two counts have been proven against him.

"I will campaign for professional footballers to be able to speak to their families and close friends without the real risk of being charged," said Sturridge.

"Although the appeal panel recognised I hadn't bet, nobody else had bet, I was still charged."

BANNED: Sturridge cannot play until June



UEFA PLAY DOWN STAFF TRAVEL BAN

By John Cross

UEFA chiefs implemented a travel ban for their own staff and then insisted there was no need to "panic" over the coronavirus.

European football's governing body says there are currently no plans to make changes to this summer's Euro 2020 event, despite the escalating health crisis engulfing the globe.

But UEFA have told all staff not to travel in the next two weeks

unless their journeys are essential. They are planning to push ahead with Champions League and Europa League games, with UEFA executive committee member Alexey Sorokin saying: "We don't sense any panic. None whatsoever."

"Right now, the situation with the Euros is stable."

"We need to assess the situation as it develops."

LATEST ON THE CORONAVIRUS

RUGBY UNION: The remaining Six Nations matches, including England's visit to Italy on March 15, are all going ahead. The one fixture already off – Saturday's clash between Ireland and Italy in Dublin – will be rearranged.

CRICKET: England's cricketers are resorting to nothing more than a fist bump on and off the field to help prevent the spread of bacteria. Their two-Test tour to Sri Lanka is going ahead.

FORMULA ONE: Organisers say the opening two rounds will go ahead. The season-opening Australian Grand Prix is due to take place on March 15, with most F1 personnel expected to travel to Melbourne at the end of this week.

MOTO GP: After this weekend's season-opener in Qatar was called off on Sunday, the race in Thailand on March 22 has also been postponed.

TENNIS: The WTA has cancelled the 2020 Kunming Open, which was due to be held in Anning, China, from April 27 to May 3. It follows the postponement of the WTA tournament in Xi'an from April 13-19.

DARTS: The PDC is not postponing any events but has said players do not have to shake hands with opponents or fans.

DAILY EXPRESS SPORT

express.co.uk/sport

I'M NOT AN IDIOT!

BOSS KLOPP REAFFIRMS FAITH IN HIS REDS

CHELSEA V LIVERPOOL
FA CUP 5TH RD P58-59



PORTSMOUTH 0 2 ARSENAL

FA CUP 5TH ROUND ACTION

LUCAS INJURY ROCKS ARTETA

By Darren Witcoop

ARSENAL kept their season alive last night - but their victory was marred by an injury to Lucas Torreira.

The 13-times winners saw off League One Portsmouth to book their place in the quarter-finals through Sokratis and Eddie Nketiah.

But Mikel Arteta's side, fresh from being dumped out of the Europa League, were left with concerns over Torreira, above.

The Uruguayan needed oxygen after being carried off on a stretcher following a first-half challenge from Pompey's James Bolton.

MATCH REPORT: PAGE 57

LOOKING UP: Nketiah celebrates after scoring Arsenal's second

DEVASTATED & GUTTED

● **Sturridge stunned by extended ban for betting breaches**

● **Ex-England star's career in ruins after club contract gets ripped up**

By John Cross

DANIEL STURRIDGE has been left "devastated" after the former England striker was banned for four months and fined £150,000 for breaching betting rules.

Turkish club Trabzonspor also terminated his contract six months into a three-year deal after the FA appealed

TURN TO PAGE 59, COLUMN 5



ALL BETS ARE OFF: Daniel Sturridge has had his Turkish contract terminated

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ABCDEFHIJKLMNOPRS *TUW1234WBDS

Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

	7					4		2
6	9	8	4	5	2			1
			3		1		6	
1		6	5		7			4
4	5			1			8	
			2		4	3		5
	2				6		7	
5			7	3	9	1		
7							4	

MEDIUM

			1		5	2		
5		1					8	
	9		6	7	8	3		
2						5	9	
			7		3			1
	3	9						8
3		5	8	1	6		7	
	2							4
		7	3		4	8		

DIFFICULT

				6	3	7			
					1		2	5	
			1					7	
6						2			8
7	5							1	9
9			4						7
	8						1		
	4	6			8				
			7	4	5				

Extra clues:
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Today's solution:
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QUICK CROSSWORD

	1	2		3		4		5		6		
7												8
9				10								
11		12				13						
14				15			16					
						17						
18								19				
20											21	
	22											

