Daily Mail

TUESDAY, MARCH 3, 2020 www.dailymail.co.uk 70p

How to tell if your pet's anxious or depressed

FREE FOUR-PAGE PULLOUT

UK cases rise to 39 ++ Hundreds of flights axed ++ 11 more schools shut ++ Now, stung into action, Boris plans a...

VOLUNTEER NHS ARMY TO TACKLE 'MASS EPIDEMIC'

By **Sophie Borland** and **Jason Groves**

AN ARMY of NHS volunteers is being called up to help tackle the coronavirus menace.

With Boris Johnson warning of a 'mass epidemic', officials are urgently trying to speed up the six-month process of becoming a hospital volunteer.

Helpers could be asked to feed patients, ferry them around wards or deliver medicines. The move is expected to be in a dramatic battle plan to be unveiled this morning.

Other possible measures include allowing border officials to detain travellers if they are suspected of carrying the deadly virus.

Should the contagion spread, big gatherings may be suspended as part of a 'social-distancing' strategy. Employees will be encouraged to work from home to avoid unnecessary travel. And a 'war room' in the Cabinet Office and in every Whitehall ministry will have a lead official to coordinate their responses.

Mr Johnson warned of a 'very significant expansion' of the disease, possibly in days. However, amid signs of panic in schools and shops, he called for 'business as usual' for now.

Four more cases were confirmed yesterday – and one ruled a false alarm – making the national total 39. In other developments:

■The Treasury is preparing to find billions of pounds in next week's budget to help firms cope with the financial fallout;

■BA, EasyJet and Ryanair cancelled

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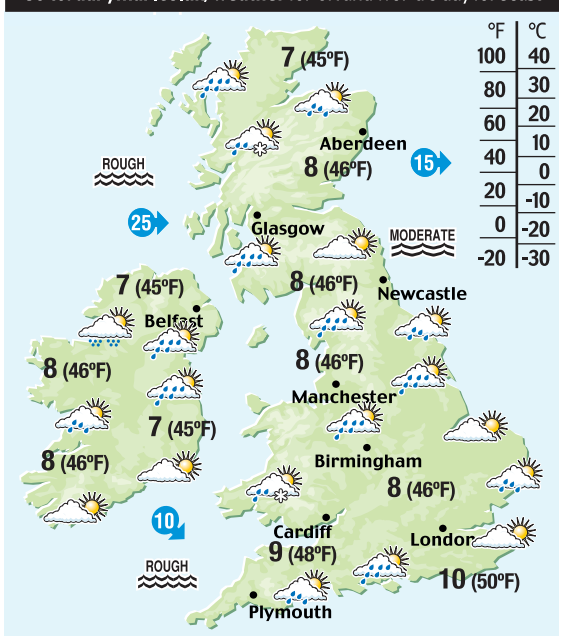
Priti Patel aide 'took overdose after claims she'd been bullied'

SEE PAGE 13

Under pressure: Priti Patel yesterday

Weather

Go to: **dailymail.co.uk/weather** for UK and world 5 day forecast



Summary: Sunny spells

UK TODAY: Wet in places at first. Elsewhere, largely dry with sunny spells and cloudier intervals, but a few scattered showers will drift through. Max 11c.

Today's weather

	9am	12noon	3pm	6pm	9pm
London	5c	8c	9c	7c	5c
Plymouth	5c	8c	9c	6c	5c
Cardiff	6c	8c	8c	6c	4c
B'ham	4c	7c	8c	5c	3c
M'chester	4c	6c	7c	5c	3c
Newcastle	4c	8c	8c	5c	2c
Glasgow	5c	7c	7c	4c	2c
Aberdeen	5c	7c	8c	5c	3c
Belfast	4c	6c	7c	4c	2c

5 day forecast

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

Yesterday

24 hours to 6pm	Sun (hrs)	Rain (ins)	Temp (min)	Temp (max)
Aberdeen	7.5	0.00	1	8
Aberporth	6.2	0.00	2	7
Belfast	4.7	0.01	0	7
Birmingham	8.2	0.00	-1	9
Bournemouth	7.2	0.16	2	9
Bristol	8.2	0.19	3	8
Cardiff	8.7	0.35	3	8
Durham	7.2	0.00	0	8
Edinburgh	5.2	0.08	2	6
Glasgow	4.8	0.16	1	7
Hull	7.7	0.00	-2	8
Ipswich	2.3	0.12	2	8
Leeds	7.7	0.00	0	8
Lincoln	6.7	0.00	1	9
London	3.4	0.20	4	10
Manchester	8.0	0.00	-1	9
Southampton	7.0	0.00	4	10
St Andrews	5.3	0.00	1	8
Stornoway	0.1	0.35	4	7

Information supplied by Meteogroup

Moon and Sun

MOON rises: 10.33am, sets: 2.09am
Sun rises London: 6.40am, sets: 5.45pm
Manchester rises: 6.51am, sets: 5.51pm

HIGH TIDE London Bridge: 7.14pm
Liverpool: 4.42pm

Extremes (24 hrs to 6pm y'day) **Warmest:** St. James' Park, London, 10c (50f). **Coldest:** Coninsbury, Lincolnshire, -3c (27f). **Wettest:** Guernsey, Channel Islands, 0.79ins. **Sunniest:** St. Athan, Vale of Glamorgan, 8.7hrs.

Europe forecast

	today	c	f	tomorrow	c	f
Amsterdam	fair	8	46	fair	8	46
Brussels	showers	7	45	fair	8	46
Frankfurt	fair	8	46	cloudy	9	48
Geneva	cloudy	8	46	fair	9	48
Lisbon	cloudy	18	64	fair	18	64
Madrid	cloudy	14	57	fair	19	66
Paris	fair	9	48	cloudy	10	50
Rome	fair	14	57	fair	15	59

Around the world yesterday

Noon local time

	weather	c	f
Algiers	Cloudy	21	70
Amsterdam	Rain	6	43
Athens	Fair	17	63
Auckland	Cloudy	23	73
Bahrain	Sandstm	24	75
Barcelona	Fair	18	64
Basra	Sunny	21	70
Beijing	Cloudy	8	46
Beirut	Fair	18	64
Belfast	Fair	5	41
Belgrade	Fair	19	66
Berlin	Cloudy	7	45
Biarritz	Showers	11	52
Brussels	Drizzle	8	46
Bucharest	Fair	11	52
Budapest	Fair	12	54
C'hagen	Sunny	7	45
Cairo	Sunny	17	63
Cape Town	Sunny	23	73
Casablanca	Cloudy	20	68
Corfu	Fair	18	64
Cyprus	Sunny	18	64
Dubai	Sunny	29	84
Dublin	Fair	5	41
Dubrovnik	Sunny	15	59
Faro	Fair	20	68
Florence	Showers	14	57
Geneva	Rain	6	43
Gibraltar	Cloudy	18	64
Guernsey	Fair	8	46
Helsinki	Cloudy	5	41
Hong Kong	Fair	20	68
Innsbruck	Cloudy	6	43
Istanbul	Fair	13	55
Jersey	Fair	9	48
Larnaca	Sunny	18	64
Las Palmas	Sunny	22	72
Lisbon	Fair	16	61
London	Fair	8	46
Los Angeles	Cloudy	16	61
Luxor	Sunny	23	73
Madrid	Cloudy	12	54
Malaga	Fair	22	72
Malta	Fair	21	70
Melbourne	Cloudy	18	64
Mexico City	Sunny	25	77
Miami	Fair	23	73
Milan	Rain	6	43
Montreal	Fair	-7	19
Moscow	Cloudy	3	37
Mumbai	Sunny	30	86
Nairobi	Rain	23	73
New Delhi	Sunny	25	77
New York	Fair	3	37
Nice	Showers	10	50
Oslo	Cloudy	5	41
Palma	Cloudy	16	61
Paris	Rain	7	45
Perth	Sunny	26	79
Prague	Fair	7	45
Rhodes	Fair	17	63
Riga	Cloudy	7	45
Rome	Sunny	15	59
Singapore	Cloudy	31	88
Stockholm	Sunny	6	43
Strasbourg	Rain	7	45
Sydney	Sunny	36	97
Tangier	Cloudy	19	66
Tel Aviv	Cloudy	17	63
Tenerife	Sunny	23	73
Tokyo	Rain	6	43
Toronto	Sunny	1	34
Tunis	Fair	25	77
Vancouver	Cloudy	7	45
Venice	Rain	8	46
Vienna	Sunny	12	54
Warsaw	Rain	6	43
Wellington	Drizzle	19	66

KUROSU

EVERY day in the Mail you can play Kurosu, the most addictive brainteaser since Sudoku. There are only two rules:

1: Fill in each space with either a nought or a cross so there are no more than two consecutive noughts or crosses in any row or column. Important note: diagonals don't count.

2: Each row and column must contain three noughts and three crosses.

Today's difficulty rating ★★☆

	X		X		
		O		O	
O				X	
X					X
		O			
	X				X

PLAY more Kurosu and 26 addictive puzzles like them every day on your smartphone or tablet with Mail Plus, your Mail newspaper on your screen. Get a FREE trial today at *dailymailplus.co.uk*

Solution, see Puzzles & Prizes back page

Continued from Page One

hundreds of flights, ruining the plans of thousands of travellers;

■ Global economic growth could be slashed in half, according to the Organisation for Economic Cooperation and Development;

■ The public were urged to clean their smartphone screens with alcohol wipes twice a day to help prevent the spread;

■ At least 11 more schools closed after positive coronavirus tests or scares – despite Government advice to shut only on the orders of health officials;

■ The NHS 111 helpline reported it was receiving a 70 per cent increase in calls compared with last year;

■ Stores reported seeing a surge in panic buying and experts warned of food riots in a worst-case scenario;

■ As many as five million workers could be left without sick pay if they are forced to stay home;

■ The Health Secretary said the Government had powers to compel patients to self-isolate if they refused to;

■ The World Health Organisation warned that the situation was now 'uncharted territory';

■ Buckingham Place said an investiture today would go ahead and there were no plans to alter royal itineraries;

■ City firms banned 'hot desking' and large meetings of more than 25 staff.

Would-be NHS volunteers have to wait between three and six months while they undergo criminal records checks, occupational health assessments and training. By the time they have been cleared, the pandemic is likely to have come and gone and Health Secretary Matt Hancock is hoping to make the process easier and more efficient.

Last winter the Mail launched a major campaign that led to 34,000 of our readers becoming volunteers in roles including serving tea and simply holding hands to reassure patients.

The Prime Minister said the Government was preparing for 'a possibly very significant expansion of coronavirus in the UK', adding: 'That's clearly on the cards – it is possible that we will see a big expansion in the number of cases.'

He said the battle plan would set out a menu of options for dealing with a serious outbreak. Ministers hope to contain the virus but, if that proves impossible, to at least delay the peak until after the winter when the NHS is under less strain.

They will focus initially on keeping schools open and will bring forward emergency legislation this month to suspend rules on class sizes in order to let teachers take on additional pupils from sick colleagues.

The plan is expected to include measures for a 'Dad's Army' of retired doctors and nurses to be able to re-register with medical watchdogs and provide treatment with full insurance. It will also set out details for extra mortuary capacity should there be a spike in deaths.

It is understood that in a worst-case scenario, the police could be asked to enforce road and building closures, and the Army could be drafted in to enforce lockdowns where necessary. Later in the week, a major public information campaign will be launched setting out clear steps the public can take to limit the spread of the virus, including washing their hands regularly.

Whitehall sources warned that the peak of the virus may not come for months although they declined to comment on its possible scale.

Nicola Sturgeon, who phoned in to yesterday's Government Cobra meeting, revealed that experts believe that in a 'realistic worst-case' outcome, 50-80 per cent of Scots could catch the virus in the coming months.

The SNP first minister said that 4 per cent of Scots could end up in hospital over a long period. Whitehall sources acknowledged this could translate into more than two million people across the UK.

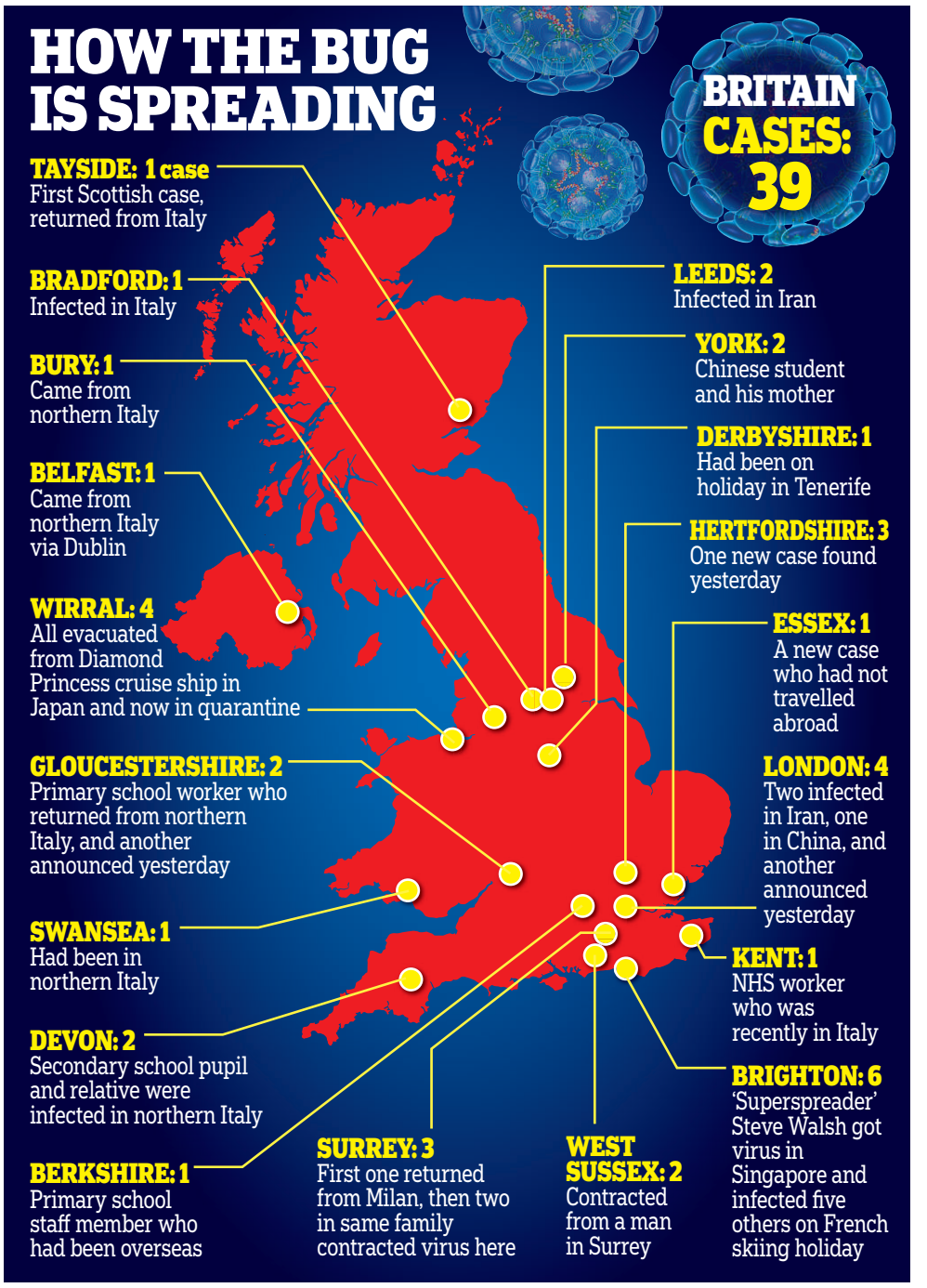
Chancellor Rishi Sunak last night accepted that a severe outbreak could hit the economy but said the Treasury was working on a package 'to support your families, your businesses and the public services on which you rely'.

Officials are understood to be preparing to set aside billions of pounds in next week's Budget to help firms and workers cope with the economic fallout from a potentially major epidemic.

Mr Hancock warned that the impact on the NHS could be amplified by thousands of frontline staff themselves succumbing to the virus.

He said: 'This is about providing the best possible care for those who fall sick, with the best use of resources in the hospital system which will come under major pressure.'

Flights and schools chaos
PAGES 4-8



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Great business for hen parties! Pretty Woman struts back... after 30 years

Big shoes to fill: Aimie Atkinson as call-girl Vivian

Picture: HELEN MAYBANKS

Patrick Marmion
first night review

PRETTY WOMAN
Piccadilly Theatre, London
★★★☆☆

PRETTY Woman was the rom-com about the call-girl and wealthy businessman that launched Julia Roberts opposite Richard Gere in 1990.

Now it's a musical in which relative newcomers Aimie Atkinson and Danny Mac not only have to fill those shoes but also handle Bryan Adams's blazing rock score.

How did they do? Well, pretty decent, thanks partly to a generous audience – 80 per cent comprising women of a certain age – willing them over the line.

Miss Atkinson came to attention in the Henry VIII musical Six (she played Catherine Howard) but here she keeps her head and secures her marriage to the film's millionaire, who's been adjusted in line with inflation to become a billionaire.

Working her way through the outfits from tiny skirt with thigh-length faux-leather boots to fine black lace and that famous red frock, I can't say she melted my heart as 'sex worker' Vivian. Nor is she any more credible a street hooker than Miss Roberts.

But this is more fairy tale than gritty realism and Atkinson is a sweet, girl-next-door performer who holds her own against Adams's squealing guitar solos. Like the show itself, she warms up in the second half with an anguished This Is My Life and then a Tina Turner-ish outpouring with I Can't Go Back (after getting a taste of the high life).

Even so, let's not pretend this isn't a gleeful hymn to wealth and status and there will be those (like me) who find it too schmaltzy. Mac is probably best known for his TV appearances in Hollyoaks and Strictly Come Dancing (he was a finalist in 2016).

His looks place him somewhere between Gere and Pierce Brosnan.

He's the supposedly stone-hearted capitalist redeemed by love and I wouldn't normally be interested in the rich emotional life of the disgustingly handsome.

But in Mac's case I was prepared to make an exception. Where his enviably toned torso wins a raucous cheer, he also sings like a choirboy.

The toughest challenge for Jerry Mitchell's production though is to lend passion to a story that's haunted by the shadow of cold commercial transaction. In pursuit of energy, the stage gets a little too congested at times, with wheeling dancers, warbling opera singers and our besotted lovebirds jostling for space during the trip to La Traviata in San Francisco.

But Adams keeps the show grounded, his trademark wailing anthems interspersed with gentler acoustic numbers.

For me, what really rescues a potentially icky yarn about love hopping into bed with money is Bob Harms's show-stealing turn as the slap-headed, goateed narrator who's a cross between Harry Hill and Robert De Niro. He first appears as a winking pimp and goes on to become a playful, ballroom dancing hotel manager.

Fans can rest assured that the show follows the film faithfully. And although it's sunny without being dazzling, in the end it delivers what we all want most: a sing-along to Roy Orbison's title song.

So, even if queues for the ladies' loos looked knee-knittingly long to me, I foresee great business with hen parties.

Lady in red: With Danny Mac

Gun bandits in threat to shoot Joanna Lumley

By **Lizzie Deane**

JOANNA Lumley was threatened by armed bandits while filming a travel series in Haiti.

They ambushed the 73-year-old actress while she was driving through a mountain range with her camera crew.

The gun-wielding gang told Miss Lumley and her team that they would kill them if they did not hand over their cash.

But two of the Absolutely Fabulous star's bodyguards stepped in and she escaped unscathed.

She said the incident had not deterred her from continuing to film the two-part documentary series, Hidden Caribbean: Havana To Haiti, which begins on ITV next Monday.

Miss Lumley said: '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 went: "No, we want your money or your life." Sometimes they dig trenches, pour oil in and set fire to it, then come with guns and take your wallets.'

Ambushed: Joanna Lumley

Miss Lumley added: 'I'm not an afraid kind of person. If you look timid, people and animals pick it up very fast.

'In Haiti, people are so poor, but if you say, "Bonjour," and put your hand out, you've made friends immediately.' The incident is not shown in the programme but Miss Lumley, who has filmed several travel documentaries, said that was not the only drama involved in the filming of the series.

She said the crew arrived in the Haitian capital of Port-au-Prince 'on the day of a riot, so we had to have a police escort to the hotel'.

'Riots break out like wildfires across the country and if you're in that place, you're stuck. It's a completely broken country. It's totally lawless. You wouldn't leave your hotel at night there.'

An ITV spokesman said: 'A full risk assessment was carried out before filming in Haiti and Joanna was accompanied by the appropriate level of security.'

The series sees Miss Lumley travel across two of the most enigmatic countries in the Caribbean – Cuba and Haiti – to explore hidden gems. She kicks off the journey in a classic car in Havana, before embarking on the 1,500-mile trip which is shown in two 60-minute episodes.

FLIGHTS GROUND

ROUTES HIT BY CONTAGION FEARS

By **Tom Payne**
Transport Correspondent

Hundreds of services axed... now Easter holidays face threat

THE travel plans of tens of thousands of holidaymakers have been thrown into doubt after British Airways, EasyJet and Ryanair cancelled hundreds of flights due to coronavirus.

In a dramatic development, BA yesterday axed hundreds of short-haul flights to destinations across Europe, including Italy, France, Germany and Ireland, from March 16 to 31.

The airline also scrapped 12 long-haul flights from Heathrow to New York, its busiest and most profitable route, along with dozens of services to China, Hong Kong, Singapore and Seoul.

In all, the airline has cancelled about 3 per cent of its flights until the end of this month.

Bosses at BA's parent company, International Airlines Group (IAG), are in crisis talks over the outbreak, which has led to plummeting demand for international travel as passengers stay at home for fear of contracting the virus, or being stranded abroad and forced into quarantine. Many airlines have recorded pitifully low passenger numbers and delays caused by passenger no-shows.

Among the worst-hit carriers is EasyJet, which has cancelled 500 flights to 13 airports in Italy over the second half of March – affecting one in ten flights to the country.

The airline, whose share price has dropped by a third this week, has rolled out emergency measures to deal with reduced ticket sales, including a staff pay freeze.

Yesterday Ryanair also announced it would reduce the number of flight to and from Italy, from airports across Europe, by up to 25 per cent from March 17 to April 9.

A spokesman wouldn't confirm which Ryanair routes had been cancelled, but said passengers would be contacted at least 14 days in advance. Until now, the vast majority of cancelled flights across all airlines had been due to depart to the worst-hit countries, such as mainland China and, in recent days, cities in northern Italy.

But the latest announcement of sweeping cancellations to locations across Europe – and even the US – threatens to ruin the travel plans of hundreds of thousands of people.

Although most airlines have cancelled flights up until March 31, there is no guarantee that it won't be extended into April, which could spell chaos for families with planned Easter getaways.

The sheer number of cancellations has forced BA to waive the fee it usually imposes on customers who wish to change the date of their flight. However, this applies only to new bookings made between March 3 and 16, and if the new flight is more expensive, passengers will have to pay the difference.

BA has also contacted customers on cancelled flights and is offering them the option of rebooking with other airlines, a full refund, or a seat on a BA flight at a later date.

Consumer champion Which? called on airlines to urgently update families in the run-up to Easter.

A spokesman said: 'BA and Ryanair must ensure they are keeping passengers informed and quickly rerouting them to their destinations on the next available flight, with other carriers if necessary.

'Given the circumstances, airlines should also consider offering flexibility to customers who don't want to travel, such as allowing refunds and waiving flight change fees for both existing and future bookings.'

Industry insiders fear a global pandemic will devastate the aviation and travel industries.

Ryanair boss Michael O'Leary said: 'Our focus at this time is on minimising any risk to our people and our passengers. While we are heavily booked over the next two weeks, there has been a notable drop in forward bookings towards the end of March, into early April.

'It makes sense to selectively prune our schedule to and from those airports where travel has been most affected by the Covid-19 outbreak.'

A spokesman for BA said: 'To match reduced demand due to the continuing coronavirus issue, we are merging a number of flights between March 16 and March 28.'

EasyJet said: 'We can confirm that we have taken the decision to cancel a number of flights mainly to and from Italy following a slowing in demand. The cancellations are for some flights between March 13 and March 31, most of which have multiple daily frequencies.'

£15bn airline rout – Page 69

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...AND IN MILTON KEYNES YESTERDAY

Taking no chances: A suited commuter in gas mask and black gloves drew quizzical looks from fellow travellers

70% leap in calls to 111 hotline

By **Sophie Borland** Health Editor

CALLS to NHS 111 are up by 70 per cent on last year as thousands of Britons seek advice on coronavirus.

In the past seven days the helpline fielded 442,948 queries – an average of 66,300 a day – compared to 318,191 for the same week last year.

On Tuesday, Wednesday and Thursday of last week the number of calls was nearly 70 per cent higher.

The surge in demand coincided with a spike in cases in Northern Italy where many Britons had just returned from half-term ski trips.

Several patients complained they waited four hours for a call-back – and one claimed it took four days.

Last night the NHS announced an extra £1.7million would be ploughed into the service to recruit 500 extra staff and set up a new virus advice website.

Professor Stephen Powis, NHS national medical director, admitted the helpline had come under pressure as the first port of call for worried patients.

The entire health service is bracing for a surge in demand in the coming months.

Health Secretary Matt Hancock yesterday said he feared widespread transmission of coronavirus in the UK 'may be inevitable'. He also warned front-line medics may themselves get infected.

ED BY VIRUS PANIC

PM surfaces – and vows that Britain will not be defeated

By **Jason Groves**
Political Editor

BORIS Johnson took personal charge of handling the coronavirus outbreak last night and declared that Britain 'will not be defeated'.

The PM had previously faced criticism for delegating the issue to Health Secretary Matt Hancock.

Today Mr Johnson will publish a 'battle plan' for coping with a potentially major outbreak of the virus in the UK.

Last night he gave his first major interview on the issue, in which he conceded Britain could be facing a 'mass epidemic', but insisted preparations were in hand.

The moves follows Labour claims that Mr Johnson was a 'part-time prime minister', an allegation that appears to have stung him. In recent weeks, he also faced major criticism for refusing to visit areas devastated by the February floods.

Officials yesterday said the PM had been receiving daily updates on the virus and holding twice-weekly meetings with Chief Medical Officer Chris Whitty since January. But the jibes appear to have jolted No 10 into action to reassure voters that the PM has a grip on the situation. Yesterday he chaired his first emergency Cobra meeting on the matter after leaving Mr Hancock as chairman of the previous five.

In an interview with the BBC last night, Mr Johnson said the Government had taken 'every possible precaution' in its preparations for a possible outbreak - and said the NHS would get all the resources needed to handle an unprecedented challenge.

He said that today's 'battle plan', which will include proposals to shut down mass gatherings if the situation worsens, was 'intended to give people a sense of... the menu of options that we have to try to stop that expansion, that spread of the disease.'

He added: 'The most important thing now is that we prepare against a possible very significant expansion of coronavirus in the UK population – that's clearly on the cards. And I'll just remind everybody what I've said for a while now: this country is very well-prepared, we have a fantastic NHS, we have a fantastic ability to conduct large-scale testing.'

The PM acknowledged that the UK was likely to have 'thousands' of cases of the virus in the coming months, although privately officials acknowledge that there could be millions in a worst case scenario.

Mr Johnson also warned that the disruption caused by people being off work would hit the economy. He said: 'Something like a mass epidemic is going to have all sorts of consequences and there is always the potential for an economic downside as well... But don't forget the fundamentals of the UK economy are very strong.'

He added: 'I have absolutely no doubt that this country will not be defeated by coronavirus and that we will come through it very well, in the end.'

A 'war room' has been set up in the Cabinet Office to bring health and communications experts together ahead of a major public information campaign. Meanwhile, it emerged the UK is set to pull out of a European scheme for tackling virus pandemics.

Downing Street said the UK would look to develop alternatives to the Early Warning and Response System after the Brexit transition expires despite health experts and the NHS urging ministers to retain membership of the scheme.

Jolted into action: PM Boris Johnson

'You will join the family for lunch. It is not a public gathering!'

LITTLEJOHN PAGE 19

Outbreak 'may halve global growth'

By **James Salmon** Associate City Editor

THE coronavirus outbreak could slash global economic growth in half and plunge many countries into recession, an influential watchdog warned yesterday.

The Organisation for Economic Co-operation and Development (OECD) lowered its forecast for this year from 2.9 per cent to 2.4 per cent but predicted a 'longer-lasting and more intensive coronavirus outbreak' could slash this to 1.5 per cent.

Laurence Boone, the OECD's chief economist, said: 'The main message... is that it would put many countries into a recession, which is why we are urging measures to be taken in the affected areas as quickly as possible.' The watchdog said lower interest rates and stronger government spending could help boost confidence.

With savers reeling from the worst week on stock markets since the financial crisis, the Bank of England said it taking steps to 'protect financial and monetary stability'.

Analysts predicted the Bank could cut interest rates from the current 0.75 per cent in a bid to boost the economy. The International Monetary Fund and the World Bank Group said they were ready to help address the 'economic challenge'.

Wall Street last night bounced back from the coronavirus-fuelled sell-off that sent markets tumbling last week.

The Dow Jones gained 5.1 per cent – its biggest percentage increase since 2009. The tech-focused Nasdaq index had its best day since 2018. Analysts said the recovery was partly due to traders using the plunge as a buying opportunity.

Well, at least someone is having a joke

'I'M sorry, I shouldn't – but if I don't laugh I'll cry,' was the reaction of one resident of Haslemere yesterday.

Others in the virus-hit Surrey town were also determined to see the bright side, with pranksters putting up spoof signs claiming to be 'twinned with Wuhan', the Chinese city where the epidemic began.

The town has been on high alert after a spate of diagnoses in the area and nearby, starting with a local man on Friday.

In an ironic twist, the town was the setting for Contagion! a BBC documentary looking at how a flu outbreak might spread across Britain, just two years ago.

Pupils stay home as schools ignore minister's advice

By **Josh White** and **James Tozer**

THOUSANDS of children were told to stay at home yesterday – despite the Education Secretary saying schools should remain open in most cases.

Eleven schools closed yesterday with almost all citing either a pupil or staff member testing positive, saying they needed a 'deep clean' or that there was a shortage of teachers.

After a confirmed case involving a child from Churston Ferrers Grammar School near Brixham, Devon, yesterday, four primaries also shut for the day – apparently over fears about pupils with siblings at the affected school.

With health chiefs warning schools could potentially be closed for two months if the outbreak gets out of control, the exam regulator called for affected pupils to be given special dispensation in this summer's exams.

Last week more than 30 schools closed or sent home children who had returned from ski trips in northern Italy, scene of a major outbreak. Many of those are reopening.

Education Secretary Gavin Williamson yesterday reiterated to MPs that schools 'should stay open unless they're advised otherwise by Public Health England'. He told the Commons his department was 'making sure that we have regular communications to all educational settings, making sure they have a clear understanding of some of the challenges in dealing with the coronavirus'.

His comments underlined Department for Education guidance which states that complete closure of schools is likely to be 'unnecessary', even if there are confirmed cases.

Yesterday, the closure of Churston Ferrers Grammar was followed by feeder schools Collaton St Mary in Paignton, Galmpton Primary School in Brixham, Berry Pomeroy Primary School in Totnes and Brixham Church of England Primary School and Pre-School. It is understood the primaries will reopen today. In south-west London, St Cecilia's School in Southfields said it was shutting for the rest of the week because of two unconfirmed cases of coronavirus in individuals recently returned from Italy.

Wimbledon College in south-west London revealed it would close until next Tuesday after a member of staff tested positive after a trip to Italy.

St Mary's Primary School in Tetbury, Gloucestershire, also said it would shut until tomorrow after a staff member was infected.

Willow Bank Junior School in Reading said it would be closing until Thursday after a case in neighbouring Willow Bank Infant School.

Aldrynngton Primary, Reading, was also shut after an infected individual attended a training session there.

Pay fears for parents who take time off to look after children

SCHOOL closures have left parents at the mercy of employers who do not have to pay them for days spent at home looking after their children.

Amid fears that coronavirus could cause a childcare crisis, official advice stressed there is 'no statutory right to pay' in such a scenario.

The guidance – from Acas, the Government's Advisory, Conciliation and Arbitration Service – states that 'some employers might offer pay depending on the contract or workplace policy', adding: 'The amount of time off an employee takes to look after someone must be reasonable... they might take two days off to start with, and if more time is needed they can book holiday.'

As many as five million workers could be left without sick pay if they are forced to self-isolate.

Those who do not qualify for employer or state sick pay include around three million 'gig economy' workers in casual or zero-hours jobs such as driving Uber cars, plus two million otherwise self-employed. Their only option if they are sick or told to self-isolate for two weeks is to claim state benefits.

Acas urged bosses to be accommodating, saying staff who keep working 'could spread the virus if they have it'.

007's alma mater is closed

A TOP drama school has shut down after a teacher tested positive for coronavirus.

The Guildhall School of Music and Drama in central London, which counts James Bond star Daniel Craig among its alumni, yesterday said the closure would last up to two weeks.

An email from the principal to staff and students, seen by the Guardian, said the teacher 'came into contact with a limited number of students' and was recovering in hospital. 'He was teaching in one of the ancillary school buildings on one day last week,' it added.

All on-site events, including performances and workshops, are being scrapped as staff were encouraged to work from home.

The school, in the Barbican Centre, has about 1,000 students. Other alumni include Noel Coward, Ewan McGregor and Orlando Bloom.

By **John Naish**

Does handwashing really work?

YES. A new study published by the highly-respected Cochrane Database which summarises and interprets numerous studies says that handwashing cuts the chances of contracting a respiratory illness such as coronavirus by 54 per cent – the best odds of any deterrent.

So wash your hands – scrubbing every bit of skin from your wrist downwards – at every opportunity for at least 20 seconds (or for however long it takes to sing Happy Birthday in your head twice).

Should I use public transport?

ONLY if necessary. If you can work from home rather than commuting, and also minimise shopping trips, you will greatly reduce your infection risk.

One recent study in Nottingham found that people who contracted the flu virus in 2011 were nearly six times more likely than others to have travelled by public transport in the five days before developing symptoms.

Planes, trains and buses are high-risk environments for easily transmitted viruses – and Covid-19 is particularly infectious – to spread on to our hands via surfaces such as handrails, seats and handles.

Some commuters are turning to extravagant face masks which the World Health Organisation suggests can protect others if you are coughing and spluttering. But if you're more concerned about your own welfare, keep your hands in your pockets whenever possible and try to travel at off-peak times.

If I stay at home, will I be safe?

NO. Family and friends can easily bring in the virus. To reduce this threat, institute a handwashing rule for everyone as soon as they enter the house. And make sure there is one hand towel for each person. If that's not practicable, wash towels frequently.

How should I greet a friend?

KISSING somebody on the cheek is, as the French government is warning, a one-way ticket to speeding up viral transmission. As to kissing on the mouth... just say no!

According to GP and health commentator Dr Rosemary Leonard, we should 'stop shaking hands' too.

Perhaps that's why Germany's interior minister Horst Seehofer waved away Chancellor Angela Merkel's hand at a meeting yesterday.

The safest way to greet someone is to simply say: 'Hello.' But if that's not enough, recent tests by Aberystwyth University show that fist-bumping transfers only a tenth of the bacteria that a handshake transmits.

Do I need to change the way I wash my clothes?

ACCORDING to the NHS all underwear, towels and household linen should be washed at 60C or 40C with a bleach-based laundry product to prevent microbes spreading.

There's no point adding more detergent, as modern machines are programmed to break up and wash away surplus cleaning agent.

Using a dryer on high heat for more than 28 minutes can also kill harmful micro-organisms – though you could also hang up your washing outdoors in direct sunlight, which has disinfecting properties.

Always remember to wash your hands after handling dirty laundry.

Should I stockpile food?

THERE'S no need to hoard for a nuclear winter, but it might be wise to have some long-lasting foods in the larder.

Ian Mackay, a virologist at the University of Queensland, Australia, has suggested buying cereals, grains, beans, lentils, pasta, tinned fish, vegetables, fruit, oil, dried fruit, nuts, powdered milk and a few sweet treats.

CORONA WHAT YOU NEED TO KNOW

From home hygiene, to schools, food and friends, a cut out and keep guide to stick on your fridge

Precautions: Angela Merkel's interior minister refuses to shake her hand, circled, yesterday

This will also cut your number of shopping trips – thus reducing your risk of exposure – and could be useful in the unlikely event that your town or city is put into lockdown.

(If you rely on online supermarket delivery, be sure to order your items well in advance. Online supermarket Ocado is warning that some customers are buying 'particularly large orders' and 'delivery slots are selling out quicker than expected'.

What if my town is locked down?

HEALTH Secretary Matt Hancock has refused to rule out placing British cities on lockdown – when residents' movements are restricted – as is the case in parts of China and northern Italy.

Under the Civil Contingencies Act 2004, the Government has the power to close schools, shut down public transport and stop mass gatherings to protect the public – though it seems unlikely it will be enforced.

Will exams be affected?

STUDENTS should keep on swotting. The exam watchdog Ofqual announced yesterday that schools in England should prepare as usual for the summer exam season. However, the Government will make contingency plans if there is a 'widespread outbreak'.

What about school trips?

SOME overseas trips by schools, colleges and universities are being cancelled already. Even visits to places outside virus-stricken areas are affected, as some institutions are concerned that shepherding youngsters through highly populated zones such as airports may be a risk too far.

Check with your school etc for the most up-to-date information.

Should older people worry?

THE evidence so far is that older people (especially those with underlying health issues) who have weaker immune systems are at greater risk of serious illness and death. Children and young adults seem more resilient.

According to recent analysis of more than 44,000 cases from China, the death rate was ten times higher in the very elderly compared with the middle-aged.

The elderly should be encouraged to limit their outings and social contact and insist that visitors wash their hands upon arrival.

So the real question is: how keen are you to go out? Any concert trip, for example, raises the risk of catching winter flu and colds.

It's important to factor in the current state of health of your guest and how likely it is they'll be exposed to the virus – but ultimately it's up to you and them whether you want to risk it.

What about prescriptions?

FACTORY shutdowns in China where many vital ingredients for common drugs are made are an issue. Some of the largest pharmaceutical companies – including AstraZeneca and Pfizer – have said that the outbreak could affect their supplies.

There is some evidence of panic-buying of over-the-counter medicines, though none of these will protect against coronavirus or its worst symptoms. Ocado has reportedly just sold out of Calpol.

Can I carry on going to church?

THE Church of England has said that there is no need to change normal faith practices, such as taking wine from the communal chalice. But the Catholic Church is warning against taking wine from the chalice and advising congregations to accept the communion wafer in their hands rather than have it placed on the tongue.

Can you get infected twice?

IF you get infected and fight off the infection, then your immune system will be primed with antibodies to destroy the virus should you be exposed again. It's like being vaccinated, and should be just as effective.

However, there are fears that the virus can lie dormant in the body with minimal symptoms, and then return. This seems to have happened to one Japanese woman whose symptoms re-emerged after she had been declared infection-free.

Should I cancel my ski trip?

KEEP an eye on the gov.uk website for latest travel advice. If it advises against travel to a certain region and you decide to go, your insurance won't be valid. Nor will insurers pay out if you cancel a holiday to a location that is not deemed high risk.

As of last night, there were no warnings about French, Swiss, Italian and Austrian ski resorts – although the Foreign Office advises against 'all but essential travel' to 11 small towns in northern Italy.

Can my dog catch the virus?

ACCORDING to the World Health Organisation, there's no evidence at present that dogs or cats can be infected with coronavirus. But given the virus is believed to have already jumped species once – there is speculation that it originated in bats – we cannot rule it out from happening again.

Always wash your hands with soap and hot water after contact with pets.

Any upsides?

AS counter-intuitive as it may seem, quite possibly. If people heed the new health warnings, adopt rigorous personal hygiene habits – and stick to them – we may well see a drop in infectious diseases overall.

Nazanin's life 'is in the balance' in Iran jail

Health fear: Mrs Zaghari-Ratcliffe with Gabriella

By **Claire Ellicott**
Political Correspondent

THE life of British mother Nazanin Zaghari-Ratcliffe 'hangs in the balance' after she contracted suspected coronavirus in her Iranian jail.

Ministers have urged Tehran to release her on medical grounds after she developed a 'strange cold'.

Iran has the highest coronavirus death toll in the world after China, with more than 1,500 confirmed cases and over 60 fatalities. Last night there was confusion over whether Mrs Zaghari-Ratcliffe had been tested for the killer virus.

She is being held on false spying charges in Tehran's notorious Evin jail where there has already been at least one corvid-19 death.

Her MP, Tulip Siddiq, yesterday raised her case in Parliament, calling for ministers to

'Seriously ill with symptoms'

'act, and act now'. 'The Government has important choices over Nazanin's case in the coming months and they must do everything possible to secure her release and bring her back home,' she said.

'She is seriously ill and displaying symptoms associated with the virus. Her family are desperately worried about her and I cannot blame them.'

Foreign Office minister Nigel Adams said that the UK, France and Germany had pledged over £4million of aid to Iran to help it cope with the crisis.

But Mrs Siddiq added: 'In the negotiations [over aid], was my constituent Nazanin Zaghari-Ratcliffe's potentially fatal medical condition mentioned? Nazanin's life hangs in the balance and I would urge the Government to act and to act now.'

Mr Adams replied: 'I think things may have moved on a little bit today in terms of the testing' – though her husband disputed this, saying that she had not been tested.

He said the Government was in 'close contact' with the Iranian authorities to push for a 'temporary release on medical grounds', adding: 'We clearly don't think she should be in prison in the first place.' He said: 'We are offering Iran a comprehensive package of both material and financial support to stem the rapid spread of the disease.

'Today a plane departed the UK with vital materials, such as equipment for laboratory tests as well as other equipment including protective body suits and gloves.'

All non-essential staff were pulled out of the British embassy yesterday. Former foreign secretary Jeremy Hunt said it was 'absolutely essential' that the Government make representations to the Iranian government. The debate was watched by Mr Ratcliffe and their daughter Gabriella from the public gallery.

Earlier, Mr Ratcliffe said his wife was 'desperate' to get tested, but added: 'The prison is obviously under orders not to test anyone.'

His wife was arrested at Tehran's Imam Khomeini airport in April 2016. She was sentenced to five years in prison over allegations, which she denies, of plotting to overthrow the Tehran government.

Supermarkets are hit by panic buying

By **Sean Poulter**
Consumer Affairs Editor

SHOPS have seen a surge in panic buying fuelled by the coronavirus crisis.

With two chains already rationing sales, a former Tesco executive said a major outbreak in Britain would 'quickly lead to empty shelves and food riots'.

Ocado has emailed customers to warn it is running out of home delivery slots due to 'exceptionally high demand'

'We will keep the country fed'

and 'particularly large orders'. Waitrose reported 'seeing more demand for... cleaning products and hand sanitisers', and Tesco's website has sold out of hand gel.

Lidl said it is 'experiencing a significant increase in demand for durable products and disinfectants'. It has now limited sales of hand sanitisers to two per customer – as has Boots.

Industry experts insist that supermarkets have contingency plans to cope with a worst-case scenario and, despite the pressure, will ensure food remains on shelves.

However, senior food markets analyst Bruno Monteyne, a former Tesco executive, warned: 'If a major [coronavirus] outbreak happens, that will quickly lead to panic buying, empty shelves and food riots.'

Mr Monteyne, who now works for stockbrokers Bernstein, told industry magazine The Grocer: 'Plans are surely being drawn up with suppliers to rationalise product ranges when necessary. The objective isn't to scaremonger. On the contrary: the industry has plans to deal with this. Yes, it will be chaotic – and expect pictures of empty shelves – but the industry will reduce complexity to keep the country fed.'

The British Retail Consortium, which speaks for supermarkets, said there was 'no evidence' to justify claims of chaos and food riots. Its director of food and sustainability, Andrew Opie, insisted: 'Disruption to supply chains has been limited, and the availability of products remains good.

'Retailers are working closely with their suppliers and monitoring consumer behaviour to anticipate changes in future demand.'

Ian Wright, chief executive of the Food and Drink Federation, added: 'At this stage supply chains have experienced disruption but there is no evidence of significant disruption to food supplies.'

However, Ged Futter, a former senior buyer at Asda, said supermarkets were reluctant to admit to shortages for fear of making matters worse.

Mr Futter, now director at consultancy firm The Retail Mind, said: 'The last thing retailers will want to talk about is rationing. As soon as you mention rationing it becomes a self-fulfilling prophecy and the food equivalent of a run on the banks.'

Fears of shortages from the Far East to Australia, Europe and the US have already seen shelves being emptied.

Clean mobile twice a day

PHONE screens are 'portable petri dishes' and should be disinfected twice a day to stop coronavirus spreading.

Scientists claim the virus can live for up to 96 hours on flat surfaces, such as the screen of a smartphone and urged users to invest in alcohol wipes to clean their screens throughout the day.

Professor Mark Fielder, a microbiologist at Kingston University, backed the suggestion and said 'don't share your phone around'.

Last week Professor Peter Hall from the University of Waterloo in Canada called smartphones a 'portable petri dish, accumulating bacteria and viruses'.

Research by Dscout in 2016 found that people tap their phone screen an average of 2,617 times a day.

CORONA LATEST

UK experts team up with Bill Gates in vaccine search

BRITISH scientists are leading the hunt for the world's first coronavirus vaccine in a deal with a research body funded by Bill Gates.

UK firm GlaxoSmithKline – one of the largest vaccine manufacturers in the world – has provided its expertise to teams around the globe in the hunt for an effective jab.

It has struck an agreement with the Bill Gates-funded Coalition for Epidemic Preparedness Innovations to share its secret for mass producing vaccines.

More than 20 different teams around the world are now working on a vaccine, but it will be at least 18 months before a jab will be ready for general use.

Modern DNA technology – and the decision of the Chinese authorities to make the genetic code of the virus publicly available at the beginning of the outbreak – meant it took just three hours for scientists to work out how to develop the vaccine. But it will take months of animal testing and then human trials before health authorities judge that it is safe to give to millions of people.

Outbreak game in playground

CHILDREN are playing a game in which they pretend a friend has coronavirus and banish them 'for the rest of lunchtime with no human rights'.

BBC journalist Celia Hatton said she learned of the playground game from a fellow parent in central London. Their child had explained: 'You breathe on people and they have to be locked in "the zone" for the rest of lunchtime with no human rights.'

Miss Hatton told a BBC podcast: 'It's funny but also heartbreaking.' The game has also been reported in other areas.

Avoid holy water warn bishops

THE Roman Catholic Church has warned against use of holy water in services because of coronavirus.

Worshippers should also stop taking communion wine from the chalice, says guidance from the Bishops' Conference of England and Wales.

Other things which could 'help transmit the virus', such as shared hymn books and passing the collection plate, should also be avoided. The guidance adds: 'Public veneration of relics and the Cross on Good Friday should NOT be by kissing or physically touching them.'

Banknotes can harbour virus

SHOPPERS are being warned to wash their hands after using banknotes to prevent the spread of coronavirus.

The virus can remain on notes for several days, the World Health Organisation said last night.

The Bank of England said notes 'can carry bacteria or viruses' and also advised shoppers to wash their hands.

China and Korea started to disinfect and isolate used banknotes last month to slow the spread of the virus. They were sterilised before being withheld from circulation for up to 14 days.

I'm fed up of being told I look good for my age, says Kristin, 59

Frustration: But Dame Kristin says she's never been happier

Picture: CAMERA PRESS

By **Emma Powell**
Showbusiness Correspondent

DAME Kristin Scott Thomas refuses to say 'thank you' when someone compliments her on looking good for her age.

The 59-year-old actress, said she is tired of the assumption that women 'fade away' after they reach 50.

'I'm fed up of having to say "thank you" when someone says I've still got it,' she told Radio Times.

'Ageing is a quality for women. We don't just fade away. I don't put up with any bull**** any more. I've never been happier.'

The celebrated star of The English Patient and Four Weddings And A Funeral was last year praised for her description of what it means to be a woman during her cameo in Phoebe Waller-Bridge's Fleabag.

'We don't just fade away'

Her character Belinda was a businesswoman who said that 'women are born with pain built in' and that their 'physical destiny' is 'period pains, sore boobs, childbirth'.

'I'm super grateful to Phoebe for articulating my own personal frustration with the way women are treated as they age,' she said.

The actress, who was appointed the honorary president of the Women's Economic Forum last October, will star in Phedre at the National Theatre this year as well as taking on the sinister housekeeper Mrs Danvers in an upcoming Netflix adaptation of Rebecca.

Dame Kristin said she started to turn down roles after decades of being expected to play 'hard but fragile' on screen. Fellow thespian Maxine Peake has also lamented the limited roles available to women, and criticised the assumption that 'women act personally, men act politically'.

Miss Peake, 45, has taken matters into her own hands to write a play for BBC Radio 3, Only Mountains, in which actress Lyndsey Marshal plays Pearl, a woman who joins an all-female militia fighting in Syria. 'Men who go to fight for a cause are seen as heroes, while women are seen as naive and idealistic,' she told Radio Times.

'And be it telly or film or theatre or whatever, a woman only does something because she's driven by some event in her life – because she's lost a child, or she was raped, or her mother died – but a man acts because he's a man... and that drives me mad.'

Fiona: How women on TV who don't use Botox can 'look rough'

By **Eleanor Sharples**
TV & Radio Reporter

SHE has never resorted to a cosmetic procedure but admits that TV presenters who do use Botox make those who don't look 'pretty rough'.

However Fiona Bruce, pictured, said she is keen to show people what a real 55-year-old looks like when she fronts news bulletins and hosts Question Time and Antiques Roadshow on the BBC.

'I haven't done Botox,' she added. 'Although there are a few women on screen who do, and if you don't do it, which I don't, you look pretty rough by comparison.

'And now there is high definition. And ultra high definition – just don't watch yourself back, that's the way to do it.'

Presenters such as Loose Women's Andrea McClean, 50, and ex-GMTV host Anthea Turner, 59, have admitted to using Botox. Miss Bruce also told Radio Times how, despite 31 years in the industry, she still feels grateful for her career.

'There is a thing about women, in particular, being endlessly grateful for the opportunities in life, rather than saying, "I'm here because I'm good",' she said.

'I never thought the BBC or any TV organisation would want me to work up until now. At some point, the BBC will decide it doesn't want me to carry on [reading the news].'

Miss Bruce, who has two children with husband Nigel Sharrocks, said she has 'always been sanguine' about this prospect. However, she added: 'There's nothing I can do to change that. I just enjoy it while it lasts.'

Beware the spy in your baby monitor and smart camera

'It's the baby monitor saying if we transfer $500 worth of Bitcoin now it'll stop crying'

BABY monitors and smart security cameras used in homes risk being hacked by cyber criminals, security chiefs warn today.

They fear weak passwords can allow online attackers to control wireless cameras and spy on families in their homes.

These cameras, and baby monitors linked to the internet, are 'vulnerable' to attack, said the National Cyber Security Centre.

In an unprecedented warning, chief executive Ciaran Martin said: 'We are bringing more of these things into the home and that brings new vulnerabilities.

'People will be concerned about privacy. If you take control of a camera, you can do whatever that camera can do. It can allow you to look around the home.

'If there are minors, they can be seen.' He added this did not mean children could be physically harmed: 'It doesn't turn into a weapon, it just means the attacker can control the camera.'

By **Larisa Brown**
Defence and Security Editor

Advice to consumers to keep their devices safe includes using stronger passwords. 'This is about good housekeeping, it is not about panicking about a significant problem', added Mr Martin.

'We see sporadic evidence on cyber criminals interested in exploiting this type of vulnerability. We are not saying this is happening on a large scale.'

The rare warning follows research by consumer group Which? exposing serious security flaws in devices including wireless cameras and toys such as walkie talkies.

Smart CCTV cameras in homes use wi-fi to connect to the internet so they can be operated remotely. This means cyber criminals could hack into the cameras and look around the home if, for example, they intended to burgle the property.

In a similar way, baby monitors, like the one pictured, often offer a function for parents to monitor their child via their phones using the internet.

Dr Ian Levy, technical director of the NCSC, said: 'Smart technology such as cameras and baby monitors are fantastic innovations but without the right security measures they can be vulnerable to cyber attackers. We want people to continue using these devices safely which is why we have produced new guidance.'

The NCSC advises consumers to take three steps, starting with changing the default password to a secure one, such as three random words.

It also recommends regularly updating security software and disabling the remote access feature if they are not using it.

New laws will ensure smart devices sold in the UK adhere to rigorous rules as part of the Government's five-year £1.9billion cyber security strategy.

Companies will have to supply unique passwords, give shoppers a contact for concerns and issue guidance on security updates.

WATCH MORE AT M+
mailplus.co.uk/briefings

Storm at Grenfell inquiry as 'cover-up' claims fly

By **Arthur Martin**

THE Grenfell Tower inquiry was halted yesterday when protesters hijacked proceedings amid accusations of a 'cover-up'.

Activists shouted 'disgrace' and said chairman Sir Martin Moore-Bick was 'selling his soul'.

They were angry that construction bosses have been assured their evidence will not be used in criminal prosecutions against them. That move rendered the inquiry pointless, they said.

Chaos erupted as Andrzej Kuszell, director of Grenfell architect firm Studio E, gave evidence.

He is one of the witnesses given protection by Attorney General Suella Braverman. Joe Delaney, who lived next to Grenfell, said:

'You sold your soul'

'You sold your soul, Sir Martin. The public inquiry isn't about an inquiry. It's a f****** cover-up.'

The protesters finally left when approached by Commander Stuart Cundy, who is leading a separate police probe into the 2017 disaster which killed 72 people.

The disorder came minutes after the second phase of the inquiry restarted in Paddington, west London, after a month's delay.

It is examining the decision to install flammable cladding.

Mr Kuszell later told the inquiry he was sorry about the fire and said employee Bruce Sounes, the project architect, had no experience cladding residential blocks.

It was also heard that Studio E was chosen without a procurement process.

Mr Kuszell admitted his firm would not have got the job if there had been a contest.

New law will curb violence in the home

A LANDMARK Bill designed to crack down on violent bullies who abuse their partners is being brought back to the Commons.

The move to get the Domestic Abuse Bill through Parliament was celebrated by campaigners as a major breakthrough.

Under the most eye-catching Home Office proposal, bans on abusive partners from going near their homes for up to 28 days will no longer be time-limited.

Suspects face being banned from drinking alcohol and could be fitted with electronic tags to ensure they comply with conditions, such as exclusion zones.

Perpetrators could be compelled to attend courses in an effort to change their behaviour, such as parenting classes. They could also face lie detector tests before prison release.

Home Secretary Priti Patel said: 'Victims need to know we are on their side, because in some cases, their very lives depend on it.'

AIN'T THEY GRAND!

PROUD MUM

Tamzin: Litter was unusually large

By **Izzy Ferris**

SNUGGLED alongside one another, this litter of precious puppies offers a glimmer of hope to Britain's most endangered dog breed.

They are Irish red and white setters – a breed that is now listed as the Kennel Club's most vulnerable.

The extra-large litter of ten – five bitches and five dogs – represents a quarter of the puppies born for the whole of last year.

In 2019, 39 puppies were registered, against 35,347 labradors – Britain's favourite dog.

These youngsters, offspring of proud father Henry and mother Tamzin – have all been found homes by breeder Ve Callaghan, each selling for £1,000. Traditional gun dogs such as the 'red and whites' have fallen out of favour, with cross-breeds such as cockapoos and labradoodles now more fashionable.

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

'The hope is that the new owners will go on to breed from the bitches. Once people have a breed they tend to stick with that breed. The dog industry does suffer from very few young

Mail's pros

High-tech scans finally available at 72% of hospitals... up from 50% three years ago

By **Ben Spencer**
Medical Correspondent

HIGH-TECH MRI scans are finally being made available to the majority of men with suspected prostate cancer.

In a victory for the Daily Mail, nearly three quarters of NHS trusts now have access to 'multi-parametric' MRI machines to diagnose the disease, up from just 50 per cent three years ago.

These tests, which combine three types of MRI scan to produce highly detailed images of the prostate, are far more effective than biopsies, with one study showing they can detect up to 93 per cent of aggressive tumours.

Some 72 per cent of hospitals and health boards now offer mp-MRI scans for prostate cancer, Freedom of Information requests have found.

For two years, the Mail has been campaigning for greater use of MRI scans, after we highlighted the postcode lottery of care in which half of men were denied access to the life-saving tech. The NHS watchdog NICE last year said all men should have access to the scans. Then, trusts began investing in the machines, which cost roughly £1.3million each.

Despite the significant improvement, the data shows some NHS trusts that have the machines are rationing access to manage stretched resources.

One in ten men in areas that have MRI scanners are not benefiting from them, with some trusts not offering scans to older patients. And 4 per cent of trusts still offer no scans, with another 24 per cent offering only the lower-quality 'bi-parametric' MRI scans.

Prostate Cancer UK, which collated the figures, calculates another 37 dedicated scanners are needed over the next ten years, at a cost of £49million.

Heather Blake, of Prostate Cancer UK, said: 'Latest figures show a sharp rise in men referred and subsequently diagnosed in England as they become more aware of their risk.

'With this trend set to continue, and with some areas still to guarantee access to mp-MRI, it's vital that radiology departments are supported to meet demand.'

Studies have suggested thousands of lives could be saved from prostate cancer if all men were given MRI scans as soon as suspicions are raised. Using them has been found to increase the number of dangerous tumours

Worth £1,000 each, the ten puppies that offer hope for breed in decline

Move over a bit: The puppies squeeze into their giant basket

people following in the footsteps of their parents and owning a dog as a hobby today.

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

Red and white setter breeder Julian Barney believes there are several reasons for why the breed is in a perilous state. He said: 'We have this fashion for smaller designer dogs now, and red and white setters are a size that suit a particular environment.

'They wouldn't be good in a flat for instance. We also don't have the number of breeders out there for them right now. The general public also don't know they actually exist. When I take mine for a walk, people ask me what it is, because they have never seen one before.

Irish red and white setters date back to the Roman times when they would be used to help with netting game birds. The nets were replaced with shotguns by the 16th century and the red and white markings on the gundogs helped their owners pick them out in the rural landscape.

'It is a very bleak future for them'

Their decline can be traced to Victorian times and the growing popularity of the red setter, which had a rich chestnut coat. Puppies with more red in their coat were used for breeding and the white element of the red and white setter was bred out.

Paul Keevil, of the Kennel Club's vulnerable breed committee, said: 'Irish red and white setters have been on our list from its inception. Instead of recovering they have been in decline for the last ten years, although this is the first time they have been at the bottom.

'It is a very bleak future for them. They need more breeders, younger breeders. People also need to see what fabulous dogs they are.'

How to have a healthier, happier pet – Centre Pages

Henry: His new family is worth £10,000

Pictures: PHIL YEOMANS/BNPS

tate cancer victory

Daily Mail CAMPAIGN

END THE NEEDLESS PROSTATE DEATHS

identified by almost half. They also slash the number of men subjected to painful biopsies by a quarter.

These biopsies are also inaccurate, because without a scan samples are taken at random from the prostate. If doctors carry out an MRI scan first, 28 per cent of men can be sent home straight away without needing a biopsy. And for the remainder of the men, doctors are able to conduct the biopsy with far greater accuracy, using the MRI scan to sample directly from suspicious tissue.

As a result, doctors can diagnose 46 per cent more 'clinically significant' cancers – 38 for every 100 men scanned, compared with 26 for every 100 men who have a biopsy alone.

More than 50,000 men are diagnosed with prostate cancer in the UK each year, making it now the most commonly diagnosed cancer in the country, but the severity of the disease varies hugely.

Rapid treatment for men with more aggressive forms of the disease is vital, and could be lethal if delayed, with 12,000 men dying each year from it.

Blood test for Alzheimer's at the GP

A BLOOD test that detects Alzheimer's early could be carried out at the doctor's surgery, a study suggests.

Researchers found sufferers of the incurable disease had blood levels of a type of brain protein three-and-a-half times higher than those without.

The key to treating the illness lies in early detection, when drugs are more effective.

The study, led by University of California San Francisco, said that if approved the test could be used in primary care units such as surgeries.

Researchers tested more than 400 patients aged 58 to 70 – some already diagnosed with Alzheimer's – to measure the protein pTau181 in the blood, the journal Nature Medicine reports.

The authors said that existing methods for diagnosing Alzheimer's, such as brain scans, were expensive and not easy to perform for large populations. Senior researcher Adam Boxer said: 'This test could eventually be deployed in a primary care setting for people with memory concerns to identify who should be referred to specialised centres to participate in clinical trials or to be treated with new Alzheimer's therapies, once they are approved.