ACROSS

1. Transmitted (11)
9. Tavern (3)
10. Ken (9)
11. Pointed (5)
13. Mythical horseman (7)
14. Chastise (6)
16. Reimburse (6)
18. Ham (7)
19. Support (5)
20. Wealth (9)
21. Whim (3)
22. Cut off (11)

DOWN

2. Managed (3)
3. Enquired (5)
4. Stoop (6)
5. Taciturnity (7)
6. Strive (9)
7. Disapprobation (11)
8. Infirmary (11)
12. Model (9)
15. Swathe (7)
17. Racial (6)
19. Brush (5)
21. Charge (3)

Solution tomorrow

SMALL CROSSWORD

1	2	3	4	5		6	7	8
9								
10					11			
	12			13				
14						15		
16		17			18			
19					20			
			21					
22								

ACROSS

- 2 Unfortunate (8)
- 9 Yearly (6)
- 10 Delicate decorative fabric (4)
- 11 Alcoholic drink (4)
- 13 Difficult question (5)
- 14 Bias (9)
- 16 Savoury jelly (5)
- 19 Tablet (4)
- 20 Care for or look after (4)
- 21 Human beings (6)
- 22 Leftovers (8)

DOWN

- 1 Woodchip, say (9)
- 3 Male relative (5)
- 4 Snooker rods (4)
- 5 Former name of Cambodia (9)
- 6 Viewing organs (4)
- 7 Talk given to an audience (6)
- 8 Give up (9)
- 12 Of bears (6)
- 15 Incompetent (5)
- 17 Fruit type (4)
- 18 Public school (4)

Solution tomorrow

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CROSS DOUBT

Target times: Average: **18 mins**
Good: **14 mins** Excellent: **10 mins**

Stuck? Call for a clue
0901 322 5601

Halve your Target Time!

Today's solution
0901 322 5607

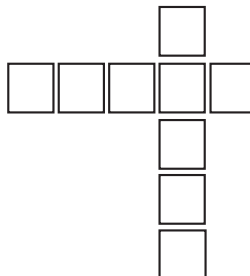
Both today's words in a moment!

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Can you make two common five-letter words from the nine letters given, using each letter only once? You can – but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover – but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

A D I L L M R S S



KAKURO

	4	3	28				10	3
8								
36				17	9	28		
			26					
			5			3		
			28			22		
			8			9		
					3			
			15					
			14				3	14
			38					
			17				18	

Fill each sequence of blank squares using the numbers 1-9. Each sequence – across and down – must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

Puzzles

QUIZWORD

ACROSS

- 6** Yellowish substance extracted from wool which is used in some ointments (7)
- 7 and 22** Character in John Gay's *The Beggar's Opera* played by Lavinia Fenton in the original 1728 production (5,7)
- 9 and 19** 1979 George Miller film starring Mel Gibson in the title role (3,3)
- 10** Gothic cathedral of Paris on the Île de la Cité (5,4)
- 12** 1958 Orson Welles film starring Charlton Heston as Mike Vargas (5,2,4)
- 15** 1994 Quentin Tarantino film starring John Travolta as Vincent Vega (4,7)
- 17** Middle name of the poet HW Longfellow (9)
- 19** See 9.
- 21** Member of the cattle tribe which was formerly widely distributed over the prairies of western North America (5)
- 22** See 7.

DOWN

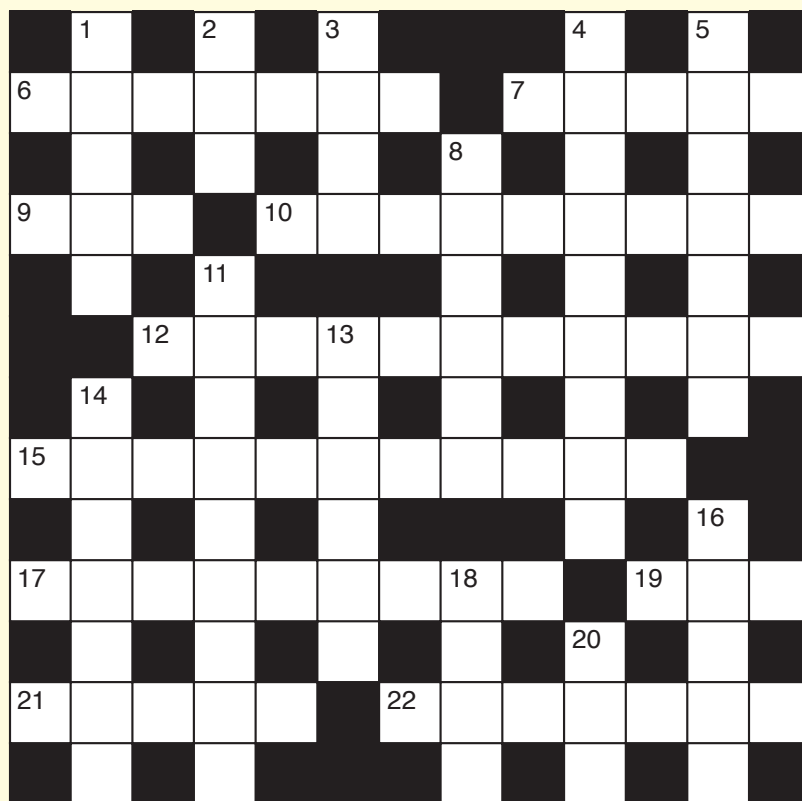
- 1** Françoise, author of the novel *Bonjour Tristesse* (5)
- 2** Chris, cyclist who won the men's keirin at the 2008 and 2012 Olympics (3)

- 3** Yugoslav president 1953-80 (4)
- 4** 'The --- ---', play by Anton Chekhov which was the basis for his later work *Uncle Vanya* (4,5)
- 5 and 14** 1988 Best Supporting Actress Oscar winner for *Moonstruck* (7,7)
- 8** Jake, author of the novels *He Kills Coppers* and *The Long Firm* (6)
- 11** John, author of the 1925 novel *Manhattan Transfer* (3,6)
- 13** Minor planet discovered in 1977 which revolves round the sun between the orbits of Saturn and Uranus (6)
- 14** See 5.
- 16** 'The ---', 1966 novel by John Fowles (5)
- 18** River in England which flows to the North Sea at Middlesbrough (4)
- 20** Playing card having one spot (3)

Solution tomorrow

Stuck on the puzzle? Call
0905 789 4190
to hear individual clues or
the full solution

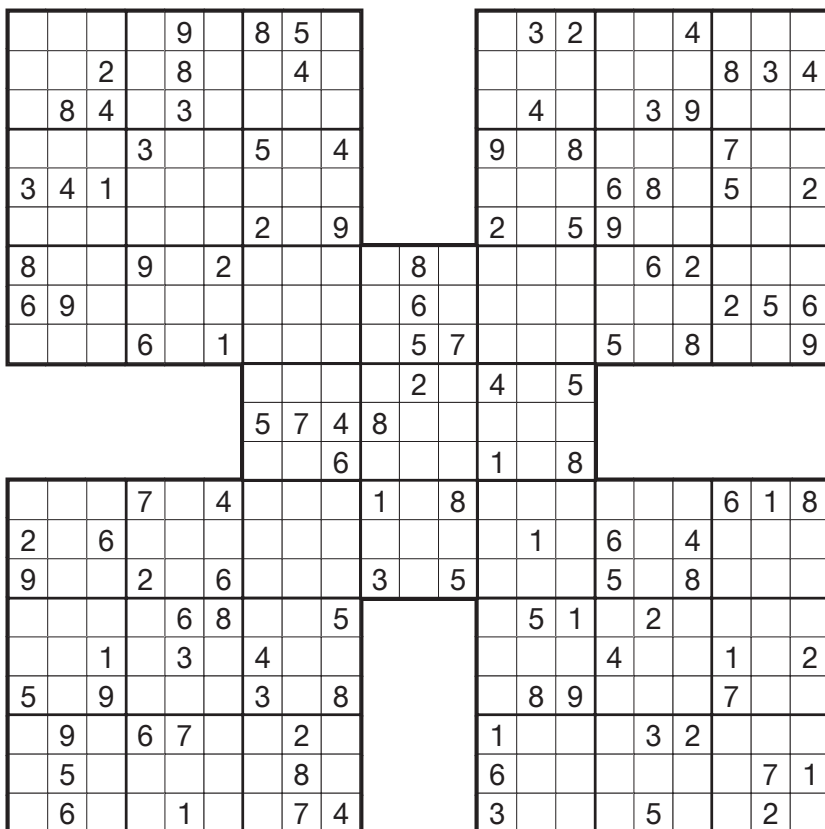
*Calls cost 80p per minute plus your
telephone company's network access charge.
Service provider Spoke Ltd -
Helpline 0333 202 3390



SAMURAI SUDOKU

In Samurai Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.