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

Woman 'sacked from £200k a year job because she didn't talk about football'

Tension: Adrienne Liebenberg and Stefano Rossi, circled. Right: Mrs Liebenberg arrives at the tribunal

A £200,000-a-year sales director was sacked because she failed to discuss football over boozy dinners like 'one of the lads', a tribunal heard.

Adrienne Liebenberg was fired from international packing conglomerate DS Smith after being told her 'leadership style was not working'.

But 45-year-old Mrs Liebenberg – who previously worked at oil and gas giant BP Castrol – claims she lost her job because of her gender.

In a witness statement to the Central London Employment Tribunal, Mrs Liebenberg said she was marginalised at the FTSE 100 firm because she did not want to join in with the male banter and work style.

She claimed key business decisions were often taken over 'boozy dinners' with a 'gang' of senior male employees – where the norm was 'bonding, drink, and football'. Mrs Liebenberg

By **Inderdeep Bains**

said she found it difficult to join in with these events, because she felt 'alienated by the focus on drinking and talking about football'.

She said she felt pressure to join in and added: 'I did not believe that I was accepted as "one of the lads" and I did not feel that I was capable of playing such a role.'

She was hired as director of

'Deep sense of despair'

global sales, marketing and innovation in March 2017 – and was given a 'special joining award' of £100,000 to spend on shares on top of her six-figure salary.

But tensions quickly grew between Mrs Liebenberg and her line manager Stefano Rossi, the company's packaging chief executive – and she was sacked in December 2018. Mrs Liebenberg claimed Mr Rossi was a huge football fan, and would often interrupt meetings to discuss football or watch highlights.

She said she could not 'remember a single day' where Mr Rossi did not follow the football scores, watch videos on his phone or interrupt 'to discuss Inter Milan or a particular player'.

Mrs Liebenberg, who has since co-founded a digital time capsule company called NotForgotten, noted that she was often the only woman in the room at 'male-dominated' DS Smith.

Out of the 35 leadership roles in sales and operational positions, only eight were reportedly filled by women.

She added: 'I believe that at the time of my dismissal, I was the most senior and highest-paid woman.'

Zimbabwe-born Mrs Liebenberg, who lives in south-west London, said she was upset as she felt she had been treated differently for being a woman.

She claimed it 'destroyed' her belief that working hard pays off and said it filled her with a 'deep sense of despair that women and men are not equals'.

Mr Rossi and some of his senior colleagues, including the company's chief executive Miles Roberts, are respondents to the discrimination claim.

They are adamant that Mrs Liebenberg was sacked because of poor performance rather than sexism.

In a statement to the tribunal, Mr Rossi said she had a 'dictatorial approach' and a 'lack of respect for senior colleagues'.

The firm, Mr Rossi, Mr Roberts and HR director Tim Ellis all deny sex discrimination.

The hearing continues.

The hotel booking sites that cost you more

HOTEL booking websites claim to offer the best prices by comparing a range of deals across the market.

But if you want to bag a real bargain, nothing beats picking up the phone and calling the hotel directly, research suggests.

Eight in ten UK rooms were cheaper or came with extras if a booking was made with the hotel over the phone.

Sites such as Booking.com and Expedia claim to search all deals to provide the cheapest rooms. But consumer group Which? found the commission – typically 15

By **Sean Poulter**
Consumer Affairs Editor

to 25 per cent – taken by the sites drives up prices. It said the way booking sites operate in the UK is rigged against consumers.

They impose so-called parity clauses, which do not allow hotels to offer cheaper prices through their own sites. However, this does not prevent the hotels offering a lower price if a customer contacts them directly by telephone or email.

Which? found the biggest saving by going direct was 12 per cent – £20 – off the cost listed on Booking.com, as well as a free upgrade. It said: 'Online travel agents are often thought to be the most convenient way to get the best price on a hotel room.

'However, when we contacted ten hotels, eight were able to offer a better price or other incentives such as free breakfasts.'

Booking.com said: 'Properties choose whatever prices they want to list.'

Expedia said: 'Our focus is on ensuring that the best rates and availability are presented to consumers.'

Brushing teeth 3 times a day 'cuts diabetes'

BRUSHING your teeth three or more times a day could make you less likely to develop diabetes, a study found.

Equally, those with poor oral health are more likely to suffer from the disease. Researchers collected data from almost 190,000 people between 2003 and 2006. Of those, 17.5 per cent were found to have periodontal disease – a gum problem associated with not brushing frequently.

After an average follow-up time of ten years, 31,545 of the people monitored had developed diabetes.

The South Korean study, published in the journal Diabetologia, found that on average those who brushed their teeth at least three times a day were 8 per cent less likely to have become diabetic after ten years.

Researchers also found that those with gum disease were 9 per cent more likely to have developed diabetes – and people who had at least 15 missing teeth had an increased risk of 21 per cent.

The researchers said: 'Improving oral hygiene may be associated with a decreased risk of occurrence of new-onset diabetes.' While carrying out the study, researchers did not differentiate between type 1 and type 2 diabetes.

Sprinter Dina's Barbie accolade

WORLD champion sprinter Dina Asher-Smith – the fastest woman in British history – has been made into a Barbie doll.

She is latest sporting 'Shero' to be to celebrated by Barbie maker Mattel in an attempt to inspire a generation of girls.

Gold medallist and four-time European champion Miss Asher-Smith, pictured above, said: 'I'm so proud to have my own one-of-a-kind Dina Barbie doll.

'Growing up, sportswomen were less visible in the media.

'For Barbie to champion female athletes and different sports shows future generations that anything is possible. I hope little girls will see my doll and be inspired to take up and continue to enjoy sports.'

Barbie has created 'Sheroes' since 2015, including dolls of model Adwoa Aboah in 2019, and boxer Nicola Adams in 2018.

Fed-up family let boy, 11, drive

A BOY of 11 was pulled over by police – after a parent gave him a driving lesson to stop him playing video games.

The adult told officers they were so fed up with him spending all day playing Grand Theft Auto that they took him out to practise his driving skills in a real car.

Tweeting about the incident in Blackpool on Sunday, a police spokesman said: 'The driver of this car was 11 years old. Yes, eleven! A family member was fed up with the child playing Grand Theft Auto on the PlayStation, so brought him out to practise driving on a car park.'

Many were horrifed at the incident, in which no one was named, but one tweeted: 'Back in the day this was normal, apart from the gaming.' The adult has been reported for traffic offences.

Priti aide's £25k payout 'over claims of bullying'

Picture: PETER MACDIARMID/LNP

Damaging allegations: Priti Patel yesterday after the fresh claims emerged

Woman 'tried to kill herself before filing complaint about minister's behaviour'

By **Claire Ellicott**
Political Correspondent

A FORMER aide to Priti Patel accused the then employment minister of bullying and harassing her after taking an overdose, it was alleged last night.

The woman received a £25,000 payout from the Government after allegedly filing a formal complaint against Miss Patel when she was dismissed from her role.

However, the BBC said it had seen legal correspondence alleging that the woman took an overdose of prescription medicine following the alleged incident in 2015.

Ultimately, the Department for Work and Pensions did not admit liability and the case did not come before a tribunal. The twist came as the Prime Minister announced an inquiry to 'establish the facts' about bullying allegations relating to Miss Patel in her current role as Home Secretary. The inquiry will examine whether she has breached the ministerial code following claims that she mistreated staff.

Announcing the probe yesterday, Michael Gove said she denied the claims and was a 'superb minister doing a great job'.

Boris Johnson has already offered his support, describing her as a 'fantastic home secretary' after her top official Sir Philip Rutnam resigned from his role after accusing her of belittling staff.

Tory MPs have also rallied to her defence, comparing her to Margaret Thatcher and accusing her opponents of 'smears and sexism'.

Last night's fresh allegations however, threaten to overshadow their support. According to the BBC, a former aide to Miss Patel attempted suicide after making a formal complaint about her while they worked at the Department for Work and Pensions.

The BBC said it had seen the staff member's grievance letter alleging that she had previously attempted to kill herself after reporting similar allegations of workplace bullying concerning another individual in 2014 – before Miss Patel was a minister. She also alleged she was told the decision to dismiss her a year later was not based on her performance but because Miss Patel did not 'like [her] face', according to comments attributed to her line manager and a colleague.

'Unprovoked level of aggression'

On that day in October 2015, Miss Patel had shouted at the woman in her private office and told her to 'get lost' and 'get out of her face', the correspondence was said to have alleged.

Miss Patel was described as having acted 'without warning' and with an 'unprovoked level of aggression', in the woman's formal grievance complaint. Shortly after, the staff member allegedly took an overdose of prescription medication in the office and lay with her head on the desk for some time.

She was then said to have become unresponsive and her partner was called by a colleague to collect her as she was unable to walk.

The woman then took a further overdose at home in what was apparently described as an attempt to kill herself and was rushed to hospital where she apparently spent the night in resuscitation.

A settlement was reached in 2017 for £25,000 after the member of staff threatened to bring a legal claim of bullying, harassment and discrimination on the grounds of race and disability against the department, including Miss Patel who is directly named, the BBC reported.

Last night, a source close to Miss Patel said: 'The Home Secretary rejects all the allegations that have been made against her.'

A Government spokesman said they would not comment 'on individual personnel matters'.

HENRY DEEDES SKETCH

Gove did one of his 'there's nothing to see here' turns

FOR 45 minutes yesterday afternoon Jeremy Corbyn slouched on Labour's front bench gazing at his telephone. What deserved such attention was unclear, but whatever it was it had him transfixed with wide-eyed wonder.

It was like watching a Japanese snow monkey marvelling at a tourist's iPhone for the first time.

Mr Corbyn had come to raise an Urgent Question concerning last week's resignation of Home Office mandarin Sir Philip Rutnam after he accused Home Secretary Priti Patel of bullying. But he might as well have taken the afternoon off.

The Tories are already a chancellor down, here was a chance for Corbyn to make them look mighty silly. Naturally, he flunked it.

He began his speech noisily but this did not last long. He huffed and puffed, but hard as he tried he just couldn't seem to muster the requisite anger. Indeed, he seemed more irritated that the Prime Minister hadn't bothered to show up. Had he known, Corbyn might have ordered someone else to table the question. Cabinet Office minister Michael Gove was the man sent to throw a fire blanket over the affair. The Home Secretary 'ab-sol-ute-ly rejects these allegations,' he said, his finger delicately drumming the dispatch box as he delivered another of his masterful 'nothing to see here' turns. She was a 'superb minister doing a great job'.

Gove reiterated the need for the Civil Service and the Government to work together, which provoked a sarcastic chuckle from John McDonnell. Just hours later it would emerge that a former aide of Miss Patel had claimed to have attempted suicide after alleged bullying.

Back in the Commons, Corbyn had zoned out, wiggling his feet impatiently and toying with his phone. Beside him was Diane Abbott, similarly glum and disengaged. Occasionally, they would converse out of the corners of their mouths like two old dears on Blackpool beach in rolled up-trousers, contemplating when to crack in to the egg sandwiches.

ON the other side of Corbyn was his education spokesman, Angela Rayner, shouting, jabbing and challenging Gove at every juncture. How Labour could use a leader with some of her energy.

From the Government benches there came a steady gush of support for the Home Secretary. Julian Lewis (Con, New Forest E) pondered how Margaret Thatcher might have coped had she been subjected to the same smears and sexism aimed at 'the current Iron Lady in the Home Office'. There were queries as to what actually constitutes bullying these days. Martin Vickers (Con, Cleethorpes) pointed out that it's now too often used to describe what were once known as 'robust exchanges'. Gove agreed, citing former Labour chancellor Denis Healey as 'no shrinking violet' in such matters.

Others questioned if voters really cared about Westminster spats. Dehenna Davison (Con, Bishop Auckland) said her constituents just wanted to see the Home Office's immigration policy implemented.

There was fitting discussion about Labour's own record under Corbyn when it came to bullying. Mark Francois (Con, Rayleigh & Wickford) suggested Corbyn 'remove the plank from his eye' after his failure to tackle anti-Semitism within his party. 'You're the bully,' he shouted. Siobhan Baillie (Con, Stroud) suggested the Government shouldn't be subjected to stones being thrown 'from the glass homes opposite'.

But the punchiest intervention came from Tim Loughton (Con, E Worthing and Shoreham) who accused Labour of remaining silent for years under the 'industrial-scale bullying' of John Bercow when he was Speaker, yet the moment allegations arise which involve 'a strong woman who does not curry favour with their stereotype' they go bananas. Suddenly, Corbyn's face was momentarily distracted from his telephone. 'Oh, come on,' he groaned.

For a moment I thought he might try to attract an intervention from the Speaker. He paused and wrinkled his nose, before thinking better of it and returning to that ruddy telephone screen.

Save the Children 'failed female staff'

FOURTH boss could face calls to quit over charity's sex harassment scandal

Gone: Alan Parker, left, and Justin Forsyth with Samantha Cameron

Under pressure: Save the Children chief Kevin Watkins

By **Simon Walters**

A CHARITY chief is set to face calls to resign over claims that female staff were not protected from sex pest bosses.

Save the Children will be accused of 'comprehensive failures' in a report by the Charity Commission on Thursday.

The damning charges follow a two-year investigation sparked by allegations of sexual harassment against two former bosses of the organisation.

Justin Forsyth, who had been its chief executive, was forced to quit a senior post with Unicef when the claims emerged in 2018. His former deputy Brendan Cox, widower of Labour MP Jo Cox, also had to stand down from a charity launched in her name.

The scandal claimed a third scalp when the charity's chairman, Sir Alan Parker, quit.

Insiders say the watchdog's report is likely to lead to calls for a fourth resignation – that of Mr Forsyth's successor, Kevin Watkins. He was a trustee of the charity during the time it allegedly covered up misconduct.

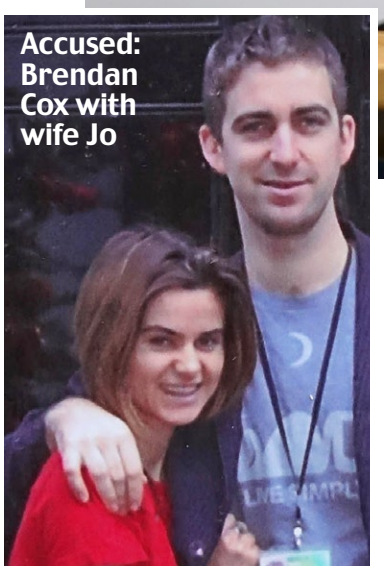
Female employees claimed in 2018 that Mr Watkins was the fourth member of the 'cosy club of men' responsible for a 'culture of complicity that led to the mistreatment of women'.

Mr Forsyth, 54, was accused of sending a barrage of 'unsuitable' text messages to female staff at STC. Mr Cox, 44, faced similar claims and was accused of sexually assaulting a senior female government official in the United States.

They joined STC after working in Downing Street for Gordon Brown. Both left the charity in 2015, Mr Cox after harassment allegations. Mr Forsyth denied quitting for similar reasons.

However both had been accused of misconduct – allegations that were swept under the carpet. Mr Forsyth landed the plum post at Unicef, which was not told about the complaints against him.

But he came under pressure when Mr Cox was forced to resign from the Jo Cox Foundation. It emerged there had been three complaints against Mr Forsyth from female STC staff between 2011 and 2015 and he resigned from his UN job.



Accused: Brendan Cox with wife Jo

The commission's investigation focused on the charity's failure to support women staff and claims that it protected Mr Forsyth and Mr Cox.

A source said: 'STC let down women employees very badly and there were comprehensive failures in the way management dealt with the matter throughout. Mr Watkins has questions to answer.'

Mr Watkins has always denied any wrongdoing and says major changes have been introduced at STC to safeguard female employees. Mr Forsyth, who was paid £160,000 a year at STC, admitted to 'personal mistakes' over sending three young women a large number of over-familiar text messages in his five years at the helm.

Female whistleblowers said he commented on their appearance, their clothes and how he felt about them.

If they didn't reply to text messages, he would send them a follow-up email and even call them in for a chat, it was claimed.

'He has questions to answer'

A leaked email from the time recommended that Mr Forsyth should not be alone with female employees.

The allegations of misconduct against Mr Cox included a claim that he grabbed a woman by the throat outside a bar, telling her 'I want to f*** you'.

In February 2018 it emerged that he had been accused of sexually assaulting a senior female US government official at Harvard University. The US police file said Mr Cox 'grabbed (the woman) by the hips several times ... and forced his thumb into her mouth in a sexual way'.

He allegedly touched her inappropriately in a restaurant and tried to push her into drinking more than she wanted.

The alleged incident occurred in 2015 shortly after Mr Cox had left STC and nine months before his wife was murdered by a far-Right fanatic.

US police took no action and Mr Cox denied the claims.

But in a highly emotional interview he admitted making mistakes while he was at STC.

He said: 'I want to apologise deeply and unreservedly for my past behaviour and for the hurt and offence that I have caused.'

The STC's annual income plummeted by £100million to £303million last year in the wake of the scandal.

The Department for International Development withdrew its £16million grant and public contributions dropped by around £1million.

In a separate charity scandal it was revealed in 2018 that Oxfam staff used prostitutes in earthquake-hit Haiti in 2010.

Borrowers punished in overhaul of overdrafts

By **James Salmon**
Associate City Editor

MILLIONS of bank customers could see the cost of borrowing double over the next few weeks.

HSBC, Nationwide and Metro are among those named and shamed in a report into the impact of a major overhaul of overdraft fees.

The Financial Conduct Authority has told banks to ditch swingeing penalties for customers who breach their borrowing limits without agreement. From April 6 they will have to introduce blanket fees, charging the same for arranged and unarranged overdrafts.

But an investigation by Moneyfacts has found that some lenders appear to be trying to claw back the money they will lose by ratcheting up the cost of borrowing for those who rely on their arranged overdraft but never stray over the limit.

Others – including Barclays, Santander, Halifax and Virgin Money – are cutting the cost of borrowing across the board.

Moneyfacts' Rachel Springall said: 'It's both shocking and disappointing to see that current account providers will charge high rates of interests in the aftermath of extortionate usage fees being scrapped, with some even doubling the charges for customers.

'Double-edged sword'

'The much-needed overhaul of the charges has been a double-edged sword for some.'

Its analysis compared the cost of borrowing £500 for 30 days in an arranged overdraft under the old regime and under the new regime.

First Direct, part of HSBC, has hiked the arranged overdraft from 15.9 per cent to 39.9 per cent – pushing the cost of borrowing £500 for a month from £3.05 to £7. This equates to a rise of 129 per cent.

HSBC said: 'Changes are being made across the industry to make overdrafts more transparent and easier to understand and our changes.

'For seven in ten customers who use an overdraft it will be cheaper or cost the same.'

The FCA said the shake-up would 'result in a fairer distribution of charges, helping vulnerable consumers'.

MPs drink three times as much as the rest of us

POLITICIANS drink nearly three times as much as the rest of the population, a study shows.

Some 40 per cent of MPs drink at least four times a week, compared with 15 per cent of the public. And they typically consume greater quantities, with 20 per cent having at least five drinks in an average session, compared with 15 per cent of those they represent.

Researchers from King's College London said MPs who did extra work outside the Commons were three times more prone to heavy drinking than other MPs. They suggested the pressure from constituents could lead to binge-drinking.

All 650 MPs were invited to take part in an anonymous online survey in December 2016 with 146 responding, the BMJ Open medical journal reported.

It follows a crackdown on the 'culture of excess' at Parliament, which has been linked to bullying and harassment.

THAT SINKING FEELING

We've lost everything: Kevin Lorryman outside his bungalow yesterday and, left, with wife Catherine

Picture: TOM MADDICK/SWNS

By **Chris Brooke**

Couple fear £200,000 home will have to be demolished as 10ft flood reaches roof

WHEN floodwater started seeping into their £200,000 bungalow, Kevin and Catherine Lorryman frantically began raising furniture and valuables off the floor.

But with the water rising at a foot an hour, they had to flee and could only watch as their belongings were swamped.

The flood quickly rose 10ft to the roof – and has caused so much damage they fear their home of 15 years will have to be demolished.

Yesterday as the water in Snaith, East Yorkshire, finally began falling slowly, the project manager and his wife, both 56, told of their shock. 'What's happened is a fact and we have got to live with it,' Mr Lorryman said.

'I've moved on from the initial shock now. One minute I'm normal, one minute I'm crying and one minute I'm laughing at something stupid. It's such a roller-coaster of emotions.'

Only the master bedroom in the attic space escaped the devastation at the property they share with their daughter Kelsey Wilks, 29, her husband Christopher, 34, and grandchildren Joseph, five, and Georgina, four.

The Lorrymans had lived in the bungalow for 15 years without a problem – until a week ago when the River Aire burst its banks.

On Tuesday evening, council workmen arrived with sandbags to protect the property but by 7am the next day there was already 2in of water inside as the bungalow became one of 120 homes and businesses flooded in Snaith and neighbouring East Cowick.

Mr Lorryman dashed to buy a pump but returned at 9.30am to find the water 2ft deep. 'We didn't have time to think and raced around lifting things on to the kitchen and dining room tables thinking that would be OK,' he said.

By the afternoon, there was no choice but to evacuate, taking only a few cherished family photos.

'I wanted to put my waders on and get stuff out but my wife stopped me and told me I could injure myself and it wasn't worth the risk. There was nothing more we could do.'

Mr Lorryman said his insurance company had been 'brilliant so far'. He has been told it will be at least a week before anyone can step foot inside to assess the damage and believes insurers will decide it is easier to demolish the bungalow and rebuild it.

Locals have been angered by Prime Minister Boris Johnson's refusal to visit flood areas – around 4,300 properties across England and Wales have been hit as a result of storms during the wettest February since records began.

Fiona Walker, who had to evacuate her mother Maureen Cooper, 80, from her flooded home in Snaith, said: 'There is a disaster here and he needs to show support and help the people who voted for him.'

Nationally there were 74 flood warnings still in place last night with 15 rivers in the Midlands, Yorkshire and Lancashire having recorded their highest ever levels.

Environment Agency director of operations Toby Willison said communities in Yorkshire and along the River Severn were 'not out of the woods completely'.

'There is no room for complacency, people need to continue to be cautious and take the advice of emergency services,' he said.

Littlejohn – Page 19

THREE-DAY FORECAST

TODAY	TOMORROW	THURSDAY
North: Bright spells and scattered showers **High: 10C** (50F) **Low: -2C** (28F)	**North:** Cloudy with a few showers **High: 10C** (50F) **Low: -2C** (28F)	**North:** Largely dry and bright **High: 8C** (46F) **Low: 0C** (32F)
South: Mix of sunny spells and showers **High: 10C** (50F) **Low: -3C** (27F)	**South:** Cloudy with outbreaks of rain **High: 10C** (50F) **Low: 1C** (34F)	**South:** Early rain clearing, sunny spells **High: 9C** (48F) **Low: 2C** (36F)

Daily Mail
COMMENT

About time... Boris finally takes charge

CRISIS, it is said, tests the true mettle of a man. Boris Johnson will find this out with the biggest challenge of his fledgling Premiership.

Coronavirus, the deadly global contagion, is advancing threateningly across the UK.

Increasing numbers are being struck down – 39 at the last count.

The British people are, true to magnificent form, keeping calm and carrying on. But make no mistake: Alarm is accelerating.

In the worst case scenario, Cabinet ministers have been told, 80 per cent of the population could be laid low by the ungrudging epidemic, crashing the economy and bringing the nation grinding to a halt.

For many, the effects of the devastating virus – which seeped from a live animal market in China – will this week hit home.

Perhaps your child's school will close. Maybe your parent, a retired doctor or nurse, will be asked to help the NHS. Will your holiday flight be cancelled? Can groceries be delivered to your home?

So it's extremely welcome that Boris has listened to the Mail's implorations, finally broken cover and taken personal charge.

About blessed time! After all, it's nearly a month since the UK's first confirmed case.

His aides insist he has toiled ceaselessly behind the scenes. And yes, he featured in a film clip – sanctioned by No 10 – slipped on to the Government website late on Friday.

But it's simply not good enough to disseminate the message with pre-packaged promos. A reminder to Mr Johnson (and belligerent aides): This isn't North Korea.

He should learn from Theresa May. Her most impressive political achievement was standing up to Russia after the horrifying Salisbury chemical attack. Grasping the nettle, she reassured the public with a steely Commons performance and averted panic.

By chairing his first Cobra emergency meeting since the outbreak began, then taking questions from the BBC, Mr Johnson is dispelling barbs he's a 'part-time PM'.

In his interview, he warned of a 'very significant expansion' of coronavirus. But defiantly insisting Britain was well-prepared to handle an epidemic, he declared: 'We will not be defeated.' This morning, he will unveil a battleplan to tackle the disease.

This is a decent, if belated, start. Now could he also show he's not frightened of confronting the flood victims?

People demand little beyond reliable information and assurance their government has got a grip. Gauging the country's mood, a leader must be seen to lead.

Boris, we trust, has taken the first step to achieving that.

Migrant crisis returns

IN September 2015, haunting photographs of the body of Alan Kurdi, a three-year-old Syrian refugee who drowned as his family crossed the Aegean, shocked the world.

Desperate to stop the waves of humanity pouring in, the EU spent £5billion bribing Turkish president Recep Erdogan to close his porous borders.

Today, the migrant crisis has returned (and, in an awful echo of the past, a young boy died when a smugglers' boat capsized).

Erdogan is threatening to tear up the deal. Cruelly using the displaced as pawns, the brutal dictator seeks to blackmail Europe.

What for? Because he's furious Nato didn't ride to the rescue after he hubristically embarked on a military conflict with Russian-backed forces in Syria – fuelling a million-strong exodus of refugees.

Why would the alliance help? Erdogan's reaping what he sowed. He's repeatedly scorned Western leaders, offering his hand instead to the duplicitous Kremlin. Now that hand's been bitten hard.

We're approaching a pivotal moment. The US and Europe must return to the breach, using every ounce of diplomatic nous to solve this unfolding humanitarian tragedy.

For the consequences of not acting won't only be felt in the Middle East. Once again, the fallout could ripple to our shores.

We're scoffing our way to obesity on fast-food deliveries with no idea where they're even cooked

by Rose Prince

A TAKEAWAY diet based on cheap, addictive carbs, oceans of grease and tonnes of processed meat — often rounded off with a sugary processed dessert — is inherently unhealthy.

We all *know* that. Of course we do.

But our growing dependence on the convenience of online ordering means we are not only consuming more and more of this noxious garbage every year, but blithely doing so without having any knowledge about where the food has been prepared, or by whom.

And the consequences for our health and wellbeing are proving catastrophic.

There was a time, not so long ago, when local takeaway orders — from a restaurant or fast-food outlet — were cooked on premises that you probably knew and were delivered by a dedicated courier.

Risk

But the boom in home-delivered food, which has seen the market hit sales of £10 billion a year, means dishes are increasingly produced in what are satellite food-prepping stations known as 'dark kitchens'.

Here, no customers laugh and chatter, no waiters man tables. Instead, 'chefs' toil at their stoves preparing food purely for takeaway orders

While some of these kitchens are properly ventilated and temperature-controlled units based on industrial estates, others are primitive operations housed in shipping containers situated in tatty car parks under flyovers or railway lines.

As for the people who work in these grim, windowless hutches, they are rarely would-be Raymond Blancs but inexperienced and poorly paid functionaries, often with little or no expertise when it comes to hygiene standards and allergy issues.

If, on a hot day, for example, these unfortunate cooks open a door to cool off, there is a clear risk of contamination from pigeons or vermin.

And exactly how diligent are they when it comes to ensuring peanuts or sesame seeds — which can trigger life-threatening allergic reactions in vulnerable people — are safely contained in prepping areas?

There is also a burgeoning business in unregulated sales of curries, pastas and party food made by individuals with no training in their own kitchen and sold via social media.

Put simply, this industry is a Wild West with little oversight, and it represents a clear threat to the nation's health.

As the Mail reported yesterday, the dangers posed by unregulated dark kitchens has been highlighted this week by the Food Standards Agency. It has warned Facebook — many sales are facilitated on Facebook Marketplace — that it expects food sold through its services to be policed.

The FSA's intervention follows shocking new figures on the incidence of food poisoning in the UK. Cases have more than doubled from one million in 2009 to 2.4 million in 2019.

It is an astonishing rise and I have no doubt it is largely generated by our growing addiction to online takeaway food. The statistics back that up.

No fewer than 380,000 of these cases were caused by norovirus — the so-called 'winter vomiting bug' — with almost two-thirds of these linked to eating out or takeaway meals.

In all, 220,000 people saw their GP, while 16,400 people were admitted to hospital, according to the FSA.

This epidemic of sickness has an immense economic impact too, with millions of working days lost thanks to unhygienic practices and greed.

At the same time, our taste for takeaways is undoubtedly a factor in the obesity crisis we face with 13 *million* adults in Britain now obese — a figure that has doubled in 20 years.

Experts warn that the NHS could collapse under the scale of the problem, with £1 in every £8 spent on healthcare now going to fight Type 2 diabetes, which is largely diet and weight-related.

And yet how many millions of us — especially tech-savvy millennials and hardworking urban professionals — savour the ease of opening an app on our smartphones, choosing our food from the myriad dishes on offer, and having it arrive at our front door minutes later, allowing us just enough time to crack open a bottle of wine and load up Netflix.

As long as the food isn't cold or soggy, what's not to like?

In recent years, apps such as Just Eat (2018 global turnover £780 million), Deliveroo (£476 million), and Uber Eats (£1.2 billion) have created a vast and competitive market.

The figures are mind-boggling. Sixty per cent of British adults now have food delivered, on average twice a month, spending just under £10 a head per order, according to a 2018 report. Just Eat, the site with the biggest UK market share, took 122 million orders in 2018, and has about 37,500 restaurants signed up here, compared to Deliveroo's 10,000.

Contamination

Deliveroo has about 15,000 self-employed 'riders' in Britain, carrying dishes as diverse as sushi and burritos, ice cream and pizza, to customers — which brings me to another hazard. While we know little about where the food we order really comes from, we know even less about the drivers bringing it. (An investigation last year revealed some Deliveroo and Uber Eats drivers were contracting out their jobs to illegal immigrants.)

Many delivery operatives are paid per delivery — so the pressure is on to get the numbers up. That insulated box strapped to a bike-rider's back or packed into a motorcyclist's panniers can contain a sweaty cheese burger one minute and a raw fish ceviche the next — more likely at the same time.

Given the potential for cross contamination, this matters.

The temperature of many takeaways represents an all-too-fertile breeding ground for bacteria — insufficiently low to kill them, sufficiently high to enable them to spread. Let's not forget takeaway drivers don't require training in food hygiene. Even a course reminding them of the basic practices, such as washing their hands after going to the loo, would be cheap and easy for the app companies to arrange, and would help reduce the epidemic of food poisoning.

But courses cost money and profit is everything.

Existing guidelines say food workers who fall ill with norovirus should not handle food for 72 hours or more after they start to feel better, as they are still infectious. This should be enforced for freelance delivery drivers as well — though this is difficult to do.

Failings

The FSA gives star ratings out of five to restaurants on the basis of their hygiene practices. Yet so far it has not asked delivery services to make listing these mandatory, though Just Eat and Uber Eats do now display food hygiene ratings on their platforms for restaurants.

Such lack of oversight has had some embarrassing consequences for food delivery companies.

In a Channel 4 documentary last year, the comedian Joe Lycett attached a cardboard sign, 'Le Sauter', to a builder's skip and registered it as a restaurant with Uber Eats. Needless to say, his 'restaurant' had no hygiene rating, but when he placed an order from it on Uber Eats, a driver turned up to collect the food.

Deliveroo asks its users to rate each restaurant with a 'thumbs up' or 'thumbs down' after they've ordered. According to Channel 4, almost all the restaurants on Deliveroo with zero stars were rated above 80 per cent 'thumbs up' last year. Zero stars means a restaurant has serious food hygiene failings.

The risk of food poisoning — which can, after all, be lethal in vulnerable people — is high.

Finally, while the convenience of this brave new world is obvious, how sad it is that so many children now anticipate the sound of a scooter's engine in place of a parent shouting: 'Tea's ready!'

And no wonder Britain is scoffing its way to obesity.

What am I bid for... Britain's most eccentric auctioneer!

He had a spell in a Chilean jail, smuggled paintings from South America and turned Sotheby's sales into riotous drama. The irrepressible life of Peregrine Pollen...

by Richard Kay

EDITOR AT LARGE

LONG before the era of the celebrity auctioneer, when figures such as Lord Archer could, through sheer personality, cajole any gathering to part with their money, salerooms were often as hushed and stuffy as a public library.

If any one person could have laid claim to have single-handedly changed all that, it was Peregrine Pollen.

Behind a facade of studied eccentricity, he recognised that excitement and razzmatazz could not only shake up the formality of the auction house, but also do wonders for the financial bottom line.

A day spent at Sotheby's in New York when Pollen was presiding over a sale was rarely uneventful. On one occasion when he was auctioning a haul of gold recovered from a sunken galleon, he acquired a large scarlet macaw called Julius to liven up the bidding.

Before a casket of gold coins was offered for sale, the macaw screeched: 'Pieces of eight! Get your pieces of eight!'

To add to the atmosphere, Pollen, who has died aged 89, dimmed the lights and images of storm-tossed ships were projected on to a screen behind the podium.

The sale concluded, Julius went back to the Pollens' Manhattan apartment where it startled the auctioneer's wife by squawking: 'Lift up your skirt, lift up your skirt.'

Not long afterwards the parrot was retired to a pet shop, but this was by no means the end of Pollen's fascination with exotica.

He returned from a business trip with Papagoya, a South American caique (another species of parrot) that he claimed to have smuggled into America by sedating it with vodka and hiding it in his coat pocket.

No wonder Papagoya became addicted to alcohol. This, however, proved a trifling diversion. The bird took to perching on Pollen's shoulder, chewing on his ear lobes while the two took walks together in Central Park.

This devotion to feathered friends was by no means Pollen's only unconventional flourish. A flamboyant dresser, he liked to match his business suits with cowboy boots, together with the semi-permanent cigarette that dangled from the corner of his mouth.

Then there was the family heirloom, an old coat that had belonged to his grandfather, with a moth-eaten fur collar.

THE coat came in handy during a business trip to Argentina when he wanted to smuggle four Impressionist paintings out of Buenos Aires. He rolled them up inside a poster of The Beatles and hid them in its capacious folds.

During another excursion in South America, he was said to have ended up 'serving time in a Chilean prison for a crime nobody ever quite got to the bottom of'.

It all helped fuel the Pollen myth. Bespectacled and fastidious, he liked to sleep on his back with his hands folded across his chest in a priestly pose and he had a passion for 'white food' — soft cheese, Mother's Pride bread, hot dogs and shellfish.

The cultured Old Etonian was instinctively drawn to the beauty of the art world. An insatiable collector, his brilliant eye resulted in a vast range of collections in fields as diverse as minerals, shells and natural history specimens.

He was a trustee of Westonbirt, the world famous national arboretum created by his great-grandfather Robert Holford, and would travel the globe collecting, propagating and planting seeds as well as corresponding with experts.

One of his most vital tasks was to establish woodlands of native trees to replace the losses from diseases such as ash dieback and Dutch elm. Records show that he planted between 6,000 and 8,000 trees to transform the parkland of Norton Hall, the family home in Gloucestershire.

After the excitement of his quarter of a century at Sotheby's when he travelled more than 100,000 miles a year, he might have found life there a little slow.

Far from it — it became the centre of his universe where he would shoot pigeons, build towering bonfires and trundle around the estate at the wheel of a tractor.

With his love for people, places and things, as well as a sense of curiosity, Pollen, whose daughter Bella is the fashion designer turned best-selling author, was perfectly poised to embrace the new post-War era with money to spend.

Peregrine Pollen was born in Oxford in 1931, the son of Captain Sir Walter Pollen, an industrialist who was awarded the Military Cross during World War I. His sister Pandora was headmistress of Hatherop Castle school, near Cirencester, from where years later she expelled the teenage Bella.

In an interview three years ago, Pollen recalled: 'My sister was quite right to expel her. Bella is so independent, she rebelled — in fact she rebelled at every age. She was just so naughty, so disruptive, but I knew she'd be alright. I was more worried about my sister, who thought she'd failed me.'

Of his childhood, he said: 'We were very spoilt as a family. My grandfather was a banker and he had a wonderful collection of Italian paintings, which he sold in the 1920s. It was quite a serious collection. The money ran out in the 1950s, but we still have some nice pictures.'

Another family collection, belonging to a great uncle Sir George Holford, which included four Rembrandts, had ended up in the U.S.

After Eton, where his contemporaries included Antony Armstrong-Jones, who later married Princess Margaret, he did National Service with the King's Royal Rifle Corps, and read classics at Oxford, where he won a bet by running a mile, riding a horse a mile and rowing a mile in under 14 minutes.

FOR two years from 1955 he served as aide-de-camp to Sir Evelyn Baring, governor of Kenya at the time of the Mau Mau insurgency.

By the time he arrived in the auction world, his CV included work as a petrol-pump attendant, warehouseman, oddjob man in a psychiatric hospital, ship's caterer and organist in a Chicago nightclub.

Before joining Sotheby's he had applied for work at Christie's where a cousin was head of Old Master paintings. 'I got a hugely pompous letter back... so I gave up on them.'

He quickly became assistant to Sotheby's then chairman Peter Wilson, but soon got bored and attempted to launch a helicopter commuter service. It failed to take off and in 1960 Sotheby's sent him to New York to open an office.

When he learnt that the Parke-Bernet galleries, the biggest auctioneers in America, was for sale, he convinced Sotheby's to buy. It gave the company its first overseas saleroom and within five years he had tripled their combined turnover.

Beanpole-tall Pollen married Patricia Barry, who had worked for the security services, in 1958. In New York she became a teacher.

They had three children, Susannah, who is an art adviser, Marcus, who runs a steelworks, and Bella, who famously dressed Princess Diana in the early years of her marriage before becoming a writer.

The couple divorced in 1972, but remarried six years later, by which time he had two more children, Josh and Lally with Amanda Willis. Patricia died in 2016.

As executive vice-chairman of Sotheby's, he was widely tipped for the top job, but after being passed over for chairman in 1982 he quit.

In an interview before his death, Bella, recalling the moment she was expelled from school, said: 'He was there at the station. Instead of giving me a hard time, he took me off for a huge alcoholic drink.'

She added: 'If I ever asked him what I should do, he would think for about three seconds, then say: "You should do what makes you happy."'

It was certainly a mantra he lived by.

Two by two: Peregrine Pollen, with a 19th-century Noah's Ark

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LITTLEJOHN

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So that's what they mean by going viral

THIS morning I was due to have my annual medical check-up. Having read in the Sunday papers that, because of coronavirus, the over-60s should avoid routine visits to surgeries, I emailed my doctor to confirm the appointment.

Naturally, I assumed this latest piece of official advice was alarmist nonsense and my MoT would go ahead as scheduled.

Ralph, my GP, is a level-headed chap and I expected him to tell me there was no reason to put it off. So you can imagine my surprise when he replied that it was probably wise to postpone things for a few weeks, just to be on the safe side.

My default position on all these health scares is weary scepticism. We've been here before. Sars, Mers, Ebola, Bird Flu, Swine Flu…

All passed — in Britain, at least — without the catastrophic death toll the so-called 'experts' confidently predicted.

With the advent of coronavirus, the usual suspects have come over all Hilary Mantel.

Bring Up The Bodies!

The most absurd scaremongering so far is the suggestion that London's Hyde Park will have to be turned into a open-air morgue.

What next? Will someone propose piling the corpses onto giant funeral pyres, like they did with millions of healthy cattle during the foot and mouth panic?

What you have to remember is that pandemics are their World Cup Final, their Six Nations, their Wimbledon tennis championships, all rolled into one. Out come the hi-viz jackets, the face masks, the tented decontamination units.

With each day that passes, the drama is cranked up another notch. Yesterday, the Prime Minister chaired a Cobra meeting to discuss the Government's response to the virus.

Cobra sounds like something out of a disaster movie, conjuring up images of West Wing-style hotlines, war games and giant TV screens linked by satellite to a high-tech bunker on some remote Pacific island.

The reality, as Boris pointed out last week, is more mundane. Cobra actually stands for Cabinet Briefing Room A. If they held it in Cabinet Briefing Room C, for instance, they'd have to call it something less exciting. Given Boris's Churchillian sense of showmanship, I'm surprised the Government hasn't relocated for the duration to Winston's old war rooms under Horse Guards Road.

And yet. If Ralph thinks I should steer clear of his surgery, even if the chances of contracting coronavirus are remote, there must be something in it.

But how should we react? How can we assess the potential risk? I've read all the Q&As and I'm still none the wiser.

We're told to avoid crowds, but on Sunday I went to what we used to call White Hart Lane along with 60,000 others. The only people wearing face masks were South Korean tourists, who had travelled halfway round the world to see their national idol, Son Heung-min, who plays for Spurs. Unfortunately for them, Sonny is spending two weeks in self-isolation after returning from South Korea, where he had surgery on a broken arm.

You couldn't make it up.

We're also advised not to travel on public transport. But how else am I expected to get to a meeting in Central London, given the gridlock caused by Mayor Sadiq Khan's hideously expensive road 'improvements'?

MAYBE I should pull on the full Hurt Locker kit before I venture onto the Piccadilly Line. Now that we know surgical masks are virtually useless at preventing the spread of the disease, how long before Tube carriages are packed with commuters wearing gas masks and frogmen's suits, like Dustin Hoffman in The Graduate?

People will inevitably follow the lead of celebrities like Gwyneth Paltrow. When I saw her wearing that designer mask on a plane to Paris, I assumed she must have just fired up one of her intimately scented candles.

Yesterday, the Government upped the ante still further, with never-knowingly-understated health secretary Matt Hancock unveiling plans to quarantine entire cities.

Have you also noticed how they've started calling it COVID-19, to make it sound even more menacing?

Coronavirus is probably a little too cuddly, suggesting it might have mutant strains called vimtovirus and fantavirus. Of course ministers and NHS chiefs are right to take sensible precautions. The problem is there's no joined-up thinking here. Schools are closing across the country, but on Friday thousands of kids were allowed to play truant so they could huddle together in Bristol to hear that preposterous Greta child screeching about how the earth is on fire — oblivious to the torrential rain which turned College Green into a quagmire.

She even got a police escort in an electric car, for heaven's sake. What if one of those children was a 'super-spreader' carrying the coronavirus? Then we'd have a real epidemic on our hands.

Look, I'm not suggesting that we ignore the threat, even though my natural inclination is to ridicule the predictable knee-jerk reaction to these health scares.

I especially enjoyed a letter in the Daily Telegraph from a reader who said he'd drunk so much Corona when he was young, he was probably immune.

Another columnist wrote that her husband had stockpiled 100 toilet rolls, just in case they are forced to Netflix and shiver in splendid self-isolation for a fortnight.

If the fear factor keeps on rising, a supply of adult incontinence pants may come in handy, too.

Here in Britain, we associate the Corona brand with fizzy pop rather than that overpriced Mexican lager you're supposed to drink from the bottle with a slice of lime in the neck.

In the U.S., it's been claimed that drinkers are boycotting Corona beer because they think they'll contract the virus.

And if that sounds daft, on Saturday night I went for a curry at our local Indian, Tandoori Nights. It was heaving.

The owner told me that business was even brisker than usual because customers were frightened to eat in the Chinese restaurant a few doors down.

It's an ill-wind…

Meanwhile, I must wait a few more weeks for my medical. No great inconvenience. Let's hope I don't catch coronavirus in the meantime.

KEVIN and Catherine Lorryman, from Snaith, East Yorkshire, will have to demolish their bungalow after the River Aire burst its banks. They are understandably heartbroken. Their home is almost totally submerged. Only the roof is visible, complete with solar panels. More heavy rain and flooding is forecast. I suppose they could always use the solar panels as a life raft.

A nice bit of posh from Burnham...

ESSEX tourism chiefs are trying to give the county a makeover after a decade of being associated with downmarket reality show TOWIE.

They want to cast off the fake tans and debauchery and emphasise the beauty of Constable country and historic towns such as Saffron Walden.

As a native son of Essex, I must confess that I probably played a minor role in helping to tarnish the county's image. Long before The Only Way, I co-wrote The Essex Girl Joke Book with my friend Mitch Symons, under the pseudonyms Ray Leigh and Brent Wood. Our Essex Girls made the women in TOWIE look like demure debutantes. A few of the gags were mildly filthy, others downright disgusting, and some would no doubt by today's standards be considered a hate crime. Mind you, Ian Dury, the Bard of Upminster, didn't do the reputations of Essex Girls any favours, either.

Who could forget Joyce and Vicky in Billericay Dickie? Not to mention Janet, from the Isle of Thanet. And then there was Nina...

Had a love affair with Nina, in the back of my Cortina.

A seasoned-up hyena could not have been more obscener…

THE empty plinth on Trafalgar Square has played host to an assortment of eccentric sculptures. The latest is a huge dollop of whipped cream, topped with a cherry, a fly and a drone.

Mail reader Chris Hey, from Smethwick, thinks it's time for a more dignified monument. He suggests a statue of war hero Lord Bramall, a permanent reminder to the police and the Establishment of their disgraceful behaviour towards innocent men caught up in the Paedos In High Places witch hunt.

Better still, Chris, put the Nonce Finder General in the stocks, so we can throw rotten fruit at him.

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Craig Brown

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Art of being a moaning millionaire

IT IS quite a while since we last heard from Damien Hirst. Like Su Pollard, Martin Amis, Jive Bunny and Norman Lamont, he is a figure from a bygone age.

But yesterday he popped up in one of my favourite magazines, The Idler, to talk about life, art and money.

He has long been known for i) his self-pity, ii) his talent for publicity and iii) his ability to get others to do the donkey-work. He has now successfully combined all three by going into print to complain about how his employees made his life a misery.

'You start by thinking you'll get one assistant and before you know it, you've got biographers, fire-eaters, f***ing minstrels and lyre players all wandering around', he told his interviewer. 'They're saying they are not being paid enough and they all need assistants... Before you know it, suddenly you've got an overdraft when before you had loads of cash.'

Picture: ALAMY

Even in his youth, Hirst was a master of delegation. Nearly 30 years ago, he paid a fisherman £6,000 to catch and kill a shark off the coast of Queensland in Australia. He then employed someone to stuff the shark, another person to make a container for it, and someone else to place it in the container.

At this point, Hirst made his sole contribution to the project. Remembering the arty title he had once scribbled on the top of a school essay, he named the completed work 'The Physical Impossibility of Death in the Mind of Someone Living'. The art world swooned. Yes, they thought, this is surely a young man with something to say!

In fact, it was very much the sort of wordy, lah-di-dah title Hirst's near-contemporary Adrian Mole, aged 13 3/4, might have penned in his desperation to impress his beloved Pandora with his intellectual heft. It meant nothing, but it did the trick: the dead shark was instantly snapped up by the famous advertising mogul Charles Saatchi, who, through a strange coincidence, had also grown wealthy by coining a schoolboyish slogan ('Labour Isn't Working').

In 2004, Saatchi sold the dead shark to a hedge fund billionaire for roughly $8 million. By now, Hirst had begun employing a small army of servants working for barely more than the minimum wage to mass-produce paintings of coloured spots and splashes which he then sold for a small fortune.

Four years later he put 223 new works up for auction at Sotheby's, and left the auction £111 million richer. Across the world, boardrooms that had once been decorated with paintings of their moustachioed Victorian founders were now home to spitty-spotty works by Damien Hirst.

Around this time, his manager would tell Damien Hirst: 'You've had another double rollover lottery weekend.' By this, he meant that Hirst had made £30 to £40 million between Friday and Monday.

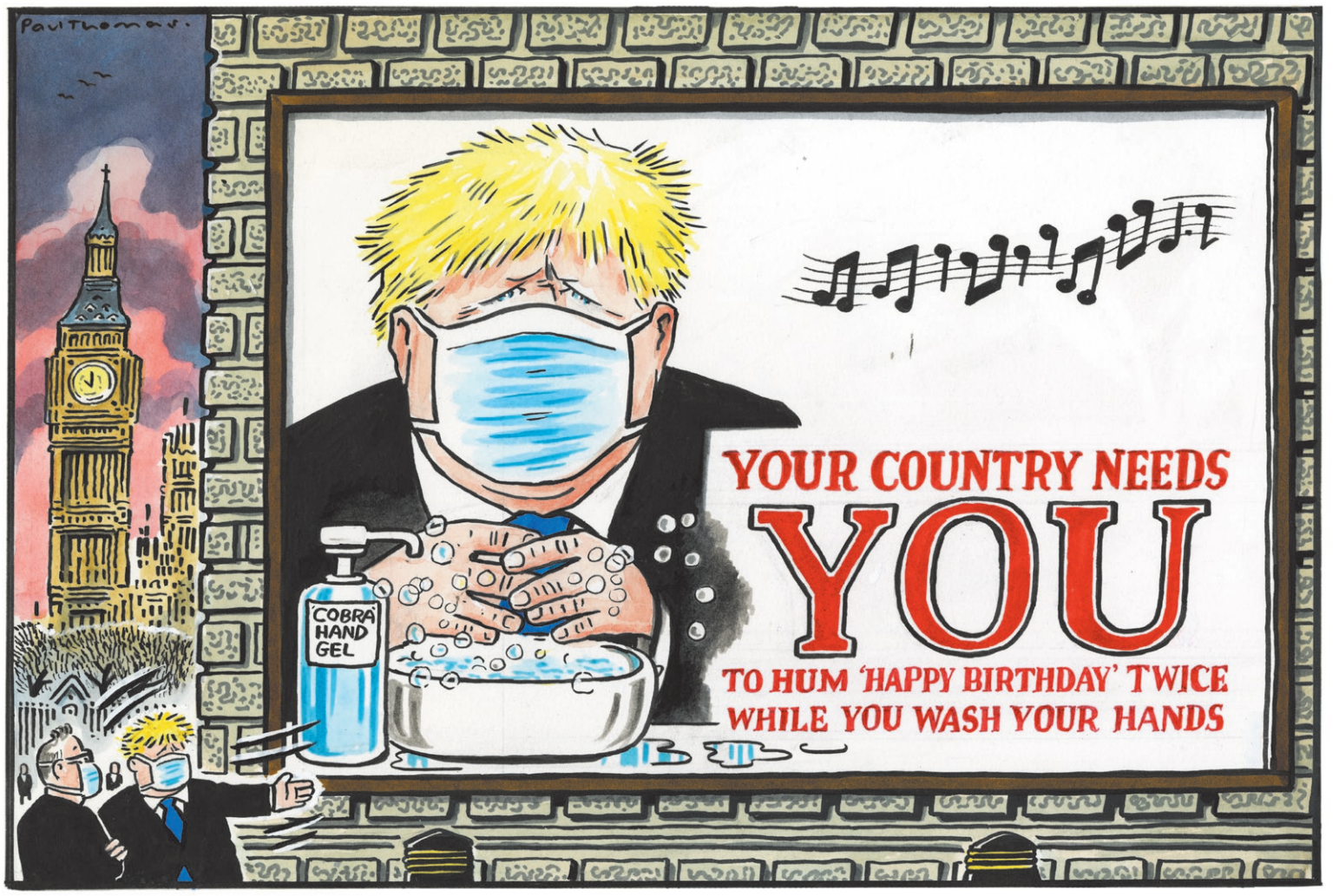
In 2014, he spent a small proportion of his earnings on a £34 million house overlooking Regent's Park that John Nash had built in 1811 for the future King George IV.

Hirst diversified into everything from restaurants to wallpaper. At his 2012 retrospective at Tate Modern, the museum store was selling limited-edition plastic skulls painted in household gloss for £36,800. The skull on which they were based, pretentiously titled 'For the Love of God' and encrusted with 8,601 diamonds, was offered for sale at £50 million, though it is not known if they ever found someone rich and foolish enough to pay that price.

YOU might have thought that all this earning and spending would have done something to dampen Hirst's self-pity. Not a bit of it. In the Idler, Hirst grumbles that his bankers and accountants 'only love you because they're taking your money'.

Well, it's taken a long time for that particular penny to drop! Did he really think they loved him for his charm, his wit, his wisdom, or — heaven forbid! — his art?

In fact, he seems peculiarly tongue-tied whenever it comes to the subject of art. 'What is art?' his biographer, Gordon Burn, asked him on one occasion. 'It's a f***ing poor excuse for life, innit, eh?' he replied. But his inarticulacy has, you will be pleased to learn, done nothing to dent his opinion of himself. 'It's like I'm a Bonnard, a Turner, a Matisse', he told Burn. Or a Jive Bunny, he failed to add.



'Cripes! I seem to have birthdays on my mind at the moment'

To order a print of this Paul Thomas cartoon or one by Pugh, visit Mailpictures.newsprints.co.uk or call 0191 6030 178.

Britain could be served up GM 'Frankenfood' in US trade deal

By **John Stevens**
Deputy Political Editor

GENETICALLY modified foods from America could end up on British supermarket shelves as part of a US trade deal.

Ministers yesterday left open lifting the ban on products made from GM crops as their red lines were unveiled for negotiations.

In a 184-page document setting out objectives, the Government categorically ruled out the NHS from trade talks.

It stated: 'The NHS will not be on the table. The price the NHS pays for drugs will not be on the table.

'The services the NHS provides will not be on the table. The NHS is not, and never will be, for sale to the private sector, whether overseas or domestic.'

However, the negotiating mandate on food standards was more ambiguous.

It said: 'Any agreement will ensure high standards and protections for consumers and workers, and will not compromise on our high environmental protection, animal welfare and food standards.'

Officials last night refused to rule out ditching the GM ban currently imposed by EU law.

Such a move could prove to be a key compromise to secure a deal with the US, where the majority of processed foods contain GM ingredients.

The document was revealed as negotiators yesterday arrived in Brussels to begin work on an EU trade deal.

The UK team of 100 officials led by David Frost started the first round of talks with a two-hour meeting with the EU's broker Michel Barnier.

They did not shake hands due to coronavirus fears and wore lanyards bearing the Union Flag. 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.'

International Trade Secretary Liz Truss yesterday insisted the UK is willing to walk away from talks with both the US and EU if the Government does not agree with what is offered.

She 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 will walk away in both cases 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.

'We won't be told what our rules and regulations are by the EU and the US.'

Ministers have already stated chlorinated chicken will not be imported from the US.

The Department for International Trade estimated a trade deal with the US could boost the UK economy by 0.16 per cent over the next 15 years.

Miss Truss will today declare 'Britain is back' as she addresses the World Trade Organisation in Geneva after the country last month took back its seat at the table following Brexit.

She will say: 'The UK will, like every other sovereign country, assert its ability to set its own laws and regulations in line with our WTO commitments.'

Chlorine chicken goes off the menu!

From Saturday's Mail

Hero terror police in 'absurd' crash probe

By **Rebecca Camber**
Chief Crime Correspondent

THE police watchdog was slammed yesterday for an 'absurd' investigation of two officers for dangerous driving after one crashed while racing to a knife attack.

Convicted terrorist Sudesh Amman stabbed two people on Streatham High Road, south London on February 2.

He was wearing a fake explosive vest and was shot dead at the scene. In the rush to reach him, one officer in a black BMW crashed into two other motorists. All three received minor injuries.

A second police driver travelling in convoy did not stop at the crash as he considered it more important to get to the scene of the attack. But both drivers now face gross misconduct and dangerous driving probes. The Metropolitan Police Federation said the fact the unnamed officers could lose their jobs when no one was seriously hurt was a 'complete joke'.

But the Independent Office for Police Conduct said it had not taken the decision to investigate the officers lightly.

Ephraim Hardcastle

ANDREW retaining his HRH fuels Harry and Meghan's accusation of double standards. And he continues to feature in the Court Circular, the Queen insisting that his birthday was honoured, as well as his appearance at a thanksgiving for a former dean of Windsor. By contrast Harry's swansong engagements don't feature. But it's not a snub. He's told staff not to provide the information to the official record.

THE debate on Harry and Meghan's protection costs reminds courtiers of Andrew's suggestion that, alongside security training, royals should be equipped with guns. After all, the Queen Mother shot rats with a revolver during the Second World War to prepare for Adolf. Andrew's idea came to nothing. The compensation bill might have been daunting.

PRINCE Charles constantly asked Hilary Mantel about the progress of her final Thomas Cromwell opus. She tells Radio Times: 'He would ask how it was coming along. They must be strange novels for a future king to read.' In his remotest dreams, does the future king yearn for Henry's beheading powers?

CARRIE Symonds's new PR Sarah Vaughan-Brown, pictured, was helpful to Boris and his fiancee after their notorious June 2019 shouting match when a photograph of the loved-up couple in a hayfield mysteriously appeared. Was it taken before or after the domestic spat? Sarah, then at ITN, confirmed it was snapped after the plate-smashing row.

JAMES Purnell, £315,000 BBC executive, seeks London Marathon sponsorship. In 2006, the ex-Labour minister hosted a party fundraiser where Alastair Campbell and Cherie Blair autographed a copy of the Hutton report into the death of Dr David Kelly. It secured £400, though Tony Blair later had to answer questions about it in the Commons on grounds of taste. Neither Mrs Blair nor Campbell have contributed to the marathon bid so far.

ANDREW Neil points out that after 38-year-old Pete Buttigieg's departure from the Democratic presidential race, Donald Trump at 73 is now the youngest male candidate left, with Joe Biden aged 77 and Bernie Sanders and Michael Bloomberg both 78. This prompts James Naughtie to whip out his transatlantic abacus to tell Radio 4's World at One: 'If Pete ran for president eight elections from now in 2052, he'd still be younger than Joe Biden, Michael Bloomberg, Bernie Sanders and Donald Trump.' Let's hope James will still be with us even in his 101st year.

JOHN Cleese offers to meet admirers on the US video site Fanmio, explaining: 'It'll just be the two of us talking and you can ask me whatever you want.' Perhaps the boobies could inquire why the ex-Python is charging £235 per intimate chinwag.

JACOB Rees-Mogg offers advice on how to cope with the coronavirus crisis: 'Coughs and sneezes spread diseases, keep it in your handkerchief,' adding the Cabinet mantra: 'Wash your hands to the national anthem.' Sorted!

Email: john.mcentee@dailymail.co.uk

MARCH TO NOW

Blackmail row rages between Turkey and EU as human pawns are turned away from Greek border

Armed: A Greek soldier on the border

By **David Churchill**

A WAR of words broke out between the EU and Turkey yesterday as the bloc's new migrant crisis claimed its first life.

Turkish premier Recep Tayyip Erdogan declared the 'doors open' for up to 4 million refugees to pour into neighbouring Greece and Bulgaria, insisting European Union leaders must take their 'share of the burden'.

But Brussels hit back, accusing Turkey of wilfully breaking a treaty under which it receives billions of pounds of EU money in return for stemming migration flows.

German Chancellor Angela Merkel accused Mr Erdogan of trying to strong-arm EU leaders into giving him military support for his conflict with Syria 'on the back of the refugees'.

As the row intensified yesterday, a refugee child drowned after a boat capsized off the island of Lesbos, Greek officials said, while a man was reported to have been shot dead by guards on the Greece-Turkey border.

After the vessel capsized, 46 people were rescued and two children were taken to hospital, one of whom could not be revived.

Lesbos is already overrun with arrivals and houses Europe's largest refugee camp, which holds 19,000 people. It was designed to hold 3,000. 'This is an invasion,' Greek development minister Adonis Georgiadis said.

More than 10,000 refugees and migrants, mainly from Syria and other Middle Eastern countries, remained at Greece's border yesterday after arriving over the weekend. Holding white flags, they called on soldiers to let them in.

The Turkish government is said to have shuttled thousands of them from Istanbul to the border by bus to ratchet up pressure on EU leaders.

Many began returning yesterday after realising they had been duped by the Turkish authorities, who also reportedly told them the Greek border was open.

Mr Erdogan's provocative actions were sparked by the killing of dozens of Turkish troops in an air strike in north-west Syria last week. He is appealing for military and air support from Nato and European allies to assist in his conflict with Syrian leader Bashar al-Assad's forces.

But the Turkish premier's call has fallen on deaf ears, prompting him to deliver on threats to throw open Turkey's borders.

Mrs Merkel said: 'I understand that Turkey is facing a very big challenge. Still... it's unacceptable that he – President Erdogan and his government – are not expressing this dissatisfaction in a dialogue with us as the European Union, but rather on the back of the refugees. For me, that's not the way to go forward.'

EU officials said Ankara must 'honour its obligations and commitments' under the 2016 migration pact, under which it has received more than £5 billion.