Solution tomorrow



WORD BUILDER

Answer each clue so that every word contains the same letters as the previous word, plus or minus one.

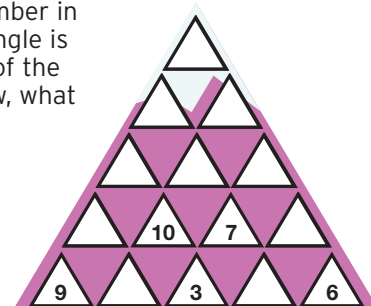
Solution tomorrow

- 1 □ □ □ □
2 □ □ □ □ □
3 □ □ □ □ □ □
4 □ □ □ □ □ □ □
5 □ □ □ □ □ □ □
6 □ □ □ □ □ □ □
7 □ □ □ □ □ □ □

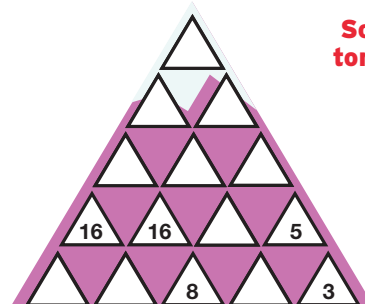
- 1 Male sheep
2 Female horse
3 Quantities of paper
4 Expert
5 Pals
6 Satisfy
7 Consume

SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



Solution tomorrow



SMALL CROSSWORD

Across:

- 1** Cashpoint,
7 Aviary,
9 Rung,
10 Earls,
12 Bloc,
13 Louisiana,
14 Eros,
16 Split,
18 Diva,
19 Ruined,
20 Residence.

Down:

- 1** Careless,
2 Sink,
3 Haggis,
4 Press stud,
5 IFR,
6 Nylons,
8 Escapade,
11 Corpse,
12 Birdie,
15 Finn,
17 Les.

ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solution tomorrow

WORDSEARCH

A J U G E C K W V G M A C T F
E H E A V U U N S E T N O R B
I H F M N O S N E V E T S J W
K E I E K C E B N I E T S U Z
P G B D A K O T E O K M L E V
A B Z L C U G R W V S L L E W
V L N I G Y S L W A C O O P X
O L D W R H G T Z E I Q G T O
N O H S E L Z T E D L N R G F
N R G V K E P O F N V L U O K
E R L I O W P C R S E H B Y H
G A L V T I O L Q H J E C E A
U C D V S S L A C I O Q L Z R
T H E M I N G W A Y C J R V D
F I T Z G E R A L D X L R G Y

Find all the classic authors listed below in the grid.

Solution tomorrow

ALCOTT ● AUSTEN ● BRONTE ● CARROLL
DICKENS ● FITZGERALD ● HARDY
HEMINGWAY ● HUGO ● LEE ● LEWIS
ORWELL ● STEINBECK ● STEVENSON
STOKER ● TOLKIEN ● TWAIN ● VONNEGUT
WELLS ● WILDE

YESTERDAY'S SOLUTIONS

QUICK CROSSWORD

Across:
1 Cure; 3 Assuaged;
9 Masseuse; 10 Brace;
11 Unscrupulous;
13 Avowal; 15 Severe;
17 Deliberation; 20 Clean;
21 Release; 22 Displays;
23 Mess.
Down:
1 Communal; 2 Risks;
4 Stripe; 5 Unbelievable;
6 Granule; 7 Drew;
8 Recreational;
12 Keenness; 14 Oneness;
16 Nearly; 18 Image;
19 Acid.