'Take your share of the burden'

European Commission president Ursula von der Leyen added: 'I acknowledge that Turkey is in a difficult situation concerning the refugees and migrants, but what we see now cannot be an answer or a solution.' Guy Verhofstadt, a senior European Parliament MEP and former Belgian PM, accused Turkey of using its ability to control migration flows to 'blackmail' EU leaders. He tweeted: 'We have to stand by Greece and fight together Erdogan's blackmail.'

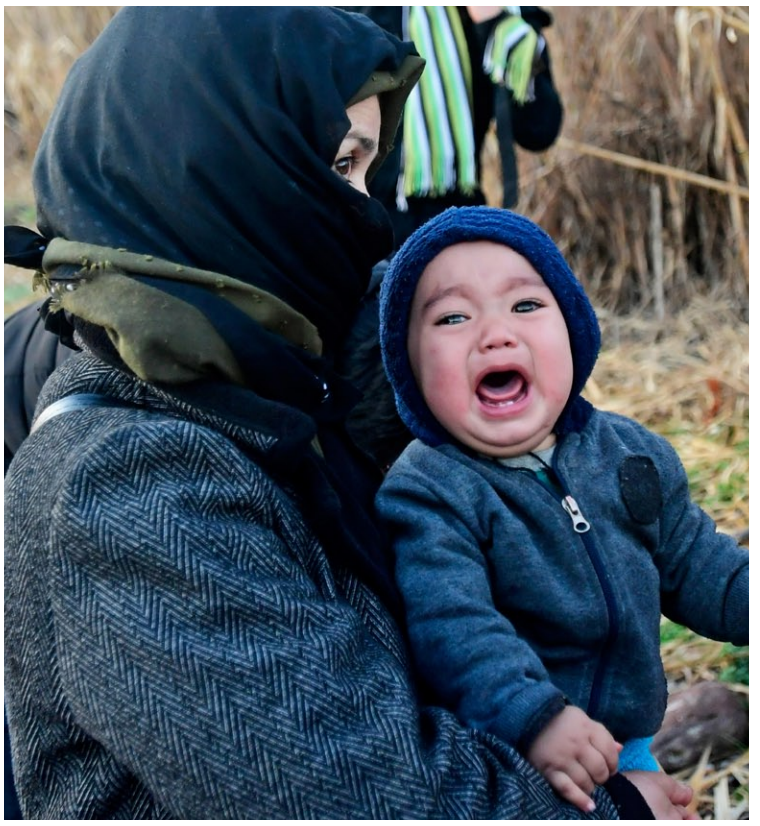
Earlier, Mr Erdogan boasted about receiving 'multiple calls' from EU figures urging him to stick to the EU-Turkey migration pact. He said: 'After we opened the doors, there were multiple calls saying "close the doors". I told them it's done. It's finished. The doors are now open. Now, you will have to take your share of the burden.'

Mrs von der Leyen will today hold crisis talks with Greek PM Kyriakos Mitsotakis and visit its

Desperate: Guards move in as a migrant tries to cut the border fence in north-east Greece

HERE

Rejected... and dejected: Refugees on the Turkish border after a failed bid to enter Greece



Tears: A baby cries after arriving on the island of Lesbos

border with Turkey, where Frontex – the EU's border force – yesterday sent dozens more guards as back-up after Athens issued a plea for help. She said 'more intensive dialogue' with Ankara will begin in a bid to resolve the crisis.

Turkey already has thousands of troops and military vehicles in Syria and fighting has escalated dramatically in recent days. Mr Erdogan will meet Russian president Vladimir Putin, who backs Assad, in Moscow on Thursday in a bid to broker a ceasefire.

In response to the new surge of migrants, the Greek government is not accepting any new asylum applications for a month. The measure potentially violates EU law, which Mrs von der Leyen will challenge Mr Mitsotakis over today.

Meanwhile, UK Foreign Secretary Dominic Raab will visit Turkey to show support for Ankara's efforts to negotiate a lasting ceasefire with Syria.

Mr Raab said: 'Turkey is on the frontline of some of the most difficult and serious challenges we face with the Syrian regime and Russian forces continuing to escalate the violence on its border.

'We have been clear in our condemnation of the Syrian regime's actions in Idlib and we will continue to raise concerns about its flagrant violations of international law.'

Comment – Page 16

Turkish despot's cynical ploy to detonate chaos

COMMENTARY
By **Mark Almond**

THE threat will have chilled Europe's leaders to the bone. Turkey's autocratic president, Recep Tayyip Erdogan, announced that his country would no longer enforce the deal struck with the EU in 2016 to prevent millions of Syrian and other refugees who have poured into his country from leaving for Western shores.

'The doors are now open. Now you [in Europe] will have to take your share of the burden,' he declared.

So far only a few thousands migrants have amassed on the borders with Greece and Bulgaria. But Erdogan has promised millions are on their way, and Greek border guards are already saying they cannot cope.

There is now a real possibility that we could see a European migration crisis on a larger and more disastrous scale than that following German Chancellor Angela Merkel's decision in 2015 to open her country's borders to more than a million refugees.

It was a decision that unleashed political chaos, helped fuel the rise of populist far-Right parties across Europe, and is considered by many to be behind Merkel's protracted political downfall.

By detonating this latest immigration timebomb, Erdogan is cynically using his trump card to try to force Europe (with billions in financial aid) and Nato (with bombs and bullets) to back him in his rapidly escalating conflict with Syria's president, Bashar al-Assad.

The horrific war in Syria, with its use of poison gas and barrel bombs and its toll of hundreds of thousands of casualties, has put them at each other's throats.

One reason is that their two countries share 500 miles of border, across which 3.6 million refugees have fled from Syria to Turkey following the start of the civil war in 2012.

Another is Erdogan's support for rebel groups fighting Assad – as a Sunni Muslim, he is instinctively opposed to Assad's Shiite-backed regime.

On top of this, Erdogan loathes the Kurds – who comprise up to 20 per cent of Turkey's population and for decades have demanded their own state.

He has bombed Kurdish forces in northern Syria to ensure they never manage to establish a Kurdish nation on his border.

NOW, the conflict between Turkey and Syria threatens to flare into a terrifying all-out war.

Until recently, Erdogan, who has treacherously cosied up to Russian president Vladimir Putin despite being a Nato member, had been held in check by Putin, who has never made any secret of his determination to keep his ally Assad in power.

In 2017, Russia and Turkey even signed an agreement to 'de-escalate' hostilities in four rebel areas opposed to Assad. One of these was the province of Idlib in north-western Syria.

Over the past ten days, however, all pretence over this agreement has been abandoned as Russia allowed Syria to pulverise Idlib, which is now seen as the one remaining stronghold against the Assad regime. Turkish forces, which have established bases in the province, have been among the casualties.

Threats: Recep Tayyip Erdogan

On Thursday night, 34 were killed in an air strike. Turkey responded with drone and artillery attacks which killed scores of Assad fighters and destroyed two airfields. Yesterday two Syrian jets were shot down and three Turkish drones attacked.

As a Nato member, Turkey is within its rights to call for support from the organisation. And America is only too happy to see Erdogan fall out with Putin.

On the other hand the Western democracies don't like Erdogan's authoritarian ways at home or his treatment of Kurds. And no one wants to be dragged into a war – proxy or otherwise – with a nuclear-armed Russia.

If Turkey and Russia end up in conflict, the rest of us in Nato will face a hard choice: join in or abandon an ally to Putin's mercy.

With so many blood-soaked fingers in the Syrian pie, it is easy to despair about what to do.

But our frustration at the lack of decent options is nothing to the dilemmas facing the three million civilians in Idlib, huddling in makeshift refugee camps and bombed-out buildings.

The grand strategy of Russia versus the West is no concern to them – merely naked survival. They are trapped between a Syrian army pushing them towards Turkey, and intransigent Turkish border guards refusing to let them in. Erdogan says his country can't take any more refugees unless it lets the 3.6 million already there flee to Europe. And this, he claims, is why he is sending 'millions' our way.

Even if we in Nato don't want to wage war in Syria, the consequences of that war are going to come to us.

In addition to all the problems of housing and feeding an unexpected wave of millions of refugees, there is the growing danger of the spread of coronavirus.

If anyone lacks the means to 'self-isolate' or just keep their hands clean, it is refugees. These poor people have gone for years without basic public health and vaccination against known contagious diseases. Now they are threatened by the new virus, but so are citizens across Europe if they flood westwards.

ERDOGAN is blackmailing the West. He hides this by using humanitarian language but it is clear that Turkey is throwing its weight around.

Some might welcome the Turks confronting the Assad regime in Syria, but no one can trust a president such as Erdogan who uses refugees like bargaining chips to squeeze financial aid out of us.

To put it crudely, we have a vested interest in stopping a mass exodus. Western European governments have to try to pressure all the warring groups to accept a real ceasefire.

Erdogan has said he will head to Moscow on Thursday 'to discuss the developments in Syria' with Putin. He says he hopes to 'find a solution to this affair'.

Whatever our misgivings about the man, we must all pray that he succeeds – not just for our sake in the West, but in the interests of common humanity.

Mark Almond is director of the Crisis Research Institute, Oxford

Now post staff fight to have theft slurs quashed

By **Sam Greenhill** Chief Reporter

POSTMASTERS who claim they were wrongly jailed for theft are to spearhead Britain's largest ever miscarriage of justice case.

Their lives were ruined when money apparently went missing from their branches. But it later emerged that the Post Office's counter-top terminals were riddled with bugs.

The Post Office eventually settled a long-running High Court case brought by 550 former postmasters who were wrongly accused, agreeing to pay them £58million last year.

And yesterday the Criminal Cases Review Commission, which examines possible miscarriages of justice, revealed that it is considering pleas from 56 of them to have their convictions quashed.

In a letter to claimants, it says it will decide this month whether to refer the cases to the Appeal Court. If it referred them all, it would be the biggest miscarriage of justice case in the commission's history.

Jo Hamilton was convicted after her terminal in South Warnborough, Hampshire, recorded inexplicable losses of £36,000. She said: 'This is the first time in five years I have felt optimistic about my conviction being overturned.

'The mood changed in their letter and when I hear that there will be a meeting of commissioners in March I am very optimistic. Justice is coming.

'I like to think justice will now be swift'

Hopefully, unlike some, I'll still be alive to see the day I get my conviction overturned.'

Tracy Felstead was thrown into jail as a teenager, her supposed crime was to 'steal' £11,500 from the post office where she worked in her first job after leaving school. Yesterday the 36-year-old mother-of-three said: 'I have had to endure this my entire adult life since aged 19. I'd like to think justice will now be swift.'

The Post Office settled the High Court case after being lambasted by the judge in a series of excoriating ruling. It had spent years battling its postal veterans and fiercely denying any problem with its IT system.

The publicly-owned service blew an estimated £32million on legal costs fighting the mammoth series of interlinked High Court trials.

Mr Justice Fraser mocked as wishful thinking its description of itself as 'the nation's most trusted brand'. And he said the Post Office's long-running refusal to accept its computer system was faulty 'amounts to the 21st century equivalent of maintaining that the Earth is flat'.

The Post Office said: 'We are assisting the CCRC to the fullest extent with inquiries concerning past convictions of a number of former postmasters.'

Giant of UK Asian media dies at 88

RAMNIKLAL Solanki CBE, who founded the biggest Asian media company in Britain, has died after a short illness at the age of 88.

Mr Solanki came to England in 1964 and four years later launched weekly newspaper Garavi Gujarat from a small terraced house in Wembley, north-west London. It became the biggest selling Gujarati paper outside India.

His Asian Media Group went on to create a range of titles and events, including the GG2 Leadership Awards, where the Daily Mail sponsors the young journalist category.

Home Secretary Priti Patel was one of many to pay tribute to the 'giant of Gujarati journalism'.

by Alison Boshoff

Divorced: Georgina with ex-husband Harvey Weinstein in 2016

THE restaurant Bedford 234 prides itself on its 'comfortable yet engaging atmosphere', avocado fries and strozzapreti with pecorino and winter black truffle.

But the presence last summer of one particular regular customer provoked outrage among the moneyed clientele of this upstate New York dining spot.

Harvey Weinstein — convicted last week of sexual assault and rape in the third degree by a Manhattan court — was that customer. He would often arrange to meet ex-wife Georgina Chapman plus their children Dashiell, six and India, nine, there.

The eaterie is near to the large farm in Bedford — a town populated by stars such as Michael Douglas, Catherine Zeta-Jones and Ryan Reynolds — which Georgina bought last year, after reportedly receiving nearly £15 million in a divorce settlement in 2018. Weinstein was renting a house nearby.

Manager Kyle O'Connor said: 'What he would do is he had people come in first — his family, ex-wife, they would come in, sit down, order food, and he'd join a half-hour later. He might have tipped all right, but [customers] around him were disappearing. He made everyone uncomfortable.' He was asked not to return.

Now, following a landmark three-week trial, Weinstein is awaiting a sentencing hearing. His disgrace is on an epic scale. More than 80 women have said he abused them.

So what must it be like to be the ex-wife of Hollywood's most hated predator — and the mother of his two youngest children?

Friends say that Georgina, 43, 'does not want to be seen as a victim'. That right she reserves for others. In the first five months after he was exposed, she scarcely dared to leave her apartment — she feared that having any kind of public profile might seem disrespectful to his victims.

She has undergone therapy to try to cope with her sense of shock and shame. 'I was so humiliated and broken that I didn't think it was respectful to go out,' she said.

She has also had to fight hard to remain in business — she is the co-founder of designer fashion label Marchesa — as her association with Weinstein, to whom she was married from 2007, has threatened to derail her career. And not only has she remained in business, she produces four collections a year and has branched out into childrenswear.

Some thought that she might lend her support at his trial, but she chose to stay away. His lawyers tried to paint a picture of her as a part of his family, with attorney Donna Rotunno saying: 'They are divorced but they work well together with the kids.'

She added that the children 'rely' on their father 'on a daily basis', noting: 'He's been seeing the younger kids their whole lives. They live next door to each other, he has a great relationship with [them].' But Georgina's friends say things are by no means 'cosy' between them. 'It's a little damper than has been indicated,' says one. He did not, for one thing, live 'next door'.

GEORGINA has not been among those visiting Weinstein at the suite in Bellevue Hospital following his conviction. In fact, she left the country with her children before the trial.

The Mail has also learned that she is ready to officially confirm a romance with the American actor Adrien Brody, whom she has been dating for several months. He and Georgina are 'very happy', and I'm told the new romance is a 'positive' element in the new life she has been building.

Adrien, 46, an Oscar winner himself, seems to be everything Weinstein was not — charming, discreet and self-deprecating.

Romance blossomed after they met at the launch of Helena Christensen's swimwear range last April. They were spotted having dinner together in New York in autumn.

It was said she wasn't interested in dating post-Harvey, but she has found that Adrien has been a source of support.

With a new man in her life — and a determination to not be brought down by the sins of her ex-husband — Georgina is embracing a new beginning.

The British model and former actress, who attended Kate Middleton's alma mater Marlborough College, was born into money.

Her father Brian Chapman is a multi-millionaire who founded the Percol coffee brand. He has houses in Wimbledon and on the Isle of Wight. Her mother, Caroline Wonfor, worked for Reader's Digest. They are divorced, and Caroline lives in Richmond.

Georgina boarded at St David's in Ashford, Surrey. She has dyslexia, but this was not diagnosed until she was eight. She also suffered from a hip defect which gave her pigeon toes.

'I was incredibly clumsy, and it set me back at school socially,' she said. 'I was always that kid who was the last to be picked for any sport as I couldn't do it.' She left school to model aged 17, then decided to go into acting. She had roles in the 2003 TV adaptation of D.H. Lawrence's Sons And Lovers, and in Julian Fellowes's film adaptation of P.G. Wodehouse's Piccadilly Jim.

She met Weinstein at a party in 2004, and had a tiny role in 2006's Factory Girl, produced by Miramax, the company he co-founded. Weinstein split

She's the Home Counties public schoolgirl who married Weinstein and launched her own fashion label. Now, after two years in purdah, she's dating an Oscar-winning actor... and Anna Wintour's helping save her career

Harvey's English rose and a very THORNY comeback

Fresh start: Georgina on holiday in St Tropez. Below, new boyfriend Adrien Brody

Pictures: DAVE BENETT/WIREIMAGE/INSTAGRAM

from first wife Eve in 2004 — she had been his assistant. They have three daughters, the youngest of whom was only two at the time of the divorce.

At first, there was panic about how Eve might take the news of Harvey's very young girlfriend. Georgina is 24 years his junior.

Journalists were phoned and offered access in perpetuity to 'every party Harvey threw' in return for killing a story about their romance.

It was said that Georgina's mother, in particular, had doubts about her dating Weinstein, already infamous in the film business as a swaggering bully.

Georgina had taken a foundation course at the Chelsea College of Art and Design, and in 2004 she and best friend Keren Craig rented a studio to make clothes. They called their fledgling label Marchesa after Marchesa Luisa Casati, an Italian heiress.

Quickly, a series of useful associations fell into place. Swarovski sponsored Marchesa, they met with the Hollywood stylist Rachel Zoe, and Jimmy Choo founder Tamara Mellon gave them advice on getting their clothes on the red carpet.

In November 2004 Renee Zellweger wore a Marchesa dress to the UK premiere of Bridget Jones: The Edge of Reason. Zellweger said: 'This is a new British designer, it's Marchesa. It's weighted and hand-embroidered. I just love it so much.' The fact that the producer's girlfriend had made the gown may just have ignited her enthusiasm.

After Renee, the department store Neiman Marcus offered to stock Marchesa and help the company create a diffusion line. Georgina moved to New York.

The speed with which Marchesa was a success raised some eyebrows. In 2006, the Los Angeles Times published an article titled 'The Harvey Factor?' which observed: 'Competitors complain that Marchesa dresses are worn on the red carpet because the stars — and their agents, managers and lawyers — need to please the powerful Weinstein. Say the word "Marchesa" and publicists groan.'

Naturally, Weinstein — who married Georgina in December 2007 at his waterfront Connecticut estate before a star-studded crowd that included Jennifer Lopez, Cameron Diaz and Renee Zellweger — was among the first investors in the nascent business.

The New York Times reported that he made 'timely contributions in amounts the company would not disclose'. Another primary backer was a good friend of Weinstein's — Giuseppe Cipriani. Here the story of Marchesa takes a darker turn, for it was at Cipriani's New York bar Socialista in 2007 that journalist Lauren Sivan encountered Weinstein. She had dinner with Cipriani and Weinstein before the producer suggested he show her the restaurant downstairs and then cornered her — and masturbated into a plant pot.

Ms Sivan described Cipriani's restaurants as Weinstein's 'hunting ground'. At least three allegations of assault by Weinstein took place at properties owned by Cipriani.

But with Cipriani's money, and Weinstein's encouragement, the Marchesa brand became popular.

Cate Blanchett wore a Marchesa mini to the Rome premiere of The Aviator, while Nicole Kidman, Penelope Cruz and Diane Kruger also graced the red carpet in its gowns. The label was named Red Carpet Designer of the Year at the British Fashion Awards in 2007.

Not every actress, however, was biddable when it came to supporting Weinstein's wife. Actress Jessica Chastain says she was asked to wear Marchesa to the premiere of The Weinstein Company's 2014 film The Disappearance Of Eleanor Rigby. She refused, opting for Versace instead.

Harvey Weinstein later chided her when introducing her at an event. 'He actually told the audience, "If I had to get in a boxing ring with Muhammad Ali or Jessica Chastain, I would choose Muhammad Ali,'" Chastain said.

On October 5, 2017, as Georgina Chapman was at New York Bridal Week presenting Marchesa's latest collection, The New York Times published its exposé accusing Weinstein of paying off sexual harassment accusers for decades.

Upmarket jewellery retailer Helzberg Diamonds cancelled a planned collaboration with Marchesa and its ready-to-wear show was also canned.

Georgina released a statement which ran: 'My heart breaks for all the women who have suffered tremendous pain because of these unforgivable actions. I have chosen to leave my husband.'

In the immediate aftermath, things looked bleak. #BoycottMarchesa began trending on Twitter. A New York fashion publicist was quoted as saying: 'No star is ever going to want to wear the brand again.'

Friend and model Karen Elson said that people assumed Georgina must have been aware of her husband's abuse. In an interview, Karen said: '"She must have known" is what so many people say at dinner parties. The thing that pains me is that when anyone finds out I know George, that's the first thing they say. Like she is somehow responsible for his hideous behaviour.

'When I say, "Well, actually she didn't know," it becomes this other judgment: "How could she not have known?" It's so complicated.'

Georgina gave an interview to Vogue — run by close friend Dame Anna Wintour — to try to put some distance between herself and Weinstein.

She said: 'There was a part of me that was terribly naive. I have moments of rage, I have moments of confusion, I have moments of disbelief. And I have moments when I just cry for my children. What are their lives going to be? What are people going to say to them? It's like, they love their dad. They love him. I just can't bear it for them.'

She went on to claim she 'never' knew. 'That's what makes this so incredibly painful: I had what I thought was a very happy marriage. I loved my life,' she added.

A few months later, Vogue ran a piece asking if it was time to start wearing Marchesa again.

ANNA WINTOUR apparently suggested Scarlett Johansson wear the label to the Met Gala in 2018. Johansson obliged. 'It is my pleasure to support a brand created by two incredibly talented and important female designers,' she said.

A few says later, Dame Anna told The Late Show in America: 'Georgina is a brilliant designer and I don't think she should be blamed for her husband's behaviour.'

There have been other encouraging voices. Steven Kolb, the CEO of the Council of Fashion Designers of America, said: 'Scarlett wearing the dress at the Met hopefully begins to move the brand away from an unfair exile. It should have a place in our industry.'

Actress Priyanka Chopra also wore Marchesa at her New York bridal shower, noting: 'Georgina's a friend of mine, and it's not her fault.'

But the A-list have yet to rush back. At this year's Oscars, the only person to be seen in Marchesa was Heidi Klum.

Last summer, co-founder Keren Craig quit Marchesa, noting her 'tremendous pride' in the brand in a statement. The New York Post noted: 'They almost split up due to Harvey — the way he promoted only Georgina. Without Keren, Marchesa wouldn't last two minutes.'

However, Georgina is not giving up. The brand is still stocked in the same outlets. The firm does not post sales or profits figures, but her people claim that business is 'doing well'. Its daywear, bridal wear and casual wear range is also expanding.

The loss of Keren is said to be 'nothing to do with Harvey', but is instead because she wanted to relocate. Craig herself declines to comment.

Many in the industry wish Georgina well. One publicist observed: 'Look, Georgina's a survivor. If she can survive Harvey, she can survive anything.'

■ *Additional reporting: Daniel Bates in New York*

Caught on camera, the scammers who fleece UK victims

Hacker spies on swindlers through CCTV in India

By **Tom Kelly**
Investigations Editor

FRAUDSTERS at an Indian scam call centre have been filmed mocking British victims as they fleece them out of thousands of pounds.

Horrifying footage shows the crooks tricking people into thinking their computers are infected with pornography then charging to 'fix' them.

Working from an office near Delhi, rows of swindlers used Western aliases like Mary and Chris Lawson to convince their targets they were genuine.

Crime ringleader Amit Chauhan was filmed chuckling as he told staff: 'We don't give a **** about the customers.'

Other fraudsters sniggered at one victim who wept and told how he feared the costly 'repairs' would give him a heart attack.

The footage comes almost a year after the Mail infiltrated a fake HMRC call centre in India and secretly filmed scammers targeting 10,000 Britons a day and threatening them with jail unless

Daily Mail
STOP THE BANK SCAMMERS

they repaid non-existent tax bills. Despite our expose, Britons remain the prime target for international phone scammers with 21million calls a month.

The latest footage emerged after a British hacker broke in to the Indian scam centre's CCTV to spy on the tricksters targeting victims. Using the name Jim Browning, he also obtained recordings of 70,000 phone calls as the crooks fleeced Britons from a Delhi suburb.

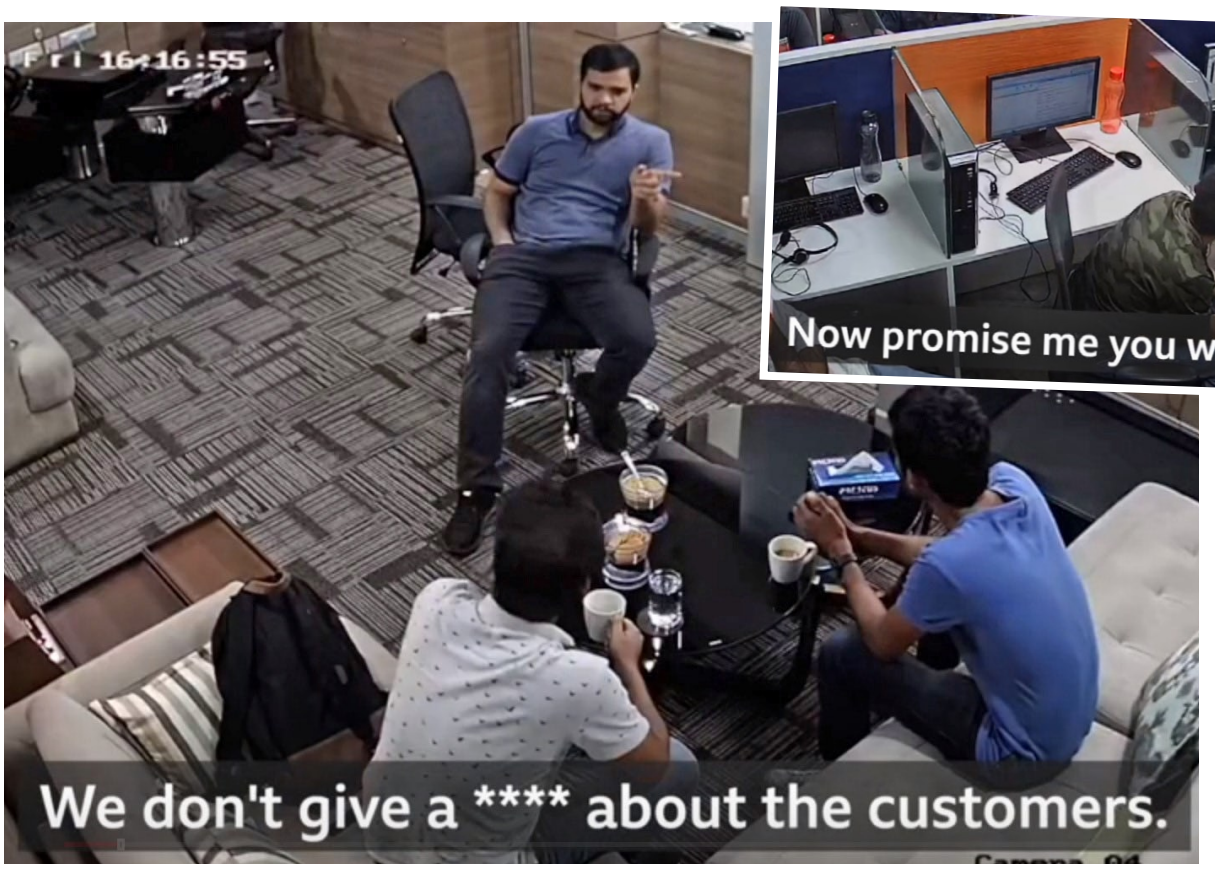
The footage, passed to the BBC's Panorama, showed scammers placing a fake pop-up warning message on people's computers claiming they have been infected with pornographic spyware.

They are told to phone Microsoft for urgent technical support.

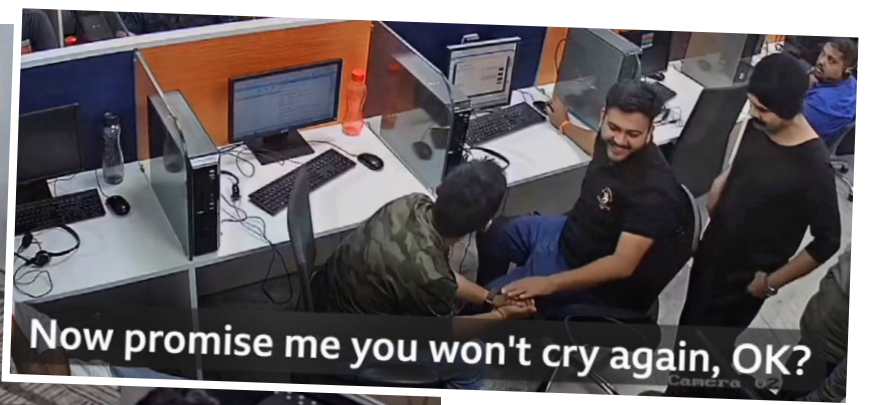
Victims who called the number, which had nothing to do with Microsoft, were charged hundreds of pounds to 'fix' their computer.

In reality, the warning message would have disappeared if they switched their machine off.

The scam, which also targets people in the US and Australia makes the call centre around £370,000 a month. Social media photos show Chauhan living a lavish lifestyle and enjoying holidays including Las Vegas.



Callous: Footage shows Amit Chauhan discussing swindle with staff at Delhi scam call centre he ran



Con: Fraudsters mock target

BRITONS FLEECED BY FAKE TAXMEN

From the Mail, March 18, 2019

Dave Matika, a British victim of the call centre, said the scammer he spoke to kept saying people had been trying to watch child porn via his computer.

'That just kept frightening me, so I actually believed I had to buy a firewall just to save my computer and save my name really,' he added. 'He kept making me think like he was a good friend of mine. I didn't realise it at the time, but he just made it so easy.'

Panorama also claimed PayPal failed to close a fraudster's account despite being warned he was using it to rip people off.

Cash from some victims went directly into Chauhan's PayPal account. One payment came from Briton Perry Adams, who said he warned PayPal he feared he had been scammed and explained what had happened. 'They said that it was not a problem, they would refund the money and they would take up the issue on my behalf and investigate it,' he said.

The cash was refunded but eight months later the fraudster was still using his account to cash in, Panorama reported.

Sameer Sharma, from Delhi police, admitted the crimes were 'difficult to crack'.

He said: 'Because we don't have victims, we [therefore] don't have accused and [that means] we don't have anything. It's very difficult to link the accused with the victim. It's even difficult to find out who is the accused.'

PayPal said it could not comment on the case but remains committed to protecting customers.

A spokesman said: 'We take this responsibility very seriously and use advanced fraud and risk management tools to keep our customers and payments safe.'

EXCLUSIVE PRE-SALE TICKETS FOR THE GRANGE FESTIVAL, HAMPSHIRE

THE Grange Festival in Hampshire, supported by the Daily Mail, is a summer festival like nothing you have ever seen before.

Set in a spectacular English country house, you'll experience world-class opera curated by Artistic Director Michael Chance CBE, who's dedicated to bringing the very best opera and dance to a stunning venue just over an hour from London.

Enjoy a glass of fizz on the portico above the lake before rolling out your picnic blanket on the lawn or sitting down to dinner in the magnificently crumbling interiors of the historic mansion.

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Ballet superstar Edward Watson will premiere a piece created especially for him by in-demand choreographer Mtuthuzeli November.

As the Daily Mail are friends of The Grange Festival, you can book your tickets from TODAY — a whole week before general sale opens on Tuesday, March 10, 2020 — and you'll even receive an invitation to the after show party where you'll have the chance to meet the cast!

INCLUDING AN INVITATION TO THE AFTER SHOW CAST PARTY!

HOW TO BOOK

TO BOOK ONLINE

1 VISIT *www.thegrangefestival.co.uk* and click **'BOOK NOW'** at the top right of the page

2 CLICK on your chosen performance and then select the new **'BOOK NOW'** button at the centre of the page

3 ENTER the code **DMG2020** in the promotional code box and click **'APPLY CODE'**

4 SELECT your date and then **'BOOK NOW'**

5 CHOOSE your seats and click **'CONTINUE'** to add to the basket

6 TO COMPLETE your order, scroll down the page to find **'CHECKOUT'** and follow the remaining steps

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Taylor beats Queen to take sales crown

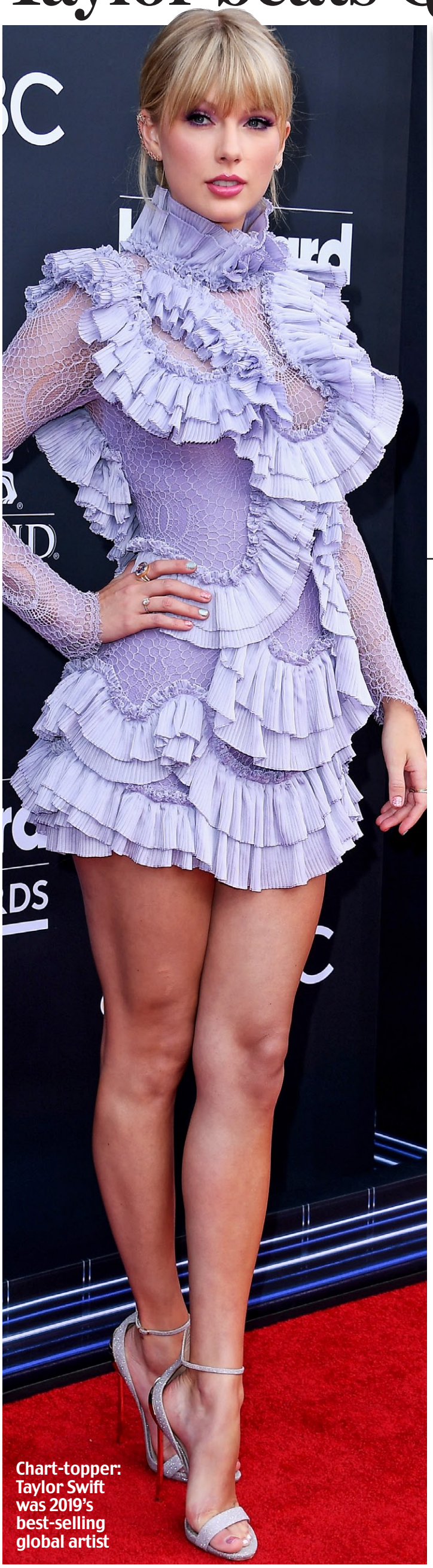


Chart-topper: Taylor Swift was 2019's best-selling global artist

Fab sales: The Beatles are still making list

Show Must Go On: Queen not far behind new stars

By **Jennifer Ruby**
Showbusiness News Editor

POP princess Taylor Swift has been named Global Recording Artist of 2019 – but Queen and The Beatles are still giving her a run for her money.

The 30-year-old singer secured her number one slot thanks to her hugely popular seventh album Lover, released in August.

It topped the charts in more than ten countries and achieved the equivalent of three million sales worldwide – covering both physical and digital formats – by the end of its first week of release.

In the chart collated by the International Federation of the Phonographic Industry (IFPI), Miss Swift is closely followed by Ed Sheeran, Post Malone and musician-of-the-moment Billie Eilish, but classic British rock music still seems to be alive and well.

Queen was the fifth best-selling act of 2019, while the Beatles are at number ten, despite splitting 50 years ago.

'Taylor Swift is the epitome of a truly global star,' said IFPI chief Frances Moore. She added: 'The top ten showcases some of the brightest and most talented artists from around the world, from newer stars, such as Billie Eilish... to legacy acts like The Beatles and Queen.' Other stars making the list include Ariana Grande, Korean boy band BTS, rapper Drake and Lady Gaga.

THE TOP 10

1. Taylor Swift
2. Ed Sheeran
3. Post Malone
4. Billie Eilish
5. Queen
6. Ariana Grande
7. BTS
8. Drake
9. Lady Gaga
10. The Beatles

Onshore wind farms revived

U-turn means they WILL get public cash

By **Colin Fernandez**
Environment Correspondent

MINISTERS have performed a dramatic U-turn on the future of onshore wind farms and announced that they will free up public cash to help Britain cut greenhouse gases.

Onshore wind turbines were blocked from receiving public funds in 2016 – after then Prime Minister David Cameron vowed to get rid of the 'unsightly structures'.

The measure was criticised as it made it much harder for turbines, the cheapest form of clean energy, to compete with other types of power.

But now the Government is under pressure to meet a target to cut the country's greenhouse gas emissions to 'net zero' by 2050 – so more turbines will be needed. As a result, the Government has said that onshore wind and solar can take part in low-carbon power auctions – where energy contracts are awarded after competitive bids.

'Making most of every technology'

Energy Secretary Alok Sharma said ending the UK's contribution to the climate crisis 'means making the most of every technology available, and that includes backing more onshore wind and solar projects'. This will be achieved 'in a way that works for everyone, listening to local communities and giving them an effective voice in decisions that affect them'.

The U-turn comes just days after the Government indicated it would not appeal against a court ruling blocking a third runway at Heathrow Airport. Alethea Warrington, of climate change charity Possible, said: 'After years of campaigning, today we can finally celebrate the UK's cheapest new energy source, onshore wind, being brought in from the cold.'

Killing off funding for wind farms led to a slump in new ones being built. In 2019, 23 new onshore farms were created, with all but one having secured subsidy from before the scheme was closed. This compares to 2014, when 400 onshore wind projects came on stream.

In another turnaround, the Government announced a moratorium in fracking in 2019 – after Mr Cameron had urged the UK 'to get behind fracking'. The Government will also announce that solar power projects can apply for subsidies.

■ Air pollution cuts an average 2.9 years off the lives of people worldwide, a study found. The report by University Medical Centre Mainz in Germany, in the Cardiovascular Research journal, estimated that toxic air causes 8.8million premature deaths around the world each year. It took an even higher toll than tobacco, said to shorten lives by 2.2 years.

World's top beaches under threat from rising sea levels

'We're returning the beach ball. We couldn't find a beach to play on'

AUSTRALIA'S Bondi Beach and other famous sandy hotspots could be at risk from climate change and rising sea levels.

Scientists warn that half of the planet's beaches are under 'unprecedented pressure' and at risk of vanishing or being greatly reduced.

In the UK, one in four beaches could retreat by more than 328ft (100m) by 2100 as sand is washed away by higher seas from melting ice caps and more violent storms.

The European Commission's Joint Research Centre, which analysed satellite images, added the loss could be 810ft (247m) elsewhere. The Gambia, US, Chile, Canada and Mexico would be badly hit, said Nature Climate Change journal.

BLOODBATH

He was an escaped maniac who'd held a family hostage in a lonely cottage for three days. And as our final heartstopping extract reveals, only when the police closed in was the full horror of what lay within discovered

IN JANUARY 1977, Billy Hughes, a vicious, escaped convict, held a family of five at knifepoint at Pottery Cottage in the remote Derbyshire countryside, terrorising and torturing them. Yesterday, in the second extract from a blood-chilling new book on a horrendous crime that shocked the nation, we recounted how Gill Moran tried desperately to appease Hughes in the hopes that he would free her family — including her ten-year-old daughter. In the final part of our gripping serialisation, Hughes has made his getaway, taking Gill as his hostage...

EVIL AT THE COTTAGE

by Carol Ann Lee

AND FORMER CHIEF INSPECTOR PETER HOWSE

Day Three, Friday January 14, 1977: The final hours

GILL MORAN'S fragile grip on reality was at breaking point. She had been sexually assaulted. She had watched helplessly as her husband and mother were bound and gagged.

She had not seen her ten-year-old daughter Sarah and pensioner father for days and feared for their safety.

And all the while she had felt the need to go along with the wishes of the thuggish Billy Hughes, the escaped prisoner holding her family hostage, in the hope that he would not harm them further.

That's why for days she had not dared raise the alarm, though she had had opportunities to do so.

But now everything was unravelling at Pottery Cottage.

She had seen her mortally wounded mother Amy staggering towards her before falling to the ground in a pool of blood. Hughes then hauled her mother's body away, leaving shallow trenches in the snow where her heels dragged.

Gill shook uncontrollably, murmuring: 'Is it true? Am I going mad?' She answered herself: 'Yes, this is madness. It's me. I've gone mad, I am insane.'

She turned and ran in desperation to get away... only to career right into Hughes. He'd piled snow over the body and now was desperate to flee the scene, but the car he was expecting to escape in had stalled and would not restart.

What's more, he knew a neighbour had twigged what was happening at Pottery Cottage and had sent for the police.

A panicked Hughes grabbed Gill's hand and forced her to run, from the house, up to the top of the drive, then along the road.

'Every time a car came along, he pulled me into the ditch,' she said. 'When I held my head up hoping someone would see me, he pushed me down again.'

They crawled along the ditch in the darkness until Hughes saw two cottages. One was the home of Ron Frost, a mechanic. They knocked on the door.

Ron Frost knew Gillian Moran by sight but was surprised to see her on his doorstep, along with a strange man, both of them soaked to the skin and filthy. 'We've broken down,' Gill explained, and he agreed to help them out.

The three of them climbed into the front seat of his pick-up truck to drive to Pottery Cottage. Gill sat in the middle, clinging to Ron. 'He was safety to me.'

Ron was alarmed by her odd behaviour: 'All the way down the road she was digging me in the ribs with her hand. I thought this was very strange.' He wondered who the young man with her was.

The news was full of the escaped prisoner and the police manhunt for him over the snow-bound moors. It crossed his mind it might be Hughes.

At Pottery Cottage, he tied the tow rope from the car to the truck but the snow was so deep it took three attempts to get the car out of the driveway.

They finally made it and, with Ron towing them down the road, Hughes switched the ignition on and the engine fired.

Ron unfastened the tow rope and the car accelerated away. Ron headed back home, until he saw figures in the road, flagging him down. The police had arrived at Pottery Cottage.

They had been alerted by the couple living next door, to whom Gill had finally managed to whisper out the truth. They'd phoned Chesterfield Police, who logged the call at 8.09pm.

Officers were immediately dispatched and found the house ablaze with light and music from a radio blaring inside. DS Bill Miller banged on the front door. 'Police! Is there anyone in here?'

No reply. He broke a window and forced his way in with DC Bob Hassell. The two of them went upstairs, treading carefully around patches of blood on the carpet.

They stopped on the landing, appalled at the sight before them. Richard Moran, Gill's husband, lay face down, head against a chest of drawers.

Blood saturated his shirt, much of it still wet. White flex was pulled tight in a crude knot about his ankles and orange flex secured his arms behind his back.

He had almost managed to work them free before being stabbed to death. Blood pooled on the carpet from a knife wound to his throat.

It was clear he had died only very recently, as had his mother-in-law, Amy. Her body was outside, covered with snow, face down. She had been stabbed multiple times and her throat cut.

Back inside the house, officers found another body. Arthur Minton, Gill's father, lay on his back, his arms tied behind him.

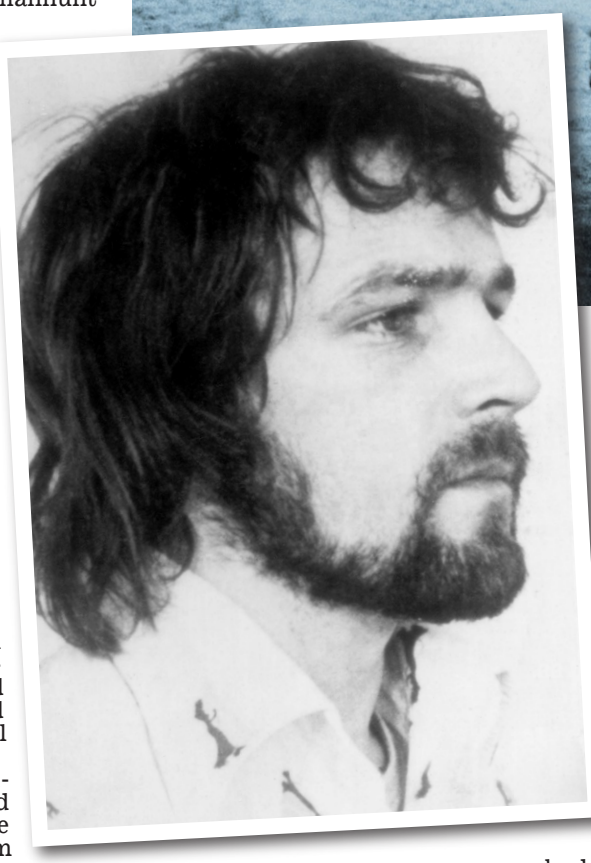
A suede coat and an anorak had been thrown over him and a large teddy bear dressed in blue and white pyjamas had been thrust on his face in a cruelly stupid gesture.

From the appearance and temperature of his body, it was clear he had been murdered at least two days before.

In the Pottery Cottage annexe they discovered little Sarah, lying in a foetal position on the thick carpet of her grandparents' bedroom, curled between the bed and an armchair. Her wrists and ankles had been tied with softer material than the flex. She was gagged.

The injuries to her chest and the deep wound at her throat had bled profusely. Nearby, tucked up in an old pillowcase for a bed, a favourite doll slept soundly. This must have been little Sarah's last act before Hughes murdered her.

Why he chose to do so has never



Chilling cruelty: Billy Hughes

THE KILLER AND HIS CAPTIVES

BILLY HUGHES ESCAPED PRISONER, 28
GILL MORAN, 38, AT HOME IN HER COTTAGE
RICHARD MORAN HER HUSBAND, 41
SARAH THEIR ADOPTED DAUGHTER, 10
AMY MINTON GILL'S MOTHER, 67
ARTHUR MINTON GILL'S FATHER, 74

IN THE SNOW

Murder scene: A police car outside Pottery Cottage, and, inset, ten-year-old victim Sarah Moran

been explained — especially as he had a little girl of his own. Yet he must have killed Sarah very early on, along with her grandfather, perhaps within just hours of infiltrating their home.

Their bodies had lain there for two days, while Hughes carried on the macabre pretence with the others that they were alive and well by taking food to them.

Now, from what had been a close-knit family of five, Gill was the only one left alive — but in the hands of the killer.

AS SHE and Hughes sped through the dark, Gill was completely oblivious to the fact that Pottery Cottage, her home, was now a charnel house containing the bodies of her mother, father, husband and child, all murdered by the man at her side.

'There's a car coming up behind us fast,' Hughes snarled, frowning at the rear-view mirror. 'It's a f***ing cop car,' and he slammed his foot down on the accelerator.

But the pursuing squad car was faster, overtook and, braking hard, came to a halt. The four officers inside jumped out, blocking the road — but Hughes ploughed on, sending them scattering. They took up the chase along the icy road, with Hughes ahead of them reaching speeds of well over 80mph and periodically swinging an axe out of the window.

Ahead, another police car with flashing lights blocked the way but Hughes swerved round it before losing control on a bend. The car spun round and skidded into a drystone wall and was quickly surrounded by police.

Hughes reared over Gill, pulling her head backwards. He had a knife to her throat. 'Back off, coppers!' he yelled, 'or she gets this!'

'He means it!' Gill screamed, shaking uncontrollably, and the police stepped back.

'Get me a car full of petrol,' he demanded, the knife still pressed against Gill's throat. 'Or else.'

DI Geoff Cooper held up his hands. 'All right. Take my car. The keys are in, and it's full of petrol.'

Hughes pushed a whimpering Gill out of the crashed car. 'I could see policemen and I wanted to run to them,' she said, 'but he forced me into the other car.'

Then they roared off at top speed, with a convoy of police vehicles in pursuit. But ahead, an ambush was being set up in the tiny village of Rainow, not far from Macclesfield. Police commandeered a single-decker bus and strung it at an angle across the road.

Hughes hurtled into view round a bend at 70mph, mounted the pavement and managed to scrape past the bus in an ear-splitting shriek of metal on metal, before swerving and crashing head-first into a wall.

There were shouts, screams and the sound of breaking glass as he smashed the two rear passenger windows with his axe. Inside the car, Gill — miraculously unhurt, as was Hughes — lifted her head and saw that 'suddenly, there were policemen all around'.

Hughes quickly pinned Gill down with his body, holding the axe inches from her face. She was hysterical and shook with the shock of it all, making him roar, 'Can't you keep your bloody legs still?'

Chief Inspector Peter Howse — in charge of the hunt for Hughes — was on the scene and ran to the crashed car. He bent down at the shattered nearside window and peered into the dark interior.

'If you come any closer I'll kill her!' Hughes shouted.

'Billy, don't kill me,' Gill pleaded.

Howse backed off to assess the situation. Hughes was trapped all right, but so, too, was his hostage. And the policeman had no doubt that attempting to arrest Hughes would result in him attacking her.

The only option was negotiation, to persuade Hughes to release her and give himself up.

Howse crouched by the broken rear window, raising his hands to show he was not armed. 'There's only me here now, Billy,' he said. 'So let's talk. There's no need to harm Gill. Just calm down.'

Gill felt just a little of the terror that had gripped her over the past three days begin to ebb. 'I have never heard such a wonderful voice in the whole of my life,' she reflected afterwards. 'It had such kindness and gentleness in it. And it gave me so much comfort.'

Howse talked on. 'I don't think you really want to harm Gill, do you? You're a family man yourself. You've got a wife…'

'I'm not bothered about her!' Hughes shouted back in fury. 'No f***er cares about me — and I intend to take every f***er with me if I have to.'

'All right,' said Howse. 'But think about this lady here — she's looked after you for three days, hasn't she? She's done everything for you, and you must think a lot of her after all she's done. Be fair now, give her a chance.'

'She's been all right,' Hughes said grudgingly. 'But you try anything and she's dead.'

He raised the axe closer to Gill's skull, causing her to scream. 'Listen to me: I want a car with a blue light and a working radio. I'll take her with me but I'll let her out on the motorway.'

Gill asked in a small voice, 'Is that right, Billy? You'll let me go?' Hughes nodded. 'You're coming with me but I'll drop you off, you'll be all right.' Gill said nothing. 'I'd got past believing him by then,' she recalls.

Howse shook his head. 'You can have the car, Billy, but I want the woman. Give me your word on that and you can have the car.'

'Billy, please,' Gill begged. 'Give him your word.'

Howse switched tack. 'If I let you have a car, Billy, how far do you think you'll get? You might as well give yourself up now. What can they do to you except send you to prison for a while?'

'I'm not going to prison ever again!' Hughes roared back. 'I'll take all you b******s with me when I go before that happens! And I'll kill her for sure if you don't get me another car.'

'I'll do that,' Howse said. 'But only if you let her go. Then you can take me as your hostage. I'll drive and you can sit behind me with your knife and the axe. I'll drive you wherever you want to go.

'Come on, Billy, I'm giving you the chance to take the easy way out. I want your word, Billy. About her. Look at me.'

'All right then,' Hughes said.

BUT just at that moment a security light clicked on in a nearby property, illuminating the car and causing Hughes to go berserk. He accused Howse of trying to trap him. Then he noticed two officers crouched close by. 'Get those two b******s to back off!' he shouted.

Howse called for the men to withdraw. But now Hughes was getting impatient. 'Time is running out,' he shouted, and made more demands. He wanted the getaway car parked facing Macclesfield. He also wanted cigarettes.

Howse left to do his bidding, and not long after, a police patrol car was driven forward and left with the engine running.

Meanwhile, back among the vast throng of officers now gathered in Rainow, Howse briefed two firearms officers armed with Smith & Wesson .38-calibre revolvers, each loaded with five bullets.

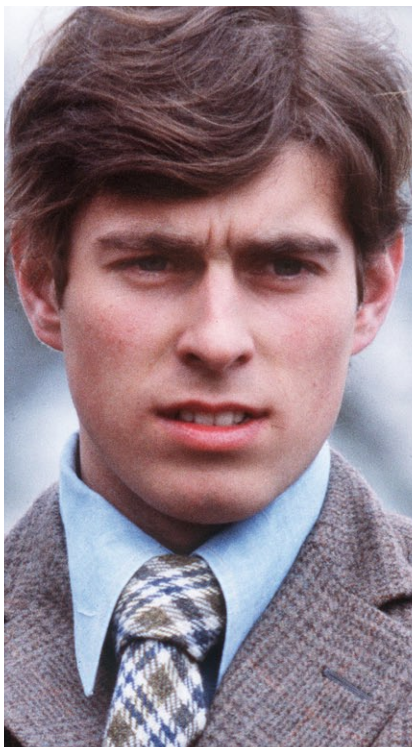
In the dark, they were confident they could get close enough to the driver's side of the car to be in a position to shoot if necessary.

Howse outlined a plan: when Hughes moved to the new car, parked alongside the crashed one, no doubt using Gill as his shield, Howse would attempt to free her. If it came to it and there was no other choice, they should shoot Hughes.

Howse went back to the crashed car, to find Hughes prevaricating. Now he wanted a police cap, a pair of size-eight shoes and more cigarettes. Howse returned to his gathered colleagues, found

TURN TO NEXT PAGE

Introducing Andrew, the latest royal to get the Crown treatment



The real thing: Andrew in 1978

By **Emma Powell**
Showbusiness Correspondent

HE'S largely unknown, but this is actor Tom Byrne getting into character as Prince Andrew for the next series of Netflix drama, The Crown.

Byrne was filming scenes for a Buckingham Palace Easter egg hunt in the spring of 1984.

He was joined on set by Emma Corrin, 24, who had a baby bump under her purple smock dress as she played Princess Diana, and Josh O'Connor, 29, as Prince Charles.

Byrne will play the Duke of York as he meets Sarah Ferguson. The couple wed in 1986 and divorced in 1996. The upcoming fourth season of the Crown, set in the 1970s and 80s, will also cover the duke's service in the Royal Navy during the Falklands War.

It won't touch on more recent events in which he stepped down from his royal duties over his friendship with paedophile Jeffrey Epstein.

Creator Peter Morgan says the show will finish on season five which will take the monarchy 'into the 21st century'.

Picture: SPLASH NEWS

Joining the cast: Tom Byrne as Prince Andrew

FROM PREVIOUS PAGE

someone with the right-sized shoes and returned with them, a cap and cigarettes.

As he approached he talked to Hughes through the front window, trying to distract him from the back of the car, where the two firearms officers were moving forward with their guns.

Howse leant in and dropped the things Hughes had asked for into the car and kept on talking.

'I told him the waiting car was his for the taking, including me as a hostage — if he would let the woman go. It became obvious from his attitude there was little chance of this happening.

'If he was going to make a run for it, the hostage was his only chance of escaping. I think she realised this as well and she became hysterical and began pleading with him again.'

Hughes told Howse to back off, but the officer held his ground, determined to stay close enough to react to whatever happened next.

He had made up his mind to tackle Hughes when he left the car, to go for his legs, hoping he would slip on the ice so he could pin him down until help arrived. 'Behind me I could hear the low throbbing of the getaway car, whose doors lay invitingly open.'

Hughes leaned towards Gill, telling her to get ready to move. But she was now a long way past following his instructions. Her shoulders shook and she wailed her refusal.

Hughes became angry, then incensed. And then he lost control. After a stream of threats directed towards Gill, he did what he had done so many times before in his life of petty crime, violence and broken relationships: he blamed someone else for problems of his own making.

He screamed at Gill, 'It's your fault!'

'Just release her, Billy ...' Howse called out, but Hughes had finally snapped. Shouting 'Your time is up!' he swung the axe at Gill. She shrieked, diving forwards towards the car door.

Howse sprang up. Plunging through the rear window, he grappled with the raging Hughes, who struck Gill a glancing blow on the side of her head with the axe. She screamed and shrank further into the corner.

Hughes brought the axe down again, this time on Howse's forearm. Fortunately it landed on its flat side.

In the dark of that confined space, Howse struggled to protect Gill with one hand while trying to wrestle the axe from Hughes with the other — when a shot rang out.

One of the firearms officers had made it to the rear passenger window and fired at Hughes. The bullet skimmed off the door and penetrated his scalp, where it remained embedded.

'Bloody hell,' Hughes groaned, yet fought on, struggling with Howse for the axe. Gill cowered, screaming, against the door.

The armed officer raced round to the driver's door and fired again, his shot entering Hughes's left shoulder blade and travelling up into his chest. But Hughes still wouldn't go down.

Just in time, the second armed officer arrived at the front of the car, took aim and fired. Inside the vehicle, Howse felt Hughes's body shudder as he fell backwards, finally losing his grip on the axe in his death throes.

Howse prised himself from the car, his arm numb from the blows of the axe. He saw Gill still cowering in her seat and helped her from the car. 'Are you all right?' he asked.

She moved her head slightly, staring straight ahead, before being taken off to hospital.

SOME time later, a police superintendent came and sat beside her bed, and Gill listened as he quietly told her everything that had happened back at Pottery Cottage.

When he finished, she said steadily, 'There's no one left then?' He reached for her hand and said in a voice thick with emotion, 'No, love. No one.'

Shortly after, a police photographer arrived to take pictures of her injuries and found her 'sedated and almost supernaturally calm; awake but with no emotion whatsoever.'

To friends who visited her, she said: 'Don't feel sorry for me, feel sorry for the ones I've lost.' But she revealed her real emotions to feature writer Lynda Lee-Potter, who interviewed her in considerable depth for the Daily Mail.

At their first meeting, Lee-Potter recorded: 'Gill wept convulsively with her arms tightly wrapped round her body, swaying backwards and forwards.

'Horror and grief annihilated her.'

■ GILL MORAN managed to rebuild her life, despite all she had endured and the loved ones she had lost. She married Jim Mulqueen and moved to Ireland, where she still lives. She signified to the authors her consent for the re-telling of her story.

THE Pottery Cottage Murders by Carol Ann Lee & Peter Howse, published on March 5 by Robinson at £18.99. © Carol Ann Lee & Peter Howse 2020. To buy a copy for £15.20 (20 per cent discount; P&P free) go to mailshop.co.uk or call 01603 648155. Offer valid until April 30, 2020.

March 3, 2020

ON THIS DAY

FROM THE DAILY MAIL ARCHIVE

MARCH 3, 1960

SERGEANT Elvis (the Pelvis) Presley, his two years of Army service over, flew home to America from Frankfurt. The screams of American and Scots teenagers competed with the noise of aircraft engines when Presley's plane landed en route at Prestwick where Elvis signed autograph books at the U.S. Air Force base.

MARCH 3, 2000

AS THE 84-year-old former Chilean dictator, General Augusto Pinochet, was flown home to Santiago yesterday, the British taxpayer was left with the bill triggered by Pinochet's arrest in London in 1998. The legal charges for the 16-month court battle [after Spain issued a warrant for Pinochet on murder charges] plus his round-the-clock security look like topping £15 million.

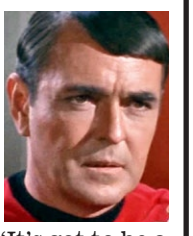
HAPPY BIRTHDAY

RONAN KEATING, 43. The Irish singer-songwriter was working in a Dublin shoe shop when he saw an advert for auditions which led to him becoming frontman of Boyzone. His first solo single was When You Say Nothing At All from the soundtrack to Richard Curtis's film Notting Hill. Keating said: 'As soon as he mentioned the title, I was hooked.' The song reportedly made the film's Julia Roberts cry when she heard it.

MIRANDA RICHARDSON, 62. The Bafta-winning actress, right, played Ruth Ellis, the last woman to be hanged in Britain, in Dance With A Stranger (1985) and Queenie in Blackadder II. She became interested in falconry aged 12 and says of the birds of prey: 'I love them, they're fascinating, and there is a bond; it's not the same as a dog or a cat but they do get bonded with specific people.'

BORN ON THIS DAY

RONALD SEARLE (1920-2011). The cartoonist from Cambridge was the creator of the St Trinian's School comic strip series. During World War II, Searle was captured by the Japanese and worked as a forced labourer helping to build the Burma railway. He documented his experience in hundreds of sketches which he hid under the mattresses of men dying from cholera.



JAMES DOOHAN (1920-2005). The actor, right, who was among the Canadians who landed on Juno Beach during D-Day, auditioned for the part of Montgomery 'Scotty' Scott in Star Trek. When asked which nationality he thought worked best for the character, Doohan said: 'It's got to be a Scotsman if he's an engineer.' He is forever associated with the catchphrase 'Beam me up, Scotty'.

ON MARCH 3...

IN 1894, William Gladstone resigned as prime minister, aged 84.

IN 1973, Slade notched up their fourth No1, with Cum On Feel The Noize.

WORD WIZARDRY

GUESS THE DEFINITION: Fringilline (c1850)

A) Relating to a mushroom. B) Fruity.
C) Relating to a finch. *Answer below*

PHRASE EXPLAINED

Tail wagging the dog: A small component dominating the whole. From the 1800s, it alludes to a happy dog wagging its tail so much its entire body moves.

QUOTE FOR TODAY

What a queer thing life is! So unlike anything else, don't you know, if you see what I mean

P.G. Wodehouse, English writer (1881-1975)

JOKE OF THE DAY

WHAT'S yellow and stupid?
Thick custard.

Guess The Definition answer: C.

Compiled by ETAN SMALLMAN and ADAM JACOT DE BOINOD

Jodie: Just when I was relaxed being single, along came love

By **Emma Powell**
Showbusiness Correspondent

AS psychopath Villanelle in Killing Eve, her unwitting love interests tend to meet a brutal demise.

But Jodie Comer has revealed she's 'very much' in love and 'going with the flow' with her off-screen partner.

The Liverpudlian actress, 26, who last year claimed to have 'zero' love life, remained coy about the identity of her new partner, but said the relationship happened naturally when she was feeling 'relaxed' as a singleton.

'I think love's the best,' she told British Vogue. 'I'd been single for a while and just kind of going with the flow and doing my thing. That's the thing, isn't it? When you're relaxed and letting the universe do what it's doing, things kind of fall into place.'

Miss Comer previously opened up in an interview with the Telegraph in 2018, saying: 'My friends are in Liverpool, I have a boyfriend in Liverpool. He isn't in the industry so this is an interesting job for him to understand.'

The couple are believed to have split in March last year, with Miss Comer joking that her murderous Killing Eve alter ego can scare men off.

E-bike rider cleared of killing pedestrian

He's not guilty of careless driving despite hitting 30mph

By **Inderdeep Bains**

AN electric bicycle rider has been cleared of killing a woman by careless driving in the first case of its kind.

Bricklayer Thomas Hanlon, 32, was said to have been travelling at up to 30mph before he ploughed into Sakine Cihan, 56, before leaving the scene without checking on her.

She was left bleeding with multiple fractures and was rushed to hospital by ambulance but died of a brain injury the following day.

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

By law, bicycles with an electric motor can only be driven without a licence or insurance if their power is limited, and the motor automatically switches off at speeds above 15.5mph.

But the court heard Mr Hanlon's bike was capable of travelling at double that speed – so it was classed as a motorcycle, and a rider would need a licence.

Mr Hanlon, of Hackney, east London, was charged with causing death by careless driving and driving while uninsured and unlicensed. But an Old Bailey jury deliberated for over an hour yesterday to find him not guilty of all charges – including an alternative charge of careless driving.

Mr Hanlon was riding a modified £850 red 'Hardrock' mountain bike, which had been fitted with a high-powered motor, and was travelling up to 10mph above the 20mph speed limit in Dalston, east London. The court heard he had slowed down before colliding with Miss Cihan as she crossed Kingsland Road on August 28, 2018.

Collision: Thomas Hanlon

Brain injury: Sakine Cihan

Jurors were shown CCTV of Mr Hanlon riding the bike moments before the crash as Miss Cihan tried to cross the road – despite the lights being green.

Mr Hanlon's barrister Claire Howell said road users are 'entitled to assume pedestrians will follow right of way' and so his perception response time may have been 'longer than two seconds' when Miss Cihan stepped out.

She also said Mr Hanlon thought his bicycle qualified as an e-bike rather than a motorcycle, explaining why he did not have a licence.

Mr Hanlon told police he braked when he saw the victim in the line of his speeding bike, but didn't have time to stop. Expert witness Paul Summerton confirmed that when Mr Hanlon approached the crossing he was doing between 27 to 32mph – at least 7mph above the speed limit – but had slowed to between 20 and 23mph by the time of the crash.

'Arms and legs everywhere'

Another cyclist, Raymond Murphy, said he was overtaken by the speeding bike swerving and cutting through traffic and the next thing he saw was 'arms and legs everywhere, flying in the air'.

Joshua Stubbs, who was outside a nearby cafe with his three-year-old daughter, saw Mr Hanlon collide with the pedestrian's head before they both fell to the ground. He said Mr Hanlon 'looked dazed and confused,' and that 'the lady lay motionless on the road'.

Mr Hanlon then left the scene but turned himself in after an appeal by the Metropolitan Police. He told officers: 'She [Miss Cihan] rushed out in front of me to cross and she didn't even look at me, she didn't look left or right... basically I could do nothing.'

The prosecution claimed Mr Hanlon's speed amounted to driving without due care and attention.

In a statement, Mr Hanlon accepted he did not have the relevant licence or insurance, but said the way he was driving was not the cause of Miss Cihan's death.

Sebastian SHAK

Zeta's boy rocks out in Big Apple

HIS parents may be Oscar-winning actors, but it seems the son of Catherine Zeta-Jones and Michael Douglas is determined to put the 'rock' into Hollywood royalty.

Dylan, 19, posted a video on social media of him performing as the singer for a band in New York where he is studying at the private Brown University. Strutting about the stage and screeching into the microphone, young Dylan described the evening as: 'My kind of Friday night.'

■ *TREASURY minister Jesse Norman is doing his bit for the planet by frequently forgoing the ministerial limo. Such is his devotion to green policy that Norman even cycled to Buckingham Palace the other day for his swearing in, by the Queen, as a member of the Privy Council.*

Is Fergie treading a fine line with pen 'ad' aimed at fans?

FORBIDDEN from exploiting the 'Sussex Royal' trademark around the world, the Duke and Duchess of Sussex should take a leaf out of Fergie's book.

For I can disclose that the irrepressible Sarah, Duchess of York, has alighted on a new way to bring home the bacon — by forging a commercial partnership with one of the most illustrious Italian manufacturers of luxury goods, Montegrappa.

Fergie has teamed up with the company to bring out a new range of fountain pens, inspired by the colours of nature.

'I'm old-fashioned and almost always work in long hand,' says the 60-year-old children's author on social media, explaining that all her words flow onto the page from Montegrappa nibs.

'I use one of these pens to write my books.'

The 18-carat gold nib on every pen is engraved with Fergie's personal monogram 'S'. The price? A snip at £2,000 apiece.

Fergie's spokesman hastens to explain that the Duchess does not lay claim to the lion's share of the takings. 'She gets a small royalty,' he tells me. 'She gives a percentage of that to the charity Street Child.'

There appears, though, to be a fly in Fergie's inkwell, as Matt Wilson, media and public affairs manager for the Advertising Standards Agency, explains.

'If the Duchess has entered into a commercial relationship with the fountain pen brand,' he tells me, 'that is an ad and it should be disclosed as an ad.

'As members of the public, we should all know when what we see and hear and interact with is advertising. When it comes to social media, that means full disclosure.'

Fergie's spokesman insists she has done nothing wrong. 'It's very clear on all the social media postings by the Duchess that it is a commercial venture,' says a spokesman.

■ *MAUREEN LIPMAN was insulted to be mistaken for the mother of Rula Lenska, who is just one year her junior. Lipman had lost her bag while travelling to London with Lenska and thought she might have left it in Sainsbury's. When she rang the shop, they asked her: 'Were you the lady in the hat?' She replied: 'Yes! I may have put my bag down...' 'Oh yes,' he said, 'and you were with your daughter.' Pause. 'My daughter?' 'Yes, with the red…' 'Yes, my 72-year-old daughter, Rula Lenska.'*

Signed up: Duchess with the pens

£1 MILLION* PASSPORT TO RICHES

TODAY'S CITIES — TUESDAY, MAR 3

SINGAPORE	TOKYO
LISBON	HELSINKI

INSIDE Saturday's Daily Mail there was a unique Passport to Riches weekly gamecard, and the first four cities were printed on a Passport to Riches page inside the newspaper. Today, in the 'TODAY'S CITIES' box (to the left of these instructions), are four new cities.

HOW TO PLAY

1. Use your unique gamecard from Saturday's Daily Mail to play this week's game (final week).
2. Every day, circle the four cities on your gamecard which match the four cities in the 'TODAY'S CITIES' box (to the left of these instructions).
3. We will print the names of four different cities inside the Daily Mail and The Mail on Sunday every day on the Passport to Riches page, until Friday, March 6.
4. If at any time until Friday you match ALL of the cities in a single column (downwards), you will win the prize shown above it. The player on the example gamecard on the left would win £10,000.

HAVE YOU MATCHED ALL OF THE CITIES IN ONE COLUMN ON YOUR CARD?

HOW TO CLAIM

■ If you have matched and circled ALL of the cities in a single column (downwards) on your gamecard, call the claim line on **0345 071 2722** between 9am and 4pm, no later than Friday, March 6, 2020.
■ Make sure you have your gamecard ready when you ring for verification. Calls will be charged at local rates.
■ Claims will not be accepted after 4pm on Friday, March 6, 2020.

GET TOMORROW'S Daily Mail FOR THE NEXT FOUR CITIES

TERMS AND CONDITIONS: *£1 million is the total prize fund over four weeks. Game open to UK residents aged 18+ only. If you need help with your gamecard, please call 0345 071 2722. Prizes are spread across four separate issues of the gamecards available inside the Daily Mail on February 8, 15, 22 and 29. The promoter reserves the right to declare as void any claims resulting from printing, production or distribution errors. You must retain original newspaper and follow our instructions to verify a claim and claim your prize. Prize must be claimed between 9am and 4pm by the Friday following each gamecard being issued i.e. February 14, 21, 28 and March 6. All entries must be available for verification. Prize will be transferred to winner within 28 days from verification. Publicity may be given to winners and images may be published in the paper and on our website(s). Winners must co-operate fully for publicity purposes. Winners' names are available by sending SAE to 'Passport to Riches Winners' at Promoter's address, up to one month after relevant closing date. Promoter: Associated Newspapers Ltd, 2 Derry Street, London, W8 5TT.

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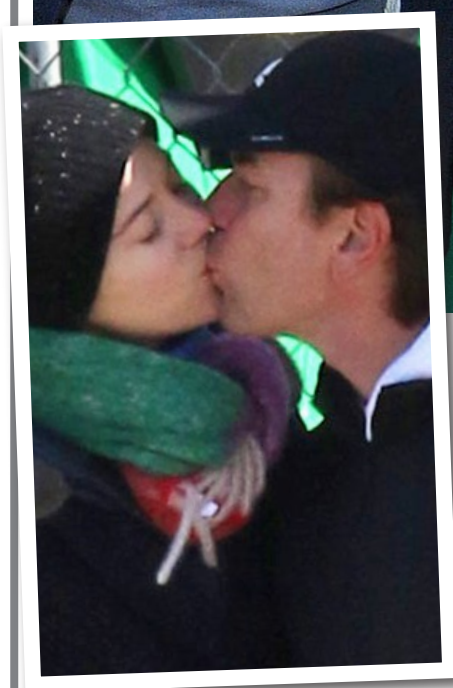

Display: Mary and Ewan smooch

Ewan and lover seal it with a kiss

TRAINSPOTTING star Ewan McGregor put on a very public display of affection with his younger girlfriend, Mary Elizabeth Winstead, in Manhattan at the weekend.

Ewan, 48, shared a smooch with Fargo actress Mary, 35, while walking through Hudson River Park (pictured left).

After McGregor left his wife of 22 years, Eve Mavrakis, for Mary, his daughter Clara dubbed the other woman 'a piece of trash' and called her father an 'a****e'.**

■ *FOR his next adventure, former Today programme host James Naughtie is taking inspiration from the Beat writers. 'I've got a book coming out soon called On The Road. Jack Kerouac's dead so I can call it that,' he tells me at a party to celebrate Baroness Kennedy's time as chair of the Booker Prize Foundation. 'It's 50 years of me going to America. It's quite a fun book, actually. I first went when I was a student and it covers my American adventures, from Nixon to Trump.'*

£700,000 Tom plays a Blinder

PEAKY Blinders star Tom Hardy knows how to make a killing. I can reveal the 42-year-old, who plays a mob boss in the BBC drama, made a staggering £700,000 profit last year for his production company, 33 1/3rd.

The figures are reported in new accounts for the year ended May 31, 2019, and takes the net worth of his company — the nature of which is listed on Companies House as performing arts — to £1,830,749.

Bishop and wife take up splendid self-isolation

THE new Bishop of Hereford, Richard Jackson, styles himself Rick the Vic. So let's hope it is not a case of Rick the Vic is Sick, as I discover he has gone into self-imposed quarantine at the Bishop's Palace in Hereford having just returned from a holiday in Venice.

'He's taken the very precautionary measure of self-isolating,' Sarah Whitelock, communications director for the diocese of Hereford, tells me. 'He didn't visit any of the towns in northern Italy affected by the [COVID-19] virus, but decided to remain in self-imposed isolation for the recommended 14-day period to avoid any risk.'

He does, though, have the consolation of companionship: his wife, Deborah, was on holiday with him and has joined him in palatial quarantine.

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Low-carb diets transformed all our lives

Lost fat round middle

Yes, it can reverse type 2 diabetes... but as the Mail launches an exclusive series on the benefits of a low-carb regimen, these inspiring stories reveal how it can help beat a host of other conditions

AS MANY as two million Britons are at risk of developing type 2 diabetes in the next five years, according to alarming new NHS figures.

They have non-diabetic hyperglycaemia, or pre-diabetes — unhealthily high blood sugar levels. If they don't take action, they could soon be joining the four million or so already diagnosed with the disease, which significantly increases the risk of premature death.

Type 2 diabetes occurs when the body becomes resistant to the effects of the hormone insulin, which is produced by the pancreas and takes glucose out of the bloodstream and into cells. The condition is typically linked to being overweight, which makes this process less effective, so more and more insulin is needed to do the job.

Ultimately, the pancreas becomes overwhelmed and starts producing less insulin, leaving more glucose circulating. This results in type 2 diabetes. If blood sugar levels are inadequately controlled, this can lead to complications including eye problems, nerve damage, heart attack and stroke.

As well as the personal cost to the patient, the NHS bears the growing financial burden, with one in six hospital beds now occupied by someone with diabetes.

Medication and significant weight loss (through surgery or diet), plus lifestyle changes, reduce the risk of complications in some cases.

A low-carb diet is having significant success in GP practices throughout the UK, as the Mail will reveal in a major series starting this Saturday.

This features Dr David Unwin, one of the pioneers of the low-carb movement — as a NHS GP in Southport, he has seen impressive turnarounds in his patients' weight and type 2 diabetes — plus low-carb recipes from chefs Giancarlo and Katie Caldesi, written exclusively for the Mail.

The low-carb approach is based on the idea that people who develop type 2 diabetes have a problem with sugar. This includes not only the obvious table sugar, but also the sugar hidden in many foods, such as those with a lot of naturally occurring sugar — fruit juice, for example — and starchy carbohydrates including bread, rice and potatoes, which are broken down into sugar in the body.

The GPs offering a low-carb approach report that some type 2 patients following it have been able to reduce and even come off their diabetes medication as a result.

And it's not just type 2 patients who are benefiting, as the stories of these patients here reveal. Experts have been warning of an epidemic of non-alcoholic fatty liver disease, which is closely linked to type 2 diabetes and obesity.

It starts with the build-up of fat cells in the liver and, in some cases, can progress to inflammation, scarring and liver failure. As many as one in three people in the UK is estimated to have early signs of non-alcoholic fatty liver disease, according to the NHS.

Here, we talk to patients with type 2 diabetes, fatty liver disease, and even polycystic ovary syndrome (a hormonal condition that affects up to one in five women), who have used low-carb diets to tackle their conditions, with life-transforming results.

I USED IT FOR HORMONAL CONDITION

SALLY REYNARD, 51, a consultant obstetrician, lives with husband David, 51, and daughters Lexi, 17, and Bea, 16, in Oxford. She says:

I'VE always been on the plump side and struggled with my weight. As a teenager, I tried every diet going, from the cabbage soup diet to the high-fibre diet — you name it, I've tried it — but they just left me feeling ravenous.

I couldn't understand why some people could eat pasta or a jacket potato and be full for hours. I assumed that I was simply greedy, or had no will-power. It felt like my body was conspiring against me.

What I didn't realise was that I had polycystic ovary syndrome (PCOS), something that I've since discovered affects other women in my family, too. My symptoms included irregular periods and storing fat around my tummy.

I don't tend to weigh myself, but I remember being distraught when, nine days after Bea's birth, I went shopping for clothes and had to buy jeans in a size 22.

My friend saw how upset I was and recommended the low-carb, high-fat and high-protein Atkins diet. She gave me the book and over the following days, while I breastfed my new baby, I read up on the science behind low-carb diets. It was as if a lightbulb went on in my head as I realised that all the diets I'd tried in the past had been doomed to fail.

Later, when I started my medical training, I learned that PCOS can cause insulin resistance. My body couldn't process refined starchy, carbs effectively.

I then worked with a doctor in a fertility clinic who advised women with PCOS to try a low-carb diet.

It was the first time I'd come across a medic giving such advice, but he explained that this type of eating plan may result in weight loss, which would improve the women's chances of getting pregnant, even if they remained above a normal body mass index (BMI).

I started my low-carb lifestyle when Bea was a few weeks old, by cutting out sugar and refined carbs including flour and pasta. I started eating lots of green, leafy vegetables and salad, which are packed with vitamins and minerals.

In the past, I'd always gone for low-fat products, and even my GP had told me to cut down on fat if I wanted to lose weight. But I learned to choose 'good' fats such as olive oil and coconut oil to keep me fuller for longer and help stabilise my blood sugar.

Having stopped eating refined carbs, I finally lost weight, and over the next couple of years I dropped from a size 22 to a size 10/12. I never felt hungry, as I ate more chicken, fish and nuts. Not only that, but I found that the cholesterol levels in my blood, which my GP had been worried about, had dropped to normal levels.

In my practice I recommend that women who are larger, and so at risk of gestational diabetes, reduce the amount of sugar and refined carbs they eat, in order to minimise their risk of developing diabetes during their pregnancy.

I advise them to consider the colour of the carbs they eat. They should try to avoid 'white carbs' such as sugar; reduce the 'beige carbs' such as white bread, pasta and white rice; eat 'brown carbs' such as wholemeal bread in moderation; and eat lots of green 'veggie carbs'.

Following a low-carb diet has made me feel so much healthier. It's difficult to say whether it improved my other PCOS symptoms, but certainly the stubborn fat around my middle reduced, and in my 40s I had so much energy and exercised regularly — I even took part in half-marathons.

My daughter Bea takes after me and always seemed to love her carbs. When I realised she was struggling with low energy levels and feeling grotty, I suggested that she tried reducing the amount of refined carbs she ate.

At first, she was horrified, but she's now embraced a low-carb lifestyle. She even had a low-carb cake made with almond flour for her 16th birthday.

I try to stick to my low-carb diet as much as possible. I don't tend to be hungry in the morning, so rarely have more than a coffee at breakfast time. For lunch I'll have chicken and a green salad with vinaigrette dressing, or boiled egg with salad and either spinach or avocado. For supper, I eat a lot of chicken breast or salmon with salad.

I heard about the Caldesi cookbook through friends, and Bea now makes some delicious recipes from it. She's a great cook. We've started adapting

HEALTH

Dropped three dress sizes

Blood pressure of 25-year-old

Shed almost 9st

Pictures: RANN CHANDRIC

Disciples: Sally and daughter Bea, Brian and Anna

recipes, too, so we'll swap a normal pizza base for a cauliflower base, or use spiralised courgette instead of carb-heavy pasta.

Recently, I've put some weight on due to going through the menopause and then developing breast cancer. But I'm back to eating well now, and exercise twice a week. At 51, what's more important to me than looking slim is feeling, and being, healthy. That's why I'm sure I'll continue this way of eating in the years to come.

NEW DIET MADE MY SKIN CLEARER

SALLY'S daughter Bea, 16, also benefited from the low-carb diet. She says:

LIKE my mother, I have struggled with my weight since I hit puberty. I noticed that I was fast becoming uncomfortable in size 14/16 clothes. I do a lot of dance including ballet, but, as I got heavier, I was finding it harder.

It got to a point last September where I left a dance class in tears, and I rang my mum saying I had to do something about my weight.

I was aware of the success she'd had on her low-carb diet.

I had always resisted trying it myself, because I love cooking and baking. One of my favourite foods to make is pavlova, and I didn't think you could make one without sugar. I've since discovered you can — with sucralose or stevia instead.

I didn't want to do the diet half-heartedly, so I cut out all refined carbs straight away to see if it made any difference. I'm at boarding school where we are provided with meals three times a day, and often these are high in carbs — take pasta bake, for instance.

It was quite a challenge, but I started by having bacon and egg for breakfast; a salad with ham or tuna for lunch; then Bolognese with salad for dinner, for example. For snacks, I'd grab some nuts, a slice of salami or a bit of cheese.

I noticed the change in my energy levels first. Without the carbs I felt less weighed down and more energised.

By Christmas, I noticed my clothes were getting looser. Jeans I'd worn for three years were suddenly too big, and I had to buy some new clothes. I was amazed when I recently bought some size 10 jeans.

I don't want to lose much more weight, so I've been introducing other foods such as apples and quinoa into my diet.

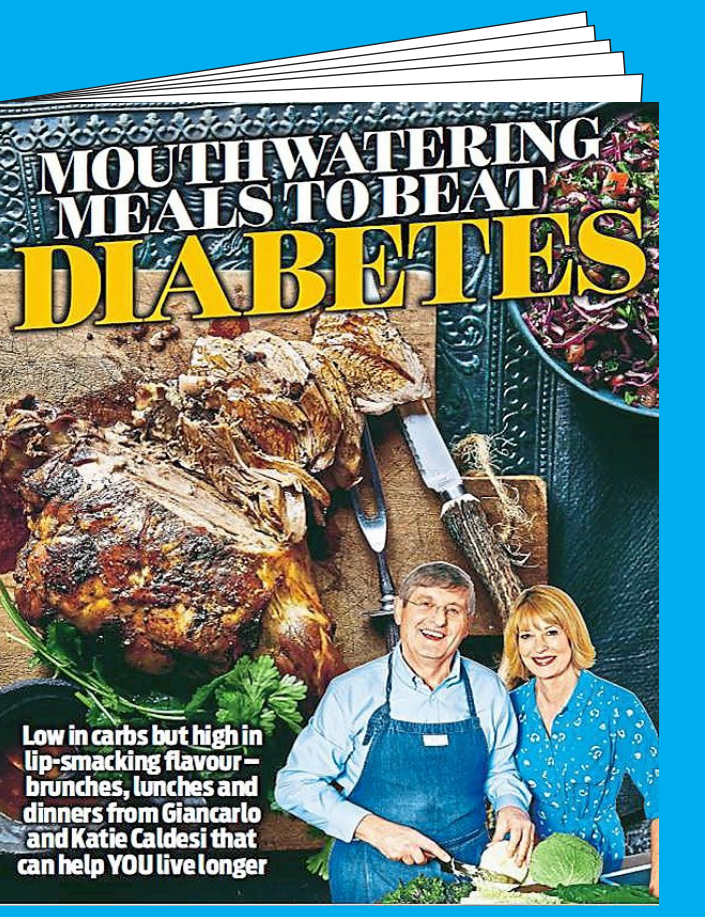
I gave myself two weeks off at Christmas to enjoy some of the traditional foods, but afterwards I felt bloated and sluggish, so I am not sure it was worth it.

Not only have I lost weight, but my skin is clearer. I now enjoy running, which is something I never thought I'd say. I've gone from not being able to jog 100 metres to happily running three miles.

I'd recommend a low-carb diet to anyone who wants to try it to see if it feels right for them. Lots of people

TURN TO NEXT PAGE

DON'T MISS: FREE INSIDE SATURDAY'S DAILY MAIL



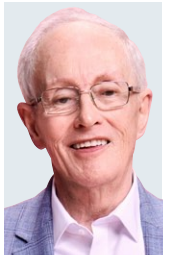
LOW-CARB RECIPES TO IMPROVE YOUR HEALTH

WITH NHS GP Dr DAVID UNWIN AND TV CHEFS GIANCARLO AND KATIE CALDESI

FROM PREVIOUS PAGE

think they could never live without refined carbs, but you might be surprised.

YOU'RE NEVER TOO OLD TO BREAK BAD HABITS



BRIAN CLARK OBE, 81, a retired engineer and widower with two daughters, lives in Southport, Merseyside. He was diagnosed with type 2 diabetes in 2005. After following a low-carb diet his weight has dropped from 15st 11lb to 10st 8lb and he has stopped taking medication for type 2 and high blood pressure. He says:

AFTER I got back from a cruise in 2018, my GP, Dr David Unwin, phoned me excitedly and asked me what I'd been doing, as my blood sugar had come down and I'd lost a few pounds.

I told him I'd been eating well on the cruise, having more protein such as lean meat and fish, and more vegetables than usual, as well as less bread, pies and pastries. It was then that he suggested I try the low-carb diet.

I'd had type 2 diabetes for 13 years and had been on insulin injections for almost all that time. My health had deteriorated quite a bit.

As a young man I was a champion runner, but I gave up athletics when I started work and developed unhealthy habits, including smoking and a liking for pies and chips. I took no formal exercise and told myself I was getting enough by being on my feet at work.

After I retired and became a carer for my late wife I didn't get much time to look after myself and take exercise, so my weight crept up.

By 2016, I weighed around 15st, so at 5ft 5in tall, I was quite plump — my BMI was 38.4, which made me 'obese'. I didn't feel well, either; I had no energy. My blood sugar was also high, and I seemed to need higher and higher doses of insulin.

After Dr Unwin's call I decided to give the low-carb diet a go.

It was a very different way of eating — previously my breakfast would have been fruit juice and a sugary cereal with milk, but I switched to black coffee, a piece of cheese and an apple, or Greek yoghurt with berries. Once a week I treated myself to a traditional English breakfast. This was not too dissimilar to how I had eaten on that cruise.

For lunch, I'd have a two-egg omelette with mushrooms, or smoked fish with steamed green vegetables. Dinner would usually be a salad with chicken or cured meat, avocado or prawns. I made the effort to include vegetables with every meal so my diet was much more varied.

I also started exercising once a week, and now I do a workout with a personal trainer for an hour a week, too. I've become a lot fitter, stronger, with more energy. People say I look ten years younger, and I feel it.

As well as losing the weight, I've come off insulin and diabetes tablets, and my blood pressure is 118/68, which I've been told is what you'd expect in a 25-year-old. I was proud to be told this.

I'm living proof that it's never too late to change bad habits.

I BEAT MY FATTY LIVER DISEASE AND SLEEP ISSUES

ANNA EASTWOOD, 60, a retired nurse, lives with husband Peter, 55, in Southport, Merseyside. She weighed 21st 9lb — she is 5ft 3in — and had non-alcoholic fatty liver disease. After going low-carb, her weight dropped to 12st 13lb, reducing her BMI from 53.6 to 32. Her liver is back to normal. She says:

I'D REACHED the point where I hardly went out as people would shout insults at me for being overweight. Once I was in a restaurant and someone shouted 'fat cow' at me. I felt so hurt and humiliated. My weight problem was partly down to bad arthritis — I could barely walk. I'd been on tranquilisers for PTSD from childhood trauma and weight gain was one of the side-effects.

I did all I could to lose weight. I ate a high-fibre cereal and skimmed milk for breakfast; pasta and chicken in a low-fat sauce with lots of vegetables for lunch; and dishes such as Quorn stews in the evening, or rice or pasta. The portions I ate weren't overly large, either — I even had a plate with portion sizes marked up on it.

Two years ago, I tried the keto diet [a more extreme version of a low-carb approach that involves eating a diet with 75 per cent fat, 15 per cent protein and 10 per cent carbs] and lost 7st in six months. I didn't crave carbs as much as I did when I was eating them, as I had no sugar highs and lows.

However, I developed bile duct stones and was told I'd been eating too much fat. My gastroenterologist said I should switch to a low-fat diet. Within eight months I regained all the weight I'd lost. That was proof that the low-fat/high-carb diet didn't work for me, and I sought medical advice.

By this time not only was I suffering from sleep apnoea, where you temporarily stop breathing in your sleep, but I'd also developed severe non-alcoholic fatty liver disease — my liver was twice its normal size in a scan, and I was told I was at risk of cirrhosis and ultimately liver failure. As a nurse I'd looked after people with end-stage liver disease so I knew what could lie ahead, and it scared me.

Dr Unwin turned out to be my saviour. I went to see him in December 2018 and he suggested I try the low-carb approach, which has a moderate fat level (unlike the high-fat keto approach), and combine it with intermittent fasting for 18 hours, which encourages your body to burn fat.

And so I ate my main meal at 6pm and didn't eat again until noon the next day — though I had a black coffee in the morning. The carb cravings went after four days, and within a week I began to feel so much better.

I didn't feel hungry, either — it was a miracle. The weight came off and 16 months on, I have lost 8st 10lb and my liver has returned to normal. My sleep apnoea has gone, too. Losing so much weight has meant my mobility has improved and I can now walk a lot more, albeit with sticks. I don't use my wheelchair as much.

I've had no problem with bile duct stones either, and my cholesterol levels are normal.

Just over a year ago I was wearing a size 30 jacket, but now I'm down to a size 12/14. I've also been able to come off some of my medication for PTSD as Dr Unwin got me access to psychological therapy.

I feel so much more confident and happier — I look in the mirror and it's like the old me has come back.

INTERVIEWS: JO WATERS AND JILL FOSTER

The bread and pasta that will cut your carbs!

FROM pasta to jam, you can now buy 'low-carb' versions of many foods. We asked Priya Tew, a dietitian in Southampton, to assess a selection.

HOVIS LOWER CARB SEEDED BREAD

£1.20, 400g, morrisons.com
Per 100g: calories, 269; saturated fat, 1.6g; carbohydrates, 27.2g; protein, 15.7g; fibre, 11.4g; sugar, 2.9g; salt, 0.98g

CLAIMS: This has 30 per cent fewer carbs than an ordinary seeded loaf, because some of the wheat has been replaced with vegetable fibre inulin.

EXPERT VERDICT: This also has more hunger-curbing protein and twice the amount of fibre found in Hovis Seed Sensations. The seeds provide healthy fats and vitamin E, too. If you want to cut carbs, this is a good choice.

Note, however, that it has no fewer calories than a standard seeded loaf, and the added fibre — though good for boosting gut bacteria — might be hard on a sensitive stomach if you ate too much.

EAT WATER SLIM PASTA FETTUCCINE

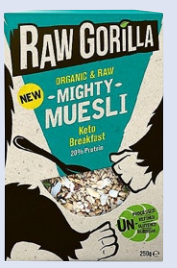
£2.49, 200g, ocado.com
Per 100g: calories, 35; saturated fat, 0g; carbohydrates, 8.4g; protein, trace; fibre, 1.3g; sugar, 0.5g; salt, 0g

CLAIMS: This 'zero carb', low-calorie 'pasta' is made using the konjac plant — an Asian edible tuber.

EXPERT VERDICT: The konjac 'flour' contains a soluble fibre called glucomannan, which absorbs water, causing it to expand in the gut and make you feel full for longer. This has a quarter of the calories of standard pasta.

The European Food Safety Authority says konjac can contribute to weight loss as part of a calorie-controlled diet. However, wholewheat pasta supplies more protein, fibre, iron and B vitamins (which help to sustain energy levels).

RAW GORILLA MIGHTY MUESLI KETO BREAKFAST



£5.49, 250g, ocado.com
Per 100g: calories, 624; saturated fat, 5.9g; carbohydrates, 8.1g; protein, 20.1g; fibre, 9.6g; sugar, 3g; salt, 0.07g

CLAIMS: This is made with activated seeds, which are soaked in water then dried. The maker claims these help us absorb more iron and zinc by reducing the phytate in seeds, which usually binds to these minerals. It also contains cashews, coconut and cacao nibs, and claims to be 20 per cent protein.

EXPERT VERDICT: This has four times more protein and a little more fibre than typical muesli, mainly due to the high nut and seed content — so it's a more satiating breakfast. It is also free from added sugar, which is a downside to many cereals. A 30g serving provides our recommended daily intake of vitamin E, which protects cells against damage that can lead to cancer.

Activated seeds may be better for sensitive guts, but a 2017 study found the process didn't significantly change phytate levels. This also contains around 50 per cent more calories than standard muesli, so could easily lead to weight gain if you didn't control portion size.

GENIUS GLUTEN-FREE CARB CUTTER BREAD CRISPS

£2 for five 24g bread crisps, sainsburys.co.uk
Per 100g: calories, 514; saturated fat, 3.4g; carbohydrates, 31g; protein, 16g; fibre, 19g; sugar, 1.7g; salt, 0.8g

CLAIMS: Made with oats, seeds and chicory root inulin, which 'contributes to normal gut function through more frequent bowel movements', these are also gluten-free.

EXPERT VERDICT: Inulin is a prebiotic, which means it stimulates the growth of healthy gut bacteria. But standard crisp breads such as Ryvita are naturally high in fibre, which has a similar effect and might be a bit easier on the stomach — too much chicory fibre can cause gas and diarrhoea in sensitive people.

These crispbreads are also twice the weight of a standard Ryvita, and higher in calories. They're not that low in carbs, either — one has 7.3g carbs, so wouldn't be good for those following strict diets.

LIZZA LOW CARB PIZZA BASE

£9.29 for four 80g bases, amazon.co.uk
Per 100g: calories, 233; saturated fat, 1.3g; carbohydrates, 2.4g; protein, 22g; fibre, 19g; sugar, 1.7g; salt, 1.6g

CLAIMS: This has 95 per cent fewer carbs than conventional pizza bases as it is made with linseed and soy flours, psyllium husk powder and sea salt.

EXPERT VERDICT: Compared with standard pizza bases, these are lower in calories and carbs, making them a good choice if you are watching your weight.

Each 80g base has a huge 15.2g of fibre (half your daily intake), and higher levels of protein and 'healthier' fats from soya and linseeds (these also provide omega-3 fats, which are useful for brain and heart health).

However, they are around twice as high in salt as standard pizza bases — one would provide 27 per cent of your daily limit, and that's without any toppings.

CARBZONE LOW CARB STRAWBERRY JAM

£3.49, 320g, ocado.com
Per 100g: calories, 28; saturated fat, 0g; carbohydrates, 27g; protein, 0.4g; fibre, 11g; sugar, 3.8g; salt, 0.5g

CLAIMS: This contains 75 per cent berries, and sugar is swapped for the sweeteners erythritol and stevia.

EXPERT VERDICT: On the plus side, erythritol has 70 per cent of the sweetening power of sugar, but none of the teeth-damaging effects and doesn't affect blood sugar levels.

It's a good choice if you have type 2 diabetes or are watching your weight. But I would still rather top bread with something that has some nutritional value, such as nut butter or hummus.

Also, despite the high berry content, as with ordinary jam the fruit will have been heat-processed, so won't contain as much vitamin C as it does when fresh.

And watch out if you have irritable bowel syndrome — erythritol might cause a flare-up of symptoms.

ANGELA DOWDEN

Picture: RETNA/AVALON.RED

Living the dream: Tom

He's toured with Ed Sheeran and played with Travis. But Crohn's nearly destroyed Tom's career...

Pop star who only takes drugs on doctor's orders

By ANGELA EPSTEIN

TOM SPEIGHT should be living the rock-star dream. The critically acclaimed singer-songwriter who has worked with Ed Sheeran, Travis and Keane — and gets more than one million listens a month on the music streaming service Spotify — is fast becoming one of the UK's top artists.

So what about the drink, drugs and late nights that might entice a young, single man with this kind of success?

In fact, these temptations are very far from Tom's mind.

For the 33-year-old Londoner doesn't touch alcohol or junk food, and avoids late nights when he isn't working. His dressing room demands amount to little more than a simple meal of poached salmon, broccoli and rice.

As for drugs, well, he does take some — though not for recreational purposes.

Tom is one of 115,000 Britons who have Crohn's disease, a debilitating condition in which the lining of the digestive system becomes inflamed and often ulcerated, causing abdominal pain, diarrhoea, fatigue and potentially dangerous weight loss.

Flare-ups can be prolonged, leading to many patients having to take more than five weeks sick leave a year.

In Tom's case, not only has it led to a lifetime of health issues and having to take medication to keep symptoms in check, but the condition nearly floored his career just as it was taking off.

It almost cost him his life, too.

In 2010, severe inflammation resulted in a perforated bowel and an infection so severe it felt like he was being stabbed. Doctors told him he was just 20 minutes away from death and, ironically, the steroids he was prescribed to ease his symptoms when he was first diagnosed — and which he took for two years — may have been partly to blame.

Indeed, experts are now warning that long-term use of steroids does nothing to prevent Crohn's flare-ups and can, in fact, make them more likely.

The warning follows a British study of almost 2,500 patients with inflammatory bowel diseases (IBD), including Crohn's, which found there had been excessive steroid use among participants.

Seven per cent of excess steroid use is avoidable, say experts, while 26 per cent of IBD patients are deemed steroid-dependent.

CERTAINLY, flare-ups — which can cause abdominal pain, persistent vomiting and diarrhoea — have peppered Tom's career. He was diagnosed while studying at the Liverpool Institute for Performing Arts — the 'Fame' school founded by Paul McCartney 24 years ago.

'I was going to the GP all the time, as I was experiencing symptoms that included loss of appetite and weight loss,' he says. 'It built up and then seemed to gather momentum.

'I had no idea what the matter was. I would go to a class and then had to leave quickly because I had to vomit. People thought I had an eating disorder.

'I'm 6ft tall and my weight dropped to just 9st. In fact, I have a photograph of myself with Paul McCartney and I look painfully skinny.'

After the diagnosis, Tom was prescribed steroids to help reduce inflammation in his gut.

Steroids are often the first-choice treatment for Crohn's and play a valuable role in inhibiting the initial flare-up by reducing inflammation, putting the patient into remission. They can also be used to control the disease while longer-term treatments, such as medication to suppress the immune system, settle in to work.

Steroids should not, though, be given for more than six to eight weeks, says Richard Pollok, a consultant gastroenterologist at St George's Hospital in London.

'When a patient has a new diagnosis, they should be given a short course of steroids to see if they get better. Then, if there is another flare-up, it's time to consider other treatments.'

There are worries, though, that a lack of communication between GPs and consultants means some patients are being given back-to-back courses of the drugs.

Crohn's charities say some people may even be stockpiling the pills at home in order to have them ready in case of a flare-up.

'There is also a huge number of side-effects, which can affect any system in the body,' says Dr Pollok. Steroids can, for example, switch off the adrenal glands. These are found above the kidneys and make cortisol and other vital hormones. Disabling them can cause bruising and weight gain.

'There is a risk of infection, because steroids are immune-suppressants and work in a broad way, and they also affect so much of the body,' adds Dr Pollok. 'There's also a risk of cumulative damage — patients may be more prone to conditions such as osteoporosis, because repeated use can cause bone-thinning.'

Tom's perforated bowel was another side-effect of long-term steroid use.

In December 2010, and on the brink of signing a record deal, he collapsed at home in excruciating pain and began passing blood.

'While it felt like someone was stabbing me, I also had this strange feeling of numbness, as if my whole body was shutting down,' he recalls.

Tom was rushed to hospital, where tests revealed that he had a hole in the wall of his bowel.

'It was all very dramatic,' he says. 'I mean, how do you react when the doctors tell you that if they don't operate, you'll be dead within 20 minutes?

'I felt so ill, I couldn't really process it. Looking back, I realise now how scary it was.

'Mum and Dad rushed to my bedside. All I kept thinking was how it couldn't have come at a worse time. I had a lot of industry interest; I had gigs booked.'

It turned out that Tom had developed sepsis, a violent over-reaction by the immune system to an infection.

He had a six-hour operation to remove infected and ulcerated parts of his bowel and appendix, and it would be another two years before he felt well enough to play live again.

A perforated bowel is a rare complication of Crohn's, affecting about 3 per cent of patients, but long-term steroid use may raise the risk. It isn't clear how, but one theory is that steroids disturb a layer of cells that line the intestine, in some cases leading to perforation.

Christian Selinger, a consultant gastroenterologist at St James University Hospital in Leeds and the lead author of a study on excessive steroid use, says reducing over-prescription is vital.

And IBD UK, a partnership of 17 inflammatory bowel disease charities, Royal Colleges and other professional bodies, is calling for the use of steroids for Crohn's to be tightly monitored.

In 2012, Tom was prescribed Humira, one of a family of drugs called TNF inhibitors that block TNF-alpha, an immune system protein responsible for the inflammation of Crohn's.

The drug seemed to settle his symptoms and, after he made his recording debut in 2016 with the self-released Falling EP, interest in him started to snowball.

HOWEVER, in April 2018, three weeks into recording his first album, Tom had a severe flare-up and spent two months in hospital.

'Unfortunately, it's quite common for drugs like Humira to stop working,' says Dr Pollok. 'It happens when the body's own antibodies start reacting against the drug and block its effect.'

'It was such a stressful time,' adds Tom. 'I thought: "My career's taking off, how can I do this? Why is this happening again?" I couldn't do anything, other than play my guitar when I felt well enough. It was an awful time.'

However, within two months of leaving hospital, Tom released his album Collide, and went on to play 100 gigs in 22 countries.

He is now taking a new drug called ustekinumab. Injected every eight weeks, it targets two proteins involved in inflaming the bowel. The threat of flare-ups, however, remains.

'I don't live my life thinking: "What if?"' says Tom. 'But I have to be so careful all the time — my life couldn't be any less like that of the classic rock musician. I've learned not to get overexcited or stressed, as that has been linked to the flare-up of symptoms.

'I love what I do and I won't let Crohn's stop me ever making music or pursing my dreams.'

■ *TOM SPEIGHT'S debut album Collide is out now.*

MILITARY MEDICINE

Medical breakthroughs that began on the battlefield

THIS week: Cosmetic surgery

TODAY, it's a multimillion-pound global industry, but cosmetic surgery was born out of the need to rebuild the faces of soldiers seriously wounded in the World War I.

Harold Gillies, a New Zealand-born doctor, pioneered surgical techniques to treat men left disfigured by head and facial injuries caused by shells filled with shrapnel, as they peered over trenches during fighting.

After the Battle of the Somme in 1916, Dr Gillies treated some 2,000 cases, specialising in rebuilding broken jaws and restoring the shape of the patient's face.

After the war he began refining his techniques on civilians as well as military patients, and his work was developed even further during World War II.

By the Eighties, cosmetic surgery — from face-lifts to tummy tucks — had become a choice, rather than a necessity, for many people, and today more than 20 million surgical procedures are performed around the world ever year.

Nerve-burning blast to ease creaky knees

By ROGER DOBSON

A TWO-MINUTE nerve-blocking procedure could help improve mobility and pain in those with osteoarthritis of the knee.

The procedure involves destroying a portion of nerve tissue in order to disrupt pain signals, and researchers say it could also help reduce or delay the need for a knee replacement.

Osteoarthritis, commonly known as 'wear and tear' arthritis, occurs when the cartilage that provides cushioning between joints wears away, leaving the bone ends to rub against each other. This results in pain, swelling, stiffness and problems with mobility.

It affects nine million in the UK, with the knee the most commonly affected joint. In fact, 20 per cent of the over-45s are thought to have some degree of knee arthritis.

There is no cure, and the condition is normally managed in the earlier stages with painkillers or steroid injections. But as the damage to the joint increases, a knee replacement is usually required.

There are around 100,000 knee replacements carried out each year, according to National Joint Registry figures.

However, the procedure involves a lengthy recovery, and younger patients may need a further replacement in the future.

The new treatment, known as radiofrequency ablation, may offer another option. It works by stopping the genicular nerves in the knee from sending pain signals to the brain.

To test whether a patient is likely to benefit, a temporary nerve block is first injected into the knee so that doctors can monitor how successful it is in reducing pain and improving movement.

The treatment itself involves having the needle-like radiofrequency equipment, which is loaded into a catheter (tube), inserted into an artery in the thigh and guided to the knee area using ultrasound. Once in place, two one-minute blasts of 80c radiowaves are fired to destroy a portion of nerve tissue.

Some small studies have shown the ablation treatment is effective, particularly on patients for whom physiotherapy, anti-inflammatory painkillers and steroid injections have provided little benefit. The treatment can cut pain symptoms by 70 to 80 per cent.

Now a trial involving 50 patients with osteoarthritis of the knee is being held at Mansoura University, in Egypt. Some of the group will have the actual treatment, while the others will have a placebo treatment. Doctors will assess the effects on pain and movement for up to six months afterwards.

Previous studies have found that the effects can last up to a year or more and treatment can be repeated if necessary.

Commenting on the research, Roger Hackney, a consultant orthopaedic surgeon at Spire and Nuffield hospitals in Leeds, said: 'Any intervention that can extend the time of relative comfort for a patient is likely to be welcome. However, the risks need to be quantified, as introducing a device into an artery is not risk-free. If the pain relief proves to be prolonged, then there is a risk of the osteoarthritis changes to the knee progressing to the stage where surgery becomes more challenging.'

■ STICKING to a healthy diet can slow the progression of knee osteoarthritis, according to a study by Harvard University. Researchers monitored nearly 3,000 people in their 60s for three years and compared their diets with their arthritis. The results showed that those who kept to a traditional Western diet, high in saturated fat and meat, had more X-ray evidence of joint damage than those who had a healthier Mediterranean-style diet. The researchers said that their results show that eating a diet rich in fruit, vegetables, fish, wholegrains, and legumes may reduce the progression of symptoms.

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STRANGE LINKS

THE surprising links between different diseases. This week: Flu and stroke

YOUR risk of stroke rises by 40 per cent within 15 days of catching flu — and you're at a higher risk for a whole year afterwards, according to a 2019 study of 31,000 people by Columbia University in the U.S.

'There are many theories why the two might be linked, but the main one is what's known as the coagulation cascade,' explains epidemiologist Professor Amelia Boehme, who led the study.

'Infections and inflammation can trigger clotting — and clots cause ischemic stroke [the most common type of stroke that is caused by a clot blocking blood flow to the brain].'

So, what lesson should you take from the study? 'Get your flu vaccination,' says Professor Boehme.

TRY THIS

THE Runderwear range has no seams and is designed to minimise chafing, particularly when running. It includes pants, running bras, socks and base layers. From £8 at *runderwear.co.uk*

BREATH DOCTOR

WHAT is your breath trying to tell you? This week: A rotten egg smell

A GIVEAWAY that you have cavities — holes in the teeth — is the smell of rotting eggs on your breath, says Guy Barwell, a dental surgeon at The Implant Centre, East Sussex.

'Food or debris can get trapped in cavities, or bacteria may leak under a crown.

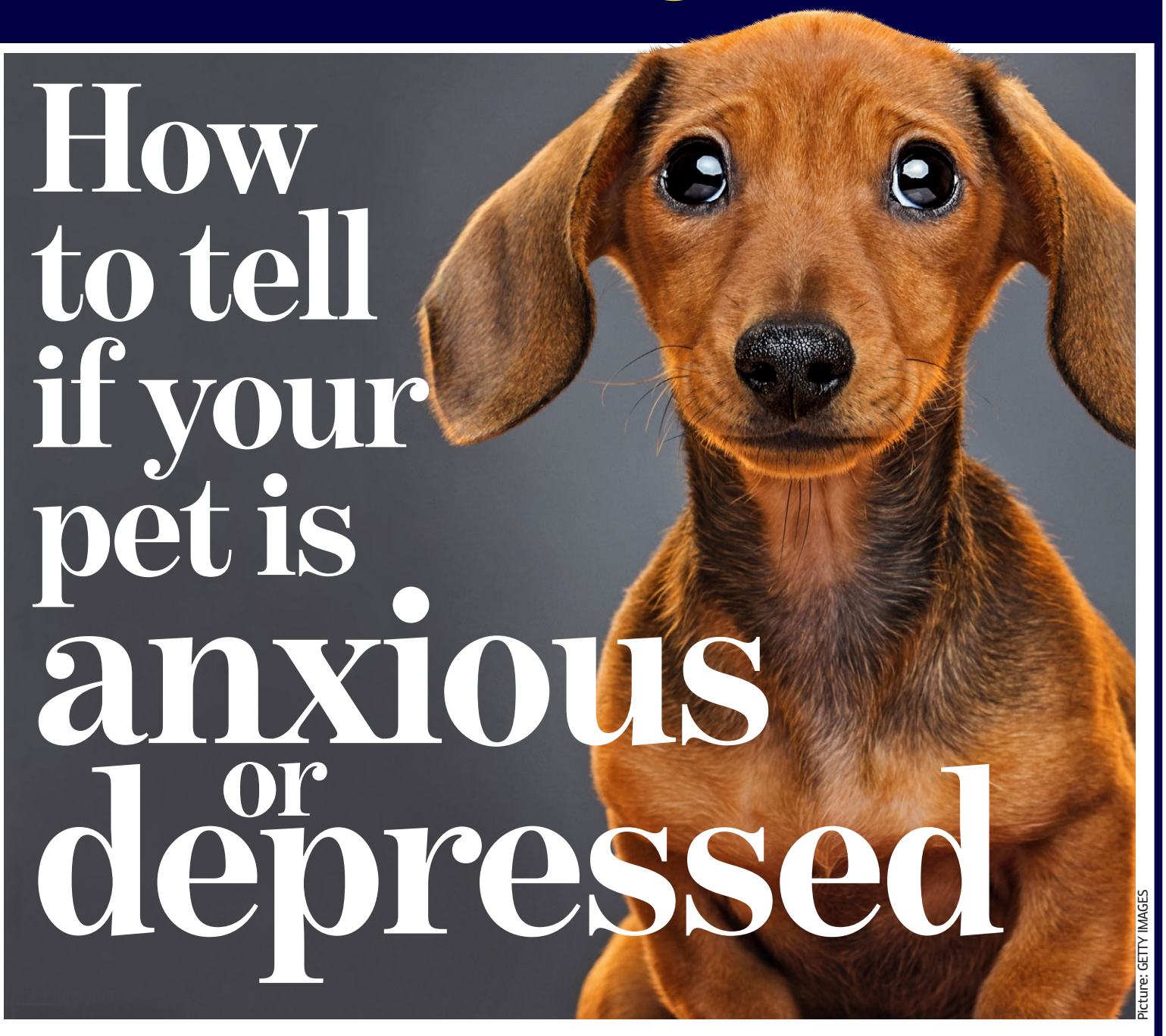
'In these spaces, the bacteria develop their own bio-system and flourish,' he says. These bacteria produce gases that contain sulphur, which has the odour of rotten eggs.

When there is gum disease, bacteria and inflammation can make the bone push away from the gum, leaving pockets around the tooth where more food can get trapped and bacteria can build up.

If the areas aren't cleaned properly, these can also produce sulphurous gases and an unpleasant eggy smell.

Unmissable pullout to transform your best friend's life

HOW TO HAVE A HEALTHIER HAPPIER PET



How to tell if your pet is anxious or depressed

Picture: GETTY IMAGES

by Emma Milne

CELEBRITY VET AND AUTHOR

CHIRPY, waggly-tailed and bright-eyed — that's how we picture dogs. So it's hard to imagine them ever feeling down in the dumps. However, they are capable of suffering depression in the same way we are.

Cats, too, can suffer stress. People often find the concept laughable because we associate that word with an overly large workload, relationship troubles or money worries.

But feelings of tension are not confined to humans. A study by one leading vet has suggested a staggering 80 per cent of Britain's ten million dogs suffer from anxiety, sleeplessness, depression, obsessive-compulsive behaviour or other disorders.

And a Swiss report claimed our frenetic lifestyles are to blame for pets suffering psychological burnout. The People's Dispensary for Sick Animals (PDSA) has blamed dogs being left alone for hours at a time.

Findings from the latest PDSA Animal Wellbeing (PAW) Report reveal that many owners are failing to meet their pets' welfare needs. The study found 1.9 million dogs (19 per cent) are left alone for longer than the maximum recommended four hours on a typical weekday, while 1.3 million dogs (13 pc) don't get walked on a daily basis.

Cats are also affected: 4.7 million (43 pc) live in a house with more than one cat, and two million of these (18 pc) are living with other cats they don't get along with. Cats are naturally solitary creatures and their territory is very important to them. Living closely with a cat or cats they don't get along with can cause a lot of stress, which can affect their health.

SO IT'S not just our busy lifestyles that have repercussions for pets. Sadly, millions are suffering because we don't understand them as well as they understand us.

Take cats. You know how they always sit on people who hate cats? Well, there is a good reason and it's not down to the belief that 'cats are contrary'.

Cats are sensitive, and sensible. Cat lovers, on spying a cat, start cooing, reaching out to it; they stare at it, follow it and try to pick it up. Cats are complex creatures and they hate being pursued or unsolicited cuddles. So imagine how relatively attractive the cat-hater seems, who is steadfastly ignoring the cat at all costs!

This is one of my favourite veterinary facts because I am fascinated by pet behaviour and psychology. Humans, being social creatures ourselves, find it difficult to understand species that don't need their own kind. While dogs, rabbits and many other species are social animals — like us, they enjoy company; that's how they feel safest and happiest — cats are not.

Cats guard their food, territory, water (and their humans!) fiercely. Other cats in the house or even in the neighbourhood can be a massive cause of stress. This can lead to over-grooming, gut and toileting problems.

In practice, when I've mentioned stress to cat owners, they often say things like: 'Oh, he's not stressed — he sleeps all the time.' In fact, we now know that many cats 'sham sleep'. This means they pretend to be asleep to avoid conflict and stressful situations. A close look at their tense facial expression and rotated ears gives them away.

You'll be amazed by how many cat owners aren't aware of these fundamental cat facts. It illustrates how rarely we do sufficient research before adopting an animal.

Impulse buying of pets has become a real problem in the days of instant gratification. Too often puppies are bought from dodgy people in laybys and service areas.

But online can be just as hazardous. Often, sellers sound like legitimate breeders, but the pups are just supplied from a terrible environment into a seemingly normal home for an agent to sell.

Just like children, the early stages of an animal's life are critical to ensure it can cope with the world around us. This means,

TURN TO NEXT PAGE

3 OF THE BEST COMFORT TOYS

All For Paws Little Buddy Warm Bear, £14.99, petplanet.co.uk

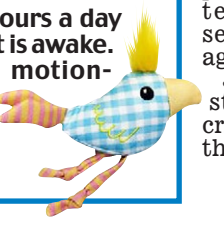
DESIGNED to help pups with separation anxiety after leaving their mothers and moving to a new home, this plush toy features an internal, removable bag of buckwheat which can be heated in the microwave to make this toy a warm, cuddly companion.

Ancol Small Bite Teether 'n' Rope Dog Toy, £3.99, petplanet.co.uk

THIS has been designed for young puppies to aid in the growth and development of their teeth and jaws and to encourage safe, non-destructive chewing. The knotted rope encourages interactive play with owners.

Kong Kitten Chirpz Chick Cat Toy, £4.50, petsathome.com

THE average cat sleeps up to 16 hours a day so needs plenty of exercise when it is awake. The Kong Kitten Chirpz Chick's motion-activated sound chip calls your kitten to play with an irresistible song, kicking off a cat's curiosity and natural instincts.



HOW TO HAVE A HEALTHIER HAPPIER PET

FROM PREVIOUS PAGE

for cats and dogs, the very first weeks — roughly aged three to 16 weeks — are significant, depending on the animal and breed.

The words socialisation and habituation mean how your animal can learn to be happy with the people, animals and things around it. If your puppy has spent its formative weeks in a dirty cage with no human contact and has never seen a vacuum cleaner until it gets to your house, it's no surprise lots of them don't cope. Don't buy one anyway because you feel sorry for it: that way, you are only making room for another.

Be very careful where you get your pets. Adoption is always my favourite route and many of the good organisations have excellent behavioural assessment and help.

If you're going to a breeder, you must see the puppy or kitten where it has been raised. Meet its mother, and ask about what has been done for socialisation and habituation, and what you should do next. If the breeder doesn't know, walk away.

Just as importantly, seek expert help as soon as possible for behaviour problems. The sooner you tackle these issues, the more likely you are to succeed. Every pet deserves to be happy as well as healthy.

HELP FURRY FRIENDS FACE THEIR FEARS

MANY children request small furries as pets, but do busy parents have the time to cater to their needs? Dr JANE TYSON, rodent welfare expert for the RSPCA, explains how to stop rodents feeling lonely...

FOR species that would naturally live in groups, living on their own can be very stressful. You might start to see repetitive behaviours, like continually chewing cages or over-grooming.

There are lots of different, subtle indications that they may be stressed. If you have concerns, speak to your vet.

Mice, rats, gerbils and guinea pigs require the company of their own, but don't mix species. With hamsters it's more complicated, as of the five species used as pets, Syrian and Chinese hamsters prefer to be on their own. If you put two together that shouldn't be, they are likely to fight each other.

With most rodents, single-sex groups are advised — otherwise you'll end up with more than you bargained for. Male guinea pigs, however, can be neutered easily so they can exist in mixed groups quite happily.

Small groups work best, and keep the group as stable as possible — don't remove one for a period of time then put it back in. This can make things stressful.

So bear this in mind if you have to keep one in isolation for health reasons: it's a good idea to keep them near one another so they can see, smell and hear each other.

Daily human interaction is very important. If nothing else, you should be checking them for illnesses. You could also build up your bond by teaching them little tricks.

The plug-in cure for scaredy c... and there for lonely d

DOES your pet hide away or go into panic mode whenever you leave the house? It may be that they are suffering loneliness or even depression. Anxiety is common in dogs left while owners work. Cats often feel most stressed about fellow felines living in close proximity. It's important to seek expert advice if you sense your animal is unhappy. Here, four owners reveal how they healed their pets' mental anguish...

PHEROMONES STOPPED HER BEING FEARFUL

CLARE GUNTRIP, 33, works for the ambulance service and lives near Watford with her husband Jae. They have a ten-year-old cat called Lucy.

THE moment I saw Lucy, who's a Manx cat with a tail and unusual markings, I fell in love with her. Although she was shy and hid away at first, she was also very affectionate. I just had to have her.

After a few weeks, we noticed that while she was settled when it was just us around, if anyone else came in, she'd run behind the TV. She just didn't seem to have the confidence to meet people.

It was difficult. We loved her and wanted to show her off, but she was too nervous to come out. Whenever the doorbell went or someone knocked, she'd immediately run away and we'd hear her scratching.

Lucy would scratch at the corners of the floor, at a door if it was shut, and she'd claw the carpet and sofa. I've been around animals all my life and never seen a cat hide as much or look as uncomfortable when people came in.

She was obviously really unhappy and knowing that was awful. I just wanted her to feel safe and happy.

I spoke to a couple of friends who suggested using Feliway, a plug-in that releases pheromones that calm your cat down. I hadn't heard of it. I knew nothing about pheromones and wondered how something you plugged in could work — but I thought I'd try it.

Nothing happened at first, but after a week or two a friend came round and picked up one of Lucy's toys. Lucy ran straight out and started playing with it. I was so shocked. She'd normally have stayed hidden but now she wanted to play with a stranger!

After that, she started becoming more confident, coming out from where she was hiding more quickly. She even started purring, which was lovely to hear. Seeing her transformation was unbelievable.

Yet a couple of days after plug-in ran out, she went back to scratching, so I bought some more. They cost around £14 for a month's supply, but they're worth it.

Lucy now loves people coming in and always walks up to greet them. She's a different cat compared to when we got her, and I feel so much calmer and happier too.

EMMA MILNE'S VERDICT:

WHEN cats scratch furniture and trees and so on, they are not just keeping their claws healthy, they are marking their territory. Their own scent makes them feel safe and secure.

The pheromones can really help because it makes the cat feel like it has already marked its territory. (Don't worry, the smell is undetectable to humans!)

Cats can be timid and find strangers very threatening. Never force your cat to have human contact. Freedom to escape is really important for pet happiness. With cats, life needs to be on their terms. You know what they say: dogs have owners, cats have staff!

De-stressed: Jo-Anne with bichon frise Lily and Rio with Mulan

WE COULD NEVER LEAVE HER ALONE

JO-ANNE ARMSTRONG, 60, lives in Bangor, Co. Down, with husband Peter, 71. They have a three-year-old bichon frise, Lily.

LILY came to us when she was about ten months old and we were her fourth owners. One had been disabled and at home all day so Lily had never been trained to be alone. But we didn't realise there was a problem until July 2018, when we went away for a few days leaving her with a friend.

Lily didn't settle at her house so, on the day we were due home, our friend dropped her at ours before we arrived and left her the thinking she'd be happier.

But when we walked in she very distressed. She was pant and the floor was wet becau she'd salivated so much.

We called in a behaviourist, w set up cameras in the kitchen. all went out and watched her the screen — she was pacing, jum ing up at the door and chewing table and architraves.

She had separation anxiety a couldn't be left alone for a mome

It broke my heart to see it - was in tears. It was very, v distressing and I felt guilty I had spotted it before.

The behaviourist gave me training programme and start working with us. First, I'd stand front of her while she was in basket, telling her to 'stay' th taking one step back and giv

ANTIDEPRESSANT STOPPED THE CO

VET Rebecca Hughes, 42, owns Vets4Pets in Wrexham Plas Coch, Wales, and lives nearby with her husband Richard, 45, a painter-decorator, daughter Emily, five, and dachshund cross Doris, 21 months.