WORDSEARCH

S K C I W K C I P R M A D V T
U A J A C O B M A R L E Y E I
P R M Y U C L L R E R P H E
L T W B D F N V B A U G S C
I F S R E T I Y W G O B T T
U U S D R L G V I O O K L E A
Q L H T E Y L N C R R H J L R
L D A L I S M E C M P B X L C
E O V C A N C E S C F T R A B
I N G S F L V N T H N A N C Y B
A E H P S S E K I S L L I B N
D R A P M A G S R M A J A S H
Z U M U R I A H H E E P J M W
H X P H I L I P P I R R I P V

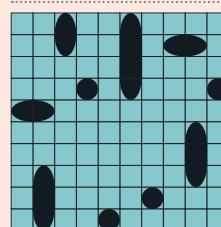
ARROW-WORD

W A J K P H
H A S S L E I B I Z A
R I N O D L N
E M B A R K S P E N D
U O I L R U E S
L O N D O N H I P P O
V I S S U E D A M Y F
Y E A S T N E E D L E H A G
R T G A D A C A R L
A T T A I N E G R E T N E
U R N U P D A T E I O T A
B R U C E A U R A D I U M
N E E B L A G I R E B
E D E L E G A T E S
A D A M U S E T
R I D I O M A L E
H O R R O R E N S U E
O A L I E N E R R
S M E L L S T Y R E S

SUDOKU EASY

6	4	1	9	8	7	5	3	2
8	9	2	3	4	5	1	7	6
7	5	3	2	6	1	4	9	8
1	6	7	4	5	9	2	8	3
9	3	5	8	2	6	7	4	1
2	8	4	7	1	3	6	5	9
5	1	9	6	3	4	8	2	7
3	2	6	5	7	8	9	1	4
4	7	8	1	9	2	3	6	5

BATTLESHIPS



SUDOKU MEDIUM

9	1	8	7	6	2	4	3	5
3	5	6	4	8	1	7	9	2
4	2	7	5	9	3	8	1	6
2	3	4	8	5	6	1	7	9
1	8	9	3	2	7	6	5	4
6	7	5	1	4	9	2	8	3
7	9	3	2	1	4	5	6	8
5	4	1	6	3	8	9	2	7
8	6	2	9	7	5	3	4	1

KAKURO

1	2				3	1
7	5	3	8	6	1	2
3	4	1	2		3	1
1	2			1	3	
	1	2		1	7	
2	4		1	9	2	3
1	5	6	3	7	4	8
1	2				9	1

SUDOKU DIFFICULT

6	3	4	9	5	8	1	7	2
7	5	8	1	6	2	4	3	9
2	1	9	4	7	3	8	5	6
9	7	3	6	2	4	5	1	8
1	4	5	7	8	9	2	6	3
8	2	6	5	3	1	9	4	7
5	9	2	3	4	6	7	8	1
3	8	7	2	1	5	6	9	4
4	6	1	8	9	7	3	2	5

WORD BUILDER

Era, Earl, Glare, Garble,
Barge, Grab, Bar

TARGET

CHALLENGE

ache acne allee allege angel
angle cage cane cell CHALLENGE
change clean cleg each eagle
elan enlance gale gean gene ghee
glance glean glee glen hale heal
heel hell hence lace lance lane
leach lean lech leech legal
nacelle

THE ALPHAPUZZLE

Across: Facile, Iconic, Azimuth,
Drill (clue), Love, Scamp, Jemmy,
Yogi, Aroma, Thunder, Bishop,
Glower.
Down: Affable, Maybe, Achieve,
Coast, Aloud, Hexagon, Checkmate,
Academy, Qualm, Undid, Hoedown,
Scale, Library.

THE ALPHABEATER

Black squares: 3, 5, 7, 10, 11, 16, 18, 21,
23, 25, 31, 32, 34, 37.
Across: Paper, Tiger, Botch, Unalloyed,
Jet, Tense, Stow, Even, Dizzy, Fly,
Harlequin, Ivory, Wafts, Choke.
Down: Project, Naval, Two, Exhume,
Messy, Transfigure, Stalk, Zenith, Key,
Bevel, Enlarge.