LOOKING back, Doris had anxiety issues when we got her as a puppy — but at the time I didn't know. It was only when she didn't grow out of chewing things that I realised.

In fact, that behaviour became more manic as she got older. She also started leaping over the garden fence, which is very high, to get to cats. It became an obsession.

So about a year ago, I called in a dog trainer I trust. She agreed Doris's behaviour was odd — she'd fly around the house, on and off the furniture, jumping on chairs and tables. If she was at home alone, she wouldn't chew anything; but if you were in the room, she'd constantly gnaw on everything.

The trainer had never seen anything like it and neither had I. I felt I'd let her down, like I wasn't giving her the time she needed.

I put her on pain relief for two weeks — two-thirds of behavioural problems in dogs are linked to pain — but it made no difference. Neither did natural calming aids that are supposed to help make them happier.

Then I found a drug on a shelf at work we rarely use called Selgian. It's an antidepressant for dogs which promotes dopamine and is for emotional disorders like depression or anxie this chew get o

I'd simpl off th becau see t

But

EMM an ex are relat bree pron

PUZZLES & PRIZES

£3,000 TO BE WON EVERY WEEK!

SUDOKU

FILL in all the squares in the grid so that each row, column and each of the 3x3 squares contains all the digits from 1 to 9. SOLUTIONS TOMORROW

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

Difficulty rating ★★★★★

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

Difficulty rating ★★★☆☆

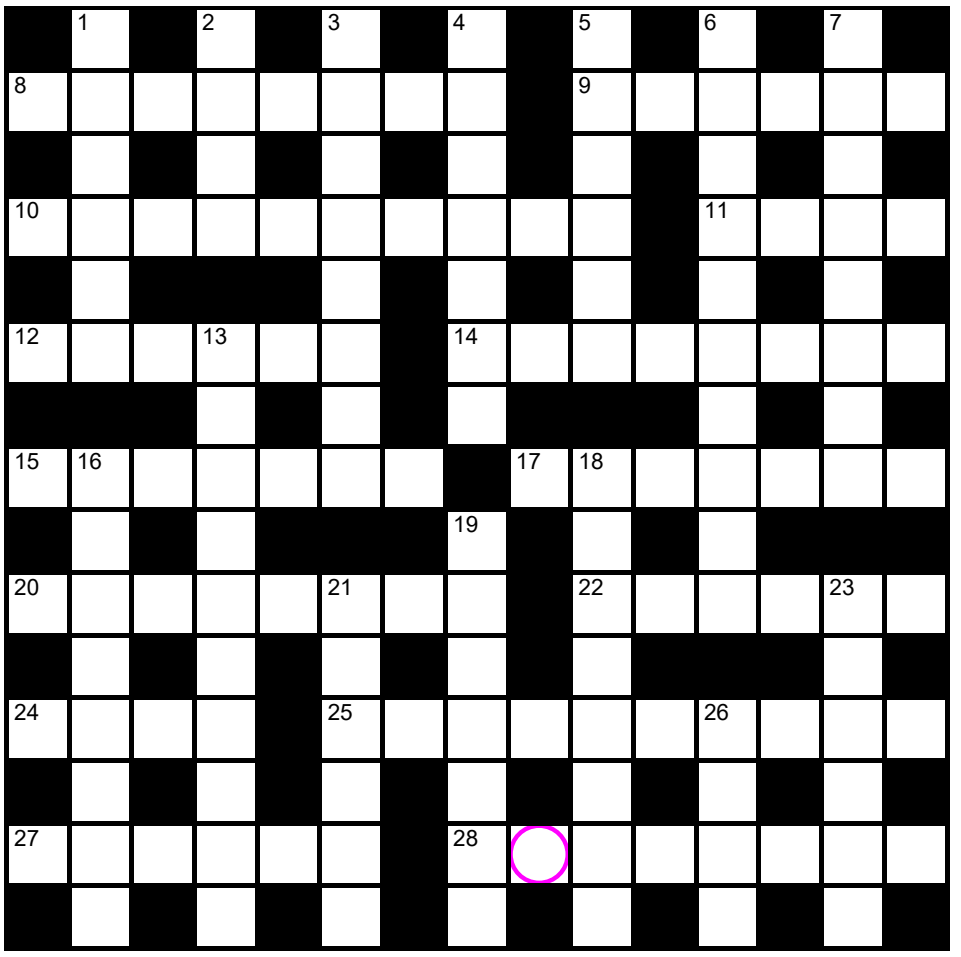
PRIZE SUDOKU

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

WIN £500

REVEAL the three shaded squares for your chance to win £500. **HOW TO ENTER:** Call **0901 292 5009** and leave today's three-number answer (reading left to right) and your details. Or text **SUDOKU** to **65700** with your answer and name. Texts and calls cost £1 plus standard network charges. One weekly winner chosen from all correct entries received between 00.01 Monday and 23.59 Friday. Answers change daily at 00.01. UK residents aged 18+, excl NI. Full terms apply, see Page 62.

GENERAL KNOWLEDGE CROSSWORD



WIN A LUXURY CROSS PEN SEE BELOW

ACROSS

8 KT, Scottish singer/songwriter noted for her single Suddenly I See (8)
9 JJ, director and co-writer of Star Wars: The Force Awakens (6)
10 English-born Australian singer/songwriter formerly married to Katie Price (5,5)
11 1998 animated adventure comedy film with Woody Allen voicing Z (4)
12 Pacific island nation formerly called the Ellice Islands (6)
14 Variety of tea flavoured with bergamot (4,4)
15 Mountain ski resort in southern Switzerland (7)
17 ____ Gump, 1994 comedy film starring Tom Hanks (7)
20 Granular leather made from the skins of horses or rays (8)
22 Vittorio, Italian film director noted for Bicycle Thieves (2,4)
24 ____ Pitt, Best Supporting Actor Oscar winner for Once Upon a Time in Hollywood (4)
25 Evangelista, Italian physicist who invented the barometer (10)
27 Month of snow in the French revolutionary calendar (6)
28 Small songbird with black wings and a white rump (8)

DOWN

1 Alaska's state capital (6)
2 Arthur ___ Stadium, main arena of the U.S. Open in tennis (4)
3 Small forked stick used for firing stones (8)
4 1513 battle in Northumberland fought between the English and Scots (7)
5 ____ Abbas, Pakistani ex-cricketer dubbed The Bradman of Asia (6)
6 2006 musical film about a fictional female Motown group (10)
7 Waylon, Mr Burns' personal assistant in The Simpsons (8)
13 Biblical battlefield of the Apocalypse (10)
16 The Man in Black actor in Westworld (2,6)
18 Veteran or antiquated figure (3,5)
19 Julie, Maria actress in The Sound of Music (7)
21 ____ Rantzen, former That's Life! presenter (6)
23 Maria, American-born Greek operatic soprano (6)
26 William, English history painter born in 1787 (4)

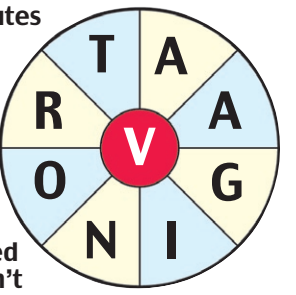
SOLUTION TOMORROW

PLAY our accumulator game! Every day this week, solve the crossword to find the letter in the pink circle. On Friday, we'll provide instructions to submit your five-letter word for your chance to win a luxury Cross pen. UK residents aged 18+, excl NI. Terms apply. Entries cost 50p.

WRITE YOUR LETTERS IN THESE SQUARES

Mon	Tue	Wed	Thu	Fri

WORD WHEEL



YOU have ten minutes to find as many words as possible using the letters in the wheel. Each word must use hub letter and at least three others, and letters may be used only once. You can't use plurals, foreign words or proper nouns. Verbs ending in 's' permitted. Clue for today's nine-letter word: Long-form labourer who can plot a course! RATING: 8 words, average; 12, good; 16, very good; 18 or more, excellent. SOLUTION TOMORROW

SUDOKU X

	2	1			
					3
5	6		2		

PUT 1-6 once in each row, column, diagonal (highlighted to form an X) and horizontal 3x2 box (ruled). SOLUTION TOMORROW

NAME GAME

HIDDEN in the grid is the name of a TV presenter and comedian. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name. SOLUTION TOMORROW

1	2	3	4	5	6	7	8	9
				■				

BOX 1: When did The Big Fat Quiz Of The Year, hosted by Jimmy Carr (right), first air?
2000 (D)
2004 (A)
2008 (R)

BOX 2: Walls is the latest album from which former One Direction member?
Niall Horan (K)
Louis Tomlinson (L)
Liam Payne (O)

BOX 3: Which film won Best Animated Feature Film at this year's Oscars?
How To Train Your Dragon (N)
Missing Link (U)
Toy Story 4 (S)

BOX 4: Which U.S. TV drama was set in the fictional town of Capeside, Massachusetts?
Dawson's Creek (L)
Gilmore Girls (O)
90210 (Z)

BOX 5: Former wrestler Nikki Bella is expecting her first child with which former Strictly Come Dancing star?
Brendan Cole (E)
Artem Chigvintsev (H)
Matthew Cutler (Y)

BOX 6: The title of the 1975 film One Of Our Dinosaurs Is Missing is a parody of which earlier film title?
One Of Our Automobiles Is Missing (F)
One Of Our Aircraft Is Missing (I)
One Of Our Submarines Is Missing (N)

BOX 7: Complete the title of this 1964 film starring Burt Lancaster and Kirk Douglas: Seven Days in _?
May (M)
June (I)
July (P)

BOX 8: In the Bible, the Antediluvian period occurs after which of the following?
The fall of man (D)
The great flood (W)
The birth of Christ (A)

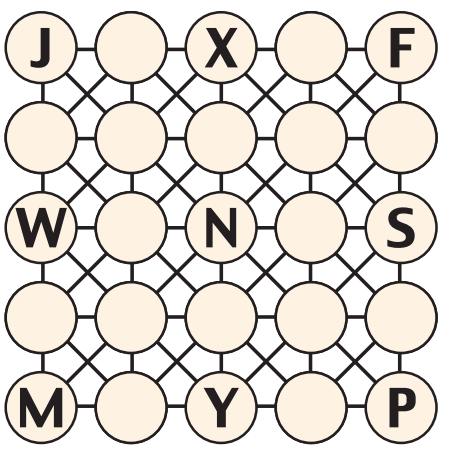
BOX 9: What type of creature is an accipiter?
A small lizard (V)
A bird of prey (A)
A large beetle (L)

Yesterday's answer: **LIZ BONNIN** (1L, 2O, 3N, 4B, 5I, 6N, 7I, 8N, 9Z).

Picture: CHANNEL 4

GOGEN

BIG
DUCK
FLESH
INQUEST
JAUNTY
MINT
PROVING
WAXED



A B C D E F G H I J K L M N O P Q R S T U V W X Y

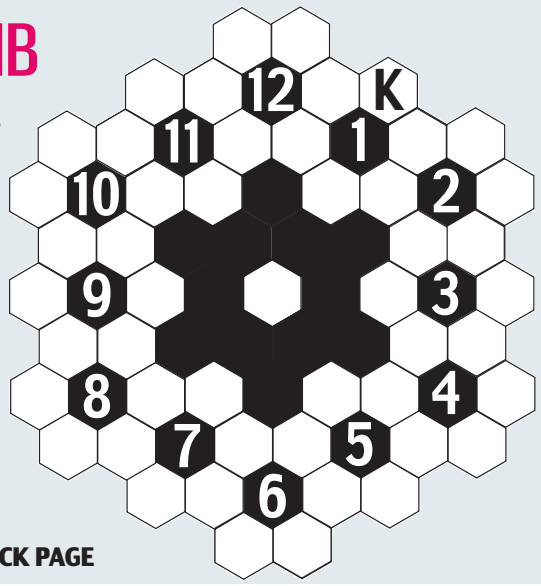
INSERT letters to form listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction. Insert all remaining letters of the alphabet (except Z) in the grid so all listed words are spelt out. SOLUTION TOMORROW

PUZZLES & PRIZES

HONEYCOMB

ALL the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

1. Sea monster
2. Reach
3. Turfs out
4. Permit
5. Whole
6. Band
7. Ordinary
8. Waylay
9. Sew
10. Itch
11. Small
12. Irritate



SOLUTION: PULLOUT BACK PAGE

HIDATO

COMPLETE the grid so that all the numbers, 1 to 48, connect consecutively — horizontally, vertically or diagonally. Hint: you don't have to begin with 1 or 48. Working on the mid-numbers might give you a better start.

SOLUTION TOMORROW

				35			
					32		27
							26
	40				16		23
	43	47				19	22
45			48			20	
9	8		4	5			
					1		

4	2÷		6×	1−	
11+	240×			5−	
				5+	
2÷	11+		2÷		1−
	11+	15×		1	
		5−		20×	

MASTERQUIZ

1. What line is coloured green on a standard London underground map?

2. Which part of the body might be affected by podagra?

3. Camelopard was an early name for which mammal?

4. For which English Premier League club does striker Billy Sharp play?

5. Which candidate in the current Democratic Party primaries was mayor of New York from 2002 to 2013?

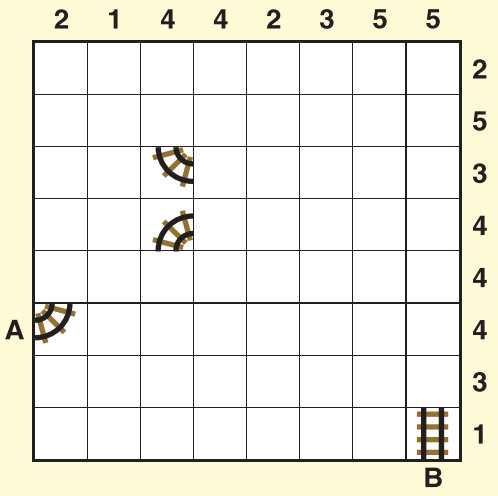
6. Actress Grace Kelly's father, John B Kelly Sr, won several Olympic gold medals in which sport?

SOLUTION: PULLOUT BACK PAGE

TRAIN TRACKS

LAY tracks to enable the train to travel from village A to village B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.

SOLUTION TOMORROW



MINDBENDER

1. A shop contains 55 motorbikes and quad bikes combined. If there are 138 wheels altogether, how many motorbikes are there?

2. What connects Julius, Auric and Emilio?

3. Which recently appointed Cabinet member may VENERATE A MANLY REIN?

4. Which is the odd one out: Dik-Dik, Dab-Dab, Gub-Gub, Too-Too?

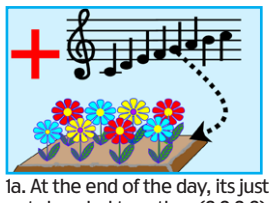
5. Using the chemical symbols, how corrosive may calcium, uranium, sulphur, titanium and carbon be?

SOLUTION: PULLOUT BACK PAGE

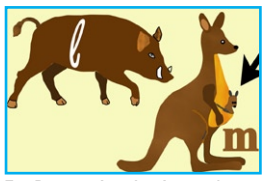
PITCHERWITS™

PIT your wits against Pitcherwits — the exciting puzzle where some of the answers are in pictures! The solutions to the visual clues fit into the shaded spaces on the grid.

SOLUTION TOMORROW



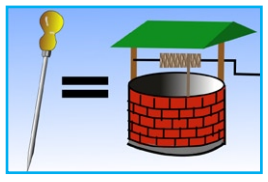
1a. At the end of the day, its just oats bonded together (3,2,2,3)



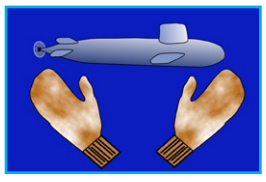
5a. Dance site that's surely not spherical? (8)

15a. Julia's a cook to Stow-on-the-Wold (8)

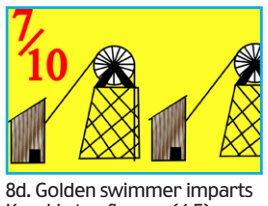
18a. What's pink but stony-faced? (What a gem, eh?) (4,6)



1d. Everything ok with the wall built around Lisle (3,2,4)

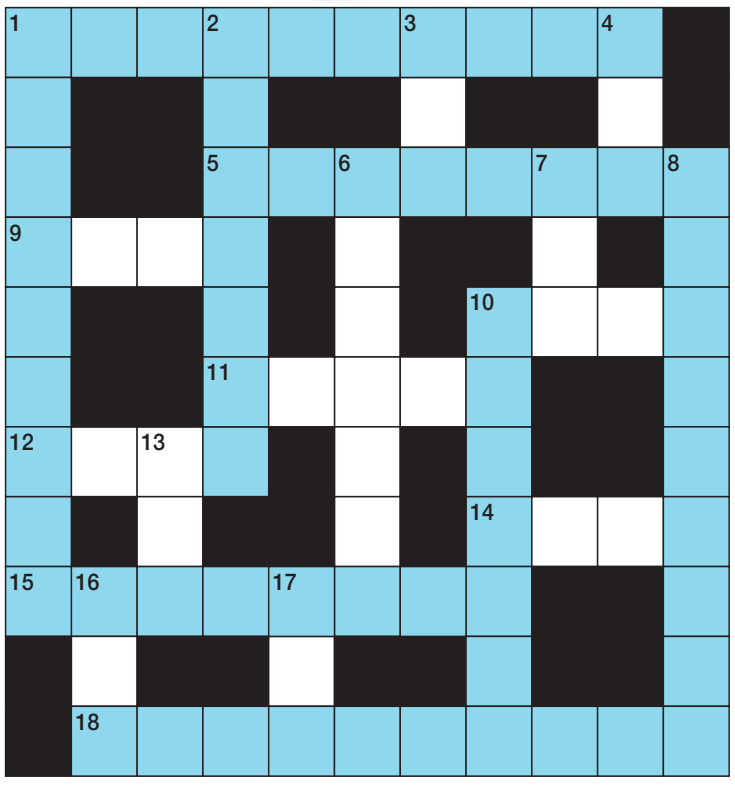


2d. Yields to the 'under-gloves'? (7)



8d. Golden swimmer imparts Kazakhstan flavour (4,5)

10d. Aid for a car in trouble in Pan's place (7)

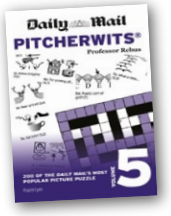


ACROSS
1 Picture Clue
5 Picture Clue
9 Primarily, I'm a major religious leader (4)
10 A service, back in the distance (4)
11 Take it back to her, it belongs to those people (5)
12 Times when ears can be damaged (4)
14 Opt to take a crazy position (4)
15 Picture Clue
18 Picture Clue

DOWN
1 Picture Clue
2 Picture Clue
3 Lubricate the painting? (3)
4 Dos, listed in order of preference (1,1,1)
6 Compared with second rock plant, say? (5,2)
7 Loafer's a bit of a yob (3)
8 Picture Clue
10 Picture Clue
13 A real corkscrew, beginning to curve (3)
16 Rower sounds alternative! (3)
17 We have nothing for sorrow (3)

YESTERDAY'S SOLUTION — ACROSS: 1 Non-European. 5 Exceeds. 7 Tiger. 8 Tenet. 9 Eclat. 11 Testa. 12 Pertain. 13 Eyelet punch. **DOWN:** 1 Near the bone. 2 Ulcer. 3 Overt. 4 Nightmarish. 5 Eggflip. 6 Sinks in. 10 Three. 11 Tramp.

PITCHERWITS BOOK OFFER

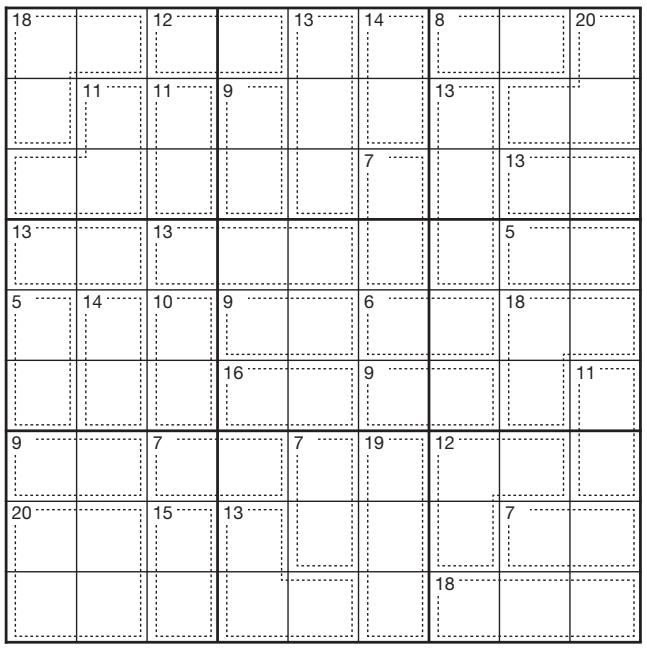


DAILY Mail Pitcherwits Vol. 5 by Professor Rebus is published by Octopus Publishing priced £8.99. Offer Price £7.19 (20 per cent discount) with free P&P. Order at **www.mailshop.co.uk** or call **01603 648155.**

KILLER SUDOKU

FILL in squares in the grid so each row, column and each 3x3 square contains all digits from 1 to 9. Each set of cells joined by dotted lines must add up to the number in the top-left corner. Numbers can't be repeated within each set of cells.

SOLUTION TOMORROW



NEED A CLUE? Call **0901 293 6238** or text **KILLER** to **65700** and receive four clues to today's puzzle. Calls and texts cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.

QUICK QUIZ

1. What was the occupation of Dick Francis before becoming a writer?

2. In which country in 1989 did the Tiananmen Square protests occur?

3. CIA agent Carrie Mathison is a character from which American TV drama?

4. At a height of more than 2000 metres, the Simplon Pass connects Italy with which other country?

5. What nationality is former Barcelona and Real Madrid footballer Luis Figo?

SOLUTION: PULLOUT BACK PAGE

KENKEN

EACH row and column should contain 1 to 6 without repeats. Numbers in cages must combine to produce the target number shown at start of that cage using, in any order, the mathematical sign given. Single-box cages can be filled with the number given.

SOLUTION TOMORROW

NINE TO FIVE

	B	L	A	
W				Y
A				D
S				S
	H	N	T	

PEDOMETER

FIT the scrambled letters of the given word into the grid to form six five-letter words across and down.

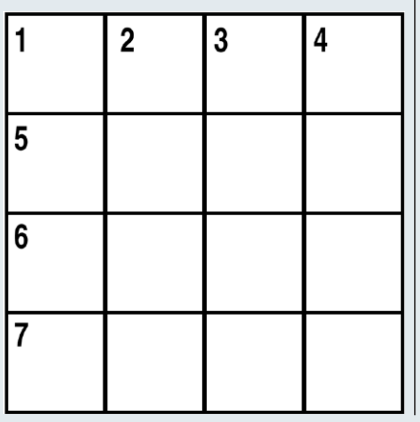
SOLUTION TOMORROW

WORLD'S SMALLEST, HARDEST CROSSWORD

ACROSS
1. Hit smartly (4)
5. Heraldic border (4)
6. UK local tax (obs) (4)
7. Specific quantity of yarn (4)

DOWN
1. Foot cover (4)
2. Small bird (4)
3. Likewise (4)
4. Critical trial (4)

SOLUTION TOMORROW



CROSS NUMBER

THERE MAY BE MORE THAN ONE SOLUTION

By Linus Maurer ©2015 King Features Inc.

FILL each square with a number, 1 to 9. Horizontal squares add up to totals on right. Vertical squares add up to totals on bottom. Diagonal squares through centre add up to totals in top and bottom right.

Today's challenge time: **6** mins **3** secs | Your working time: ☐ Min ☐ Secs

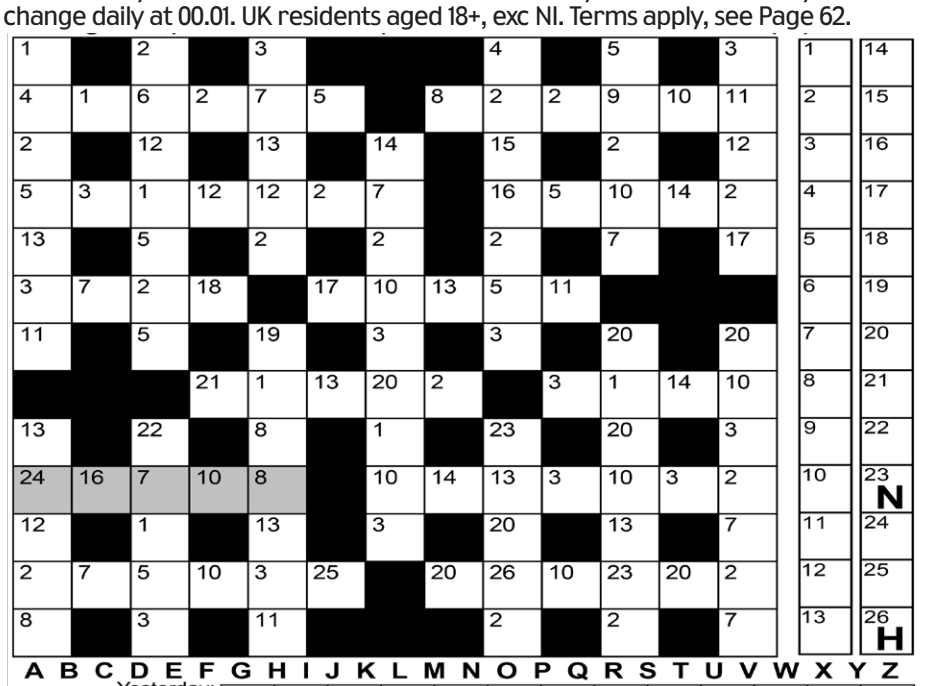
SOLUTION TOMORROW

CODEWORD

WIN £750

EACH number in our Codeword grid represents a different letter of the alphabet. Today 23 represents N, so fill in N every time the figure 23 appears. You have two letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. SOLUTION TOMORROW

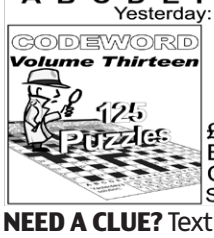
COMPLETE Codeword to reveal the five-letter word in the shaded boxes.
HOW TO ENTER: Call **0901 293 6232** and leave your five-letter answer and your details or text **65700** with the word **CODE**, your answer and then your name. Texts and calls cost £1 plus standard network charges. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Saturday. Answers change daily at 00.01. UK residents aged 18+, exc NI. Terms apply, see Page 62.



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Yesterday:

1 R	2 E	3 C	4 A	5 T	6 S	7 H	8 F	9 U	10 D	11 G	12 O	13 L
14 P	15 W	16 Q	17 B	18 Z	19 K	20 N	21 M	22 V	23 I	24 Y	25 X	26 J



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NEED A CLUE? Text the word **CODEWORD** to **65700** to receive FOUR clues to today's puzzle or call **0901 293 6200**. Texts and calls cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.

SCRABBLE® BRAND GRAMS

■ The board on the right shows four rows of letters from a typical Scrabble game. Use each row to form a word of 2-7 letters and write it in the blank squares provided. Then add up the score for each row. Don't forget to use the double and triple word and letter scores — and add a 50-point bonus for every 7-letter word. Blank tiles can be used for any letter but have no score. See tomorrow's paper for the solution.

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								RACK 1
E1	E1	O1	S1	V4	L1	R1	Triple Score on 5th Letter	
								RACK 2
E1	S1	L1	T1	P3	A1	A1		
								RACK 3
S1	A1	A1	P3	Y4	R1	R1	Double Word Score	
								RACK 4
B3	E1	M3	R1	D2	E1	I1		

PAR SCORE 130-140

by JUDD

FOUR RACK TOTAL TIME LIMIT: 20 MIN

Yesterday's solution:
SALONS 12
RISKIER 72
FLUSTER 62
SPOOF 30
JUDD'S TOTAL: 176

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WORD SEARCH

WIN £500

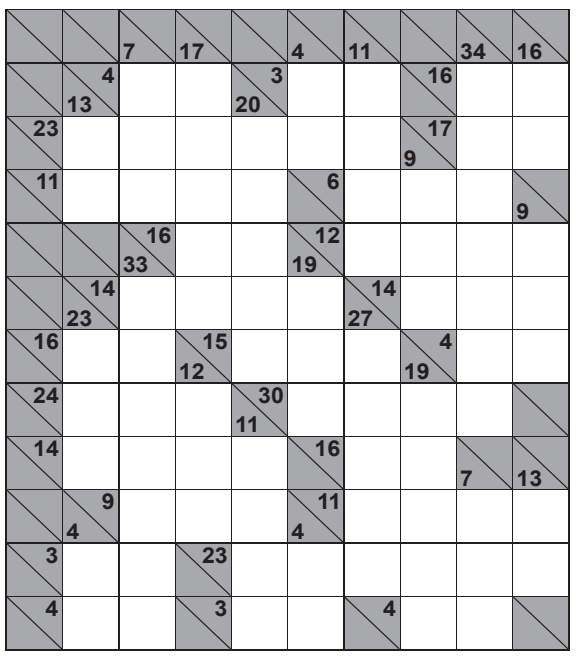
THE listed words can all be found in the grid — running forwards, backwards, up, down and diagonally — EXCEPT ONE. For a chance to win, discover which word from the list can't be found in the Word Search.

C	R	M	E	S	E	B	F	I
R	S	C	N	H	S	I	A	A
S	V	H	Y	L	E	T	J	N
J	H	M	L	I	N	C	M	I
U	L	A	L	K	N	S	A	S
T	A	C	N	C	O	V	O	G
L	R	T	R	D	P	R	M	P
A	R	R	E	W	O	G	E	C
N	I	Y	P	K	L	N	Y	A
D	W	L	N	Y	E	G	G	U
G	A	L	L	I	P	O	L	I

CRIMEA
GALLIPOLI
GOWER
JUTLAND
KOREA
LLYN
PELOPONNESE
SHANDONG
SINAI
WIRRAL

HOW TO ENTER: Call **0901 293 6234** and leave your answer and details or text **65700** with the word **WORD**, your answer and your name. Texts and calls cost £1 plus standard network charges. One winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Answers change daily at 00.01. UK residents aged 18+, exc NI. Terms apply, see Page 62. **SOLUTION TOMORROW**

KAKURO



FILL in the blank squares of the grid using only the numbers 1 to 9, without repeating any number in any line of blank squares. The lines must be filled in with numbers which add up to the total in the shaded box at the top or beginning of each line. A number in the bottom half of a shaded box gives a downwards total; in the top half, it's a horizontal total.

SOLUTION TOMORROW

Call FREE **0808 239 5107** or visit **www.mailtravel.co.uk** ABTA

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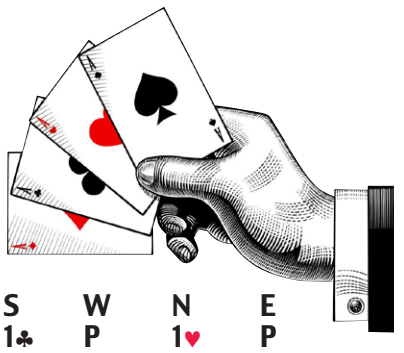
PUZZLES & PRIZES

WIN £500

BRIDGE MASTERCLASS

West
♠ 10964
♥ 74
♦ J975
♣ K98



	S	W	N	E
a)	1♣	P	1♥	P
	1NT	P	3NT	Dble
b)	1NT	P	3NT	Dble

YOU are West and have to lead against South's 3NT, which partner has doubled. Which card do you choose after each of the above auctions?

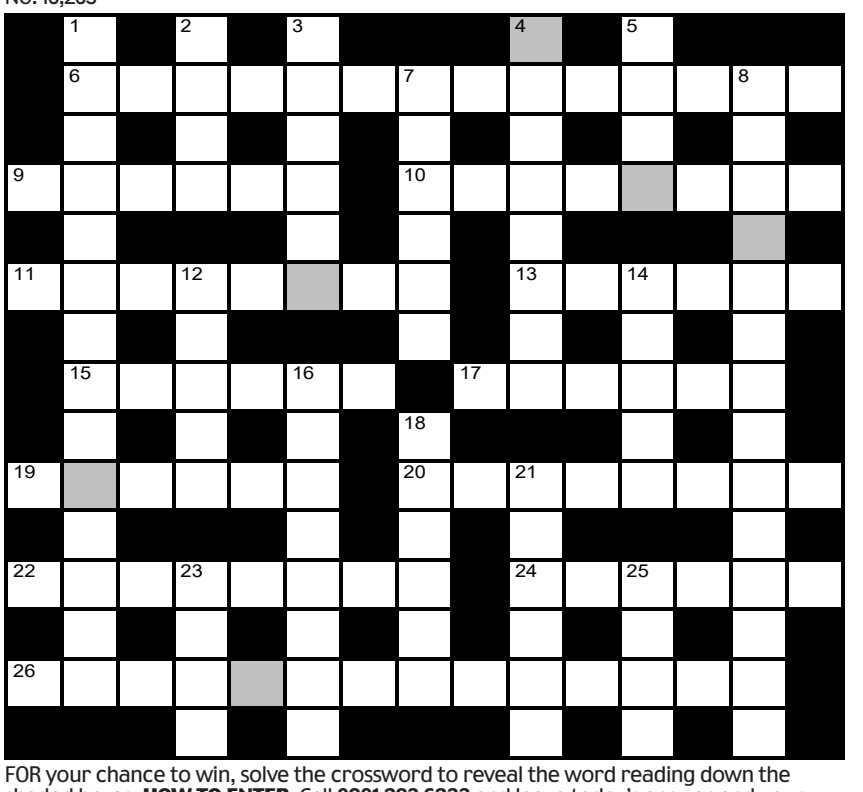
LIKE yesterday, partner's double is certainly made for penalties — not take out. But it is also conventionally lead directing. Partner is effectively saying that he'll defeat the contract if you lead a specific suit. In the first auction, he wants you to lead the suit bid by dummy; he may have been going to bid hearts himself before North did it (remember that 1♥ may be made on only a moderate 4-card suit). So you lead ♥7.

With auction (b), you have to use a bit of imagination. Partner is showing a long solid suit with an outside entry — you have to guess which suit, which is normally not too difficult. It is probably a major, because the opponents have not used Stayman. And your own spade holding makes that suit look unlikely — so, again you lead ♥7, and find partner with: ♠xxx ♥KQJ10x ♦Ax, ♣xxx. Without partner's double, you might well have led a spade.

PETER DONOVAN

CRYPTIC CROSSWORD

No. 16,263



FOR your chance to win, solve the crossword to reveal the word reading down the shaded boxes. **HOW TO ENTER:** Call **0901 293 6233** and leave today's answer and your details, or **TEXT 65700** with the word **CRYPTIC**, your answer and your name. Texts and calls cost £1 plus standard network charges. Or enter by post by sending completed crossword to Daily Mail Prize Crossword 16263, PO Box 28, Colchester, Essex CO2 8GF. Please include your name and address. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Postal entries must be date-stamped no later than the following day to qualify. Calls/texts must be received by 23.59; answers change at 00.01. UK residents aged 18+, exc NI. Terms apply, see Page 62.

ACROSS

6 Red card issued to departing troops? (8,6)
9 Board recruits college physicist (6)
10 Writer, for example, lives in English Street (8)
11 Sack everyone including British bundle of energy (8)
13 Payment to release Romans out of order (6)
15 Tiny orderly brings in 500 litres (6)
17 SW resort tries to dispense with rubbish initially (2,4)
19 Ejects two Americans tackling standard English (6)
20 Sort of tirade involving one bishop? Could be (8)
22 Lofty's form of address? (8)
24 Hard to see American quitting post in Depression (6)
26 Put down story that should generate some interest (7,7)

DOWN

1 Long tract? Illness meant it had to be amended (5,9)
2 Architect's flyer (4)
3 Caught one throwing part of ballgame (6)
4 Stays attached to this Cockney character one abandoned (8)
5 Churn coloured back to front (4)
7 Sewer that transmits sounds (6)
8 Job inspires boy nervous about books (14)
12 Church leader upset group of retired lecturers (5)
14 Sailors turn up to rescue First Lady? No way (5)
16 Record European tune from the south that's infectious (8)
18 Postcodes, say, covering Black Sea port (6)
21 Kidnap sailor on the tube (6)
23 Jump over ring such as this? (4)
25 What Lions do to victim in loose scrum? (4)

NEED A CLUE? Text **TIP** to **65700** to receive FOUR answers to today's crossword, or call **0901 293 6236**. Texts and calls cost £1 plus standard network charges. Today's clues available between 00.01 today and 23.30 only.

SOLUTIONS TO YESTERDAY'S PUZZLES

SUDOKU

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

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

PRIZE SUDOKU

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

WORD SEARCH
Missing word: HORATIO

S	C	D	A	E	D	H	B	R
A	S	U	I	N	O	L	O	P
R	O	D	L	A	N	Y	E	R
B	L	A	E	R	T	E	S	G
N	A	O	H	F	Y	U	E	N
I	T	G	P	C	I	R	L	T
T	D	H	O	D	T	A	E	C
R	D	S	U	R	G	L	C	I
O	C	A	U	R	M	G	N	R
F	L	D	O	A	E	S	G	S
C	E	F	H	T	H	G	P	O

HIDATO

27	26	25	20	19	17	15
28	23	24	21	18	14	16
29	30	22	■	10	11	13
31	32	■	■	■	9	12
33	37	■	■	■	8	7
34	36	38	41	2	6	5
35	39	40	1	42	3	4

KAKURO

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

NINE TO FIVE

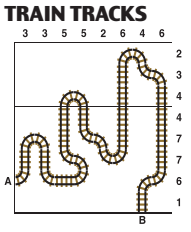
	O	C	U	
E	B	O	N	Y
F	E	A	T	S
A	S	T	I	R
	E	S	E	

OBSTINATE

CROSS NUMBER

				28
4	5	3	9	21
9	2	5	9	25
4	8	7	3	22
6	9	8	6	29
23	24	23	27	19

TRAIN TRACKS



KENKEN

4	2	1	6	3	5
5	3	2	4	6	1
6	1	3	5	4	2
1	6	4	2	5	3
2	5	6	3	1	4
3	4	5	1	2	6

SUDOKU X

1	3	2	4	6	5
4	5	6	3	1	2
2	1	3	6	5	4
5	6	4	2	3	1
6	2	5	1	4	3
3	4	1	5	2	6

KILLER SUDOKU

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

GOGEN

Q U J F M
X A V R L
P T C E G
Y O K I N
W H S D B

CRYPTIC CROSSWORD No. 16,260
ACROSS: 1 Blue-blooded. 9 Extreme. 10 Croesus. 11 Ash. 12 Languid. 13 Expiate. 14 Doc. 15 Licit. 17 Reign. 18 Split. 20 Psalm. 22 Fee. 24 Reactor. 25 Morocco. 26 IOU. 27 Wedding. 28 Failing. 29 Night vision.
DOWN: 1 Botanical garden. 2 Unequal. 3 Bread. 4 Orchestra. 5 Dropper. 6 Dissatisfaction. 7 Felled. 8 Astern. 16 Copyright. 18 Scrawl. 19 Tutting. 21 Martini. 23 Enough. 25 Mufti.

SMALLEST HARDEST CROSSWORD — ACROSS: 1 Clad, 4 Ax, 5 Ns, 6 Mate **DOWN:** 1 Calm, 2 LX, 3 Dose, 5 NT

WORD WHEEL
denim, dime, imid, imide, impeding, impend, **impending**, impinge, impinged, mend, mending, midge, midgie, midi, mien, mind, minding, mine, mined, mini, mining.

GENERAL KNOWLEDGE CROSSWORD — ACROSS: 5 Escape. 7 Mea culpa. 9 Pickford. 10 Tetris. 11 Lady Jane Grey. 13 Skunks. 15 Lagers. 18 Orlando Bloom. 21 Elliot. 22 Rich Hall. 23 Honeydew. 24 Larynx.
DOWN: 1 Jack Ryan. 2 Verona. 3 Pastoral. 4 Curtsy. 6 Sri Lanka. 7 Madden. 8 Phil. 12 Brooklyn. 14 Solitude. 16 Gellhorn. 17 Andrew. 18 Oliver. 19 Occult. 20 Aldo.

30-SECOND CHALLENGE

www.30secondchallenge.com

START on left with number given and follow instructions as you go across. In 30 seconds, beginners have to complete their own challenge; intermediates have to complete their own challenge and the beginner's; advanced players have to complete their own challenge and the intermediate's. SOLUTION BELOW

											YOUR ANSWERS
Beginner	57	÷3	+5	x3	1/2 OF IT	1/4 OF IT	x5	+15	÷5	x2	
Intermediate	15	x16	5/8 OF IT	+26	25% OF IT	x15	5% OF IT	+48	4/9 OF IT	42/56 OF IT	
Advanced	56	x2 1/4	+10	9/17 OF IT	LESS 37½%	x20	24% OF IT	+29	PLUS 20%	2/7 OF IT	

SOLUTIONS TO TODAY'S PUZZLES

QUICK QUIZ: 1 Jockey. 2 China. 3 Homeland. 4 Switzerland. 5 Portuguese.

MINDBENDER: 1 41 motorbikes. 2 They are all the first names of Bond villains (Dr No, Goldfinger, Largo). 3 Anne-Marie Trevelyan. 4 Dik-Dik, an antelope; the others appear in Doctor Dolittle. 5 Caustic (Ca-U-S-Ti-C).

MASTERQUIZ: 1 District. 2 Big toe. 3 Giraffe. 4 Sheffield United. 5 Michael Bloomberg. 6 Rowing.

HONEYCOMB: 1 Kraken. 2 Arrive. 3 Evicts. 4 Carnet. 5 Entire. 6 Ribbon. 7 Normal. 8 Ambush. 9 Stitch. 10 Tickle. 11 Little. 12 Nettle.

KUROSU

O	X	O	X	X	O
X	O	O	X	O	X
O	X	X	O	X	O
X	O	X	O	O	X
X	O	O	X	X	O
O	X	X	O	O	X

30-SECOND CHALLENGE: Beginner: 24. Intermediate: 27. Advanced: 84.

PASSPORT TO RICHES

MEET ONE OF OUR £1,000 WINNERS

'I have read the Daily Mail for 50 years and I love playing all the different games it has to offer. I really enjoyed Passport to Riches and I'm very happy to have won.'

PATRICIA GRIFFITHS, CHESHIRE

DID YOU KNOW? Border Collies are super-smart, with some capable of understanding up to 200 words. Other clever breeds include poodle, German shepherd, golden retriever and Doberman.

n cats apy logs

Picture: DAMIEN MCFADDEN

New-found confidence: After treatment, Lucy is transformed

ere, was ing use who We on mp- the and ent. — I ery dn't e a ted d in her hen ing her a treat if she did. Once she always stayed, I had to tell her to 'stay' then step to the side and give her a treat if she obeyed.

Then I took two steps back, then three, then four, then I turned my back on her, then I got out of the door. I'd do it for five minutes, ten times a day.

I became quite introverted and depressed. I couldn't leave the house unless my husband — we're both retired — was at home, so I lost a lot of my social life. Thankfully our Agria pet insurance picked up most of the bill for the behaviourist, which cost £800.

Eventually it got to the point I could leave the house for an hour or two, and once we left her for four hours and she was all right.

It's taken eight months of hard work to get there but it's worth it. She's adorable.

EMMA MILNE'S VERDICT:

SEPARATION anxiety is a big problem in dogs for many complex reasons. It's lovely to hear from such a dedicated owner who put in the effort to help their pet through it. Behaviour problems can be hard work for all concerned but the results can be well worth it.

THE NEIGHBOURHOOD BULLY UPSETS HER

RIO TURONE, 24, a social worker, lives in Ware, Herts, with her boyfriend Alex McCready, 27, a technician. They have a one-eyed cat called Mulan, who is three years old.

I'VE had Mulan since she was around four months old. She was a stray taken into the vets where my sister worked. I wasn't a cat person, but thought I'd meet her and I immediately fell in love. She was quite timid, but she was also very loving and always wanted to be held.

At the end of last year, I noticed that the hair on her belly was very short, not fluffy. It looked like she'd been over-grooming. The vet told me to keep an eye on her.

Then, in October, she was bitten on the bottom by a neighbourhood cat and developed an abscess. Since then, her grooming got much worse — on her legs, her stomach, wherever she can get to — and she doesn't go outside. If she needs the toilet, she'll pop out but come straight back in.

We tried a pheromone plug-in spray and kept to a strict routine, but it didn't work — so in January, we went back to Medivet in Stansted Abbott.

The vet thought Mulan's problems were behavioural: something was upsetting her and she felt stressed. I think she's scared of the cat who bit her.

The vet recommended we put her on some special food by Royal Canin called Calm, which contains very mild substances that help reduce anxiety.

She's been on it now for a fortnight and she's definitely a lot calmer. She still over-grooms but we're hoping that, with time, she'll continue to improve.

EMMA MILNE'S VERDICT:

NEIGHBOURING cats can be a huge cause of stress — as can cats in the same house. It's good the food is working. If your cat can see cats in the garden, even closing curtains or blinds can help.

NSTANT CHEWING

ety. Remarkably, within a week of taking drug she'd calmed down. The manic ying stopped and she wasn't trying to ut of the garden all the time.

never have thought it would be that le. In fact, I'm a bit fearful of taking her e drug, which costs about £30 a month, use if I forget it for a couple of days, I he old behaviour creeping back.

now she's a lovely dog to be around!

A MILNE'S VERDICT: Rebecca makes xcellent point here about pain. There many cases of behaviour problems ed to pain, something long-backed ds such as dachshunds can be very e to.

HOW YOU CAN LEARN TO READ YOUR PET'S MIND

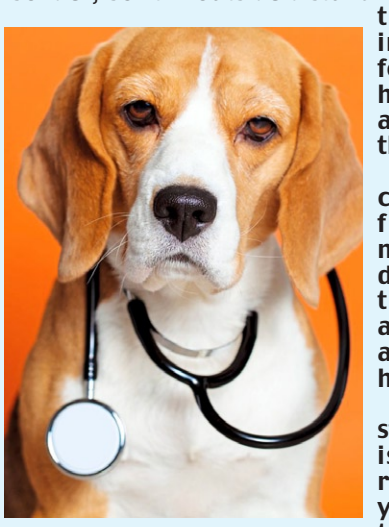
THESE days, animal behaviourists are in high demand for animals suffering from aggression, self-mutilation, OCD-like behaviour, anxiety and noise phobias. Here, KAREN WILD, a pet behaviour counsellor and author of Being A Dog, reveals a typical day…

WE FIND it hard enough to interpret one another, so it's hardly surprising we often misunderstand our pets' signals. Why is my cat over-grooming? Why does my dog lunge for other dogs? How do I get him to stop attacking the postman?

Part of my job is to help people understand what their animal is trying to communicate or why it's behaving in a certain way.

The other part is counselling owners as they often find it emotional. They feel guilty that their pet has been suffering, but it's not a blame game.

We only work on veterinary referral. So many behavioural habits come from illness or a pain-related disorder, so it is imperative that is ruled out first.



Once an animal is referred, I will visit them at their home: this enables me to get a fuller picture of their habits and situation.

I talk to owners in detail; afterwards I make recommendations, write a report and put a training plan in place. Some animals are high risk to other animals, their owner or themselves, so this has to be taken into account.

It can take several hours to make an assessment so I tend to see one animal a day — mainly dogs, though more and more cats as we begin to understand how complex they can be.

Often it's 'aggressive' dogs. We go back along the line looking for the root cause: what are the triggers? Is it anxiety-related behaviour? (Often it is.)

I've had cases of dogs attacking their owners when they try to take them out.

On one occasion it turned out the dog had witnessed a firework go off in the street and that was that; they wouldn't leave the house again. They attacked the owner in panic.

One dog was terrified of jets and other aeroplanes flying overhead. The family moved to a house that happened to be near a railway line; the dog became terrified of trains. The noise phobia escalated to whenever they got tin foil out of the cupboard or clattered pots and pans.

Something like this is quite a job to deal with. When it's a fear response, we tend to look at desensitising the dog or cat.

We use positive reward-based methods. Lots of people use food because it's accessible so quite useful. But you certainly wouldn't simply wave food at a dog that's petrified and hope it would work. We would gradually build up exposure to the stimulus and decide a suitable reward.

Separation anxiety is common with dogs. First, we work out the triggers: is it noises outside disturbing them? Is it that they're in a frenzy for the first half an hour and then settle down?

We use cameras to film and monitor the dogs when the owners are out, to assess what is happening.

Then we start slowly: is this dog relaxed when you're not in the same room but you're still in the house? Can they get used to you going away and coming back? Gradually we increase the time you're away.

We use a trained relaxation pattern — can the dog lie on the bed while you walk to the door? We reward them for that. We take it steadily — go back and forth with what they can/can't cope with.

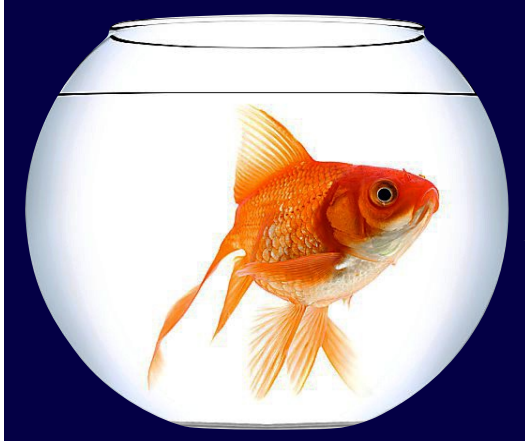
We then ask the owner to go back for varying lengths of time so the dog gets the message they will come back.

Thankfully I've never met an owner that's not prepared to go that extra mile for their pampered pooch. Most are utterly devoted.

■ *ANYONE in the UK can call themselves a behaviourist, so look for accreditations from APBC (Association of Pet Behaviour Counsellors) and CCAB (Certified Clinical Animal Behaviourist). They should also be registered with the ABTC (Animal Behaviour and Training Council).*

HOW TO HAVE A HEALTHIER HAPPIER PET

Now take our quiz to help you pick a pet



GETTING a pet is a very exciting time, but providing everything for a new animal can feel overwhelming. We can help you choose the right pet for you, and understand the needs of the pet you think you would like.

Think P-E-T-S — Place, Exercise, Time and Spend... with bonus points for additional knowledge. Consider the following points from the PDSA:

How big is your garden?

ALL pets need space to run and play, but dogs in particular need regular access to a safe and secure outdoor space. Many cats also enjoy being able to exercise outside, and rabbits and guinea pigs need access to a run to be happy and healthy.

A) I don't have a secure garden.
B) I have a small secure garden.
C) I have a large and secure garden.

How active are you?

DOGS enjoy regular walks and playing off the lead whenever it's safe for them to do so. The amount of exercise a dog needs depends on their age, health and breed. All pets enjoy fun games and playing with toys to keep them active, but with small pets you can do this in your house.

A) I'm not very active and don't really spend much time outdoors.
B) I spend a lot of time outdoors but I prefer shorter walks.
C) I love long walks and am not put off by bad weather and muddy paws!

How busy is your life?

PETS are generally sociable and dogs, especially, love your company. It's really important that they aren't left alone for longer than four hours, as dogs can become anxious and distressed. Walks, training, play time, feeding, cleaning their home, grooming and visits to the vet can start to add up and might take more time than you think.

A) I have little free time and am out for long periods most days.
B) I'm out of the house for most of the day but I have quite a lot of free time once I'm home.
C) I have lots of free time to devote to my pet.

What can you afford to spend?

IT'S not just the initial cost of getting a pet which you need to consider. Food, equipment, toys, flea and worm treatments, pet insurance premiums, replacing a chewed-up bed or unexpected vets bills — it all adds up over the lifetime of your pet, especially as they get older or if they develop health problems.

A) I can afford £20-£80 every month — up to £1,000 a year.
B) I can afford £80-£125 every month — up to £1,500 a year.
C) I can afford £125 or more a month — £1,500-plus a year.

What do you know about the sort of pet you want?

WE'RE a nation of animal lovers, but the reality of owning a pet can be quite different from what we expect. Researching as much as you can about the species and breed of pet you want is really important, and the real-life experiences of other pet owners and advice from a vet are essential. Make sure you know about the Animal Welfare Acts and the five welfare needs that each pet requires to be healthy and happy.

A) I don't know much about the pet I want and have never had a pet before.
B) I've never owned the sort of pet I'd like before, but I have done lots of research.
C) I've done research and once owned the pet I want to get.

YOUR ANSWERS

MAINLY As: Maybe you should reconsider having a pet at this stage. However, if you're still keen we'd recommend you make key changes to your lifestyle and do lots of research about the welfare needs of your chosen pet before you make such a big decision.

MAINLY Bs: Fish, small pets, guinea pigs, rabbits or cats may be an appropriate choice, but remember to research fully your chosen pet's welfare needs first.

MAINLY Cs: Fish, small pets, guinea pigs, rabbits, cats or dogs may be appropriate, but always do plenty of research first. Your vet would be able to offer advice on how to source a healthy pet.

SO HOW MUCH CARE DO THEY NEED?

FISH

FISH are great if you're worried you might not have lots of time, space or money to own a larger pet — but owning fish is still a big commitment as the average fish will live for around ten years.

All fish need a tank large enough for them to swim around easily and avoid other fish in the tank. It should be in a quiet place. Have you got space for this? Expect to pay up to £1,000 to set it up.

You'll need to clean the tank at least every week. But fish don't need you to keep them company, so if you're quite busy, fish could be a good choice for you.

INDOOR BIRDS

ALL birds need an indoor aviary large enough for them to fly across, so you will need a large area. Some species can live up to 60 years. Initial costs are generally around £500 and monthly maintenance costs can be around £60, not including vet bills.

Check if your chosen species likes the companionship of another bird. Budgies, for example, enjoy being kept with another budgie of the same sex.

Birds can become easily bored if they don't have enough contact with humans, so you need to think if you have time every day to dedicate to your bird.

They need to exercise by flying in their aviary or around your home in a secure area.

SMALL PETS

HAMSTERS, rats, mice, gerbils and chinchillas generally live in a cage in your home.

Some small pets such as chinchillas can live up to 22 years and cost £5,000 over a lifetime.

Most small pets need to live in groups or pairs, so this might increase the space they need as well as the costs and time. Some are nocturnal and will be active, and sometimes noisy, at night.

Even if you're not that active, you'll be able to keep a small pet happy and healthy.

Guinea pigs need to be kept in an outdoor hutch with free access to a large run, so you need a garden large enough for a hutch that's at least 6ft long, 2ft wide and 2ft high, with the run beside it. They need the company of another guinea pig as they're very sociable.

It will cost you around £400 to buy your guinea pigs. Their average lifespan is around four years. They'll cost you around £70 a month, plus vets bills.

RABBITS

RABBITS need to be kept in a large, outdoor hutch (see guinea pigs) with a large run (8ft by 4ft by 2ft high) which they can access throughout the day. They need the company of other rabbits, as they become lonely and stressed if kept on their own. They will live an average of nine years and cost you around £10,000 each (plus vets bills) throughout their lifetime.

Rabbits enjoy lots of interaction with us, playing with toys — but even if you're not that active, you should be able to keep a pair of rabbits happy and healthy.

CATS

CATS are generally happy to be left alone for longish periods, but you still need to feed them at least once a day. They also need exercise — outside if safe. They can live inside only, but you will need to provide places to play and run. Cats live between 12 and 15 years and will cost you up to £17,000 in all, plus vets bills.

DOGS

DOGS don't enjoy being left alone — you shouldn't leave them for more than four hours. Walks are not just for the physical benefits but for mental stimulation, too. Small dogs need 20-60 minutes of exercise a day; medium dogs need 1-2 hours and large dogs longer.

Smaller dogs generally live up to 15 years and will cost around £20,000. Larger dogs cost £30,000 throughout their lifetime.

TOMORROW: COPING WITH A PET WHO HAS CANCER

It boosts brains, combats sepsis and tackles colds...

No wonder China's racing to see if vitamin C can beat coronavirus

Picture: GETTY IMAGES

By VICTORIA LAMBERT

DESPERATE to avoid coming down with a winter cold or worse, plenty of us will be dosing up on vitamin C supplements — and doctors in China are even looking into its effectiveness against coronavirus.

Research into new and exciting uses such as battling sepsis and memory loss is also under way.

We spend more than £880 million on vitamin C supplements globally, with that figure expected to top £1.1 billion by 2024.

Its popularity is rooted in the belief that vitamin C can prevent colds — a theory first set out in 1970 by Nobel Prize-winning scientist Linus Pauling. He was convinced of its benefits and personally took 3g a day, although much of his research on the vitamin was later discredited.

Certainly, when it comes to infections or a virus such as flu, it is accepted that vitamin C is part of the immune response and quickly becomes depleted. It helps by encouraging the production of white blood cells that fight disease, attaching themselves to, and killing, invading microbes.

However, multiple studies have failed to back up Pauling's theory of vitamin C as a preventative supplement and, according to a 2017 report by the authoritative review board the Cochrane Collaboration, the best we can hope from taking a well above average daily 1,000mg of vitamin C is shortening the length of a cold by 8 per cent — about 0.4 days.

Higher doses than this have been found to shorten colds further — research from the University of Helsinki in 2017 found that daily doses of 6g to 8g could shorten symptoms of a cold by 19 per cent. But in the general population, vitamin C was not found to have any preventative effect.

In other words, while it might help fight a cold, supplementation didn't alter how frequently people come down with one.

The NHS recommends healthy adults consume 40mg of the vitamin daily. 'We are all genetically deficient as we do not naturally provide the vitamin C we need,' says Dr Thomas Levy, a U.S. cardiologist and author of Primal Panacea, a new book about the uses of vitamin C.

Eating one medium orange will provide almost double the daily amount at 70mg, and two medium tomatoes will hit the goal at 20mg each.

Although vitamin C may not be the way to avoid the winter bugs, scientists are increasingly looking to use it as a treatment for other conditions, from coronavirus to memory loss.

COVID-19

IN CHINA, a study is under way to see if high doses of vitamin C can help fight off coronavirus (officially known as COVID-19). Scientists at the Zhongnan Hospital of Wuhan University are testing its effects on 120 patients who have the virus, giving them daily infusions of 24g of vitamin C for seven days. Results have not yet been published.

The dosage being used in China is around 60 times as much as the NHS daily recommended amount and 24 times the amount trialled against colds in reviews by Cochrane.

In tests, vitamin C has worked against every virus — if given in sufficient concentration, says Dr Levy.

Dr Mike Skinner, a virologist at Imperial College London, says we won't know vitamin C's value against coronavirus for some time, and says the dose being tested is 'massive'. 'They're doing the trial,' says Dr Skinner 'Let's see if it has any benefit.'

MEMORY LOSS

COULD a lack of vitamin C also be a factor in brain health?

Researchers from the University of Copenhagen found that vitamin C could be a key factor in the prevention of cognitive decline caused by ageing and disorders such as dementia.

Their review, published in the journal Nutrients in 2014, reported a direct effect of vitamin C deficiency on brain function throughout our lives, from development in the womb to regrowth following a traumatic brain injury such as a stroke.

In another study involving 80 healthy adults, researchers in Australia found that vitamin C supplementation could improve performance on tasks involving attention, working memory and decision speed.

The report, in the journal Frontiers In Aging Neuroscience in 2019, suggested that further investigation could be useful in elderly groups as they are most likely to be deficient. Vitamin C is thought to have a protective effect on brain cells and tests on mice have found that extra vitamin C improved memory and ability to do tasks such as navigating mazes.

SEPSIS

NEW research into the use of vitamin C therapy for sepsis — where the body's immune system overreacts following infection, with potentially fatal results — is positive. In the UK there are about 48,000 deaths a year connected to the condition.

Now U.S. researchers at the Virginia Commonwealth University have discovered that intravenous vitamin C given every six hours for four days within hours of admission reduced the risk of patients with sepsis dying from 46 per cent in a placebo group to almost 30 per cent in the vitamin C group after a month.

On average, the vitamin C group spent three days fewer in intensive care and a week less in the hospital overall. 'This therapy could potentially transform the way we care for sepsis patients,' says Dr Alpha Fowler, a lung disease specialist who led the research last year.

Professor Ron Daniels, a consultant in critical care at University Hospitals Birmingham NHS Foundation Trust, says researchers have been exploring the potential of vitamin C in the management of sepsis for several years now.

'Results have been variable, with some studies suggesting benefit and others not,' he says. 'The evidence is not yet enough to revolutionise sepsis care.'

METABOLIC ISSUES

DOCTORS use the term metabolic syndrome to describe conditions including obesity, high blood pressure and high blood sugar, that raise the risk of type 2 diabetes, fatty liver disease (the build up of fat in the liver), and cognitive dysfunction.

Now researchers from Oregon State University have reported that anyone affected by metabolic syndrome might need more vitamin C.

Their 2019 study, published in the journal Redox Biology, suggests that the high saturated fat, low-fibre diet that raises the risk of metabolic syndrome can disrupt the natural gut flora — or microbiome.

When this happens, some types of harmful bacteria can pass into the bloodstream where antioxidants such as vitamin C are needed to neutralise them — this can cause a deficiency if the vitamin is not replenished.

Professor Maret Traber, who led the research, said: 'People with metabolic syndrome can consume the same amount of vitamin C as people without the condition but have lower levels of vitamin C in their blood.'

The researchers believe that further work is needed to establish whether vitamin C supplements could have a positive effect on reversing aspects of metabolic syndrome.

HOW MUCH IS TOO MUCH?

THE NHS warns that taking extremely large amounts (more than 10g per day) of vitamin C can cause stomach pain, diarrhoea and flatulence.

But 'there is no known level of vitamin C which is toxic', says Dr Levy. 'This is because vitamin C is water soluble, so anything the body doesn't use will be excreted in urine.'

However, he warns that in cases of kidney failure, supplements should only be given with close monitoring. This is because when the kidneys — which make urine — are failing, it is more difficult for the body to excrete excess vitamins.

Under the microscope

Olympic rowing gold medallist James Cracknell, 47, answers our health quiz

CAN YOU RUN UP THE STAIRS?
I REFUSE to take a lift for less than six floors on principle. When I was rowing competitively, I would train for six hours every day, but now it's just an hour's running as I'm training for this year's London Marathon.

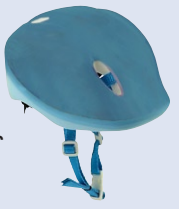
GET YOUR FIVE A DAY?
YES. I stick to the maxim that it's OK to eat more of anything growing above the ground without putting on weight. Anything below ground is more carbohydrate-heavy.

EVER DIETED?
MY WEIGHT hasn't wavered much. I'm 6ft 4in and when I won my first Olympic gold I was about 14st 9lb. I'm about 14st 1lb now, but I'm doing loads of weight training for the marathon.

ANY VICES?
BEER and nachos on a summer's day.

ANY FAMILY AILMENTS?
MY DAD has type 2 diabetes. I've consumed a lot of sugar in my life, so I think it's a route I'll be heading down. My mum is as hard as bullets, though. When I was 14 I had a stomach ache and asked for the day off school. She said: 'No, you're fine.' I was in such pain I got a detention for lying on my desk. I had my appendix out that night.

WORST INJURY?
MY CYCLING accident in Arizona in 2010. A wing mirror hit the back of my head and damaged the parts of my brain that control high-level thinking — organisation, planning, motivation, empathy and confidence. Apparently 80 per cent of people with a brain injury get divorced because it changes your personality [he and wife Beverley are divorcing].



POP ANY PILLS?
VITAMIN D tablets and glucosamine for old man's joints.

HAD ANYTHING REMOVED?
APART from my appendix, my teeth. When I rowed across the Atlantic in 2005 and lost 3st, my teeth started falling out. I've had two of them capped and I've got two implants.

EVER HAVE PLASTIC SURGERY?
I'VE GOT tattoos and I can see their potentially addictive nature; I think plastic surgery can be like this, so I'm steering clear.

COPE WELL WITH PAIN?
YES, but not MRI scans because of claustrophobia.

EVER BEEN DEPRESSED?
AFTER the accident I was mucking about with my children and thinking: 'I really should be enjoying this.' But I felt numb. Cognitive behavioural therapy and antidepressants have gradually improved things.

HANGOVER CURE?
I PURGE myself on a rowing machine.

WHAT KEEPS YOU AWAKE AT NIGHT?
I WORRY during the day, but at night I'm out cold.

LIKE TO LIVE FOR EVER?
NOT after seeing those pictures of Kirk Douglas before he died.

■ *JAMES CRACKNELL is running the Virgin Money London Marathon on April 26.*

Interview by NICK McGRATH

'Second chance': Shirley Dolan

Simple blood test that could spot the deadliest cancer

...and it's saving lives by detecting disease years before symptoms show

Lung tumour: Rebecca Allison

Pictures: GRAEME HUNTER

By SHERON BOYLE

TAKING on a vigorous hill walk with her husband, or playing with her two lively grandchildren, Rebecca Allison had never felt better.

The birth of Nathan, now eight, and Caitlin, six, had given Rebecca — a smoker for more than 50 years — the incentive she needed to quit her 30-a-day habit four years ago. She felt so well that when her GP asked her if she'd like to take a revolutionary blood test that could detect lung cancer years before symptoms appear, she didn't think twice.

But two days later, the mother-of-two was called to say she had the disease. 'I was shocked,' says Rebecca, 69, who lives in Glasgow. 'After sharing a few tears with my husband, Ben, we decided not to tell our kids until we needed to. I vowed to take life one day at a time.'

It was the start of a two-year roller-coaster of emotions for Rebecca, as the next day an X-ray showed that her lungs were actually clear of the disease. 'I felt relieved, lucky even,' she says. 'But I kept thinking, why was my blood test positive for cancer? It niggled away at me.'

Rebecca was one of more than 12,000 smokers to take part in a trial of a test that can detect lung cancer up to four years before tumours show up on scans — all from a few drops of blood.

Around 47,000 Britons are diagnosed with lung cancer every year, making it the most common form of the disease. And, with 35,300 deaths a year — almost 100 a day — it kills more people than any other cancer.

Most common in smokers, it is usually symptomless in the early stages. As a result, 80 per cent of cases are not picked up until late in the disease, when it's harder to treat.

Fewer than 5 per cent of patients survive for five years or more if their cancer isn't picked up until it is very advanced, compared with 57 per cent when it is detected early.

The new test aims to change this by checking samples of blood for seven antibodies — proteins that are made by the immune system to defend the body against the cancer.

CRUCIALLY, these antibodies are often present when the cancer has just begun to grow and is years away from causing symptoms or showing up in a scan. A lung cancer tumour needs to measure around 8mm to be detected on a scan or X-ray.

Rebecca and other trial volunteers had a blood test, called an EarlyCDT-Lung test — and if this proved positive, they underwent X-rays and CT scans every six months.

Following her positive result, Rebecca, a care-home manager, had three scans all showing her lungs were clear, until the fourth — 20 months after the blood test — yielded a positive result.

'I was anxious before each scan, then relieved. But my luck ran out in October 2017 when a 5cm tumour showed up in my upper left lung. I knew I had to deal with it.'

She broke the news to her children — Victoria, 40, and Andrew, 38 — just before her operation the following month, determined not to show her concern.

'I secretly feared I would not live to enjoy Christmas with my family. But the doctors told me the cancer was at an early stage and I had a good chance of coming through it all.'

Rebecca underwent keyhole surgery to remove the tumour, but did not need chemotherapy or radiotherapy. She now has scans every six months.

'I've been lucky. Without the trial, I would be dead. This test is a life saver,' she says.

Dr Adam Hill prefers to call it a game changer. He is chief executive of Oncimmune, the blood test diagnosis company that developed the EarlyCDT-Lung test, currently used in 24 countries including the U.S.

Worldwide tests have shown it can detect lung cancer up to four years before the tumours become visible in scans.

'Studies show 40 per cent of lung cancers are diagnosed in A&E when patients attend, a common symptom being coughing up blood,' explains Dr Hill.

Although the EarlyCDT-Lung test checks only for lung cancer, the same technology also underpins a test for liver cancer, launched in 2018. Tests for breast, ovarian and prostate cancers are in development.

Results of the pinprick blood test are available within four hours and cost less than £200 per person privately. Oncimmune claims it can detect all types of lung cancer at all stages with high accuracy.

Rebecca was part of a trial that targeted people aged 50 and over in Scotland, who had smoked more than a packet of cigarettes a day for 20 years or more, as they are statistically more at risk of lung cancer.

Of the 60 volunteers in the trial who then went on to develop lung cancer within two years, more than 40 per cent were diagnosed at stage one and two, compared with only 27 per cent in standard clinical practice. There was also a lower death rate in this group.

Dr Hill says treating Rebecca's early diagnosis will cost the NHS around £5,000, compared with a bill in excess of £50,000 to treat an advanced lung cancer patient with surgery, drugs and other procedures.

'And it is so much less traumatic on the patient, as they may not have to go through gruelling chemotherapy or radiotherapy for up to a year afterwards,' he says.

Dr Hill is now hoping to conduct UK-wide tests, involving as many as 200,000 people with a history of smoking. In the meantime, although the test is used in private hospitals across the UK, it still needs the green light from the Department of Health to be approved for NHS use.

Another grateful pioneer of the new test is 63-year-old Shirley Dolan, a mother-of-three from Dundee, the first patient to be tested, diagnosed and cured using the EarlyCDT-Lung test.

The former nurse smoked up to 30 cigarettes a day from her teens to just hours before undergoing surgery for lung cancer in March 2014. It was diagnosed when she had the test after her GP suggested it as part of a trial.

'I couldn't believe it as I did not have a single symptom, yet an X-ray confirmed I had two tumours in my top right lung, though one was thankfully benign. The cancerous one was between 3cm to 5cm long.'

SHIRLEY had surgery but needed no further treatment. 'I've never touched a cigarette since,' she says. 'I've been lucky enough to get a second chance at life.'

Sadly, when Shirley returned to work at the hospital after her operation, she learned that one of her fellow theatre nurses had been diagnosed with lung cancer while she was away and had died. She, too, had not displayed any symptoms, but her lung cancer was already at a late stage when detected.

Dr Richard Roope, a senior clinical adviser on the prevention and early diagnosis of cancer for Cancer Research UK, cautiously welcomes the EarlyCDT-Lung test. 'It has the potential to be exciting, but more research is needed to decide who we should be testing,' he says. 'We are at the beginning of changes in how we look for cancer that will lead to more diagnostic options.

'The UK has been the sick man of Europe in the lung cancer survival leagues, so any development that can improve detection is a good thing.'

Before surgery, Rebecca had wrapped her family's Christmas presents as she feared she might not see Christmas Day, but on December 23, 2017, she was given the best gift anyone could receive — the all-clear. 'That's when I cried,' she says.

Like many who took part in the trial, she is — in all senses — breathing easier today.

■ *EXTRA time — Portraits of Hope and Survival from Early Cancer Detection, extratime.gallery*

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By RACHEL ELLIS

As artificial intelligence proves as effective as doctors at reading scans...

Would you trust a computer to diagnose your illness?

Picture: GETTY IMAGES/ISTOCKPHOTO

HEALTHCARE has come a long way thanks to human endeavour — but even occasional human errors can have disastrous consequences.

A misdiagnosis can mean undergoing unnecessary treatment; a misread scan can mean a patient is wrongly given the all-clear. Potentially life-altering or even life-ending mistakes can be made, even by excellent doctors.

So the news earlier this year that computer programs can detect breast tumours better than doctors was hailed as 'a huge advance' by researchers.

The study, published in the journal Nature, compared the results of mammograms analysed by doctors with the same images read by a machine that had been 'taught' to identify tumours.

When the computer was asked to read images from nearly 29,000 women, the number of missed cancers — known as false negatives — fell by 2.7 per cent compared with when a single doctor reviewed the scans, while the number of mammograms incorrectly diagnosed as abnormal (known as false positives) decreased by 1.2 per cent.

The machine was as good as two doctors working together — the current system for reviewing mammograms.

With thousands of women a year misdiagnosed in the UK, any improvement in the reading of scans would be welcome — and with an estimated shortage of more than 1,000 radiologists (doctors who interpret scans), using technology to do the work of two doctors could free up much-needed time for other tasks.

'This is a huge advance in the potential for early cancer detection,' said study author Dr Mozziyar Etemadi, an assistant professor of anaesthesiology at Northwestern University in Chicago.

However, more research is needed to work out how such a system could be introduced, he added.

Artificial intelligence (AI) like this — advanced computer software which not only carries out tasks but 'learns' from the results — is hailed by some as a panacea for the NHS, which is strained by increasing patient numbers and stalling recruitment and retention of doctors and nurses.

Last year, the Government announced a £250million AI laboratory that will bring together research to find solutions to common healthcare challenges.

'The idea is that AI can take some of the workload so that doctors can spend more time with patients,' says Sarah Deeny, assistant director of data analytics at the independent charity The Health Foundation.

It does look promising, and not just in the field of breast cancer diagnosis. Research shows AI could revolutionise diagnostic testing, predict the most effective treatments and improve how hospitals are run.

FOR example, it is helping NHS Blood and Transplant predict how much blood hospitals will need on any given day, resulting in 50 per cent less waste.

A trial, published last year in Nature, showed AI was better than specialist doctors at spotting lung cancer; it also boosted detection of the cancer by 5 per cent, while cutting the number of people falsely diagnosed by 11 per cent.

It can also identify skin cancers with the same accuracy as doctors, and was as good as humans at diagnosing more than 50 eye conditions in another study.

AI has also been developed to diagnose atrial fibrillation — an irregular heartbeat. And last year, University College Hospital in London came up with an algorithm to flag up patients most likely to skip appointments. Using records from 22,000 MRI scan appointments, the program identified 90 per cent of patients who would not attend, who could then be targeted with reminders.

Almost eight million appointments were missed in 2017/18, according to NHS figures, each costing the NHS around £120. Addressing the problem could save almost £1 billion — equivalent to 257,000 hip replacements.

Another project by the UK tech company Brainomix, backed by pharmaceutical giant Boehringer Ingelheim, uses AI to interpret brain scans of people with a suspected stroke — a blockage in the blood supply to the brain.

By correctly identifying where the blockage is and the extent of the damage, patients can be given clot-busting drugs within the crucial four-and-a-half hour timeframe, or surgery to restore blood flow to the brain, to give them the best chance of recovery.

Currently, reading by doctors of these scans is 'inconsistent', according to Dr George Harston, the company's chief medical officer. 'Problems do get missed, particularly if a less experienced doctor is looking at the scan or it is a non-specialist hospital.'

The Brainomix program analyses CT brain scans in one minute.

This stroke technology has already been adopted in 20 NHS hospitals, but in most cases, AI is not yet widely used in the day-to-day running of the NHS.

'We are beginning to see the benefits of AI in some healthcare contexts, such as reading scans,' says Dr Rebecca Rosen, a GP in south London and fellow at the think tank the Nuffield Trust.

The key thing which makes artificial intelligence just that — intelligent — is it can learn from the information it receives. But this creates its own challenges.

'AI is driven by the data that is fed into it from which it learns,' says Hugh Whittall, director of another think tank, the Nuffield Council on Bioethics, which specialises in the ethical and social aspects of health policy.

'If you only have access to data from a certain population, is that serving all patients? We know from facial recognition programs, for example, that AI is not as good at recognising the faces of darker-skinned people, probably because they are under-represented in the data used to develop the program, and that bias is reinforced by the learning the AI does, making errors more likely.'

There are also concerns about protecting the patient data needed to 'train' these robots.

In 2017, the Royal Free Hospital in London was criticised for sharing 1.6 million patient data records — including information on mental health history and abortions — with Google's AI division, DeepMind, for a trial to monitor and diagnose acute kidney damage.

THE Information Commission ruled the hospital had not done enough to protect patients' data.

So, is there a danger that we are solving one problem with AI, but creating another? After all, AI is costly and makes mistakes, too.

'Because of the human nature of healthcare, patients want conversations with real doctors, so AI is most likely to be part of the technology that helps with diagnosis and supports decision-making rather than taking over diagnosis,' says Mr Whittall.

Sarah Deeny agrees, saying it is most likely to be helpful for 'less high-risk, backroom tasks' such as making best use of operating theatre time so theatres don't stand idle, or filing 'normal' blood test results in patient records.

'You don't want it to result in unnecessary extra tests and clinician time,' she says. 'For example, some smartphones can now carry out pulse checks for an irregular heartbeat. However, if this technology were used by the public, healthy people could be told they have an irregular pulse when they don't. This could result in unnecessary additional testing or treatment, and anxiety for patients.

'Will a highly anxious, risk-averse patient — or, indeed, any patient — ever be reassured by a computer diagnosis? The role of the doctor is not just to diagnose but to reassure and [guide] patients through their diagnosis and treatment.'

But it's important not to overlook alternative ways of solving health problems — possibly even more effectively, adds Mr Whittall.

'There can be a tendency with new technology to find things for it to solve,' he says.

'Take malaria, for example. In our search for drugs and vaccines, there is a danger we overlook bed nets which can prevent malaria.

'There are still many unknowns about AI, so it is important that we don't push this technology through too quickly.'

SECRETS OF AN A-LIST BODY

How to get the enviable physiques of the stars

THIS week: Emilia Fox's arms

WEARING a satin dress that showed off gym-honed arms, Emilia Fox (right) oozed elegance on the red carpet recently.

The 45-year-old actress is a relatively recent convert to the gym. 'I run and lift weights,' she has said. 'It makes me feel more confident, stronger — and I don't mean physically.'

WHAT TO TRY: The curl-to-front-press exercise targets the biceps and shoulder muscles for all-round toned arms. Hold a dumbbell in each hand. Stand with feet hip-width apart with weights against your thighs, palms facing your body. Bend your elbows and curl weights up to shoulder height. Then stretch arms straight out in front so they are level with shoulders (palms should be facing the floor). Keeping your core muscles engaged, bend the elbows back in by your sides and lower back to the start position. Repeat 15 times and perform three sets.

I worry at night as my heart keeps racing

Q RECENTLY I've been having heart palpitations which wake me at night. Most worrying is when my heart misses a beat and I lie there and fear it will stop altogether. Could you shed some light on this?

Michael Byrne, Carlisle.

A THIS must be unsettling and my suggestion is that further investigation is needed to get to the bottom of the cause, so appropriate treatment can be offered.

In your longer letter you explain that you have been advised to call an ambulance if the sensations persist for more than 20 minutes, which is far from reassuring.

A resting electrocardiogram (ECG) — a test that measures the electrical activity of the heart to check rhythm — showed that your heart was normal at the time of the tracing. However, this type of one-off check is limited because it can't exclude coronary heart disease — furring up of the arteries, which may cause palpitations. Nor can it tell you anything about the cause of the episodes you have experienced.

Doctors need to capture and identify the rhythm of your heart *during* one of the episodes, using a 24-hour ambulatory ECG recording, sometimes known as a Holter monitor.

At the innocent end of the spectrum are ectopic beats, or extrasystoles, which are normal, but excessive runs may indicate a thyroid problem. Other possibilities include more significant rhythm abnormalities, such as atrial fibrillation, when the heart beats too rapidly and irregularly.

In the meantime, you indicate you have been prescribed statins as your doctor has calculated you have a 33 per cent risk of suffering a heart attack or stroke in the next decade (given your cholesterol levels). This may or may not relate to the cause of the palpitations, but do accept this advice.

ASK THE GP

DR MARTIN SCURR

Q IS THERE any cure for cold sores or any likelihood of one in the near future? I get them intermittently and not only find them embarrassing, but fear passing on the virus responsible to my grandchildren.

Bill Adair, by email.

A COLD sores are caused by the herpes simplex virus. More than 60 per cent of adults are infected at some point in their lives, and it is transferred by infected oral secretions, such as saliva.

Following an infection, the virus establishes itself in local nerve tissue. Once it's in you, it is there for ever. In up to 40 per cent of cases, the virus reactivates throughout life, usually as a cold sore.

Triggers include exposure to sunshine and minor illnesses such as colds. Other conditions that undermine the immune system can also initiate attacks.

Most people have warning symptoms a day or so before the cold sore erupts, with pain, burning or tingling at the site; blistering then occurs, rapidly evolving into an ulcer which crusts.

You are right to be concerned that you could pass it on to others, and the only way to prevent transfer is to avoid skin-to-skin contact when a cold sore is apparent.

There is no cure — not yet — and no vaccine to protect against primary infection. The only treatment is anti-viral drugs, which keep the virus locked in a dormant state.

Zovirax (acyclovir) cream, available over the counter, is an effective drug that stops the virus becoming fully active — if applied promptly at the start of an episode, the momentum is interrupted and the duration is shortened.

There have been trials looking into preventative treatment for those with recurrent attacks. Acyclovir pills, when taken twice daily for up to a year, have been found to help people who experience six or more attacks per year — but there are concerns about using antiviral drugs continuously.

I am sorry to be the bearer of not very helpful tidings about the possibilities of a cure.

IN MY VIEW... Let's ask the public about assisted dying

WE ARE at a pivotal moment in the discussion on whether the UK should legalise medically assisted dying.

From 2015 to 2019, 233 Brits were forced to go abroad to seek an end to living in pain, and nearly 90 per cent of UK people now favour a change in the law to allow adults of sound mind who are facing profound suffering to opt for a dignified death.

The Hippocratic oath, often distilled down to 'first do no harm', also enshrines a commitment to alleviate suffering. Last year, The Royal College of Physicians adopted a neutral stance.

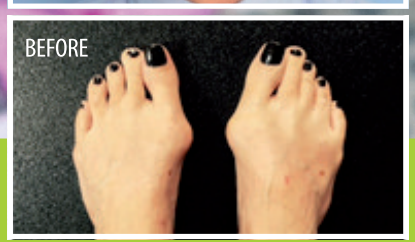
I received a survey on this issue from the British Medical Association last month. But, now that medicine has shifted away from paternalistic decision-making, to involve the public in this question is surely crucial.

WRITE TO DR SCURR

■ *WRITE to Good Health, Daily Mail, 2 Derry Street, London W8 5TT or drmartin@dailymail.co.uk — include your contact details. Dr Scurr cannot enter into personal correspondence. Replies should be taken in a general context and always consult your own GP with any health worries.*

Health Classified

MR DIRK NOWAK MD



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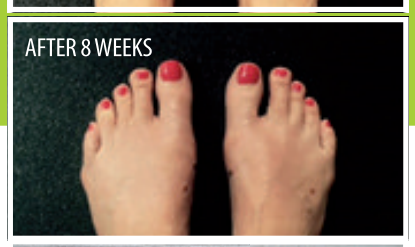
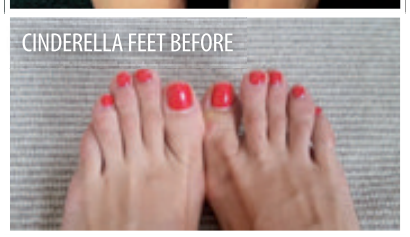
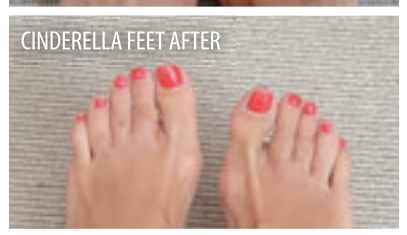


AFTER 8 WEEKS



CINDERELLA FEET BEFORE



CINDERELLA FEET AFTER

KEYHOLE BUNION CORRECTION

TIME TO GET YOUR FEET READY FOR THE SUMMER

Around 15 million Britons suffer from bunions, painful bony swellings at the base of the big toe.

Traditionally, the only treatment has been painful surgery with a lengthy recovery as well as screws or plates left in your foot.

In 2007 the European Foot Institute under Mr. Nollau MD offered a new procedure to UK patients, in Worthing, West Sussex. 2014 Mr. Nowak MD took over the European Foot Institute and returned to Worthing to a new private clinic (Worthing Laser & Skin Clinic) offering excellent facilities to all patients.

Mr. Nowak MD trained under Professor Bösch, who invented the method more than 15 years ago.

He has since operated using this technique with remarkable success. His experience and his personal approach to the individual has made him very popular not just in the UK but also in other countries.

Mr. Nowak has modified the technique over the past years, to bring it up to date and ensure an even better outcome of the alignment. Patients who cannot have sedation, can have this operation also just with a foot block. Our patients remain in the clinic to recover after the operation for 45 minutes to an hour and can then walk out of the clinic on their own feet. We strongly believe that returning home after an operation does help with the recovery. Over the next couple of weeks, we offer constant support, either by phone, WhatsApp or emails.

This ensures the patient and any worries are being addressed straight away, rather than waiting days before being able to speak to the surgeon.

Most private insurance companies cover the cost of the operation. For self-paying patients, one foot £4200 and for both £4700 all inclusive.

Mr. Nowak MD also offers the Hallux Rigidus procedure, which the European Foot Institute introduced 2009 into the UK.

This is a technique, rather than fusion of the joint, we use a synthetic implant "Cartiva" which allows the joint to stay mobile. Again, a procedure allowing you to leave the clinic after a short recovery period. The cost for this operation is: £4650 all inclusive.

We recently had a lot of enquiries with regards to Cinderella Feet (toe shortening). This can also be done, not covered by private insurances and prices do depend on how many toes need to be corrected.

For more information please contact **Susann Parker 0203 3181834** *or* visit our website **www.europeanfootinstitute.com**
Email: **info@europeanfootinstitute.com** or visit our facebook page

European Foot Institute

LONDON - MÜNCHEN

Why isn't the NHS warning women about an exam that can be more painful than childbirth?

Picture: GETTY / ISTOCKPHOTO

By PAT HAGAN

EVERY week for nearly a year, Lorraine Shilcock attended an hour-long counselling session paid for by the NHS.

She needed the therapy, which ended in November, to cope with the terrifying nightmares that would wake her five or six times a night, and the haunting daytime flashbacks which turned her into a trembling wreck.

Lorraine, 67, a retired textile worker from Desford, Leicester, has post-traumatic stress disorder (PTSD) — a condition normally associated with combat veterans or victims of terror attacks.

But the grandmother of three instead owes her psychological scars to a routine NHS medical check, which was supposed to help her, not leave her suffering.

In October 2018, Lorraine had a hysteroscopy, a common procedure to inspect the womb in women who have heavy or abnormal bleeding.

Doctors use a device called a speculum — also used during smear tests — through which they insert a metal probe with a camera on the end, called a hysteroscope, into the cervix and womb. Gas or fluid may also be introduced to inflate the womb to give the specialist a better view.

The procedure is designed to check for causes of the bleeding — such as fibroids (abnormal growths, usually non-cancerous, in the lining of the womb) or smaller abnormal growths called polyps, or cancer. It's also used for women experiencing fertility issues.

The 30-minute procedure, performed in an outpatient clinic, is considered so routine that many women are told it will be no worse than a smear test and that, if they are worried about the pain, they can take a couple of paracetamol or ibuprofen immediately beforehand.

YET for Lorraine, and potentially thousands more women in the UK, that could not be further from the truth.

Many who have had a hysteroscopy say the pain was the worst they have ever experienced, ahead of childbirth, broken bones, or even a ruptured appendix, commonly regarded as the most agonising medical emergency.

Yet most had no warning it would be so traumatic, leaving some, like Lorraine, with long-term consequences. But, crucially, it is entirely avoidable.

Now Good Health, which first raised concerns about hysteroscopies in 2014, has been given exclusive access to Freedom of Information data that shows nearly half of NHS hospital trusts in England fail to warn patients they could suffer severe pain.

The Campaign Against Painful Hysteroscopy (CAPH) — which represents hundreds of affected women, including at least 100 diagnosed with PTSD following the procedure — asked 131 trusts in England whether they warned patients that there was a risk some could find the procedure very painful, and what kind of pain relief they offered.

Sixty-one admitted they did not warn patients about the risk of 'severe pain'.

The British Society for Gynaecological Endoscopy, which represents consultants performing hysteroscopies, says women should be offered the option of having the procedure under general or local anaesthetic, or sedation.

But the data shows that only 25 of the trusts said they routinely offered general anaesthetic or intravenous sedation (where an anti-anxiety drug is slowly injected into a vein in the arm).

And just seven trusts use the Royal College of Obstetricians and Gynaecologists' patient leaflet — which tells patients who is most at risk of severe pain and that they can request a general anaesthetic. The vast majority of trusts said they had no plans to start providing the leaflet.

The result is that some women are left so traumatised by the pain they experience that it interferes with everyday life.

Lorraine, who is married to Stephen, 70, a retired factory electrician, went to see her GP after experiencing post-menopausal heavy bleeding, and was referred to her local hospital for further investigations.

A few weeks later, she received a letter offering an appointment for a hysteroscopy, along with a leaflet advising her to take a couple of painkillers before turning up — just in case there was any pain.

8

Teaspoons of blood lost during the average period

There was no mention that she could request a general anaesthetic or sedation beforehand — or that the check could be stopped if it was too painful.

Guidance from the Royal College of Obstetricians and Gynaecologists states that doctors should halt the procedure if a woman finds the pain unbearable, and continue it at a later date under a general anaesthetic or sedation.

This is particularly significant for post-menopausal women such as Lorraine — the Royal College advises they are much more likely to suffer pain because they tend to have tighter cervixes.

This also applies to women who have not had children and women who have had traumatic smears or a previous painful hysteroscopy.

Lorraine says the agony began as soon as the doctor tried to insert the probe.

'It was the most excruciating pain I have ever felt — and I have had two children,' she says.

'I felt sick and faint as the doctor tried to force the probe into my uterus. The pain shot all the way up through my body to my shoulders and neck.'

After five agonising minutes, a nurse tending to Lorraine suggested the doctor stop the procedure as she was in so much distress, which they did.

'Afterwards, they left me on my own to get dressed, but I sat there in a state of total shock,' says Lorraine. 'I couldn't stop crying.

'Stephen was just the other side of the screen, but I was so traumatised I couldn't even call out his name.

'When he did see me, he was horrified at the state I was in.'

The check lasted long enough for the doctor to identify that Lorraine had polyps in her uterus, which were causing the bleeding. She was told she would need to have them removed at a later date.

But that was far from the end of her problems. In the weeks following she began to experience nightmares, waking up to six times a night in a state of utter terror.

'I would dream that I was back in hospital having the procedure and racked with pain. Some nights I would wake up screaming, sweating and with my heart racing.

'Then, during the day, I started getting flashbacks of the examination. They would come out of the blue.

'On one occasion I was in the queue for the tills at Ikea and had a sudden flashback. I burst into tears and ran out of the store.'

Lorraine's GP diagnosed PTSD and referred her for cognitive behavioural therapy to teach her ways to deal with the nightmares, such as visualising a pain-free outcome to the procedure.

After nearly a year of counselling, her nightmares reduced to three or four times a week.

'I was still getting flashbacks ten times a day,' she says. 'I've been told by my counsellor that they will probably never go away completely.'

Every year, 10,000 women have hysteroscopies on the NHS.

The Royal College of Obstetricians and Gynaecologists says only 10 per cent will experience moderate to severe pain during an outpatient hysteroscopy, but campaigners argue that the figure is closer to 25 per cent

But even if it is only 10 per cent, why is the NHS denying women the right to adequate pain relief?

A general anaesthetic carries a degree of risk but, as Good Health has reported in the past, there is another factor at play, with cash-strapped hospitals encouraged to do more procedures in an outpatient setting to save money.

An outpatient hysteroscopy costs around £197. But a day case involving a general anaesthetic or sedation costs nearly £1,000.

The Government also financially rewards hospitals that boost the proportion of outpatient hysteroscopies to at least 70 per cent. The national average is thought to be around 60 per cent.

Campaigners want these cash incentives scrapped and doctors routinely to record pain scores during an examination, so it can be stopped before women needlessly experience severe pain, then rescheduled to be performed with full-scale pain relief.

Katharine Tylko, of CAPH, says: 'Doctors are under pressure to do this procedure in an outpatient setting. It means some are inclined to continue doing it when they should really stop.'

Lorraine says: 'This barbaric process should not be happening.

'I have two daughters and I dread the thought of them ever having to go through what I did.'

■ *CAPH is conducting a survey to gather more women's experiences of the procedure at hysteroscopyaction.org.uk*

Traumatised: Lorraine Shilcock

Finance

Have you or a loved one ever suffered from pressure sores?

You could be entitled to compensation for the pain and suffering caused

For anyone in hospital or nursing care, pressure sores are an ever-present danger.

If you or a loved one have suffered from pressure sores, the memories will be lasting. But there could have been no need for you to undergo such anguish.

Just one of those things?

The sad fact is that, in a huge number of cases, the quality of assessment and care is far below what it should be.

Your right to proper care

If you have developed sores and suffered as a result of a substandard level of care, you are perfectly entitled to compensation for your unnecessary pain and suffering. And that is where we can help.

Your right to consider compensation

Significant awards of damages have already been made to pressure sore victims. Those awards have even extended to the families of loved ones who have died, and suffered pressure sores in the very late stages of life.

Contact us for FREE help and advice

If you or a loved one – an elderly relative, perhaps – have suffered from pressure sores in the last 30 months, we urge you to seek legal advice as soon as possible.

We are specialists in this field, and we're happy to chat through your experience and your concerns. There is no obligation, and your discussion will be absolutely free.

Examples of our settlements:

We obtained £42,400 compensation for a lady who developed a pressure sore having been given an epidural during childbirth. She had been unable to move for a few hours as a result of the injection and developed a pressure sore to her sacrum.

£55,000 compensation for an elderly lady who developed a pressure sore to her leg whilst in hospital.

£9,000 for a gentleman who developed a pressure sore to his heel whilst recuperating in hospital from heart bypass surgery.

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Bristol, West Walk – 01454 272222
Cockermouth – 01900 705301/750
Cheshire – 01925 662946
Chesterfield – 01246 554 835
Coventry – 0247 696 7720/7724
Crawley – 01293 658984
Darlington – 01325 520794
Doncaster – 01302 644071
Durham, University Hospital – 0191 333 2521
Durham, Queens Road – 0191 2824000
Kent – 01795 542317
Lancashire – 01253 955561
Liverpool – 0151 295 3737
London, Gut Clinic – 0207 486 7777
London, St. George's – 0208 725 0674/1992
London, King's – 0203 299 1591
Manchester, Fallowfield – 0161 248 6644
Manchester, Gut Clinic – 0161 302 7777
Manchester, Wythenshawe – 0161 291 4188/4189
Newcastle – 0191 2823 979/655
Northumberland, Hadrian Primary – 01661 842626
Northumberland, Well Close – 0191 2824000
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CRITICS' CHOICE

TASTY MAKEOVER

Love Your Garden, 8pm, ITV

ALAN TITCHMARSH and the team set off to Birmingham for a uniquely tasty transformation. Kath (pictured with Alan), known as The Cake Lady, is a charity volunteer who bakes to raise funds for injured service personnel. Alan not only wants to create an elegant tea garden, but also an outside kitchen and beds abundant with edible ingredients. Yum!

WEATHERING THE STORMS

Britain Underwater: Fighting The Floods, 9pm, ITV

AFTER the biblical downpours of storms Ciara and Dennis, this documentary visits some of the worst-hit areas, and meets the devastated residents and business owners who are counting the costs. Cameras also follow workers from the Environment Agency as they struggle to stem the tide.

PICK OF THE DAY

BACK IN TIME FOR THE CORNER SHOP, 8PM, BBC2

AFTER a baptism of fire last week with the Victorian era of shopkeeping, the Ardern family (pictured with Polly Russell and Sara Cox) arrive at the Twenties this week. Their shop has had a smart makeover, with recognisable brands and a more professional approach to the business. But Sheffield in the Twenties saw both highs and lows, and in order to survive, shops had to adapt to customers' changing circumstances. From affluence to poverty, the grocer's life still involved plenty of hard graft — there was no such thing as convenience in this era.

BREWING BUSINESS

Ben Fogle: Make A New Life In The Country, 9pm, Ch5

IN THE last of the series, Ben travels to the Malvern Hills in Worcestershire to meet Hani and Sarah, who left behind good jobs and comfortable lives in London to follow their dream of owning and running a brewery.

ROYALLY FUNNY

The Windsors, 10pm, Ch4

THIS episode introduces Carole and Mike Middleton (hilarious turns from Julia Deakin and Simon Day), who host Charles and Camilla (Harry Enfield and Haydn Gwynne, pictured left) for a weekend of rivalry and misunderstanding. Elsewhere, at a music festival, Beatrice overdoses on 'gently carbonated water', and brazen Pippa once again tries to get her talons into Harry.

BBC1

6.00 **Breakfast** (HD)
9.15 **Britain's Housing Scandal** (AD,HD)
10.00 **Homes Under the Hammer** (HD) Featuring properties in Bilston, Stoke-on-Trent and Croydon.
11.00 **Wanted Down Under** (R,HD)
11.45 **Saved on Camera** (HD) Footage showing the moment a teenager fell from a waterfall.
12.15 **Bargain Hunt** (AD,R,HD) From the Isle of Anglesey in North Wales.
1.00 **BBC News at One;** Weather (HD)
1.30 **BBC Regional News;** Weather
1.45 **Doctors** (AD,HD) Part one of two. Abz's life is turned upside down after a night out, so Rob steps in to try to help. Zara invests in a new car.
2.15 **Jimmy McGovern's Moving On** (AD,HD) Drama, starring Kacey Ainsworth as a blind woman who undergoes an operation to restore her sight after 20 years.
3.00 **Escape to the Country** (AD,HD) Finding a home in Cambridgeshire.
3.45 **Money for Nothing** (HD) Jay Blades is at Altrincham Recycling Centre in Greater Manchester.
4.30 **Ready Steady Cook** (HD) Akis Petretzikis and Anna Haugh create a meal in 20 minutes.
5.15 **Pointless** (R,HD) Quiz show.
6.00 **BBC News at Six;** Weather (HD)
6.30 **BBC Regional News;** Weather
7.00 **The One Show** (HD) Live chat and topical reports.
7.30 **Match of the Day Live: The FA Cup** (HD) 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. With analysis from Alan Shearer, Ian Wright and Glen Johnson.
10.00 **BBC News at Ten** (HD)
10.25 **BBC Regional News** (Followed by Weather) (Followed by National Lottery Update)
10.35 **Beauty Laid Bare** (HD) New series. Members of the public investigate the beauty industry.
11.15 **The Truth About Takeaways** (AD,R,HD) Journalist Nikki Fox teams up with scientists at Liverpool John Moores University to discover what takeaways do to our health, what's in them and how people can kick the habit.
12.15 **Weather for the Week Ahead** (HD) **12.20** BBC News (HD)

BBC2

6.30 **Money for Nothing** (R,HD)
7.15 **Escape to the Country** (AD,R,HD)
8.00 **Spy in the Wild** (AD,BSL,R,HD)
9.00 **BBC News at 9** (HD)
10.00 **Victoria Derbyshire** (HD)
11.00 **BBC Newsroom Live** (HD)
12.15 **Politics Live** (HD) With Jo Coburn.
1.00 **The Super League Show** (HD)
1.50 **Best House in Town** (R,HD) A home with an industrial twist is among the properties judged by neighbours.
2.30 **Terry and Mason's Great Food Trip** (R,HD) Terry Wogan and Mason McQueen explore Wiltshire's ancient market town Devizes.
3.00 **Red Rock** (AD,R,HD) A confession shakes Kevin Dunne.
3.45 **The Great Interior Design Challenge** (AD,R,HD) The competitors work in Kentish weatherboard cottages.
4.45 **Portillo's State Secrets** (AD,R,HD) Michael Portillo unearths Hitler's hidden medical files.
5.15 **Flog It!** (R,HD) Raj Bisram and Adam Partridge search for antiques at Rochester Cathedral in Kent.
6.00 **Richard Osman's House of Games** (HD) With Chizzy Akudolu, Miles Jupp, Amol Rajan and Ellie Taylor.
6.30 **Great British Railway Journeys** (AD,R,HD) Michael Portillo travels from Belfast to Portrush.
7.00 **Top Gear** (R,HD) Paddy McGuinness, Freddie Flintoff and Chris Harris put the fire brigade, the police and the ambulance service to the test. Last in series.
8.00 PICK **Back in Time for the Corner Shop** (AD,HD) The Arderns get a taste of corner shop life in the Twenties, Thirties and Forties. See Pick of the Day.
9.00 **Murder 24/7** (AD,HD) A forensic search of a property gives the police a breakthrough in the search for the murderer, but also suggests the killing may have been self-defence. Last in series.
10.00 **Better Things** (HD) Sam tries out a new play for Broadway.
10.30 **Newsnight** (HD) (Followed by Weather)
11.15 **Putin: The New Tsar** (R,HD) The story of Vladimir Putin's rise to power. Contributors include former confidante Sergei Pugachev, chess grandmaster Garry Kasparov, Jack Straw and William Hague.
12.15 **Win the Wilderness: Alaska** (AD,BSL,R,HD) **1.15** Murder, Mystery and My Family (AD,BSL,R,HD) **2.00** Island Medics (AD,BSL,R,HD) **2.45** This Is BBC2 (HD)

ITV

6.00 **Good Morning Britain** (HD) News, current affairs and lifestyle features.
9.00 **Lorraine** (HD) Entertainment, current affairs and fashion news, as well as showbiz stories and celebrity gossip. Presented by Lorraine Kelly.
10.00 **This Morning** (HD) A mix of celebrity chat, lifestyle features, advice and competitions. Including Local Weather.
12.30 **Loose Women** (HD) More celebrity interviews and topical debate from a female perspective.
1.30 **News;** Weather (HD)
1.55 **Regional News;** Weather (HD)
2.00 **Judge Rinder** (HD) Cameras follow criminal barrister Robert Rinder as he takes on real-life cases in a studio courtroom.
3.00 **Tenable** (R,HD) Five friends from Manchester who work in the telecoms industry answer questions about top-ten lists, then try to score a perfect ten in the final round. Quiz, hosted by Warwick Davis; Regional Weather
4.00 **Tipping Point** (HD) Quiz show, hosted by Ben Shephard.
5.00 **The Chase** (HD) Quiz show, hosted by Bradley Walsh.
6.00 **Regional News;** Weather (HD)
6.30 **News;** Weather (HD)
7.00 **Emmerdale** (AD,HD) Marlon feels guilty over April's recent bullying.
7.30 **Dr Ranj: On Call** (AD,HD) New series. Dr Ranj Singh offers advice on common illnesses.
8.00 PICK **Love Your Garden** (AD,HD) The team create an elegant tea garden for a charity volunteer in Birmingham. See Critics' Choice.
9.00 PICK **Britain Underwater: Fighting the Floods** (HD) A report from the communities that were hardest hit by the recent storms. See Critics' Choice.
10.00 **News** (HD) (Followed by Weather)
10.30 **Regional News** (HD) (Followed by Weather)
10.45 **Tyson Fury: The Gypsy King** (AD,R,HD) The boxer enjoys some downtime in Morecambe after defeating Tom Schwarz.
11.40 **Tenable** (R,HD) A team of five family and friends answer questions about top-ten lists, then try to score a perfect ten in the final round. Quiz, hosted by Warwick Davis.
12.30 **Ideal World with Vibrapower** (HD) **3.00** The Home Game (R,HD) **3.50** ITV Nightscreen (HD) **5.05** Judge Rinder (BSL,R,HD)

CHANNEL 4

6.30 **Cheers** (R,HD)
6.55 **Cheers** (R,HD)
7.20 **The King of Queens** (AD,R)
7.45 **The King of Queens** (AD,R)
8.10 **Everybody Loves Raymond** (AD,R)
8.40 **Everybody Loves Raymond** (AD,R)
9.10 **Frasier** (AD,R)
9.40 **Frasier** (AD,R)
10.10 **Undercover Boss Canada** (R,HD)
11.05 **Ramsay's Kitchen Nightmares USA** (R) A failing cafe in Philadelphia.
12.00 **Channel 4 News Summary** (HD)
12.05 **Find It, Fix It, Flog It** (R,HD) Henry Cole makes good money restoring an antique sideboard in Sheffield.
1.05 **Posh Pawn** (R,HD) James test-drives a £30,000 Radical racing car.
2.10 **Countdown** (HD) Rory Bremner is in Dictionary Corner.
3.00 **A Place in the Sun** (R,HD) Danni Menzies helps Chris and Allan to find a property in Manilva, Spain.
4.00 **A New Life in the Sun: Where Are They Now?** (HD) Catching up with a bar owner in Spain whose business fell apart.
5.00 **Come Dine with Me** (R,HD) From South-East London.
6.00 **The Simpsons** (AD,R,HD) Homer upsets a new neighbour.
6.30 **Hollyoaks** (AD,R,HD) Edward lets Marnie down gently when she comes on too strong.
7.00 **Channel 4 News** (HD)
8.00 **Nightmare Cruises: Going Overboard** (AD,HD) Documentary examining cases where passengers on cruise ships fell overboard, examining the chances of survival and what can be done to prevent tragedies.
9.00 **24 Hours in A&E** (AD,HD) A teenager is rushed to hospital with a lacerated wrist after putting his hand through a pane of glass, while another patient discusses being diagnosed with a chronic condition.
10.00 PICK **The Windsors** (AD,HD) Charles and Camilla reluctantly attend Kate's father's birthday party. See Critics' Choice.
10.35 **Celebrity Crystal Maze** (AD,R,HD) Hosted by Richard Ayoade.
11.30 **Prison** (AD,R,HD) The emotionally charged difficulties of being a mother in prison, with staff at Foston Hall believing that keeping family contact is vital to reduce reoffending. Last in series.
12.30 FILM CHOICE **Ramsay's Kitchen Nightmares USA** (R) **1.20** FILM: What Richard Did (2012) (15) ◆ (BSL,HD) See Critics' Choice. **2.55** Come Dine with Me (R,HD) **3.50** Grand Designs (AD,R,HD) **4.45** Location, Location, Location (R,HD) **5.40** Kirstie's Vintage Gems (R,HD) **5.50** Countdown (R,HD)

(R) Repeat. (HD) High Definition. (AD) Audio Description. (b/w) Not in colour. (BSL) British Sign Language.

■ Family viewing ● Generally suitable for all ◆ Caution recommended

FILM CHOICES

A Wicked Vendetta, 2.20pm, Ch5

KATRINA BEGIN is the mum who flies into action when her daughter is abducted. Her previous career as a hostage negotiator should be useful — if only the kidnappers would make contact…

What Richard Did, 1.20am, Ch4

ONE of those unassuming dramas that thrived on word of mouth in cinemas. A beautifully acted piece, it follows a group of privileged Dublin teenagers whose lives are turned upside down by a moment of despicable madness. Jack Reynor (pictured), in the title role, leads the young cast.

CHANNEL 5

6.00 Milkshake! Peppa Pig (R) **6.20** Mya Go (R,HD) **6.25** Fireman Sam (R,HD) **6.40** Noddy: Toyland Detective (HD) **6.50** Abby Hatcher (HD) **7.00** Thomas & Friends (R,HD) **7.15** Milkshake! Monkey's Amazing Adventures (R,HD) **7.20** Peppa Pig (R,HD) **7.30** Peppa Pig (HD) **7.40** Top Wing (R,HD) **7.55** Paw Patrol (HD) **8.10** Floogals (R,HD) **8.25** Becca's Bunch (R,HD) **8.40** Little Princess (R) **8.55** Ben and Holly's Little Kingdom (R,HD) **9.10** Sunny Bunnies (R,HD)

9.15 **Jeremy Vine** (HD)
11.15 **Nightmare Tenants, Slum Landlords** (R,HD)
12.10 **5 News at Lunchtime** (HD)
12.15 **Paddington Station 24/7** (R,HD)
1.10 **Access** (HD)
1.15 **Home and Away** (AD,R,HD)
1.45 **Neighbours** (AD,HD)
2.20 **A Wicked Vendetta** (2018) (PG) ● FILM CHOICE (HD) Thriller, starring Katrina Begin, Joey Lawrence and Lily Delamere. See Critics' Choice.
4.00 **Friends** (R,HD)
4.30 **Friends** (R,HD) Chandler dates Rachel's boss.
5.00 **5 News** (HD)
5.30 **Neighbours** (AD,R,HD) Finn is annoyed when Bea refuses his request to stop singing.
6.00 **Home and Away** (AD,R,HD) Ryder is charged with uploading the tape.
6.30 **5 News Tonight** (HD)
7.00 **M&S vs Waitrose: Which Is Better Value?** (R,HD) Documentary examining the ongoing rivalry between the two supermarkets as they try to attract the well-heeled shoppers. (Followed by 5 News Update)
8.00 **Dogs Behaving (Very) Badly** (HD) Graeme Hall helps to train three dogs that go overboard in protecting the family home, as well as a cavapoochon that loves to run faster than its owners. (Followed by 5 News Update)
9.00 PICK **Ben Fogle: Make a New Life in the Country** (HD) A couple who have given up successful careers to run a brewery. Last in series. See Critics' Choice.
10.00 **My New Greek Life** (HD) A couple who retired to Kefalonia struggle with being separated from family. Laura and Ross move their yacht to a new island, only to encounter fierce weather. Last in series.
11.05 **Eamonn & Ruth Meet the Billionaires** (R,HD) Eamonn Holmes and Ruth Langsford meet Dr Mohammad Zahoor and his wife, Kamaliya, in Kiev, Ukraine, to see how the billionaire couple have spent some of their fortune.
12.05 **How to Have a Better Orgasm** (R,HD) **1.00** The 21.co.uk Live Casino Show (HD) **3.00** Access (R,HD) **3.10** Hotel Inspector: Checking In, Checking Out (R,HD) **4.00** Tattoo Disasters UK (BSL,R,HD) **4.45** House Doctor (BSL,R) **5.10** Nick's Quest (BSL,R) **5.35** Wildlife SOS (BSL,R,HD)

▲ Particularly liable to offend

Baffled by Liar last time around? It's back … and with extra clues

CHRISTOPHER STEVENS
LAST NIGHT'S TV

Liar ★★★★☆ Age Of The Image ★★★★★

NEVER give away the secret of the trick — that's what every young magician is taught. But telly has discovered how much fun there is to be had in revealing the sleight-of-hand.

Wildlife documentaries did it first, with ten-minute segments at the end of each episode that detailed the agonies endured over months by film crews in search of the perfect footage.

Now drama is exploring the technique, as murder-mystery maestros Jack and Harry Williams show us what we didn't see during the first season of **Liar** (ITV).

Ioan Gruffudd stars in this psychological seaside thriller as a charismatic hospital surgeon, exposed as a rapist by one of his victims.

At the end of the six-part series in 2017, the body of Andrew Earlham turned up with his throat cut – lying in a muddy stream at the shoreline.

But viewers were left to guess at much of what happened, from the moment Earlham fled his house one step ahead of the police, to the discovery of his corpse.

We could never have known, for instance, that his first move was to break into a friend's boat at a marina and spend the night lying low, planning his escape.

We saw, too, his very first meeting with teacher Laura, played by Joanne Froggatt with a charmless arrogance.

One of the dextrous twists of Liar is how Earlham remains likeable, even when we know what a monster he is — while his accuser is a cold, unsympathetic figure with a selfish streak.

Deft camera work adds to the sense of disorientation.

At one point the gum-chewing detective, DI Renton (Katherine Kelly), discovered a clue in Laura's house. We couldn't quite see what it was, as she bagged up the evidence.

Later, we discovered it was the dead man's car key — incriminating, but not necessarily conclusive. There's more sleight-of-hand to be explained yet.

The only pity is that we've had to wait so long to learn the secrets of Liar. This was such a complex story, with so many flashbacks, that keeping track of it all was hard enough at the time.

A two-and-a-half year gap makes it almost impossible to remember all the subtleties of the first series.

Art historian James Fox was revealing the sleight-of-hand in the cinematographer's trade on **Age Of The Image** (BBC4).

Some of the techniques are simple ones we see on television every day, yet they are not obvious until someone points them out.

Scenes in a drama rarely start with a close-up, for instance. We see a couple of longer shots first, to establish where the action is.

And when a character is speaking, the camera never cuts from one side of the face to the other, left profile then right — that would make it look like the actor is talking to himself.

James had reels of these fascinating film facts to share as he traced the modern era's obsession with the face in photographs, from the first movies to today's glut of selfies.

One of the earliest was a self-portrait in a bath.

Jacques Henri Lartigue, a nine-year-old French boy, was so thrilled with his box Brownie camera in 1904 that he floated it on a wooden platform in the tub and gazed into the lens.

That could have ended in disaster. Instead, he captured a fantastic image of his own grinning face, bobbing on the surface of the water.

I'd never seen the photo before, and could not have guessed how it was taken.

It's always exciting to realise how a trick is done.

WELCOME RETURN OF THE DAY: Hard to believe it's ten years since Ainsley Harriott hung up his apron on Ready Steady Cook (BBC1). Now the show's back with permatanned Rylan Clark-Neal as host. He's no chef but it really doesn't seem to matter.

WELSH TV VARIATIONS

BBC1: 11.00am Wanted Down Under. **11.30** X-Ray. **12noon** Saved on Camera. **12.30** Bargain Hunt. **1.30** BBC Wales Today; Weather. **6.30** BBC Wales Today; Weather. **10.25** BBC Wales Today; Weather. **10.35** Young, Welsh and Pretty Minted. **11.05** Beauty Laid Bare. **11.45** The Truth About Takeaways. **12.45am** BBC News.

BBC2: 1.50pm First Minister's Questions. **2.40** Coast. **11.15** New Voices from Wales. **11.25** Natural World.

S4C: 6.00am Cyw. **12noon** Newyddion S4C a'r Tywydd. **12.05** Ffasiwn Mecanic. **12.30** Heno. **1.30** Ffermio. **2.00** Newyddion S4C a'r Tywydd. **2.05** Prynhawn Da. **3.00** Newyddion S4C a'r Tywydd. **3.05** Corau Rhys Meirion. **4.00** Awr Fawr: Peppa. **4.05** 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. **6.00** Codi Pac. **6.30** Rownd a Rownd. **7.00** Heno. **7.30** Newyddion S4C a'r Tywydd. **8.00** Pobol y Cwm. **8.25** Rownd a Rownd. **8.55** Newyddion 9 a'r Tywydd. **9.00** Cynefin. **10.00** Walter Presents: Yr Un Awyr. **11.00** Nyrsys.

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Satellite choice

T20 CRICKET
West Indies v South Africa, 7.30am, Sky Cricket & Main Event

SOUTH AFRICA have already qualified for the finals, but victory in this final group game of the Women's T20 World Cup will see them finishing top of Group B ahead of England. That would set them up for a semi-final against hosts Australia on Thursday, leaving England to face India.

CRIME THRILLER
Killers Anonymous, 6.15pm, Sky Premiere

JESSICA ALBA and Gary Oldman are among the assassins attending an Alcoholics Anonymous-style support group. With all those killers in one room, it's sure to be tense…

REIGN CHECK
Royal History's Biggest Fibs With Lucy Worsley, 9pm, BBC4

IN THE last of her thought-provoking series, Lucy Worsley explores why Queen Anne's reputation is so terrible. The monarch helped to unite England and Scotland and make our nation a top European power — so why is she regarded as a disaster?

ACTION DRAMA
Strike Back: Vendetta, 9pm, Sky One

NOVIN (Alin Sumarwata) and the Section 20 team embark on a dangerous mission after discovering that the sale of the bioweapon will be taking place on a speeding train, crawling with jihadis and Albanian Mafia. But a double-cross makes the mission even more deadly.

INTRIGUING TALE
The Twilight Zone, 9pm, Syfy

THE second episode of Jordan Peele's Twilight Zone revival is more subtle than the first. It's the uncomfortable story of a comedian (Kumail Nanjiani) who learns that, to get laughs, he must draw on his own life for material — at a cost. A good, if overlong exploration of how showbiz can hollow people out.

FREEVIEW MOVIE
Gifted, 9pm, Film4

TOUCHING family drama starring Chris Evans as the guardian of seven-year-old maths genius Mary (Mckenna Grace, pictured with Evans). He wants Mary to have an ordinary childhood, but not everyone agrees. Grace is well-cast as the cute girl with more brains than the adults around her.

SCI-FI SEQUEL
Terminator: Dark Fate, BT TV/ Sky Store/ Virgin Movies

THIS sequel to Terminator 2 picks up the story of Sarah Connor (a grizzled Linda Hamilton) and a new saviour of humanity. The real draw, though, is a performance of surprising depth from Arnold Schwarzenegger as a cyborg killer-turned-family man.

COMEDY DUO
The Trip To Greece, 10pm, Sky One

STEVE COOGAN and Rob Brydon (pictured) follow in the footsteps of Odysseus for a new, final road trip. It's brilliantly played right from the start, and is at its funniest when the wind-ups feel like they're touching on something real — Steve and Rob could use a few new impressions, though…

EXPERT HELP
The Wedding Fixer, 10pm, W

TONIGHT'S couple have differing views on preparation. Thomas has a big family, and favours the 'bish bash bosh' approach, while Fanny — estranged from most of her family — is more of a planner. With a new job and house to add into the mix, can expert Sarah Haywood help to sort it all out?

Time	BBC 4	E4	ITV2
	9 (Scot 68)	13	6
7.00pm	**Beyond 100 Days** News and analysis from Washington DC and London; Weather	**Hollyoaks** Edward prepares a dinner for Tony and Diane	**You've Been Framed! Gold** A woman is attacked by a remote-controlled plane
7.30pm	**The Yorkshire Dales** Paul Rose explores the region, beginning in Wensleydale	**Man with a Plan** Adam and Andi have 'the talk' with Teddy and Kate	**You've Been Framed! Gold** A photographer falls into a lake
8.00pm	**King Alfred and the Anglo-Saxons** The role of Alfred the Great's grandson Aethelstan in creating a kingdom of all England. Last in series	**The Big Bang Theory** The gang re-create a prom night	**Two and a Half Men** Walden encourages Jenny to take her acting more seriously
8.30pm		**The Big Bang Theory** Leonard announces he has to have surgery	**Two and a Half Men** Walden invites Lynda Carter over for dinner
9.00pm	**Royal History's Biggest Fibs with Lucy Worsley** The historian examines the reign of Queen Anne. Last in series	**Celebs Go Dating** Liv Bentley's love life could be looking up with an intimate date in a shed with roofer Dom	**Family Guy** Stories inspired by viewers
9.30pm			**Family Guy** Lois tries to save the life of Stewie's best friend
10.00pm	**The Stuarts** Clare Jackson examines the history of the royal family and charts the origins of the United Kingdom, beginning with James VI	**First Dates** A 23-year-old neuroscientist and self-confessed geek goes on a date with a publishing assistant, who is hoping her dream man exists outside of her novels	**Plebs** Marcus spies a money-making opportunity
10.30pm			**Plebs** The boys launch a cabaret night
11.00pm	**Armada — 12 Days to Save England** Dan Snow tells the story of the naval battle in 1588 that could have led to the conquest of Britain (To 12.00)	**11.05 The Big Bang Theory** Sheldon is encouraged to feign interest in Amy's work	**Family Guy** Peter becomes newsreader Tom Tucker's agent
11.30pm		**11.35 The Big Bang Theory** Leonard asks Penny out on a date (To 12.00)	**American Dad! 11.55 American Dad!** (To 12.25)

A-Z SATELLITE LISTINGS

ALIBI
Sky 132 Virgin 126

11.00am Miss Fisher's Murder Mysteries. **1.00pm** Rush. **3.00** Murdoch Mysteries. **5.00** Major Crimes. **7.00** Motive. **9.00** Frankie Drake Mysteries. **10.00** Ms Fisher's Modern Murder Mysteries. **11.00** New Tricks.

ANIMAL PLANET
Sky 162

12noon Jeremy Wade's Dark Waters. **1.00** My Cat from Hell. **2.00** Alaskan Bush People. **3.00** Amanda to the Rescue. **5.00** Crikey! It's the Irwins. **6.00** Bondi Vet: Coast to Coast. **7.00** Animal Cops Detroit. **8.00** The Zoo. **9.00** The Aquarium. **10.00** Animal Cops San Francisco. **11.00** Pit Bulls & Parolees.

BBC ALBA
Sky 169 Virgin 161

7.00am Alba Today. **5.00pm** Ceitidh Morag. **5.15** Bruno. **5.20** Treud na Dluth-choille — Grad-Naidheachd. **5.25** Tree Fu Tom. **5.45** Bing. **5.55** Stoiridh. **6.00** Donnie Murdo. **6.25** Buntata Amh. **6.30** An Rud As Fhearr Leam. **6.35** Dragonan — Reis chun an iomaill. **7.00** Bailtean Fraoich. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An La. **8.30** Fuine. **9.00** Ionad Hiort — Oir an Dochais/St Kilda Centre — Edge of Hope. **10.00** Trusadh: Croitearan Leodhais. **11.00** Fraochy Bay. **11.05** Togaidh Sinn Fonn. **11.30** Alleluia!