CROSS DOUBT

Across: NOISY
Down: BUILD

Puzzles

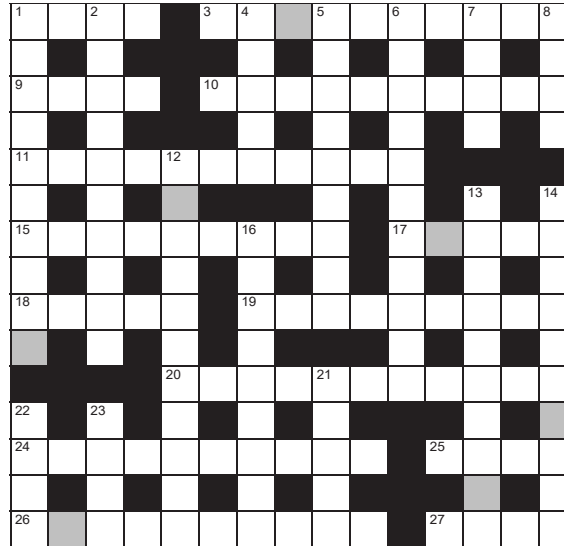
CRUSADER PRIZE CROSSWORD

ACROSS

- 1 Friend hides her second ring (4)
- 3 Attach pleated ensemble, confused (5-5)
- 9 Mention location in quote (4)
- 10 Stop redhead getting something preserved (4,6)
- 11 Leaving diamonds, rush about, having nothing between 9 and 5 (6,5)
- 15 Reading it's tempting to have shock treatment (9)
- 17 Remark to a team (5)
- 18 Old performance is precise (5)
- 19 Embellished grain layout gets discarded (9)
- 20 Vice-presidential candidate is a fellow athlete (7,4)
- 24 Chaotic, manoeuvring para on ruin (2,2,6)
- 25 Party animal (4)
- 26 Rushes after date, say, to see insects (5,5)
- 27 Individual person within community (4)

DOWN

- 1 Store old files about much dishonesty (4,2,4)
- 2 Fake, if it comes back in racial involvement (10)
- 4 Get rid of run-off feature (5)
- 5 Cheese and fruit, not finishing meat dish (9)
- 6 Careful father at home, gambling (11)
- 7 Got a new dress (4)
- 8 Challenge about putting attorney first (4)
- 12 Table to befit opposing claim (11)
- 13 Study one small organ inside in dismay (10)
- 14 Late - overheard delay is a heavy burden (4,6)
- 16 Trendy officer, as a rule (2,7)
- 21 Picture aim differently - say, backwards (5)
- 22 Record industry leaders with very loud tune (4)
- 23 Support Conservative leaving with union capital (4)



FOR YOUR CHANCE TO WIN

Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **84915**. Calls cost £1.50 plus your telephone company's network access charge. Texts cost £1.50 plus your standard network rate. Lines close at midnight tonight. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, March 3, PO Box 12578, Sutton Coldfield B73 9BT. Entries must be postmarked by March 4 at the latest. SP: Spoke - 0333 202 3390. For any postal enquiries, call helpline number.

● The winner will be the first random correct entry drawn from all entry routes after the closing date of March 10. The Editor's decision is final.

NAME _____

ADDRESS _____

POSTCODE _____

LAST FRIDAY'S SOLUTION

ACROSS: 1 Cast a spell, 6 Coup, 10 Abashed, 11 Chicane, 12 Displease, 13 Eerie, 14 Bloke, 15 Tenth-rate, 17 Great Dane, 20 Nepal, 21 Haven, 23 Tautening, 25 Engross, 26 Atlanta, 27 Épée, 28 Endearment. **DOWN:** 1 Chard, 2 Soapstone, 3 Achilles tendon, 4 Podcast, 5 Lactern, 7 On air, 8 Piecemeal, 9 Vice-chancellor, 14 Big cheese, 16 Appliance, 18 Artisan, 19 Educate, 22 Vague, 24 Graft. **Prizeword:** Terrain

TARGET



● The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

HOW many words of four letters or more can you make from the letters shown here?

In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals or verb forms ending in "s".

TODAY'S TARGET

Good 20; very good 30; excellent 40 (or more). **Solution tomorrow**

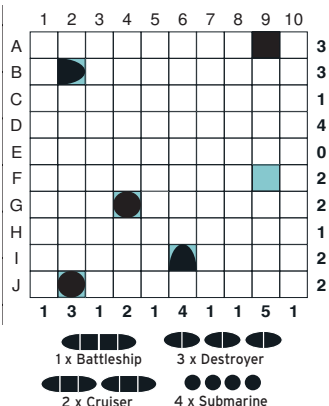
Call **0907 181 2585** for today's Target solution

*Calls cost 80p per minute plus your telephone company's network access charge.