BT SPORT 1
Sky 413 Virgin 527

12noon 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 Sport Goals Reload. **5.15** FA Cup: Portsmouth v Arsenal. **6.45** Early Kick-Off. **7.00** Live: Hibernian v Hearts. **10.00** Premier League Reload. **10.15** BT Sport Goals Reload. **10.30** Premier League Review. **11.30** Live PSA Squash: Windy City Open.

BT SPORT 2
Sky 414 Virgin 528

12noon MotoGP: Catalunya 2019. **1.00** MotoGP: Assen 2019. **2.00** MotoGP: Germany 2019. **3.00** Live: Benfica U19 v Liverpool U19. **5.00** BT Sport Score Best Bits. **5.30** Ligue 1 Highlights. **6.30** FIA World Endurance Championship. **7.30** V8 Supercars Highlights. **9.30** D. Wade: Life Unexpected. **11.30** UFC Main Event.

BT SPORT 3
Sky 417 Virgin 529

11.00am Bordeaux v Nice. **12.30pm** Lyon v Saint-Etienne. **2.00** Gallagher Premiership Rugby Highlights. **4.30** Gallagher Premiership Tonight. **5.15** Arsenal Women v Chelsea Women. **6.45** BT Sport Goals Reload. **7.00** Bundesliga Highlights Show. **8.00** WWE Monday Night Raw. **10.30** WWE NXT.

COMEDY CENTRAL
Sky 112 Virgin 132

11.00am Friends. **3.10pm** My Name Is Earl. **5.00** Friends. **9.00** FILM: Billy Madison. (1995) (12) **10.55** The Daily Show. **11.30** The Ricky Gervais Show.

DAVE (DAYTIME)
Freeview 19 Sky 111 Virgin 127

12noon Cop Car Workshop. **1.00** Top Gear. **2.00** Cops UK: Bodycam Squad. **3.00** Sin City Motors. **4.00** Top Gear. **6.00** Taskmaster.

DISCOVERY
Sky 125

9.00am Jeremy Wade's Dark Waters. **10.00** UFOs: The Lost Evidence. **11.00** Wheeler Dealers. **12noon** 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.

DRAMA (DAYTIME)
Freeview 20 Sky 143 Virgin 130

9.00am The Bill. **10.00** Classic Holby City. **11.00** Classic Casualty. **12noon** The Bill. **1.00** Classic EastEnders. **2.20** London's Burning. **3.20** Monarch of the Glen. **4.20** Bergerac. **5.20** Bread. **6.00** Hi-de-Hi! **6.40** As Time Goes By.

E4 (DAYTIME)
Freeview 13 Sky 135 Virgin 106

9.00am Mike & Molly. **10.00** The Big Bang Theory. **11.00** The Goldbergs. **12noon** 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.

EDEN
Sky 166 Virgin 245

12noon Planet Earth II. **1.00** Planet Earth. **2.00** Life on Earth: A New Prehistory. **3.00** Collar of Duty. **4.00** Naomi's Nightmares of Nature. **5.00** Earth: The Nature of Our Planet. **6.00** Collar of Duty. **7.00** Planet Earth. **8.00** Planet Earth II. **9.00** Naomi's Nightmares of Nature. **10.00** Earth: The Nature of Our Planet. **11.00** Life on Earth: A New Prehistory.

EUROSPORT 1
Sky 410 Virgin 521

10.00am Formula E. **11.00** World Superbikes. **12noon** Athletics. **1.00** Live Cycling: Women's GP Le Samyn. **2.00** Live Cycling: GP Le Samyn. **4.15** Cycling: Follow Fabian. **5.15** Cycling: Kuurne-Brussels-Kuurne. **6.45** Cycling: Tour of Flanders. **7.00** Cycling: Women's GP Le Samyn. **8.00** Cycling: GP Le Samyn. **9.30** Cycling: Tour of Taiwan. **10.30** Cycling: Tour of UAE. **11.30** Cycling: GP Le Samyn.

FILM4
Freeview 14 Sky 313 Virgin 428

11.00am THE NAKED TRUTH. (1957) (U) 12.50pm RAGE AT DAWN. (1955) (U) 2.40 THE LONGEST DAY. (1962) (PG) 6.20 THE CORE. (2003) (12) 9.00 GIFTED. (2017) (12) 11.05 CONAN THE BARBARIAN. (2011) (15) 1.15am A DARK SONG. (2016) (15)

5STAR (DAYTIME)
Freeview 30 Sky 128 Virgin 151

12noon 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.

5 USA (DAYTIME)
Freeview 21 Sky 141 Virgin 153

11.25am The Mysteries of Laura. **12.25pm** Law & Order.

FOOD NETWORK UK
Freeview 41 Sky 140 Virgin 278

6.00pm James Martin: Delicious. **7.00** Gordon Ramsay's Ultimate Cookery Course. **8.00** The Hairy Bikers' Food Tour of Britain. **9.00** Gino D'Acampo An Italian Returns to Mexico. **10.00** James Martin: Home Comforts. **11.00** Mystery Diners.

FOX
Sky 124 Virgin 157

10.00am Bull. **11.00** NCIS. **12noon** 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!

GOLD
Sky 110 Virgin 124

10.35am Last of the Summer Wine. **12.35pm** Keeping Up Appearances. **1.15** Dad's Army. **1.55** Hi-de-Hi! **2.35** The Good Life. **3.15** Keeping Up Appearances. **3.55** Dad's Army. **4.35** Last of the Summer Wine. **6.35** The Good Life. **7.15** Porridge. **7.55** Dad's Army. **10.35** Mrs Brown's Boys. **11.15** Peep Show.

HISTORY
Sky 130 Virgin 270

10.00am Storage Wars. **11.00** Britain's Greatest Bridges. **12noon** The Strongest Man in History. **1.00** Forged in Fire. **2.00** American Pickers: Best Of. **3.00** Storage Wars. **5.00** Pawn Stars. **6.00** Forged in Fire. **7.00** American Pickers. **8.00** Britain's Greatest Bridges. **9.00** Conspiracy. **10.00** Ancient Aliens.

ITV2 (DAYTIME)
Freeview 6 Sky 118 Virgin 115

9.20am Superstore. **10.15** Dinner Date. **11.15** Dress to Impress. **12.15pm** Emmerdale. **12.45** Coronation Street. **1.50** The Ellen DeGeneres Show. **2.45** Dinner Date. **3.50** Dress to Impress. **4.50** Take Me Out. **6.00** You've Been Framed! Gold.

ITV3 (DAYTIME)
Freeview 10 Sky 119 Virgin 117

10.00am That's My Boy. **10.30** Inspector Morse: Death Is Now My Neighbour. **12.40pm** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders: Down Among the Dead Men. **5.55** Heartbeat.

ITV4 (DAYTIME)
Freeview 24 Sky 120 Virgin 118

8.10am 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.

ITVBE
Freeview 26 Sky 131 Virgin 119

9.00am LittleBe. **12noon** Income Property. **12.25** The Real Housewives of Beverly Hills. **1.25** Vanderpump Rules. **2.15** Million Dollar Listing: NYC. **3.10** The Real Housewives of New York City. **4.05** The Real Housewives of Dallas. **6.00** Masters of Flip. **7.00** Buying and Selling. **8.00** Dinner Date. **9.00** The Real Housewives of Potomac. **10.00** The Real Housewives of Orange County. **11.00** Bridezillas. **11.55** The Only Way Is Essex. **12.45am** ITVBe Nightscreen. **12.55** Teleshopping.

LIFETIME
Sky 187 Virgin 208

9.00am Judge Judy. **1.00pm** Pawn Stars. **2.00** Storage Wars. **3.00** Little Women: Atlanta. **4.00** Dance Moms. **5.00** Pawn Stars. **6.00** Flipping Vegas. **7.00** Judge Judy. **9.00** Ghost Hunters. **10.00** Storage Wars. **11.00** Hardcore Pawn.

MORE4 (DAYTIME)
Freeview 18 Sky 136 Virgin 147

9.15am 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.

NAT'L GEOGRAPHIC
Sky 129 Virgin 266

10.00am Lost Cities with Albert Lin. **11.00** Nazi Secrets Revealed: Draining the Ocean. **12noon** Car S.O.S. **2.00** Wicked Tuna. **3.00** Ice Road Rescue. **4.00** Air Crash Investigation. **6.00** Car S.O.S. **8.00** World War I Apocalypse. **9.00** World War II: The Apocalypse. **10.00** Apocalypse: Cold War. **11.00** Air Crash Investigation.

PBS AMERICA
Sky 174 Virgin 273

11.50am World's Greatest: Animal Encounters. **1.00pm** Byzantium: A Tale of Three Cities. **2.10** Steven Raichlen's Project Fire. **2.40**

RADIO CHOICE

■ A GROUP of British lobbyists meet in a ski resort high in the Carpathian Mountains. They are not there for the skiing, but to practise the dark art of election-rigging. Using a variety of dirty tricks, they set about manipulating the voters in the city below them. Then, one of the team goes missing, and the others wonder if they are actually the ones being manipulated. Orlando Seale (pictured) heads the cast in Peter Jukes's sharp drama **THE ANTISOCIAL NETWORK (RADIO 4, 2.15PM)**.

■ WILBUR TENNANT, a dairy farmer in West Virginia, became alarmed by the state of his cattle. Many had blackened teeth, were bleeding from their eyes, showed signs of being deranged and were dying prematurely. Wilbur made videos of his sick herd, dumping the footage on

RADIO 4
FM: 92.4-94.6MHZ; LW: 198KHZ

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. Cartoonist Gerald Scarfe meets Brian Cosgrove.
9.45 (LW) Daily Service.
9.45 (FM) Book of the Week: Guest House for Young Widows. By Azadeh Moaveni.
10.00 Woman's Hour. Including at 10.45 Part two of The Leopard by Giuseppe Tomasi di Lampedusa, read by Alex Jennings.
11.00 OK, Boomer!
11.30 Art of Now: North Korea. Inside the Mansudae Art Studio.
12.00 News; (LW) Shipping Forecast.
12.04 Apeirogon.
12.18 Call You and Yours.
12.57 Weather.
1.00 The World at One.
1.45 The Californian Century. The story of Kathleen Cleaver.
2.00 The Archers.
2.15 PICK Drama: The AntiSocial Network.
3.00 Short Cuts.
3.30 PICK Costing the Earth.
4.00 Law in Action.
4.30 A Good Read. Neil Oliver and Neil Forsyth discuss books.
5.00 PM; (LW) Shipping Forecast.
5.57 Weather.
6.00 Six O'Clock News.
6.30 The Hitchhiker's Guide to the Galaxy: Hexagonal Phase.
7.00 The Archers. Ed is an awkward situation.

ITV 3

10

Agatha Christie's Poirot The King of Clubs: An actress witnesses the murder of a shady producer, only to become the number one suspect

Midsomer Murders Let Us Prey: A series of killings in Midsomer St Claire seem to be inspired by macabre images on a medieval fresco discovered in the church crypt. As the village prepares for storms and flooding, it appears that someone is using ancient torture methods to punish modern-day 'sinners'

Scott & Bailey Part one of two. The badly burned body of a disabled man turns up in woodland, and a few days later another corpse is found

Inspector Morse Death Is Now My Neighbour: The chief inspector investigates the apparently motiveless shooting of a woman through her window (To 1.20)

ITV 4

24

The Chase Celebrity Special Aldo Zilli, Mark Billingham, Lucy Pargeter and Joey Essex work as a team to secure a cash prize for charity. Presented by Bradley Walsh

Giant Lobster Hunters The real-life dramas of six captains as they go in search of lobsters in the Southern Ocean — Australia's deadliest stretch of water

Assassins (1995,15) Hitman Robert Rath is planning to quit his lethal profession, especially when he is stalked by a ruthless younger assassin who has no qualms about killing innocent bystanders. But as Rath takes on his last assignment, he decides to protect his intended target after his rival comes gunning for her. Thriller, starring Sylvester Stallone, Antonio Banderas and Julianne Moore. Includes FYI Daily

11.40 Wanted (2008,18) Action adventure (To 1.50)

MORE 4

18

6.55 Escape to the Chateau: DIY Tim and Krys have their first gastronomic weekend

7.55 Grand Designs: The Street Husband and wife Godfrey and Pauline commission a factory-built home that takes just two weeks to be assembled — only to face a setback with their finances. Last in series

Britain's Most Expensive Home: Building for a Billionaire Following the complex build of an extraordinary, home costing millions in Mayfair, London

999: On the Front Line Paramedics treating a woman with brittle bone disease end up with another patient on their hands

11.10 24 Hours in A&E A 75-year-old man is treated for a stab wound, while an 89-year-old arrives having been found at the bottom of her stairs (To 12.15)

PICK

11

Hawaii Five-0 A bomb-disposal squad are attacked, and the culprit threatens to detonate additional hidden explosive devices unless Jason Duclair is released

Elementary Sherlock's former sponsor vanishes, leaving the sleuth concerned that he has relapsed, so Gregson and Bell agree to help to find him

Murder Uncovered Documentary series looking at Australia's most evil killers, starting with the a two-part investigation into the couple David and Catherine Birnie

World's Most Evil Killers A profile of the German serial killer Joachim Georg Kroll, who hunted and ate parts of his victims

The Force: Essex Officers investigate a burglary in Basildon and attempt to track down five youths seen fleeing the scene (To 12.00)

QUEST

12

American Pickers: Best Of Some of Mike Wolfe and Frank Fritz's finest finds and most premium picks of the series

Salvage Hunters Drew Pritchard hopes to discover desirable collectibles during a visit to an imposing gothic castle in Ireland

Born Mucky: Life on the Farm Three British farmers try to run three different family farms across the UK

The Repair Shop The team restore two Royal Worcester vases and a village clock

The Repair Shop The team restore a clapping monkey and a treasure box

How Do They Do It? Lights that are transforming popular sport worldwide

How Do They Do It? The mechanisms inside Resusci Anne (To 12.00)

DAVE

19

Room 101 With guests Katie Price, Greg Davies and Adil Ray

7.40 Room 101 With Heston Blumenthal, Kirsty Wark and James Acaster

8.20 Have I Got a Bit More News for You Gary Lineker hosts an extended edition of the satirical quiz, with panellists Ross Noble and Samira Ahmed

9.20 QI Sue Perkins, Bill Bailey, Gyles Brandreth and regular Alan Davies join host Stephen Fry, who asks questions on parts of the body that begin with the letter H

Taskmaster The rivals find themselves confronted with an intimidating man in gold chains — the Mayor of Chesham

Hypothetical Angela Barnes, Guz Khan, Tom Davis and Harriet Kemsley are posed increasingly absurd hypothetical situations (To 12.00)

DRAMA

20

7.20 Last of the Summer Wine Barry discovers that his neighbour is desperately lonely, and tries to set him up with a new girlfriend

Judge John Deed While trying a man with an emotional age of 13 for murder, Deed causes outrage among his fellow judges by delving into a fraud case involving two solicitors. As they, Sir Ian Rochester and even his ex-father-in-law urge him not to get involved, Deed pushes harder for the truth

New Tricks The team reopen an investigation into the death of an elderly woman whose decision to leave her estate to her cats sparked a family feud

11.20 Waking the Dead Feature-length episode. The body of a police hero washes up a year after she disappeared, leading the Cold Case unit to investigate (To 1.50)

5STAR

30

Benefits Britain: Life on the Dole People living on state welfare in the seaside village of Jaywick in Essex, including a man who does odd jobs in exchange for food

Jumanji (1995,PG) A man is rescued from his 26-year captivity inside a magical board game, only to be followed by a horde of jungle animals. Fantasy adventure, starring Robin Williams, Kirsten Dunst, Bonnie Hunt and Bebe Neuwirth. Includes Access

Battle: Los Angeles (2011,12) A platoon of soldiers are sent into battle against an alien invasion force that has landed on America's west coast. Sci-fi thriller, starring Aaron Eckhart, Ramon Rodriguez, Michelle Rodriguez, Will Rothhaar and Cory Hardrict. Includes Access (To 12.20)

5 USA

21

Law & Order A recently paroled prison gang member is shot dead, prompting suspicion to fall on former crime associates

NCIS: New Orleans The captain of a private yacht, along with a waiter, are murdered onboard the vessel

The Enemy Within After a Tal operative escapes CIA custody, Shepherd returns to Langley to help to track the fugitive down

Law & Order: Special Victims Unit The wife of a popular writer is accused of abuse

10.55 Law & Order: Special Victims Unit Carisi's future brother-in-law accuses his parole officer of rape

11.55 Law & Order: Special Victims Unit Starring Mariska Hargitay (To 12.55)

Reconstruction: America After the Civil War. **3.55** Hitler on Trial: The Truth Behind the Drama. **5.05** Byzantium: A Tale of Three Cities. **6.15** World's Greatest: Animal Encounters. **7.20** Byzantium: A Tale of Three Cities. **8.30** Reconstruction: America After the Civil War. **9.45** Nuremberg — Nazis on Trial. **11.00** Byzantium: A Tale of Three Cities.

PICK (DAYTIME)

Freeview 11 Sky 152 Virgin 165

11.30am Caught Red Handed. **1.00pm** Police Force: Australia. **2.00** Border Patrol. **3.00** Nothing to Declare. **4.00** Border Security: Canada's Front Line. **5.00** Stargate SG-1. **6.00** Star Trek: The Next Generation.

QUEST (DAYTIME)

Freeview 12 Sky 144

9.00am Outback Truckers. **10.00** Wheeler Dealers. **11.00** Chasing Classic Cars. **12noon** American Pickers. **1.00** Railroad Alaska. **2.00** Deadliest Catch. **3.00** Gold Divers. **4.00** Salvage Hunters. **5.00** Outback Truckers. **6.00** Wheeler Dealers.

REALLY

Freeview 17 Sky 142 Virgin 128

11.00am Antiques Road Trip. **1.00pm** Celebrity Fantasy Homes. **2.00** Fantasy Homes by the Sea. **3.00** French Collection. **4.00** DIY SOS: The Big Build. **6.00** Celebrity Antiques Road Trip. **7.00** Antiques Road Trip. **9.00** Helicopter ER. **10.00** Body Cam. **11.00** Helicopter ER.

SKY ARTS

Sky 122 Virgin 123

12noon Discovering: Basil Rathbone. **1.00** The South Bank Show Originals. **1.30** Watercolour Challenge. **2.00** The Making of Marc Bolan. **3.00** More Than This: The Story of Roxy Music. **4.00** Tales of the Unexpected. **5.00** Discovering: Jon Voight. **6.00** Discovering: Dustin Hoffman. **7.00** Portrait Artist of the Year 2020. **9.00** I Am Paul Walker. **11.00** The Nineties.

SKY ATLANTIC

Sky 108

12noon Blue Bloods. **1.00** CSI: Crime Scene Investigation. **2.00** The West Wing. **4.00** Without a Trace. **7.00** CSI: Crime Scene Investigation. **8.00** Blue Bloods. **9.00** Save Me. **10.00** The L Word: Generation Q. **11.10** Babylon Berlin.

SKY COMEDY

Sky 113 Virgin 122

12noon The Mindy Project. **1.30** Modern Family. **2.30** Everybody Hates Chris. **3.30** Parks and Recreation. **5.00** 30 Rock. **6.30** Modern Family. **7.30** The Mindy Project. **9.00** Curb Your Enthusiasm. **9.40** Ballers. **10.15** Sex and the City. **10.50** The Tonight Show Starring Jimmy Fallon. **11.50** The Late Late Show with James Corden.

SKY ONE

Sky 106 Virgin 110

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.

SKY PREMIERE

Sky 301 Virgin 401

10.30am KILLERS ANONYMOUS. (2019) (15) **12.15pm** GODZILLA: KING OF THE MONSTERS. (2019) (12) **2.30** STRAIGHT UP. (2019) (15) **4.15** UFO. (2018) (12) **6.00** THE 2020 TOP TEN SHOW. **6.15** KILLERS ANONYMOUS. (2019) (15) **8.00** GODZILLA: KING OF THE MONSTERS. (2019) (12) **10.15** STRAIGHT UP. (2019) (15)

SKY WITNESS

Sky 107 Virgin 112

12noon 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.

SKY WOMEN IN FILM

Sky 310 Virgin 410

10.15am THE NEXT KARATE KID. (1994) (PG) **12.05pm** THE DARKEST MINDS. (2018) (12) **1.50** EDGE OF TOMORROW. (2014) (12) **3.50** MORTAL ENGINES. (2018) (12) **6.00** KICK-ASS. (2010) (15) **8.00** KICK-ASS 2. (2013) (15) **9.55** TERMINATOR 2: JUDGMENT DAY. (1991) (15)

SKY MAIN EVENT

Sky 401 Virgin 511

7.30am Live Women's ICC World T20 Cricket. **11.30** Football Centre. **12noon** 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 NBA: The Warm Up.

SKY PREMIER LEAGUE

Sky 402 Virgin 512

10.00am Premier League Years. **12noon** PL Best Goals 11/12. **1.00** Premier League Years. **3.00** PL Best Goals 06/07. **4.00** PL Greatest Games. **5.00** PL 100 Club: England's Finest. **5.30** 100 Club. **6.00** PL Legends: Alan Shearer. **6.30** PL Legends: Michael Owen. **7.00** Premier League Review. **8.00** Gary Neville's Soccerbox. **9.00** Premier League Review. **10.00** The Debate. **11.00** PL Best Goals 08/09.

SKY FOOTBALL

Sky 403 Virgin 513

9.15am EFL Greatest Games. **9.30** EFL Play-Off Final Highlights. **10.30** EFL Greatest Games. **11.15** SPFL Greatest Games. **11.30** Football's Greatest Players. **12noon** Football Countdowns. **12.30** Football Years. **1.00** EFL Greatest Games. **1.30** SPFL Greatest Games. **1.45** One2Eleven — Tony Cascarino. **2.00** EFL Play-Off Final Highlights. **3.00** Football's Greatest Players. **3.30** Football Countdowns. **4.00** Football Years. **4.30** EFL Play-Off Final Highlights. **5.30** EFL Greatest Games. **5.45** SPFL Greatest Games. **6.00** EFL Goals: Leagues 1 & 2. **6.30** MLS Round-Up Show. **7.00** Soccer AM: The Best Bits. **7.30** Carabao Cup Final Highlights. **8.30** EFL Goals: Leagues 1 & 2. **9.00** Best Goals: Carabao Cup 2019/20. **9.30** EFL Championship Highlights. **10.00** SPFL Greatest Games. **10.30** EFL Greatest Games. **11.00** One2Eleven — Ian Harte. **11.15** EFL Greatest Games.

SKY CRICKET

Sky 404 Virgin 514

7.30am Live Women's ICC World T20 Cricket. **11.30** Women's World T20 Classics. **12.30pm** Women's ICC World T20 Cricket. **8.30** One-Day International Cricket. **9.30** Test Cricket. **11.30** One-Day International Cricket.

SKY MIX

Sky 145 Virgin 520

7.30am Live Women's ICC World T20 Cricket. **11.30** Women's World T20 Classics. **12noon** Women's ICC World T20 Cricket. **4.00** My Icon: Catriona Matthew. **4.15** My Icon: Ramla Ali. **4.30** My Icon: Johnny Nelson (Pt2). **4.45** My Icon: Ebony Rainford-Brent. **5.00** NBA Classic Games: Thunder @ Heat 2012. **6.00** Soccer AM: The Best Bits. **6.30** Netball Superleague. **8.30** Soccer AM: The Best Bits. **9.00** NFL: America's Game. **10.00** Soccer AM: The Best Bits. **10.30** My Icon: Ebony Rainford-Brent. **10.45** My Icon: Linford Christie. **11.00** My Icon: Catriona Matthew. **11.15** My Icon: Ramla Ali. **11.30** Soccer AM: The Best Bits.

SMITHSONIAN

Freeview 57 Sky 195

12noon The Lost Tapes. **1.00** America in Colour. **2.00** White House Revealed. **3.00** Apollo's Moon Shot. **4.00** Helicopter Wars. **5.00** Air Warriors. **6.00** The Pacific War in Colour. **7.00** Britain in Colour. **8.00** An American Aristocrat's Guide to Great Estates. **9.00** Inside the Factory: How Our Favourite Foods Are Made. **10.00** America in Colour: The 1930s. **11.00** An American Aristocrat's Guide to Great Estates.

SONY CHANNEL

Freeview 48 Sky 157 Virgin 189

12noon Starsky & Hutch. **1.00** T.J. Hooker. **2.00** Hart to Hart. **4.00** Murder, She Wrote. **6.00** Charlie's Angels. **7.00** M*A*S*H. **9.00** Classic Who Wants to Be a Millionaire?

SONY MOVIES

Freeview 32 Sky 321 Virgin 425

1.00pm GARAGE SALE MYSTERY: ALL THAT GLITTERS. (2014) (PG) **2.45** BROKEN PROMISE. (2016) (PG) **4.35** THE DOUBLE. (2011) (12) **6.25** QUEEN OF THE DESERT. (2016) (PG) **9.00** RAMBO. (2008) (18) **10.45** SNIPER 2. (2002) (15)

SONY MOVIES ACTION

Freeview 40 Sky 323 Virgin 426

12.05pm THE PERSUADERS! **1.05** FORT APACHE. (1948) (U) **3.40** APPOINTMENT IN BERLIN. (1943) (U) **5.20** IKE: COUNTDOWN TO D-DAY. (2004) (PG) **7.10** 40 DAYS AND NIGHTS. (2012) (15) **9.00** DAYS OF THUNDER. (1990) (15) **11.10** CRIMINAL ACTIVITIES. (2015) (15)

SYFY

Sky 114 Virgin 138

8.00am Teleshopping. **11.00** Stargate Atlantis. **1.00pm** Star Trek: Voyager. **3.00** Star Trek: The Next Generation. **5.00** Star Trek: Deep Space Nine. **7.00** Warehouse 13. **8.00** Merlin. **9.00** The Twilight Zone. **10.00** FILM: Guardian. (2000) (15)

TALKING PICTURES TV

Freeview 81 Sky 328 Virgin 445

11.30am FILM: Sammy's Super T-Shirt. (1978) (U) **12.45pm** FILM: Make Mine a Million. (1959) (U) **2.25** FILM: Mad About Men. (1954) (U) **4.10** FILM: Another Man's Poison. (1951) (PG) **6.00** FILM: No Lady. (1931) (U) **7.20** FILM: Please Turn Over. (1959) (12) **9.00** Reilly: Ace of Spies. **10.00** FILM: Mr Denning Drives North. (1951) (12) **11.50** FILM: Tread Softly Stranger. (1958) (PG)

TCM

Sky 315 Virgin 415

7.25am RETURN OF THE GUNFIGHTER. (1967) (U) **9.35** CARSON CITY. (1952) (U) **11.25** 12 ANGRY MEN. (1957) (U) **1.30pm** COLT .45. (1950) (U) **3.00** BAD MAN FROM RED BUTTE. (1940) (U) **4.15** CIMARRON. (1960) (PG) **7.15** THE NEVADAN. (1950) (U) **9.00** OUT FOR JUSTICE. (1991) (18) **11.00** PAYBACK. (1999) (18) **1.10am** ASSASSINS. (1995) (15)

W

Sky 109 Virgin 125

12noon Tipping Point. **2.00** My Dream Home. **5.00** Sun, Sea and Brides to Be. **6.00** Tipping Point. **7.00** My Dream Home. **8.00** Inside the Ambulance. **10.00** The Wedding Fixer. **11.00** Inside the Ambulance.

YESTERDAY

Freeview 25 Sky 155 Virgin 129

12noon Impossible Railways. **1.00** Secrets of Britain. **2.00** Walking Through History. **3.00** Underground Worlds. **4.00** Impossible Railways. **5.00** Secret Nazi Bases. **6.00** Nazi Victory: The Post-War Plan. **7.00** Underground Worlds. **8.00** Abandoned Engineering. **9.00** The Two Ronnies. **10.40** Porridge.

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the desk of Rob Bilott, who earned his living defending chemical companies. For this week's **COSTING THE EARTH (RADIO 4, 3.30PM)**, Tom Heap talks to the Cincinnati lawyer about the chemical pollution scandal that inspired the film Dark Waters, just released at the cinema here.

■ JOHN LUNN'S Downton Abbey Suite, which features in both the film and TV series, concludes tonight's **FULL WORKS CONCERT (CLASSIC FM, 8PM)**. A recording by the talented young pianist Isata Kanneh-Mason of music by Clara Schumann is also on the bill.

RADIO 2 FM: 88-90.2MHZ

5.00 Vanessa Feltz. **6.30** Zoe Ball Breakfast. **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 with Jamie Cullum. **10.00** Trevor Nelson's Rhythm Nation. **12.00** O.J. Borg.

RADIO 3 FM: 90.2-92.4MHZ

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** Radio 3 in Concert. Pianist Cedric Tiberghien performs five sets of variations by Beethoven. **10.00** Free Thinking. **10.45** The Essay: Women Writers to Put Back on the Bookshelf. **11.00** Night Tracks. **12.30** Through the Night.

RADIO 5 LIVE MW: 693/909KHZ

5.00 Morning Reports. **5.15** Wake Up to Money. **6.00** Breakfast. **9.00** Your Call. **10.00** Emma Barnett Show. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **7.45** FA Cup Football. Chelsea v Liverpool. **10.30** Geoff Lloyd. **1.00** Up All Night.

7.15 Front Row. Arts news.
7.45 The Book of Strange New Things. By Michel Faber.
8.00 File on 4. A series of gang incidents that began with an attack on a rapper.
8.40 In Touch.
9.00 Inside Health. With Chris van Tulleken.
9.30 The Life Scientific.
10.00 The World Tonight.
10.45 Book at Bedtime: Apeirogon. By Colum McCann.
11.00 Liam Williams — Ladhood.
11.30 Today in Parliament.
12.00 News and Weather.
12.30 Book of the Week: Guest House for Young Widows.
12.48 Shipping Forecast. 1.00 As BBC World Service.

OSCAR CAINER

I WAS at a sparsely attended gig recently. At the final song, the band asked the audience to join in. Without the anonymity of a crowd it takes courage to sing along; the band was sympathetic. They said: 'If you don't want to, you don't have to. But if you want to, you have to.' It inspired a rousing finale. Thanks to Mercury and Venus, we'd all benefit from gentle, well-intentioned peer pressure helping us to act on unspoken desires.

ARIES Mar 21 - Apr 20

WHO cares if someone thinks you're the villain of the piece? What do they know? You're strong. You're principled. And you're not above ruffling a few feathers to get the job done. You're just as likely to be found castigating unbelieving friends as you are of celebrating the support of previous opponents. Personal rivalries are no match for your sense of social justice. The time has come to choose between popularity and a cause you believe in. Fortunately, that's not a choice at all. *The Equinox month brings celestial creativity and real reasons for hope. To take full advantage, call 0906 751 5601.*

TAURUS Apr 21 - May 21

YOU'RE finding it hard to say something that needs saying. Or, perhaps, you're struggling to do something that needs to be done. You're tempted to take the easy option and put everything tricky off for another day. Yet that would only make matters worse; the situation will grow even more complex. You'll find there's never an ideal time when it comes to changing things that are heading in the wrong direction (especially when you feel partly responsible for steering them that way). Yet, better late than never. *It's March! For uplifting news on how the month holds exciting opportunities for you, call 0906 751 5602.*

GEMINI May 22 - June 22

POLITICIANS have a contortionist's knack for wriggling out of tight spots. Expert in the art of vague sincerity, they answer questions with lengthy, polished answers that somehow manage to say nothing at all. You find yourself in a tricky position because you've changed your mind about a decision. Should you keep quiet and hope things will resolve? Or should you bite the bullet and speak up? It takes courage to go against the grain. Yet, someone else might feel the same as you. *To hear valuable information about the changes you can implement in March, call your month-ahead forecast: 0906 751 5603.*

CANCER June 23 - July 23

SURELY it's time for things to start going your way? Why should a pleasing development be so unimaginable? You feel as if you've searched high and low, yet not managed to spot anything encouraging on your horizon. But, you haven't stood where I'm standing. Either your binoculars are fogged up, or you lost concentration at the vital moment. Either way, you can rest assured that the movements of Mercury and Venus indicate that an unexpectedly inspiring development is almost here. *March brings the Equinox! For your light-shedding, hope-giving, worry-quashing month-ahead forecast, call 0906 751 5604.*

LEO July 24 - Aug 23

MIRRORS. Loved by the beautiful, avoided by the superstitious and disliked by the insecure. There's a stark divide between those who happily while away an hour or so gazing at their reflection, and those who can't imagine anything worse. In a funny way, it reminds me of how we feel when we reflect on past decisions. Some people are full of regret, while others convince themselves, no matter how disastrous the result, that they did the 'right' thing. Don't let vanity derail a project today. *This is the exciting Equinox month. Take full advantage of the inspiration March brings. Call 0906 751 5605.*

VIRGO Aug 24 - Sep 23

ALTHOUGH we like to think that we remember the past with accuracy, the truth is that we only recollect moments. Most of our daily experiences are stored away on a memory stick so deep in the back of our minds that it's almost inaccessible. The movement of your ruling planet Mercury is reminding you of an emotion you haven't felt for a long time. It's allowing you to reconnect with an ability you'd forgotten you had. Cling on to that feeling. It holds a valuable clue to your future. *A new month! An action-packed astrological picture. A forecast that could transform your life! Call 0906 751 5606.*

LIBRA Sep 24 - Oct 23

WOULD you mind closing your eyes and imagining that something delightful is happening to you? That the cosmos is conspiring to give you what you want and what you need. That all your wishes are coming true and you're fulfilling your dreams. Well... there are a few annoying issues to deal with, too — but they're always around, aren't they? Now, open your eyes and consider what's actually going on. If you stop focusing on the negatives, you'll see how good things really are. *For exciting news about the potential delights in store for you this month, call your March forecast: 0906 751 5607.*

SCORPIO Oct 24 - Nov 22

WHAT'S the point of bothering to say something to someone who doesn't want to hear? Why waste your energy? Why set your intentions in one direction, when every one of your thoughts and ideas is clearly telling you to go the opposite way? Why would you bother seeking advice that you have no intention of heeding? The situation you're facing is so confusing that you're bombarding yourself with an avalanche of questions. Whatever you do, don't do what's expected of you today. *Make your dreams come true in March! Call your four-minute, in-depth forecast: 0906 751 5608.*

SAGITTARIUS Nov 23 - Dec 21

IMAGINE a team of energy consultants working on a mission to create the Sun. 'That's totally absurd,' you might think. 'Sticking a giant ball of burning gas so far away in the solar system seems like a totally ridiculous way to light and warm our planet.' You're absolutely right. And yet it has been the basis of life for billions of years. Since so much is changing in your world, you'd be wise not to reject any suggestions. A crazy, outlandish idea might just pay off today. *March is due to be amazing! For four-minutes of news that could transform your life, pick up the phone! Call 0906 751 5609.*

CAPRICORN Dec 22 - Jan 20

AD MEN have a variety of well-honed techniques they use to promote their products. Simply by telling us that something's 'new and improved' is enough to make us interested enough to potentially make a purchase. So, what do our guardian angels do when they want us to take notice of something that could help us in our lives? You've been overlooking a potential solution because it looks very similar to a previous idea. Yet it is 'new and improved' and absolutely right for you today. *Even if you don't usually call your in-depth phone forecast, there's great news in your March prediction. Call 0906 751 5610.*

AQUARIUS Jan 21 - Feb 19

I HATE to be the one to expose a myth, but ostriches don't bury their heads in the sand because they think that if they can't see their predator, their predator can't see them. Neither, for the record, do carrots help you see in the dark. Our minds are full of pieces of information which we never challenge. You've been treating a misconception as a truth and it has been affecting your behaviour in a key relationship. If you reassess, you'll find a much better way of seeing the path to a happier future. *The Equinox month brings potential for positive change. Make March a month to remember. Call 0906 751 5611.*

PISCES Feb 20 - Mar 20

IF YOU find yourself in a signal-free zone, without a map to help you find your way, you can't just head off in any direction thinking that you'll end up in the right place. The choices we make have consequences, unintended or otherwise. When making our way through life, we have a duty to ourselves to consider the options that open before us and make careful selections. This is true for psychological destinations, too. Your inner compass is working most effectively right now. Make time to follow it today. *Welcome to March! Your powerful prediction for the month is ready. For inspiring insight, call 0906 751 5612.*

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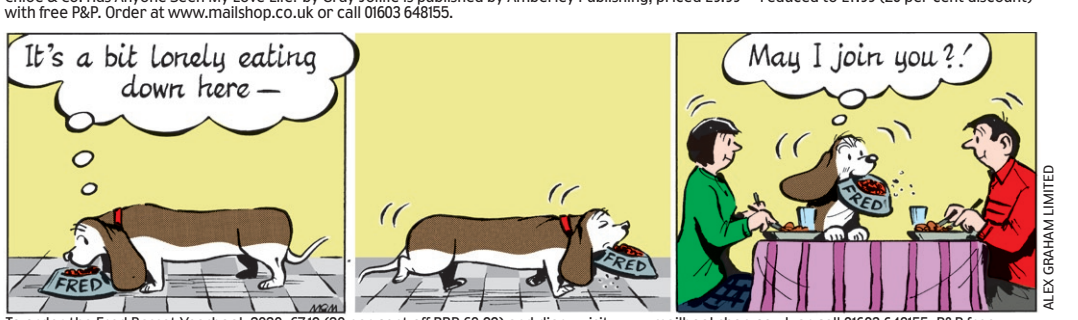

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Phil B. - Southhampton - wrote:
"I am so happy with the MyPillow I ordered. I am in my 50s can honestly say we have had the best night sleeps since we got them. They are comfy, mould to your movements and don't get hot during the night. I wish I had them years ago! I overslept for the first time, I was so comfy. I have had so many different pillows before, some costing more, MyPillow is well worth it".

Joel C. - Royal Leamington Spa - wrote:
"I have always had issues sleeping, I could never get comfortable and therefore never get a good nights sleep. Having searched for years for the right pillow, I can now say I have found it. I now sleep through the night and have more energy during the day, all thanks to MyPillow."

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Mike Lindell
Inventor & CEO of MyPillow Ltd.

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PETERBOROUGH

email: pboro@dailymail.co.uk

Laughter and tears at our toast to Dad

AS A funeral director for 25 years, I've looked after thousands of families when they were at their lowest.

However, it is natural that, once the funeral is complete, those we've supported drift away and begin rebuilding their lives, facing their 'firsts' away from us.

We've just had a first anniversary ourselves. My dad died on February 12, 2019.

Earlier that day, I'd taken Mum to see him, and stepped back to watch these two wonderful people, who mean everything to us and who had devoted their lives to one another over the best part of six decades, sit holding hands.

As Mum got up to leave, she kissed Dad, and he uttered the last words I ever heard him say. Mum simply said 'I love you', and he replied: 'I love you, too.'

What a beautiful way to end a truly remarkable chapter.

As my family and I began life without Dad, we started tackling the many firsts that came our way; the first birthday, the first wedding anniversary, the first Easter.

The first summer when, rather than seeing maps strewn across the table (Dad didn't trust sat-navs) and plans of where to visit, we reflected on the previous summer when he drove to Scotland and back, and he and Mum spent 12 wonderful days there together.

That is what we do when each of the firsts come around. We look around us and see what's missing, but fill that void with wonderful memories and lots of chatter about how things would have been had he still been with us.

As autumn turned to winter, we began to contemplate the most difficult of the firsts, Christmas, which was a time of year my father loved.

Yes, there were plenty of tears, but there was laughter, too, as we looked back at Christmases past and the many silly things Dad did — from wearing a musical hat that played Jingle Bells, to a pair of Yuletide boxers that he insisted on wearing over his trousers to cook Christmas dinner.

On the first anniversary of his death, we gathered as a family, and at Mum's request ate takeaway fried chicken, because that was the last meal Dad enjoyed at his granddaughter's birthday party.

Glasses were raised at 6.15pm and we glanced to the heavens to acknowledge a very special man who meant so much to us all. But above all, we were showing him that, in spite of missing him every day, we're OK, we're getting on with life, which is something I know would matter to him very much.

Stephen Nimmo, Bournemouth, Dorset.

Picture that!

NO PLACE LIKE GNOME: *Peekaboo! This garden gnome has taken up residence in a rotten tree trunk.* **Tony Sandy, Crookedholm, Kilmarnock.**

Today's poem

WRECKER

I'm a ruthless, unfeeling home-wrecker!
Oh yes, it's quite true. Now you know.
And I don't give a fig for the victims
On whom I'm inflicting such woe.
And I'm paying no heed to your warning
That one day I'll reap what I sow…
Those cobwebs have been there a week now,
And dammit, they've just got to go!

Tricia Sturgeon, Mundesley, Norfolk.

Rhyme For Our Time

What is life if, full of Samsung
We have no time to talk to our young?
No time to say look at the doggy over there
And see the squirrel on the chair.
'Mum, where are we going next?'
'Just a minute, I'm answering a text.'
Some day we'll be old and alone at home,
Wondering why our children don't call or phone.
Well now they are all in their own homes
Glued to their tablets and staring at phones.

Thomas Kelly, Manchester.

Out of the mouths of babes

I WAS chatting to my grandsons, Oscar, five, and his older brother, George, about a trip I had once made to Spain. Oscar asked if I was a nanny then or just 'a normal human being'!

Linda Webb, Silsoe, Beds.

One-Line Philosophers

■ MY THREE favourite things are eating my family and not using commas.

Claire Harris, Bromley, Kent.

■ YOU know you're getting old when you have to watch Match of the Day on a Sunday morning.

M. Busby, Birchington, Kent.

Joke

DANCING is in my blood. I come from a long line of Conga dancers!

Jenny Pain, Chatham, Kent.

Wordy Wise

TROTTERDAM — where Del Boy goes on weekend breaks.
Sylvia Dugard, Witney, Oxon.

LIFE OF O'BRIAN — Dublin messiah who actually is a very naughty boy.
Mark Wraith, Newark, Notts.

AL DANTE — devilishly hot food.
Russell Gamble, Woodley, Cheshire.

PERISTAUNT — sees her family on a regular basis, whether they like it or not!
Vicki Watson, Bulwell, Notts.

SEQUINE — a show-jumping horse decorated with small, shiny discs.
A. Dean, Keighley, W. Yorks.

■ SEND your contributions to Peterborough, Daily Mail Letters, 2 Derry Street, London W8 5TT

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LETTERS

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email: letters@dailymail.co.uk

Plane crazy

MY SON has just returned home after a month long visit to New Zealand. Before take-off, all passengers were screened for high temperatures, which was perfectly acceptable and not unexpected.

They were advised disembarkation would be delayed at Heathrow while health checks were undertaken. Imagine their surprise that this was limited to being asked to self-identify if they felt unwell. When no one made such a declaration, everyone was allowed off the aircraft with no temperature checks.

Considering this flight had stopped off at Hong Kong, it seems a remarkably lax attitude to the precautions we are all being urged to undertake.

Name and address supplied.

Don't panic!

I'M NOT surprised that schools are thinking of closing if the coronavirus outbreak spreads. After all, they close after the first flakes of snow.

Where will this over-hyped frenzy end? Will we close all supermarkets, pubs, restaurants, coffee shops, garages, airports, bus terminals and railway stations?

Let's just sit at home and watch the tumbleweed blowing down the road. At least that will shut up the climate activists for a while.

MIKE TAYLOR, Haltwhistle, Northumberland.

WHATEVER has happened to the British strength of character? Why whinge about being confined to a sun lounger in a hotel in Tenerife? Have we lost the ability to cope with what is a necessary inconvenience?

DENNIS FISHER, Leeds.

Pointless protest

GRETA THUNBERG says she 'won't be silenced while the world is on fire', but will she ever learn the art of listening to reasoned debate?

Britain is responsible for 1 per cent of global emissions and the Government is taking action.

Please, Greta, stop terrifying children and think for a moment. Take your argument to Brazil where the real fires are.

ANNE EARLE, Felpham, W. Sussex.

WHAT a shame Greta couldn't use her influence to ask her adoring fans to do something more constructive than play hooky from school.

No doubt they were given lifts to the Bristol protest in the family car and spent most of the day glued to their phones.

It would have been more productive to encourage them to stay in school and have a no-phone day.

SUE TUDOR, Blockley, Glos.

Different class

HOW ironic to see the meeting of Malala and Greta. One young women shot while campaigning for girls to get schooling while the other calls on pupils to come out on strike.

JOHN TUDDENHAM, Norwich, Norfolk.

WOULD young Extinction Rebels show the same support if protests were held on Saturdays?

D. WILLIS, Walton-on-the-Naze, Essex.

Flood vs drought

ENVIRONMENT Secretary George Eustice says climate change is leading to increased flooding.

Shouldn't someone tell him that eight years ago, one of his predecessors, Caroline Spelman, warned the annual conference of the National Union of Farmers to prepare for drought being the new norm?

DAVID KELSEY, Middlesbrough, N. Yorks.

I APPLAUD One Show presenter Alex Jones and her husband's decision not to have more children.

Population growth is the greatest threat to our planet that must be addressed by politicians and climate change protesters.

The damage mankind has done to our flora and fauna has got to be stopped if future generations are going to be able to live in a world where there is a good quality of life.

JOHN HUW JONES, Mold, Flintshire.

Mediocre mandarins

WHENEVER the public sector is challenged over high executive pay, they always respond by saying it's to ensure they attract and retain talented executives.

I am tired of that cliche: the fact is most of them are mediocre at best and some so incompetent their management and oversight has led to some disastrous outcomes.

Home office mandarin Sir Philip Rutnam is the latest public sector failure to hit the headlines.

The aptly named Sir Calamity has a CV littered with disasters and has publicly resigned from his £190,000 a year job in a fit of pique after falling out with his boss, Home Secretary Priti Patel.

Senior civil servant seem to expect all the pay, glory and credit when things go well, but none of the blame or responsibility when things go wrong. The buck always stops with someone else.

I hope Boris Johnson keeps his promise to end this nonsense.

ANGUS LONG, Newcastle upon Tyne.

WHY is it that when Secretaries of State try to shake senior civil servants out of their lethargy and try to get the departments to do their jobs they are accused of bullying?

PAUL MORLEY, Skipton, N. Yorks.

Stay calm and carry on

I AM surprised so many women are complaining about their struggles with the menopause (Mail). How did our mothers and grandmothers cope? I can only imagine they just got on with it rather than moaning.

I was 53 when I started this stage in my life and certainly didn't want to pop HRT pills.

This is how I coped: exercise, a healthy diet, keeping trim, not smoking or drinking excessively and

DEBATE

Should building housing

WHY do developers build on floodplains? Because it's allowed and it makes money. Combe Valley in Hastings is a floodplain that has been under water for the past two weeks. However, planning permission has been granted for housing. In a few years, will we see footage on the news of the residents being rescued from their homes?

ROSALIND HARRISON, Catsfield, E. Sussex.

WE HAVE been assured that no house building should occur on floodplains unless in special circumstances. I am concerned 600-plus houses and an Ikea store are being developed on a floodplain at the foot of the South Downs. Water filters through the chalk and ends up on the floodplain. The development will be west of the River Adur, which has new flood defences, but after recent storms, we have seen how successful these can be.

GINA SCOTTING, Lancing, W. Sussex.

IN ITS wisdom, Rochdale Metropolitan Borough Council has planned for 1,000 new houses, half of which are on the River Roch floodplain, in my small Pennine village. When people buy these properties, the council won't

AS 348 MILITARY MUSICIANS REPORT STRESS INJURIES ...

My bandsmen were all as fit as fiddles!

I AM surprised that 348 military musicians have been medically downgraded because of stress injuries caused by playing their instruments on the march.

For more than 40 years, I served as an Army musician and conductor and never heard of such an injury.

I remember having to dip brass instruments in water to defrost before we could play.

Clarinettists often had icicles several inches long hanging from their instruments, but parades continued no matter how inclement the weather.

I served and played in the heat and humidity of Belize and what was then Malaya, and in the bitter cold of Austria and Germany, but at no time was anyone excused parade due to a repetitive strain injury or heat stroke.

I was also privileged to serve with the Grenadier Guards where the musicians played and carried their trombones and cornets horizontally.

Bass players managed the large tubas without question or complaint, though some might have wished they had chosen to play a piccolo!

For the Queen's silver jubilee, the band toured 65 towns and cities across the U.S. performing a complicated two-hour marching display without any musician requiring medical attention or complaining of stress.

Proud: Lt Col Derek Kimberley

A musician's daily schedule might include an early morning rehearsal for a state visit, a rehearsal for Trooping the Colour followed by a guard mounting.

This would entail marching and playing from Chelsea barracks to Buckingham Palace with the new guard, playing for the guard change and marching back to the barracks with the old guard.

I have no recollection of a single musician complaining they had a problem carrying out their duties. In fact, they always performed with great pride and dignity.

Does the report about medical issues among Army musicians reflect a change in the physical attributes and attitudes of today's servicemen and women? Has there been a diminution of the pride in service which in the past carried us through many difficulties? Will we see an avalanche of claims for compensation and early pensionable discharges by this snowflake generation?

Lt Col (rtd) DEREK KIMBERLEY, Northampton.

Straight to the POINT

■ **ARE the public so dreadful that Harry can't bear to share a train carriage with them?**
L. MARSAY, Middlesbrough, N. Yorks.

■ **EARL SPENCER said his sister Diana 'needed no royal title to generate her particular brand of magic'. Neither do Harry and Meghan.**
DIANE SILVA, Bournemouth, Hants.

■ **WE SHALL fight in the English Channel, we shall fight in the North Sea, we shall fight in the Irish Sea and in the Atlantic Ocean. We shall never surrender our fishing rights.**
MIKE HOWELL, Folkestone, Kent.

■ **BRUSSELS pouts.**
ALAN JACOBS, Biddenham, Beds.

■ **LIKE the Disney CEO who's quit, I wouldn't want to work for a Mickey Mouse company.**
BEN HIGGS, Aylesbury, Bucks.

■ **CHINA may send 100,000 ducks to Pakistan to fight a plague of locusts. Are they quackers?**
TED SHORTER, Tonbridge, Kent.

■ **CALL this justice? A jail sentence of five years and four months for smashing a door and ceiling; 16 months for killing a teen friend.**
J.M. TOKARZ, Macclesfield, Cheshire.

■ **I HOPE the new James Bond film No Time To Die has more life than its dreary theme song.**
RON SEWELL, Dovercourt, Essex.

■ **WITH global warming and increased rainfall, we'll be able to grow rice in our allotments.**
RAY H. DOVER, Ingatestone, Essex.

■ **TALK about Holmes under the hammer! Eamonn has been nailed by the taxman.**
VINCENT HEFTER, Richmond, Surrey.

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having a positive outlook on life. Just remember that this stage of your life will pass soon enough.

Ms LESLEY DAWSON, Rawtenstall, Lancs.

Fussy eaters

I WAS gobsmacked to read about vegan and vegetarian children demanding their meals are cooked separately from their meat-eating parents (Femail).

If they are so fussy, why not buy in the special ingredients they demand and cook their own meals?

I was brought up to eat what was given to me and be grateful for it.

My four children were raised the same way — if they didn't eat what was put in front of them, they did without.

Mrs I. KEMBER, Dover, Kent.

Right to die

I ACCOMPANIED my husband to Switzerland for an assisted death, so I have found it disappointing that despite the Royal College of GPs survey having 51 per cent of voters preferring a neutral or supportive stance, their council has decided to remain opposed to assisted dying.

The only fair position would be neutrality, as the Royal College of Physicians decided last year when its survey on this issue showed a similar split in views.

The BMA has also surveyed its members on assisted dying and I hope that if the vote is divided that it opts for neutrality. This will allow everyone's views, patients and doctors, to be respected.

SARA FENTON, Hungerford, Berks.

Pension risks

IT IS hardly a wonder that many opt for the risky choice of plunging into their pension pots, potentially leaving themselves impoverished.

What incentive is there to take the safe and sensible option of a consistent monthly income when annuity rates are so poor?

Cheap, reliable advice is crucial. It's all well and good shopping around, but having been quoted £1,724 to move my funds to generate an extra few pounds, I have to ask what are transfer companies doing to command such high fees?

And with advisers' fees so high, no wonder people are shunning this.

Until it's made clear to those living the dream on the back of their windfall that the state won't bail them out after the fun has ended, we'll continue to see bad outcomes.

TONY THOMPSON, Banbury, Oxon.

Kippered

EU FISHERMEN should consider trawling the internet looking for new careers as their trawling days in our fishing waters are limited.

It's no good beating the bass drum as they flounder on the rocks. This is no red herring, nor a load of pollocks, and the only conger they'll hook on to with their dabs is when they take their plaice on the dance floor!

PIERS MINALL, Leverington, Cambs.

LETTER OF THE WEEK

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Printerpix

estates on floodplains be banned?

be footing the insurance policies or providing cash if they flood. As for the developers, will they simply walk away saying the land has always flooded?

Mrs LINDA MELLALIEU, Littleborough, Gtr Manchester.

LOCAL councils, struggling to fulfil government quotas for new houses, just pay lip service to the advice of statutory consultees such as the Environment Agency. Consent is granted against advice, with assurances from the developer to manage risk.

I have a cottage in a Dorset village. An application to build an estate on higher ground across the road was granted. We were assured soakaways would manage surface water run-off.

However, these have not been maintained and during heavy rain a deluge crosses the road to flood our garden and, on several occasions, our home.

Before the houses were built, the rain was absorbed naturally into the land.

The village also suffers from foul flooding because the sewerage system can't cope.

In the past few weeks, at the same time as tankers were emptying overflowing sewers, another housing development was approved.

The Environment Agency needs stronger statutory powers to veto development.

JOY BLACKWOOD, Potters Bar, Herts.

WHY does planning permission continue to be given for new houses to be built on floodplains in the light of clearly changing weather patterns?

GERRY DOYLE, Liverpool.

IF LOCAL councils insist on allowing homes to be built on floodplains, I suggest they only give permits for properties on stilts, or houseboats.

JANET DUIGNAN, address supplied.

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ANSWERS TO CORRESPONDENTS

Compiled by Charles Legge

Dye job was an own goal

QUESTION Why did the Romanian football team bleach their hair during the 1998 World Cup?

THE hair bleaching episode is seen as a disaster in Romania. It marked a farcical end to the team's most successful era in international football.

In the Nineties, Romania had a glorious World Cup run, qualifying for Italy '90, USA '94 and France '98.

They were led by their iconic captain Gheorghe Hagi, the Maradona of the Carpathians, regarded as the greatest Romanian footballer of all time.

The 1998 World Cup got off to a terrific start. They defeated Columbia 1-0 and England 2-1 in their opening group matches. Having qualified after two games and feeling full of confidence, the entire team bleached their hair.

According to former Romania and Valencia winger Adrian 'Cobra' Ilie, the idea had cropped up at a strategy meeting before the World Cup.

The team had persuaded manager Anghel Iordanescu to shave his head if they qualified after two group games. As an act of solidarity with their manager, the players agreed to bleach their hair.

The night before their final group game against Tunisia, two hairdressers were summoned to the team hotel. The next day they shocked the world with their bizarre barnets.

In a 2010 interview, striker Gheorghe Craioveanu revealed that the bleach burned his scalp: 'They butchered us. It was so painful I could only sleep on one side of my body for three nights.'

It also destroyed the team's winning mentality: 'The players had slipped into a relaxed, holiday mood.'

The team secured a 1-1 draw with lowly Tunisia before they were dumped out of the tournament by Croatia in the round of 16. Anghel Iordanescu resigned and it was the last time Romania qualified for the World Cup.

L. D. Fischer, London NW11.

Picture: REUTERS

Blond wall: Romania's World Cup team

QUESTIONS

Q: When was the single railway track through the jungle from Butterworth towards Kuala Lumpur upgraded to the modern double track featured in Michael Portillo's TV railway journey through Malaysia?

Mike Thompson, Plymouth, Devon.

Q: What's the origin of the dimensions of the standard house brick?

Stuart Miller, Swanley, Kent.

Q: Since the construction of the Aswan Dam, the Nile no longer floods and deposits fertile silt on the land. Does this mean Lake Nasser is gradually silting up?

David Mawson, Birmingham.

QUESTION How are birds able to fly at speed into hedges without causing harm to themselves?

IT HAS long been assumed birds have incredibly fast perception and thus can avoid collisions. This was finally proven in Ultra-Rapid Vision In Birds, a 2016 study by Swedish researchers.

They took three wild species, blue tits, collared and pied flycatchers, and investigated their critical flicker-fusion frequency (CFF).

When a light flashes at a slow rate, vertebrates see a distinct series of flashes separated by dark intervals. As the flash rate increases, the distinctness of the flashes changes to a continuous flicker.

A further increase in the flash rate leads to the appearance of a steady light. In humans, these changes occur within a range from 5 Hz to 50 Hz.

A TV screen or movie projector is viewed as steady because the light is flickering faster than our CFF. For the purposes of presenting moving images, the human flicker fusion threshold is taken at 60 Hz.

The researchers trained wild-caught birds to receive a food reward by distinguishing between a pair of lamps, one flickering and one shining a constant light. Temporal resolution was determined by increasing the flicker rate to a threshold at which the birds could no longer tell the lamps apart.

The birds were able to resolve alternating light-dark cycles at far greater rates than humans, on average 127 Hz for collared flycatchers, 129 Hz for blue tits and 137 Hz for pied flycatchers.

One pied flycatcher could distinguish flashes at 145 Hz — 50 Hz over the highest frequency for any other vertebrate.

For birds, the world might to be said to be in slow motion compared to how humans see it. This means small birds can pluck fast-moving insects out of the sky, avoid swaying branches or rapidly seek sanctuary in a hedgerow without fear of impaling themselves.

Brian Stern, Newcastle-upon-Tyne.

QUESTION How many times did the Germans surrender at the end of World War II?

FIELD Marshal Bernard Montgomery accepted the first major surrender, encompassing German forces in Holland, northern Germany and Denmark, at Luneburg on May 4, 1945.

German generals pushed for local surrenders to the western Allies to shield their men from a more vengeful Russia, but Allied Supreme Commander Dwight D. Eisenhower rejected this and took the surrender of all remaining German forces in Europe early on May 7 in Reims.

A ceasefire was due to start on May 9 so Russia could be informed. The country was not properly represented at Reims as its army was pushing on from the east. Though embargoed, the news was leaked by a U.S. reporter and it was announced that the next day, May 8, 1945, would be Victory in Europe Day.

Senior German commanders were made to sign again that day in Berlin to confirm the surrender for the Soviet Union, which still marks VE Day one day after the rest of the world. The war in Europe was over, but the resentment caused in Russia was one of many steps towards the Cold War.

Chris Rogers, Edgware, Middlesex.

QUESTION What was a comptometer?

FURTHER to earlier answers, I worked for a large audit practice in the Nineties and I remember one job in 1995 when I arranged for a comptometer operator to check the stock list of a client. It was A3 sized and 3 in thick.

The financial director complained this was a waste of time and money because the computer print-out would add up.

The operator added it up three times and got the same answer each time, but it didn't match the total on the print-out.

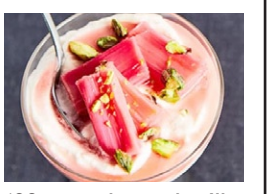
It turned out that the client's stock program had 'glitches'. The stock was massively overvalued and this resulted in a significant audit adjustment. The financial director was left red-faced.

Eddie Green, Southport, Merseyside.

■ IS THERE a question to which you have always wanted to know the answer? Or do you know the answer to a question raised here? Send your questions and answers to: Charles Legge, Answers To Correspondents, Daily Mail, 2 Derry Street, London, W8 5TT. You can also email them to *charles.legge@dailymail.co.uk.*
A selection will be published, but we are not able to enter into individual correspondence.

TODAY'S RECIPE: Rhubarb fool with pistachios

SHARP, tangy flavours. Serves: 6.



Ingredients

- 400g rhubarb, cut into pieces
- 80g caster sugar
- 3 cardamom pods
- 1 blood orange, zested and juiced
- ½ lemon, juiced
- 100g condensed milk
- 2cm piece ginger, peeled and grated
- 300g double cream
- 2 tbsp pistachios

Method

1 Heat oven to 180c/160c fan/gas 4. Line a roasting tin and arrange rhubarb in a layer. Scatter over sugar, cardamom, orange zest and juice, and lemon juice. Cover and roast for 20 mins. Remove from oven, uncover and leave to cool in its syrup.