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

Solution tomorrow



THE ALPHABEATER

TARGET TIME:
32 minutes

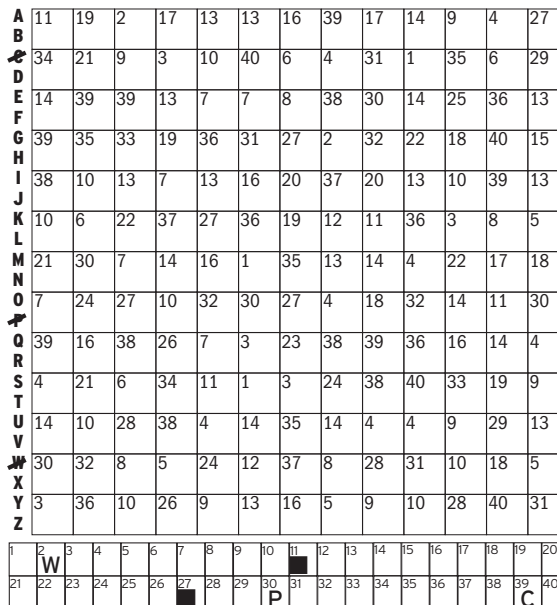
CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down.

Solution tomorrow

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)

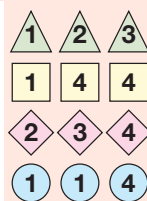
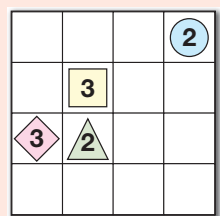
Full solution
0907 181 2558

*Calls cost 80p per minute plus your telephone company's network access charge.



● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **84901**. Texts cost £1 plus your usual operator rate

KEIJO

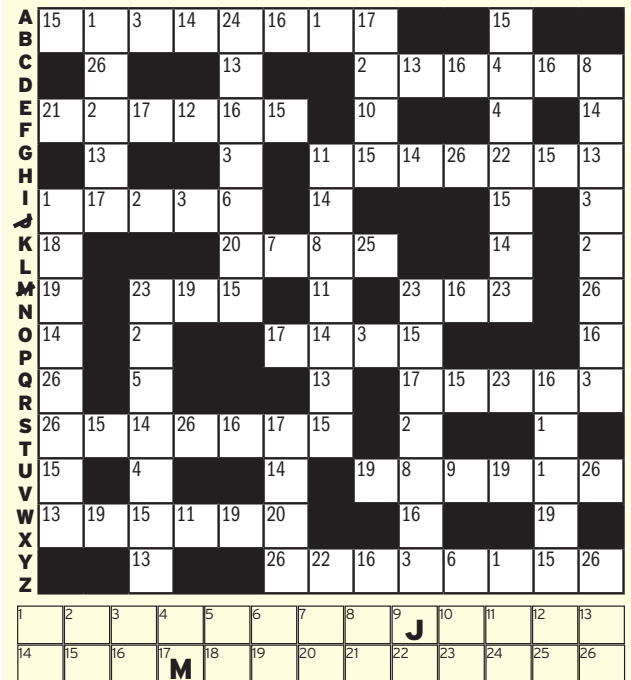


Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.

Solution tomorrow

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow**
DIFFICULTY: 6/10; **TARGET:** 19 mins; **CLUE:** It's owed and damp, we're told.



EXTRA LETTER CLUES: 0907 181 2568 (Hear up to six Extra Letters, deduct two minutes for each clue letter heard) Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **84901**. Texts cost £1 plus normal network operator rate. **FULL SOLUTION: 0907 181 2565;**
ACROSS ONLY: 0907 181 2561; DOWN ONLY: 0907 181 2562.

*Calls cost 80p per minute plus your telephone company's network access charge.

● The Express Bookshop stocks a wide selection of puzzle books across all crossword puzzle genres. See our up to date list please visit www.expressbookshop.com, call 01872 562310 or write to Express Bookshop, PO Box 200, Falmouth TR11 4WJ. Please enclose an SAE for return.

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THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 56; INTERMEDIATE = 188; ADVANCED = 5.

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*SP: Spoke - Helpline 0333 202 3390