2 Discard cardamom pods, then use a slotted spoon to transfer half rhubarb into a food processor. Add a couple of spoonfuls of syrup and blitz to a puree. Combine puree with condensed milk and pinch of salt. Stir in ginger. Whip cream to peaks in a bowl, then fold in rhubarb mix.

3 Spoon mousse into glasses and chill for a few hours until set. Top with remaining rhubarb, along with syrup, and scatter over chopped pistachios.

■ *RECIPE of the Day brought to you in association with BBC Good Food Magazine. Subscribe today and get your first five issues for £5 (direct debit). Visit buysubscriptions.com/goodfood and enter code GFDAILY20 or call 03330 162 124 and quote GFDAILY20.*

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Wed 14 **Invergordon, Scotland**
Situated on the shores of the deep Cromarty Firth and with a fine natural harbour, Invergordon is a key port with an important naval history stretching back through two World Wars. The small, yet modern town is a charming coastal gateway to the beautiful Scottish Highlands and the incredible scenery that forms a stunning backdrop to the romantic castles and historic battlefields

Thu 15 **Lerwick, Shetland Islands**

Fri 16 **Kirkwall, Orkney Islands** (depart early pm)
The Orkneys comprise of 70 or so islands, rocks and skerries that cover an area of 376 square miles. You can still detect the Norse influence and the Stone Age settlement of Skara Brae, older than either the Pyramids or Stonehenge, is fascinating. The magnificent St. Magnus Cathedral, a legacy of the town's rich Viking heritage, dominates Kirkwall's skyline

Sun 18 **Belfast, Northern Ireland** (depart early pm)

Mon 19 **St. Mary's, Isles of Scilly**
Britain's only island archipelago, the magical Isles of Scilly lie just 28 miles off the coast of Cornwall. Lose yourself in the sub-tropical wonderland of the Tresco Abbey Garden – home to many rare plants that cannot be grown anywhere else in Britain

Tue 20 **St. Peter Port, Guernsey**
For over 800 years Castle Cornet has stood guard over St. Peter Port. The attractive town is a delight with cobbled streets, steep stairways and alleyways winding their way down between the houses to a picturesque waterfront of grey and white stone buildings. Guernsey is geographically closer to France, yet loyal to the British crown, and this is reflected in the wonderful Anglo-French ambience around the town

Wed 21 **Honfleur, France**
The port at the Normandy city of Honfleur sets the standard for picturesque ports everywhere. This beautiful setting has been captured on canvas by a multitude of Impressionist painters, and a walk through its romantic streets will easily show you why

Thu 22 **Arrive in London Tilbury**

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Before you're transferred back to San José for one final night, you'll explore the mysterious El Silencio de Los Angeles Cloud Forest. It certainly seems divine when the mist curls around moss-cloaked tree trunks and the only sound you'll hear is the wildlife that call this place their home.

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- **Day 17** At Sea

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CORONAVIRUS CHAOS

BA and Easyjet among shares hammered in...

£15BILLION AIRLINE ROUT

by ***James Salmon*** *and* ***Hugo Duncan***

MAJOR airlines have seen more than £15bn wiped off their value in just six days as coronavirus clobbers the travel industry.

Efforts by central banks to reassure investors' frayed nerves helped prop up the FTSE 100 yesterday.

But it was not enough to prevent another rout on airline stocks, as shares in British Airways owner IAG plunged another 8.2pc. It means 30pc – some £3.8bn – has been wiped off the aviation giant's value in just six days of trading.

Easyjet was also among the FTSE fallers, and like IAG is now worth 30pc less than when the markets opened last Monday.

Dart, the owner of Jet 2, fell 9pc yesterday, meaning the company has lost 41pc of its value in just over a week.

As BA and Ryanair cancelled hundreds more flights, one analyst described airline stocks as 'in the doldrums', while another warned they could thwart any recovery in the stock market.

On another turbulent day for the travel industry, the Bank of England attempted to calm investors reeling after the worst week on the stock markets since the financial crisis.

Echoing statements from other central banks, including the US Federal Reserve, it said it was working to 'ensure all necessary steps are taken to protect financial and monetary stability'.

The statement appeared to provide some consolation to investors as the FTSE 100 edged up 1.1pc or 74 points to 6654.89.

Having warned last week that bookings will be hit by the coronavirus outbreak, BA announced it is cancelling another 204 flights between March 17 and 28.

This includes flights from London Heathrow and Gatwick to New York's JFK airport and much of Europe, including France, Italy, Switzerland, Belgium, Germany, Ireland and Austria.

Ryanair also announced it is cancelling up to a quarter of its flights to and from Italy, which has been badly affected by the Covid-19 outbreak. It said there had been a 'significant step up in passenger no shows'. The budget airline said there had been a 'notable drop in bookings' but that it was too early to tell what impact the deadly disease would have on its earnings.

Michael Hewson, chief market analyst at CMC Markets UK, warned airlines and travel companies could hold back a wider stock market recovery. He said: 'For this rebound to stick you really need to see a rebound in travel and leisure.'

FALL IN THE PAST SIX DAYS

IAG	30pc	£3.8bn	Tui	31pc	£1.5bn
Ryanair	24pc	£3.5bn	Dart	41pc	£1.2bn
Easyjet	30pc	£1.8bn	Air France KLM	30pc	£1bn
Lufthansa	26pc	£1.6bn	Wizz	25pc	£790m

Holiday giants face relegation

FALLOUT from the stock market collapse looks set to trigger a shake-up in the blue-chip FTSE 100, with Tui and Carnival facing relegation.

The next reshuffle of FTSE 100 members, based on their market value, takes place on March 23, but the moves are based on the closing price of shares tonight.

Shares in travel company Tui have fallen 32pc in six days, while cruise firm Carnival has seen its value fall 25pc. The companies have been hammered by a slump in demand for holidays as worried families abandon travel plans.

Troubled healthcare group NMC also looks set to be booted out the FTSE 100 after its shares collapsed amid an accounting scandal.

Panic buying boosts Ocado

OCADO shares jumped after it revealed that customers worried about coronavirus are stockpiling food and other goods.

Investors piled in after the online supermarket emailed customers to advise them to place orders further in advance because of 'exceptionally high demand'.

It added: 'More people than usual seem to be placing particularly large orders.'

Bernstein food retail analyst Bruno Monteyne said: 'If a major outbreak happens, that will quickly lead to panic buying, empty shelves and food riots.'

Saga delays Titan sell-off

OVER-50s group Saga has postponed the sale of one of its biggest holiday businesses because of the coronavirus travel chaos.

Saga has put on hold an auction of Titan Travel, which several private equity firms had looked at.

Titan provides escorted holidays to countries such as the US and Egypt, and is thought to be worth more than £100m.

The tourism sector has been pummelled by the virus crisis. Saga is already under fire after activist investor Elliott Advisers took a 5pc stake in the group last year.

The US group wants Saga to separate its tourism arm from its financial services business.

Worldwide factory slump

CORONAVIRUS is wreaking havoc in factories around the world.

In a string of bleak reports, research group Markit said manufacturing activity was shrinking in China, Japan and South Korea as well as in Germany, France and Italy. Even the US suffered a slowdown.

The reports came as the Organisation for Economic Co-operation and Development warned that the outbreak could slash global growth in half and plunge many countries into recession.

'The coronavirus Covid-19 presents the global economy with its greatest danger since the financial crisis,' the watchdog said last night.

A key index of manufacturing activity in China, where 50 is the cut-off between growth and decline, fell from 50.1 to 40.3 last month – the lowest level since the survey began in 2004.

The snapshot underlined the damage done to the economy in China where the outbreak has killed almost 3,000 people and infected around 80,000.

It has spread to more than 60 countries, shutting shops, offices and factories as well as schools and other public areas.

Manufacturing in Japan fell at its fastest pace in nearly four years last month while a slump in activity in Italy – home to one of the largest coronavirus outbreaks outside Asia – has left it on the brink of recession.

Ben May, director at Oxford Economics, said: 'Developments over the past couple of weeks suggest that the economic disruption from coronavirus will be larger, broader, and more long-lasting than we envisaged.'

UK recovery under threat

THE post-election recovery in British manufacturing could run out of steam because of the coronavirus.

Research group IHS Markit said its index of activity in UK factories – where scores above 50 show growth – rose from 50 in January to 51.7 in February.

That was the strongest score for ten months and suggested that the economy has perked up since the election.

The report showed business confidence at a nine-month high 'reflecting planned investment, product launches, improved market conditions and more settled political outlook'.

But it warned of disruptions to supply chains due to the coronavirus outbreak.

Rob Dobson, director at IHS Markit, said: 'The UK manufacturing sector remained in recovery mode in February, as reduced levels of political uncertainty translated into further growth of output and new orders.

'Supply-chain disruptions were emerging rapidly, however, as the Covid-19 outbreak led to a lengthening of supplier lead times, raw material shortages, reduced inventories of inputs, rising input costs and reduced export orders from Asia and China.

'With supply-chain headwinds rising, and trade negotiations with the EU starting, it remains to be seen whether the recovery can stay on course.'

Samuel Tombs, chief UK economist at Pantheon Macroeconomics, said: 'Note that 80pc of responses to Markit's survey were before the virus spread to Western economies. Accordingly, we have to brace for a sharp fall in manufacturing output.'

Sirius faces do-or-die investor vote

by ***Francesca Washtell***

SHARES in Sirius Minerals plunged ahead of a crunch vote on a controversial takeover that will determine the company's future.

Investors will today decide whether to sell the Yorkshire potash miner to FTSE 100-listed mining group Anglo American for £405m, or risk it running out of cash and collapsing into administration.

Anglo has offered to pay 5.5p per share for Sirius's stock. But Sirius shares fell by 2.3pc to close at 4.3p last night – having tumbled as low as 3.7p earlier in the day – as fears mounted that angry shareholders could scupper the rescue deal.

If the deal is voted down and the company does collapse within weeks, as Sirius bosses have warned, shareholders will be left with nothing.

The vote is believed to be on a knife-edge amid reports that swathes of private investors have shot it down in protest because they believe the price tag is far too cheap. Sirius has an estimated 85,000 retail shareholders who own around 50pc of its stock – making it far more important to gain the backing of individual investors than it would be with most other takeovers.

Crunch time: Sirius chief executive Chris Fraser

Sirius is teetering on the brink of collapse after it failed to raise £400m in a crucial funding round in September. This would have enabled it to finish building the mine under the North York Moors (*pictured*).

Bosses are now adamant that the firm will run out of money and collapse within weeks if investors do not accept Anglo's offer.

Around 16.5pc of Sirius's shares are held through the investment platform Hargreaves Lansdown, which revealed over the weekend that the 'majority' of individual investors who took steps to cast their own ballot had registered 'no' votes. Those who did not go through a process to register their own vote will have their shares automatically counted in Hargreaves' single vote, which is likely to be 'yes'.

Anglo needs 75pc of votes cast in its favour for the deal to go through.

But the turnout for votes at Sirius's annual general meetings is often as low as a third, meaning if the significant backlash that Hargreaves has reported is replicated across the board, the deal could be in serious jeopardy.

Last night sources in the City said Jupiter Asset Management had voted in favour of the takeover.

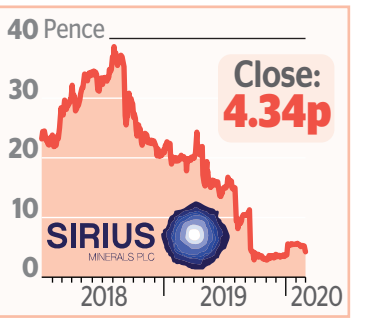
This would be a major boost as Jupiter is Sirius's largest shareholder – with a 7.8pc stake.

Sirius bosses own 2.46pc of the company and will vote in favour of the deal, meaning more than 10pc of votes are guaranteed to be a 'yes'. With Hargreaves' votes as well, it could be more than 20pc already.

A source told the Mail the company was also bracing for a possible 'no' outcome.

Over the weekend, the source said the company told a slew of new hires who were meant to start yesterday 'that they would not be starting and are waiting to see which way the vote goes'.

Sirius's deal has come under fire from institutions as well as individual investors.



Jupiter had urged Sirius to search for other bids – especially those that would keep it listed on the stock market – but the company said the Anglo deal had not been trumped. It also came under attack from major City hedge fund Odey Asset Management, which branded the offer a 'mockery'. Odey had built a 1.4pc stake in Sirius – which it used to vote 'no'.

Some people have lost their pensions and entire life savings in the company, whose shares were trading above 20p for much of the past five years and peaked at nearly 44p in 2016.

On investor forums, some have said they hope that by voting against the takeover, another bidder will swoop in at the last minute and offer more money.

And others have even formed conspiracy theories that Sirius and Anglo plotted the takeover before Sirius's share price collapsed in September when it failed to secure the £400m bond.

Sirius was approached for comment last night.

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Mortgages hit 4-year high

MORTGAGE lending has hit its highest level for nearly four years as confidence returns to the housing market following the general election.

Bank of England figures show 70,888 home loans for house purchases were given the go-ahead in January – the highest since 72,251 in February 2016.

January's total was 4.4pc higher than in December, and also well above the general trend over the past few years.

Remortgaging approvals were also up by 3.9pc, to around 52,100. The figures add to recent evidence of a housing market pick-up. Last week, Nationwide Building Society reported that house prices increased in February at the fastest annual rate for 19 months.

Simon Gammon, of Knight Frank Finance, said: 'UK lenders have started the year eager to do deals. Many that have waited for political clarity before making significant financial decisions are pushing on.

'Growth in remortgaging has been particularly strong and the ongoing rate war among the High Street lenders means borrowers have been spoilt for choice when it comes to deals.'

The Bank of England's Money And Credit report also said that the annual growth rate of consumer credit, which includes borrowing using credit cards, personal loans and overdrafts, has stabilised, remaining at 6.1pc in January.

A peak of 10.9pc annual growth in consumer credit was reached in late 2016.

Meanwhile, business borrowing continued to follow a trend of weakness seen during the end of last year, the report said.

Travelex owner in double whammy

THE owner of currency exchange firm Travelex has warned it will take a £25m hit from a cyber-attack and the impact of coronavirus.

Finablr, which floated in London last year, said it had now recovered from the New Year's Eve hack that left its systems down for weeks.

The problems meant that banks which rely on Travelex could not sell foreign currency to customers. In addition, coronavirus was having a 'negative' effect as travel has been hit.

The combined impact on first-quarter profits would be around £25m, the company said.

Finablr, which may recover some of its losses through insurance, is delaying 2019 results until April.

Shares tumbled 14.9pc, or 9.1p, to 52p.

Heavyweight help for troubled NMC

SCANDAL-hit NMC Health has appointed a string of heavyweight advisers to oversee an emergency restructuring of its debts after its shares were suspended last week.

The Middle East private hospital business is in turmoil after the Financial Conduct Authority launched an investigation following devastating revelations about the London-listed firm's finances by US short-seller Muddy Waters.

Last week NMC admitted that unnamed businesses controlled by its Indian founder, BR Shetty, and a senior associate used the firm to arrange £260m worth of loans without telling board members or disclosing them to investors – a breach of stock market rules.

The firm has now hired investment bank Moelis & Co PwC and Allen & Overy as, respectively, financial, operational and legal advisers.

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Alex Brummer and Ruth Sunderland go head-to-head
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Keep the faith in pharma

Maggie Pagano

THE race to develop a vaccine against the coronavirus is heating up. In Cambridge, researchers at the university's Infectious Diseases Centre say work is 'already well under way'.

After further tests, they hope to send the vaccine soon for pre-clinical trials at Public Health England.

In the US, Novavax has begun testing a vaccine on animal models while the biotech giant Gilead says human trials for its antiviral drug, Remdesivir, have begun.

Here in the UK, Glaxosmithkline has hooked up with China's biopharma specialists, Clover, to help develop its protein-based vaccine – Covid-19 S-Trimer – with the aim that, if tested successfully, its Chinese partner can produce large quantities of it.

Another 30 to 40 pharma labs, including those at Sanofi and Johnson & Johnson, are also working at breakneck speed on new designs. Some appear overly optimistic. Israeli scientists working at Migal, the Galilee Research Institute, claim they have a vaccine that could pass safety tests within three months.

These breakthroughs are great. However, even the most optimistic of scientists say it will be at least a year before a vigorously tested vaccine can be used on a mass scale – in time for the next flu season, maybe.

Until then, we will have to wait and see whether the mid-February outbreaks may have been the peak.

Much will depend now on how governments tackle the tricky issue of public health policy.

If they take the doomsday scenario of lockdowns and self-isolation, the global short-term impact will be catastrophic. If just London goes into lockdown, the UK could be hit by a £10bn loss.

The OECD's latest warning, that the epidemic is the gravest threat to the global economy since the financial crisis, has confirmed what many already feared. What's more, if the virus is not contained, it predicts world GDP growth could be nearly halved to 1.5pc with financial markets collapsing by up to 20pc. Countries such as Japan, Italy and Germany will be tipped into recession.

This epidemic is particularly devastating because the blow to confidence is hitting both supply and demand, with supply chains around the world gummed up.

You can see this from the Baltic Dry Index, one of the best measures of global activity, which looks at freight rates across the big shipping routes.

Since September, it is down by 84pc. After the 2008 crash, it fell 90pc.

Stock markets which suffered painful falls last week, did respond positively to the news that central banks promised to do what it takes to protect financial and monetary stability. That means interest rate cuts and other measures to ease liquidity.

Investors should stay calm, for now. The braver ones could try picking out shares in the winning pharma companies: one of the few positive antidotes to this terrible scourge.

Hot water

THE Quaker founders of Barclays would be quaking in their strait-laced boots if they could see what's going on at their bank.

Chief executive Jes Staley is under attack again over his ties to convicted paedophile, the late Jeffrey Epstein.

Staley is being investigated by the Financial Conduct Authority over the nature of his links to Epstein, a former JP Morgan client. Now Staley is under pressure from activist investor, Sherborne's Edward Bramson, who wants him removed.

Bramson claims the board's decision to re-elect Staley at May's annual meeting is 'ill-advised'.

Bramson is right. Chairman Nigel Higgins needs to stop quaking too, and step up his authority. This could be done by announcing Staley will retire at some future date, and that succession planning is in place.

While the American has done a decent job, he has a habit of landing in hot water.

Staley was fined more than £1.1m in a peculiar attempt to unmask a whistleblower, prompting Barclays to claw back £500,000 of his bonus. The link to Epstein is one bizarre incident too many.

A sad choice

TODAY is D-Day for Sirius investors. The 80,000 or so small investors in the Yorkshire potash mine have to vote on whether to take the money from Anglo American or risk Sirius going bust.

Many local investors have lost life savings. It's a sad choice, but a bird in the hand is worth two in the bush.

'NEUTRON' JACK WELCH, LEGENDARY U.S. BOSS, DIES

JACK Welch, who was credited with transforming General Electric into the world's most valuable company, has died at the age of 84.

The legendary businessman personified the so-called 'cult of the CEO' during the late 1990s boom, and became a corporate leadership guru in retirement.

Welch's results-driven management approach and hands-on style helped GE turn a financial corner and sent its share price soaring.

But some of the success came at the expense of thousands of employees who lost their jobs in Welch's relentless efforts to cut costs and rid the company of unprofitable businesses.

US President Donald Trump, pictured with Welch above, led tributes. 'There was no corporate leader like "neutron" Jack,' he tweeted, 'We made wonderful deals together.'

In 1999, Fortune magazine named him its manager of the century but Welch found himself defending his retirement compensation, which included millions of dollars in benefits, including unlimited personal use of GE's planes.

Barclays urged to fire Staley over Epstein

by ***Lucy White***

THE biggest shareholder in Barclays has urged the bank to fire boss Jes Staley over his links to paedophile Jeffrey Epstein.

US activist Ed Bramson, who owns 5.8pc of Barclays through his hedge fund Sherborne Investors, warned that re-electing Staley as chief executive at its annual meeting in May would be 'extremely ill-advised'.

He called on chairman Nigel Higgins 'to draw a line under this destabilising situation, which has become a circus, as soon as possible', adding that any attempt to allow the US banker to slip gracefully into retirement 'would be a mistake and would set a terrible precedent for Barclays and for United Kingdom public companies in general'.

Barclays last month revealed that Staley, 63, was being investigated by the Financial Conduct Authority over whether he had been open with his employer about his link to Epstein.

The Barclays boss went to visit Epstein in Florida in 2008 while he was serving his 13-month sentence for child sex offences, and later joined him at his Caribbean retreat.

Staley first met Epstein in 2000 when he became head of JP Morgan's private bank, where Epstein was a client.

The US bank continued to work with Epstein until 2013 – even after he pleaded guilty to soliciting prostitution from an underage girl in 2008. Staley has said he deeply regrets the relationship.

Epstein committed suicide in jail last year as he awaited further charges. But Bramson has now raised questions over what Staley knew about the paedophile's illegal activities.

Bramson pointed out that 'prostitution and sex trafficking, by their very nature, involve the transfer of money'.

He added: 'Given Epstein's history of involvement in child prostitution, it would be reasonable to expect that JP Morgan would have placed his accounts under close scrutiny. We do not know if any reports were made, but, if they were not, it raises obvious questions and, if they were, why were the accounts not closed?'

Bramson questioned whether Staley maintained Epstein as a client because of the profits he brought, and the benefits which this lent Staley in terms of pay and promotion.

The whole affair throws Staley's professional conduct into significant doubt, he added.

Bramson said: 'The real issue is Staley's professional conduct, not the dubious company he may have elected to keep.'

Barclays should also launch a review into advice it received over Staley's appointment, Bramson said, from JP Morgan and recruitment company Spencer Stuart.

The lender declined to comment, but has maintained it fully supports Staley.

Bramson's criticism is the latest salvo in a battle between the activist and the Barclays board. Shares in Barclays slid 3.7pc, or 5.44p, to 143.3p.

Steel deal days away

THE Chinese takeover of British Steel should complete next week, following months of nervous waiting for its workers.

Jingye's £50m purchase will take legal effect on Monday, with 3,700 staff asked to sign new contracts before the changes. But another 400 will lose their jobs on the same day.

It comes ten months after British Steel collapsed, with the firm kept afloat only by state support.

Jingye first emerged as a potential buyer in November after Turkish pension fund Ataer walked away.

The Chinese firm has promised it will pump £1.2bn into the business to turn it around.

Some 20,000 supply chain jobs rely on British Steel.

Lekoil anger over scam

LEKOIL has hit out at its consultant after it was scammed out of £351,000 after believing the Qatari sovereign wealth fund would lend it £144m.

The London-listed oil firm said it hired an unnamed 'third-party global risk consultant' to look into Seawave Invest, which introduced it to 'individuals falsely purporting to represent' the QIA fund.

However, it claimed that an 'inadequate' due diligence report did not raise obvious red flags.

'The fraud should have been capable of being detected,' it added.

Lekoil said it has now taken steps to recover the fee paid to Seawave.

Pension shake-up fear

NEW rules on funding company pension schemes proposed by the Pensions Regulator risk hurting employees and savers, experts have warned.

The rules aim to enforce a tighter legal framework on how much companies must pay in and shorten deficit reduction time.

The suggestions are designed to make sure pension schemes actually pay out. But pension consultancy LCP believes the rules could force many companies to close their schemes.

Jonathan Camfield, a partner at LCP, said: 'Some employers are likely to see a significant increase in the amount they have to contribute, and the combined bill for UK plc is likely to run into billions.'

FTSE 100	FTSE 250	FTSE All Share	DOW	NIKKEI	HANG SENG	DAX	Brent Spot	Gold
6654.89	19301.70	3706.83	26703.32	21344.08	26291.68	11857.87	51.75	1598.83
▲ 74.28	▲ 29.22	▲ 33.22	▲ 1293.96	▲ 201.12	▲ 161.75	▼ 32.48	▲ 1.27	▼ 16.97
1.13%	0.15%	0.90%	5.09%	0.95%	0.62%	0.27%	2.52%	1.05%
H:7686.61 L:6580.61	H:22108.29 L:18640.65	H:4257.93 L:3673.61	H:29551.42 L:24815.04	H:24083.51 L:20261.04	H:30157.49 L:25281.30	H:13789.00 L:11346.65	H:68.91 L:49.67	H:1674.81 L:1447.60

£/$ 1.2775 ▲ 0.0011 H:1.3348 L:1.2066

£/€ 1.1459 ▼ 0.0159 H:1.2038 L:1.0762

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Threat to jobs from AI hits recruiters' shares

MARKET REPORT

by Francesca Washtell

WHILE much of the public is sceptical – or even downright scared – of artificial intelligence, businesses are finding it more helpful than ever.

Unless, that is, they specialise in recruitment.

Credit Suisse analysts took aim at UK recruiting firms as they warned technology will erode much of the industry.

The need for recruiting consultants will never be fully phased out, they stressed, particularly for contract jobs and specialist roles. But administrative jobs are most at risk of being automated and gradually phased out because of AI.

Elsewhere, the boom in online CV libraries and networks such as LinkedIn mean much of the hiring for permanent jobs can be moved to in-house departments.

And gig economy workers have access to platforms and apps to manage their own employment.

The barrage of challenges technology poses piles more gloom on to a sector that is struggling with sluggish hiring in Germany and is bracing for a slowdown in their Asia-Pacific divisions as a result of the coronavirus outbreak.

Robert Walters shares fell 3.6pc, or 20p, to 530p, while **Page Group** shed 5.8pc, or 23.4p, to 383p, after they were both downgraded from 'outperform' to 'underperform', and had the target prices on their shares trimmed.

Hays retained its 'underperform' rating, though its shares were moved from 150p to 135p. Analysts said it has 'embraced technological changes for many years' – though they noted that hasn't helped the company's margins. It dropped 2pc, or 2.7p, to 135.6p.

SThree bucked the trend – rising 1.7pc, or 5.5p, to 323p and keeping a 'neutral' rating, mostly because it focuses mostly in STEM markets.

While the threat of the coronavirus looms over recruiting firms, the FTSE 100 shook off immediate concerns about the disease – which triggered sharp drops last week. London's premier index rose 1.1pc, or 74.28 points, to 6654.89 last night – though the FTSE 250 stayed in the red, closing down 0.15pc, or 29.22 points, to 19301.7.

The mid-cap index was dragged down by double-digit falls from car maker **Aston Martin** and cinema chain **Cineworld**. Aston, which put out dire results last week, crashed to a record low of 291p after plunging 13.9pc, or 47p – a fraction of the 1900p it floated at less than 18 months ago.

Yesterday's drop wasn't connected to any news from the company, but the effect of the Covid-19 outbreak on both sales in China – a key market – and on the now-cancelled Geneva Motor Show – where it planned to relaunch its Vantage car – won't have helped.

Cineworld (down 10.8pc, or 16.7p, to 138.5p) is also thought to be suffering from coronavirus anxieties – analysts have warned that cinemas could see attendance dive as people minimise contact with strangers, instead of entering a dark room surrounded by people they don't know for hours.

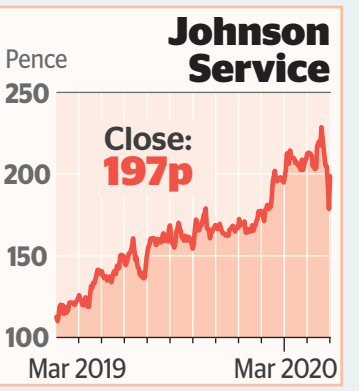
Mid-cap engineering group **Senior** expects to return to growth in 2021 despite profits falling 53pc to £28m last year.

The group supplies parts to Boeing's 737 Max planes which have been grounded after two deadly crashes. Senior shares climbed 4.2pc, or 5.9p, to 147.1p.

Military equipment maker **Avon Rubber** fell 4.2pc, or 115p, to 2615p, despite winning a £207m armour contract for the US. Avon – which also has a dairy arm – is set to enter the FTSE 250.

And Liberum brokers were upbeat about struggling retailer **Card Factory** (up 3.6pc, or 2.9p, to 81.6p), upgrading the greeting cards chain from 'hold' to 'buy', saying a 49pc drop in its share price over the past three months is 'very harsh'.

STOCK WATCH



■ LAUNDRY and workwear specialist Johnson Service Group saw its shares jump after hiking its dividend 13pc.

It will hand investors 3.5p per share for 2019, after revenues and profits climbed by 9pc and 15pc respectively.

The firm, which offers laundry services to hotels and restaurants and is the UK's largest provider of rentable work uniforms, said it did a good job of holding on to customers last year, as well as winning new business. Shares rose 7.6pc, or 14p, to 197p.

TOP RISERS

	CLOSING PRICE	DAILY CHANGE	REASON
Hikma Pharma	1899.00	+6.21%	Profit jump
Smithson Inv	1210.00	+6.14%	Bargain hunting
Rentokil Initial	513.20	+6.03%	Strong results
Ocado	1119.50	+5.22%	Order surge
Morrison	180.10	+5.17%	Ocado lift

TOP FALLERS

	CLOSING PRICE	DAILY CHANGE	REASON
Finablr	52.00	-14.89%	Profit hit
Aston Martin	291.00	-13.91%	Dire results
Cineworld Group	138.45	-10.76%	Coronavirus concerns
IAG	433.10	-8.24%	Coronavirus concerns
SSP Group	473.50	-6.61%	Travel worries

			High	Low
Aerospace & Defence				
Aston Martin	291	-47	1181	291
BAE Systems	610¾	+2⅜	669	443⅞
Meggitt	542¾	+¾	697⅞	489⅞
QinetiQ	343	-1	387¾	267
Rolls-Royce	615¾	-4¼	941¼	600⅝
Senior	147⅛	+5⅞	235	141¼
TI Fluid Systems	190	-11½	273	155¼
Ultra Electronics	1927	-18	2292	1284
Banks				
Banco Santander	283¾	-2⅜	402	283¼
Bank of Georgia	1513		1755	1252
Barclays	143¼xd	-5½	192½	136⅛
BGEO Group	1680	-12	1818	1252
HSBC Hldgs	520⅛xd	-3¼	680⅛	520⅛
Lloyds Banking	49½	-⅛	67¼	48⅝
Royal Bank of Scot	172½	-6⅛	270⅝	172½
Stan Chartered	550⅝	-12¼	738⅝	550⅝
TBC Bank Group	1300	+6	1706	1150
Virgin Money UK	147	-4⅜	220⅛	104⅝
Beverages				
Barr (AG)	534	-1	975	526
Britvic	866½	+14	1068	850
C&C Group	330½	+2½	410½	3⅛
Coca-Cola HBC	2515	+41	3074	2299
Diageo	2811½xd	+463625½	2765½	
Chemicals				
Croda Intnal	4690	+136	5375	4554
Elementis	98½	-2⅛	184½	98½
Johnson Matt	2475	-36	3454	2475
Synthomer	276¾	-4¾	420¾	276¾
Victrex	2064	-32	2540	1845
Construction & Materials				
Balfour Beatty	242¾	-3⅛	295	194¼
CRH	2718	+79	3100	2279
Galliford Try	147¾	-6⅛	190½	102⅝
Grafton Gp	839	-23	990	645½
Ibstock	280⅝	+6¾	322¼	208⅝
Marshalls	710	-17	876	543
Polypipe Group	538½	+4	619	372¼
Electricity				
Contour Global	175¼	+¼	222½	163
Drax Gp	260⅝	-9⅛	386¾	251
SSE	1545½xd	+16½	1686½	1008
Electronic & Electrical Equipment				
Halma	1997½	+68½	2244	1595
Morgan Advanced	275⅝	-2⅝	324¾	232⅝
Oxford Instruments	1406	+16	1654	963
Renishaw	3400	-94	4638	3232
Spectris	2695	-21	3005	2234
Equity Investment Instruments				
3i Infrastructure	300½	+4	317½	270⅝
Aberforth Smlr Cos	1218xd	-8	1546	1114
AJ Bell	354½	-2	477	285
Alliance Trust	765	+16	876	730
Apax Global	150	+1½	185½	148½
AVI Global Trust	708	+13	802	695
Baillie Giff Japan	690	+15	848	675
Bankers InvTst	934	+31	1032	851
BBGI Sicav	157½xd	+1½	170	156
BlackRock Smlr	1476	-8	1794	1298
BMO Global Smlr	127¾	+1¾	150	126
Caledonia Inv	2900	+25	3180	2875
City of London IT	389xd	+7	448½	382
Edin Inv Trust	533xd	+5	652	528
European Opp	806	+32	926	708
F&C Inv Trust	690	+18	786	672
Fidelity China	231	+7	253	205½
Fidelity Euro	244½	+4½	272	218
Fidelity Spec Val	235	+5	280½	230
Finsbury G&I Tst	811	+16	958	795
Foresight Solar	115xd	+1½	127	112
GCP Infra Inv	120xd	+2⅜	134	117
Genesis Emg	732	+14	818	686
Greencoat UK	142⅝xd	+2⅜	152¼	133¾
Harbourvest	1616	+4	1868	1406
Herald Inv Trust	1332	-22	1530	1205
HG Capital Trust	267½		267½	237
HICL Infr	174⅝	+2⅝	183	156⅝
JPM American	462xd	+17½	524	421
JPM Emerg Mkt	955	+19	1088	878
JPM Indian IT	640	+12	790	628
JPM Japan IT	390	+7	477½	383
Jupiter Fund	311¾	+11¾	432	300
Law Debenture	578	+12	654	552
LXI REIT	129⅝	+2¼	140⅝	125
M&G	193⅝	-5¼	251⅝	193⅝
Mercantile IT	235	-2	278½	188
Monks Inv Tst	920	+24	1026	809
Murray Intl Tst	1068	+12	1286	1056
Next Energy Solar	115xd	-2½	126½	114
Pantheon Intl	2110	-50	2620	2020
Perpetual Inc&Gth	284	+1½	342	282½
Pershing Square	1372xd	+32	1578	1224
Personal Assets	42300	+110	44050	39950
Polar Cap Tech	1536	+58	1746	1220
Pollen Street	848	-18	884	802
Renewables Infra	134⅝xd	+⅜	139¼	115⅝
RIT Cap Partners	1924	+38	2180	1886
Schroder Asia	436	+8½	485½	424½
Scottish Inv Tst	724	+9	843	715
Scottish Mortgage	583	+22	659	472
Sequoia Econ Infra	112¾	-⅛	118⅝	110
Smithson Inv	1210	+70	1388	1105
Syncona	243½	-1½	284½	203
Temple Bar IT	1204	+12	1486	1162
Templeton Em	768	+21	876	731
Vietnam Enter	410	+6	509	404
VinaCapital Vietna	277	+6½	357½	270½
Witan Invest	198xd	+2	235	196
Wwide Healthcare	3005	+100	3330	2495
Food Producers				
Assoc Brit Foods	2262	+7	2708	2106
Bakkavor	105¾	-4⅜	149⅝	93¼
Cranswick	3374	+44	3852	2488
Greencore Gp	208⅝xd	-¾	281¼	193½
Hilton Food Gp	965	-67	1118	905
Tate & Lyle	711	+5⅜	801⅜	663¾
Unilever	4320xd	+150	5324	4046
Forestry & Paper				
Mondi	1572	+10	1846	1510½
General Financial				
3i Group	987¾	-20¼	1184½	942¼
Ashmore Gp	461¾	-⅜	570	397¾
Brewin Dolphin	307¾	+3¼	375¼	287⅝
Close Brothers	1266	-17	1663	1227
Coats Group	59⅛	-¼	87½	59⅛
Finablr	52	-9⅛	215	52
Hargrvs Lansdwn	1555xd	+18½	2433	1536½
IG Gp	681¼xd	+7⅜	708	474¼
Integrafin	487	+8	529	337
Intermediate Cap	1604	+12	1877	999
Intl Public Prtnshps	162⅝	+1⅜	171¼	146¼
Investec	385⅝	-6½	518⅝	385⅝
IP Group	66⅝	-¼	100⅝	55¼
John Laing Gp	342	+5⅜	402	328⅝
London Stock Ex	7888	+312	8542	4538
Man Group	143½	-3⅛	175⅛	130½
Onesavings	396¾	-4¾	452	313⅝
Paragon	462	+7	553½	388
Plus500	938⅝xd	-11	949⅝	495
Provident Fin	401¼		599¼	356
Quilter	144¼	-1¾	174¾	124¼
Rathbone Brothers	1684	+24	2540	1660
Schroders	2836	-18	3443	2541
TP ICAP	367½	+3¼	417½	270
Health Care Equipment & Services				
Convatec	194½	-10½	220⅝	132½
Mediclinic Intl	344	+5	415¼	293⅝
NMC Health	1000		3000	700
Smith & Neph	1770	+31	1990	1444½
UDG Hlthcare	706	+4½	832½	551
Housebuilders				
Barratt Devel	750⅝	-6¼	878⅝	552¼
Bellway	3675	-48	4310	2698
Berkeley Grp	4738	-16	5474	3437
Countryside Prop	466¾	-3⅜	540½	277⅝
Crest Nicholson	443⅜	-8⅜	519	332
McCarthy & Stone	131⅛	-2⅜	158¾	123½
Persimmon	2841	+2	3298	1836
Redrow	733xd	-13	848	533
Taylor Wimpey	202⅞	+¾	236¼	142⅝
Vistry Group	1271xd	-8	1478	975
Industrial Transportation				
Clarkson	2520	+30	3110	2200
Fisher (James)	1796	-44	2260	1680
Royal Mail	161⅛	-1¼	268½	161⅛
Signature Avi	291¼		406	291¼
Industrials				
Bodycote	748½	-15½	971	652
Hill & Smith	1329	-8	1510	1049
IMI	1002	-4	1206	906
Melrose Ind	203⅝	-6	248½	160¼
RHI Magnesita	2990		5000	2984
Rotork	279⅝	-1¼	341¼	269¾
Smith (DS)	316¼	+2⅛	394¾	307⅝
Smiths Gp	1532½	-½	1769½	1378
Smurfit Kappa Gp	2606	+8	3010	2096
Spirax-Sarco	8545	+150	9415	6850
Vesuvius	419⅝	-3¼	642	341
Weir Gp	1277	-28½	1814	1250½
Leisure Goods				
Games Workshp	6270xd	-30	7350	2800
Watches of Switz	326⅝	-3¼	392¾	270
Life Insurance				
Aviva	343¼	-7⅝	438¼	343¼
Legal & General	254½	-5½	318⅝	216¾
Phoenix Gp	697¼	+6½	803	634¼
Prudential	1270	+3	1790	1267
St James Place	1001½	-14	1199½	913⅝
Stan Life Aberdeen	275¼	-¼	336⅝	238⅛
Media				
4imprint	2720	-50	3500	2100
Ascential	327¾	-14	421¼	319
Auto Trader Gp	519¼	-⅜	607⅝	469⅛
DailyMail&GenTst	725	-15	877	632
Euromny Inst	1058	-22	1498	1036
Future	1150	-6	1572	736
Informa	659⅝	-22¼	892	659⅝
ITV	114¾	-1¼	156½	103⅝
Moneysprmkt.com	307¾	-2¼	417¾	307¾
Pearson	550	-7⅝	927	550
RELX	1885½	+18	2099	1606
Rightmove Group	619¼	+¼	701¼	495
WPP	740⅝	-12⅝	1077½	740⅝
Mining				
Anglo American	1844⅝	+52¼	2266	1666⅝
Antofagasta	775⅝	+23⅝	1022½	752
BHP Group	1449	+30⅝	2049	1418⅝
Centamin	134⅞	+5⅞	153⅛	79⅞
Evraz	317⅞	-8¼	709⅝	317⅝
Ferrexpo	133½	+4¼	301¼	123
Fresnillo	620	+16¼	921¼	539⅝
Glencore	193⅝		340¼	193¼
Hochschild Mining	164¾	+5	227	152
Kaz Minerals	421½	+11⅝	738⅝	380¼
Polymet Int	1221½xd	+27½	1345	772⅝
Rio Tinto	3720	+112	4976½	3608
Nonlife Insurance				
Admiral Gp	2140	+28	2330	2014
Beazley	528½xd	-6	628	504½
Direct Line Ins	312¼	+5¼	366½	270½
Hastings Gp	161⅜	-1⅜	231⅝	161⅜
Hiscox	1276	+50	1777	1213
Lancashire Hldgs	725	+½	807	640½
RSA Ins Gp	518	-¾	597	501⅝
Sabre Insurance	276	-4½	332½	235½
Oil & Gas Producers				
BP	411¼xd	+15⅛	582½	396⅛
Cairn Energy	139⅜	+¼	211⅝	139⅜
Energean Oil&Gas	658	+4	1082	654
Premier Oil	76⅞	-⅞	118⅝	65
R Dutch Shell A	1716xd	+54⅝	2612	1661⅝
R Dutch Shell B	1712xd	+48⅝	2622	1663⅝
Tullow Oil	32½	-1¼	250	32½
Oil Equipment & Services				
Hunting	325⅝	+7⅝	657	290¼
Petrofac	309½	-8¼	527¼	309½
Wood Gp(J)	357⅜	-8¼	598⅝	319⅝
Pharmaceuticals & Biotechnology				
AstraZeneca	7010xd	+216	7878	5644
Dechra Pharma	2656	+10	3068	2348
Genus	3232	+74	3294	2178
GlaxoSmithKline	1630xd	+67¼	1846	1501⅝
Hikma Pharma	1899	+111	2200	1556½
Puretech	303	+8	336	161½
PZ Cussons	185xd	+4	227	178¾
Reckitt Benckiser	5748	+27	6688	5721
Real Estate				
Assura	74⅞	+1¼	83½	56¼
Big Yellow Gp	1084	+18	1240	955½
BMO Comm Prop	96⅝xd	-¼	124¼	96⅝
British Land	494	-7	638¾	468¼
Captl & Count Prop	199⅜	+1⅜	270½	184⅞
CLS Hldgs	252	+6	312½	212
Daejan Hldgs	7980xd		8020	4715
Derwent London	3940	+20	4282	2884
GCP Student Liv	189¼xd	-¼	212½	162
Grainger	299	+2⅝	338	217⅝
Grt Portland Est	845	+2⅝	966	649⅝
Hammerson	196	-12⅝	385	196
Land Securities	821	-13⅝	1001½	735⅝
LondonMetric Prop	209¾	+2⅝	241¼	191⅝
NewRiver Retail	155¾xd	+¼	246	147⅝
Primary Hlth Prop	150¼	+5⅝	162¾	123
Safestore Hldgs	785	-6½	867	586
Savills	1081	-1	1258	822
SEGRO	832⅝	+11⅜	935	655
Shaftesbury	802	+4½	979½	739½
Sirius Real Estate	80⅛	-½	93⅝	62⅝
St Modwen Props	473	-6½	530	373
TR Property IT	441	+8	497½	377
Tritax Big Box	131¼	+1¼	159¼	130
UK Comm Prop	81⅛xd	+1½	92¾	79⅝
Unite Group	1108	-25	1339	896½
Workspace Gp	1119	-13	1307	806
Retailers				
B&M	330	-3⅛	420⅞	315
Burberry Gp	1661	+12	2345	1649
Dixons Carphone	119	-2¾	152½	104⅝
Dunelm Gp	1078	-10	1404	730½
Frasers Group	370	-13¾	518	214
Greggs	2090		2476	1730
Howden Joinery	642¼	+6¼	732⅝	478¼
Inchcape	591	+14	720	545½
JD Sports Fashion	721¼	-15¾	881⅝	464½
Kingfisher	185	-4⅜	266¼	185
Marks & Spencer	157⅝	-1	290⅞	157⅝
Morrison (WM)	180⅛	+8⅜	230	170
Next	6026	-56	7340	5086
Ocado Gp	1119½	+55½	1435	1046
Pets at Home Gp	255¾	-1⅜	314⅝	140
Sainsbury(J)	204¼	+8½	240⅝	177⅛
SSP Group	473½	-33½	721	473½
Tesco	228¼	-¼	258⅞	212⅝
Vivo Energy	99	-1	139	99
WH Smith	1893	-34	2654	1893
Software & Computer Services				
Avast	398⅝	+4⅜	551	282
Aveva Gp	4406	+18	5315	2962
Computacenter	1647	-6	1920	1049
FDM Group	887	+26	1100	647
Kainos Gp	752	+6	880	430
Micro Focus Intl	700⅞	-39¾	2160	700⅞
Playtech	253⅛	+3⅛	457¾	250
Sage Group	694¼xd	+12⅝	820⅝	655
Softcat	1049	-7	1260	746
Sophos	580⅝		580⅝	298¼
Support Services				
Aggreko	674¼	-2⅜	869¼	674¾
Ashtead Gp	2407	+18	2774	1805½
Babcock Intl	440¼	-2¼	646⅝	416¼
Bunzl	1910	+40	2551	1870
Capita	128⅝	-⅛	183	99⅞
DCC	5554	+22	7496	5532
Diploma	1887	+7	2134	1342
Electrocomp	606	-¼	729¼	540¼
Equiniti	198	-2¾	236¼	186¼
Essentra	343⅝	-15¼	449	343⅝
Experian	2707	+116	2898	2003
Ferguson	6780	+40	7602	4800
G4S	160½	-10⅝	234¼	160½
Hays	135⅝	-2¾	183½	135⅝
Homeserve	1201	+18	1340	966½
Intertek Gp	5324	+54	6170	4643
IWG	345¼	-6⅜	469	231⅝
Network Int	547	+10	650	513
Pagegroup	383	-23⅝	539	367¼
Paypoint	835xd	+5	1118	830
Rentokil Initial	513¼	+29¼	513¼	345¼
Sanne Group	577	+7	752	498
Serco	150¼	-2⅜	167¾	120¼
SIG	62⅞	-¼	153	61⅝
Travis Perkins	1444½	-16½	1720	1166
Technology Hardware & Equipment				
Spirent Comms	212½	+2½	256	140⅝
Telecoms				
Airtel Africa	63⅝	-1¼	81¼	48¼
BT Gp	139¾	-1⅞	230¼	139½
Helios Towers	115	-7¼	158	59
Talktalk Telecom	109	-⅜	126½	99
Telecom Plus	1326	-8	1552	1130
Vodafone Gp	133½	-¾	165¼	123⅝
Tobacco				
Br Am Tob	3000½	-62	3507	2648
Imperial Brands	1563xd	+8¼	2648½	1554¼
Travel & Leisure				
Carnival	2333xd	-102	4246	2333
Cineworld Group	138½	-16¼	321	138½
Compass Gp	1700½	-10	2138	1698
Dominos Pizza	303⅞	+7⅞	326⅝	221¼
easyJet	1062½xd	-38	1552	854¼
EI Group	284⅝		285	194
FirstGroup	115⅝	-2¼	137½	89⅝
Flutter Ent	8502	+236	9456	5525
Go-Ahead Gp	1898	-51	2278	1783
GVC Hldgs	792⅝	+3	939	507½
Intercontl Htls	4287	-15	5738	4287
Intl Cons Airl	433⅛	-38⅝	671	413½
Just Eat	6785	-30	8255	6785
Marstons	87¾	-2¼	131⅝	87¼
Mitchells & Butlers	336½	+1½	470½	238
National Express	414⅝	-9	476	387⅝
PPHE Hotel Gp	1650	-90	2140	1630
Rank Gp	255½xd	-8½	326	144
Restaurant Grp	100⅝	-5⅝	166⅝	100⅝
Stagecoach Gp	125⅝xd	-4½	167	115½
Trainline	444½	-19½	552	404½
TUI AG	590¼	-9¼	1081½	569⅝
Wetherspoon (JD)	1307	-37	1734	1269
Whitbread	3759	-135	5152	3759
William Hill	144¼	-4½	205¼	132¼
Wizz Air Hldgs	3324	-91	4496	2880
Utilities				
Centrica	73¼	+1⅛	123⅛	64⅝
National Grid	1006¼	+23⅝	1067⅝	778
Pennon	1110xd	+32	1202½	697¼
Severn Trent	2547	+82	2696	1905½
United Utilities	959	+14¾	1061	759

*Ex-Dividend

Source: The Press Association

EXETER RTV

2.00 —STARSPORTS.BET NOVICES' HURDLE (4) £6,500 added (£4,224) 2m 7f 25yds (6) Formcast

101 31-1F ECLAIR SURF 66 (C) (S) Emma Lavelle 6-11-9 ... A Wedge 74
102 U1-41 THE JITTERBUG 24 (D) (S) H Fry 7-11-9 ... J J Burke ●78
103 21-318# GETAROUND 24 (T) Ella Pickard 5-11-3 ... B Carver (5) —
104 P6423-4 SECOND CAPTAIN 87 R Mitford-Slade 8-11-3 ... J Best 67
105 1- YOUNG BUCK 380 (T) P Nicholls 6-11-3 ... H Cobden —
106 PP-234 JANESLITTLEVOICE 32 (H) R G Hawker 6-10-10 ... D Noonan 56

Probable SP: 11-8 The Jitterbug, 11-4 Eclair Surf, 10-3 Young Buck, 10 Getaround, 12 Second Captain, 20 Janeslittlevoice.
FAVOURITES: – – – – – – – – – 2 **AGES:** – – – – – – – – – 7
2019: Truckers Lodge 7 11 10 (Lorcan Williams) 3-1 P Nicholls 13 ran.

2.30 —WEATHERBYS TBA CHASE (NOVICES' LIMITED HANDICAP) (3) £15,400 added (£9,097) 3m 54yds (6)

201 L1L024 VIRGINIA CHICK 11 (T) (C&D) (S) E Williams 8-11-8 Isabel Williams (7) 77
202 110-8L5 SAMBURU SHUJAA 48 (BF) P Hobbs 7-11-5 ... R Johnson 62
203 41-L354 TRIO FOR RIO 24 (P) W Greatrex 7-10-13 ... G Sheehan 77
204 44/2-P21 QUICK WAVE 19 (P) (S) Miss V Williams 7-10-13 S Twiston-Davies ●78
205 834-121 FORTESCUE 38 (D2) (S) H Daly 6-10-11 ... H Nugent (5) 77
206 5L-52P1 HUGO 'N TAZ 68 (T) (S) D Pipe 9-10-10 ... D Noonan 77

Probable SP: 9-4 Quick Wave, 11-4 Fortescue, 10-3 Hugo 'n Taz, 7 Samburu Shujaa, 8 Trio For Rio, 10 Virginia Chick.
FAVOURITES: – – – – 3 2 0 2 – 0 (W 10-13). **AGES:** – – – – 8 6 7 10 – 8
2019: Billy Bronco 8 10 10 (Sean Bowen) 15-2 E Williams 11 ran.

3.00 —READ DAVY RUSSELL'S EXCLUSIVE BLOG AT STARSPORTSBET.CO.UK HANDICAP CHASE (5) £7,463 (£3,899) 3m 54yds (14)

301 14P442 BIG MEADOW 24 (P) (D2) (S) N King 9-11-12 ... Mr J Andrews (7) 73
302 7-53334 KILCREA BRIDGE 11 (BT) (C&DBF) (S) R G Hawker 9-11-9 William Marshall (7) 72
303 L3P111 BALLYBREEN 29 (B) (C&DD) (S) E Williams 7-11-6 ... C Ring (3) 73
304 22-88U5 STEEL EXPRESS 32 Miss L Blackford 8-11-5 ... Sean Houlihan (3) —
305 L4841L GREAT TEMPO 42 (BT) (S) D Pipe 7-11-5 ... Mr F Gillard (7) 72
306 414-134 KIWI MYTH 42 (PT) (C&D) (S) Mrs F M Shaw 8-10-12 Mr M Legg (5) 71
307 L-2P32P MOREECE 196 (P) J Flint 11-10-12 ... Jamie Moore 70
308 5-45441 INSPIREUS 56 (S) J W Mullins 7-10-11 ... Page Fuller (3) 70
309 L06862 BIG TIME FRANK 9 P Gundry 9-10-8 ... J Best ●78
310 332/L-3P GENERAL GIRLING 24 (B) (D2) (S) C J Gray 13-10-7 .. R Dingle (3) 72
311 9537-1L TOUCH SCREEN 40 (P) (S) M Gillard 10-10-4 ... D Noonan 70
312 4L5/P-47 SUNNY LEDGEND 28 (D) (S) Andrew Martin 15-10-3 .. R Patrick (3) —
313 LLL6P5 RUFFLING FEATHERS 46 (PT) C Tizzard 6-10-0 ... H Kimber (7) 70
314 5-64P39 MIDNIGHT MUSTANG 28 (P) (D) (S) Andrew Martin 13-10-0 B Poste 71

Probable SP: 10-3 Ballybreen, 6 Inspireus, 13-2 Kilcrea Bridge, 8 Big Time Frank, Big Meadow, 10 Kiwi Myth, 12 Ruffling Feathers, Moreece, Great Tempo, 14 Touch Screen, 20 Steel Express, General Girling, Midnight Mustang.
FAVOURITES: – – – – – – – – – 0 (W 10-3). **AGES:** – – – – – – – – – 7
2019: Kiwi Myth 7 9 12 (Mr Michael Legg) 16-1 Mrs F M Shaw 17 ran.

TRACK FACTS: JACKPOT & PRINCIPAL MEETING. R-H course. GOING: Soft-heavy in places. **Top jockey:** Richard Johnson. **Top trainer:** P Hobbs. **Placed in the race last year:** 3.00 Kiwi Myth (1st); Big Time Frank (2nd); Touch Screen (3rd); Kilcrea Bridge (4th). **Headgear first time:** 2.00 Young Buck, 3.00 Kilcrea Bridge, Ruffling Feathers, Touch Screen, 3.30 Fanfaron Dino, Gorcombe's Rascal, 4.00 Ballybough Nora. **Longest traveller:** Celma Des Bois (4.00) 161 miles.

ROBIN GOODFELLOW		GIMCRACK	
2.00	Eclair Surf	2.00	Young Buck
2.30	Quick Wave	2.30	Fortescue
3.00	Ballybreen	3.00	Kilcrea Bridge
3.30	Jack Valentine	3.30	Fanfaron Dino
4.00	On The Road (nb)	4.00	Tudors Treasure
4.30	Morning Spirit	4.30	Morning Spirit

3.30 —DOWNLOAD THE STAR SPORTS APP NOW! MAIDEN HURDLE (4) £7,000 added (£4,549) 2m 175yds (12)

401 4906 ADAMS STAR 27 David Dennis 5-11-2 ... L Edwards 51
402 12-PLL BONANZA SAM 13 Mrs J Mason 7-11-2 ... N Scholfield —
403 LL CANNIE LAD 9 M Harris 5-11-2 ... D Sansom (3) 57
404 5LP CARDIFF BAY 32 E Williams 5-11-2 ... A Wedge 55
405 29 FANFARON DINO 42 (H) A Honeyball 5-11-2 ... R McLernon 50
406 P38P/PL GORCOMBE'S RASCAL 11 (H) J Frost 7-11-2 ... Bryony Frost —
407 2-13322 JACK VALENTINE 24 (BF) Miss V Williams 7-11-2 ... C Deutsch ●78
408 L5 JOBESGREEN LAD 32 T R George 5-11-2 ... J J Burke 58
409 37# MILLE SUSSURRI 62 H Fry 5-11-2 ... R Johnson —
410 0-9 SHUTTHEGATE 27 J Spearing 6-11-2 ... Jamie Moore 47
411 5# TOMMIE BEAU 32 J W Mullins 5-11-2 ... J McGrath —
412 23 INNERPICKLE 41 N Hawke 4-10-8 ... D Noonan 60

Probable SP: 13-8 Jack Valentine, 10-3 Fanfaron Dino, 7-2 Mille Sussurri, 10 Innerpickle, 14 Adams Star, Jobesgreen Lad, 16 Tommie Beau, 20 Cardiff Bay.
FAVOURITES & 2019: No corresponding race.

4.00 —CALL STAR SPORTS ON 08000 521 321 HANDICAP CHASE (4) £12,900 added (£7,473) 2m 3f 48yds (7)

501 5L-1U8P PARLOUR MAID 50 (T) (D) (S) R G Hawker 9-11-12 ... B J Powell 76
502 41-7P3P BALLYBOUGH NORA 67 (T) J Scott 7-11-11 ... M Griffiths 76
503 LL2U32 ON THE ROAD 32 (B) (S) E Williams 10-11-9 ... A Wedge ●78
504 7953/11- CELMA DES BOIS 476 (S) R Rowe 8-11-6 ... J M Davies 77
505 711-224 TUDORS TREASURE 26 (C&D2) (S) Robert Stephens 9-11-3 T J O'Brien 77
506 P587P8 ARCADE ATTRACTION 19 E Williams 6-11-2 ... C Ring (3) —
507 2-32334 TRIPLE CHIEF 62 (P) (C&D) (S) J Frost 9-10-13 ... Bryony Frost 77

Probable SP: 9-4 On The Road, 11-4 Tudors Treasure, 10-3 Celma Des Bois, 8 Triple Chief, 10 Ballybough Nora, Parlour Maid, 16 Arcade Attraction.
FAVOURITES: – – – – – – – 3 – 2 (W 10-13). **AGES:** – – – – – – – – 6 – 10
2019: Kavanaghs Corner 10 10 7 (Tom Scudamore) 7-2 S Earle 8 ran.

4.30 —STABLESOFT EUROPE HANDICAP HURDLE (4) £8,416 added (£4,549) 2m 175yds (10)

601 F0-F366 TOP GAMBLE 13 (BT) (S) Kerry Lee 12-11-12 ... R Patrick (3) 77
602 3752 MORNING SPIRIT 58 Jonjo O'Neill 5-11-12 ... Jonjo O'Neill Jr. 67
603 L3/6P-UP BUSTER MOON 59 J Scott 8-11-12 ... N Scholfield 63
604 5L5-477 SHOW ON THE ROAD 42 (H) (C&D2) (S) Mrs F M Shaw 9-11-7 D Noonan 77
605 L2-2L7L NELSON'S TOUCH 34 (S) J W Mullins 7-11-7 ... D Sansom (3) 77
606 P70314 SABBATHICAL 28 (BF) (S) E Williams 5-11-0 ... C Ring (3) 77
607 32F-8L4 STAGE SUMMIT 224 Miss J Du Plessis 7-10-13 ... J Best 66
608 0-P9411 DEMOPOLIS 5 (T) (S) P Hobbs 6-10-11 ... R Johnson ●78
609 9-L0175 DAYTIME AHEAD 11 (C) (S) R Hodges 9-10-11 ... B Carver (5) 76
610 360 GIGA WHITE 13 E Williams 4-10-2 ... A Wedge 61

Probable SP: 11-8 Demopolis, 4 Morning Spirit, 13-2 Sabbathical, 7 Giga White, 12 Top Gamble, 16 Show On The Road, Daytime Ahead, 20 Nelson's Touch, Buster Moon.
FAVOURITES & 2019: No corresponding race.

Drop in Class: 2.00 Eclair Surf is down 6 grades on last run (Grade 1 to Class 4). **First run since wind surgery:** 2.00 Young Buck.

NEWCASTLE SSR

2.20 —BORDER MINSTREL NOVICES' HURDLE (4) £5,800 added (£3,769) 2m 4f 62yds (7)

1 5213 2/1 MAYO STAR 44 (D) (S) N Richards 8-11-8 ... B Hughes ●78
2 4-P DIONYSIS 112 (H) Stef Keniry 7-11-2 ... H Brooke —
3 0-6 MARVELLOUS JOE 29 M Hammond 5-11-2 ... J Colliver —
4 PU-0P7P RAPID FRITZ 30 (PT) V Thompson 11-11-2 Mr Cameron Wadge (7) —
5 LL-F6 SLAINTE MHOR 51 Miss L Russell 6-11-2 ... T Willmott (5) 66
6 47PPP-F BEYONDTHEFLAME 62 (P) J Haynes 10-10-9 ... T Dowson —
7 6/FFF-53 BONNY HOUXTY 29 (T) D Whillans 7-10-9 ... C Whillans (3) 77

Probable SP: 2-5 Mayo Star, 13-2 Bonny Houxty, 8 Dionysis, Slainte Mhor, 16 Marvellous Joe.
FAVOURITES & 2019: No corresponding race.

2.50 —WATCH SKY SPORTS RACING SKY 415 NOVICES' HANDICAP HURDLE (5) £5,844 added (£2,794) 2m 4f 62yds (12)

1 464-154 SEE FOREVER 26 (T) (D) (S) F O'Brien 6-11-12 ... M Kendrick (3) 71
2 16-PP33 DARIUS DES SOURCES 36 (P) C Grant 7-11-10 ... S Quinlan 70
3 22P6-P4 THE BLACK SQUIRREL 66 H Hogarth 7-11-10 ... J Hamilton 75
4 121L0R CASIMIR DU CLOS 6 (D) (S) W Coltherd 8-11-8 ... Sam Coltherd (3) 76
5 437321 SEAPOINT 35 (P) (C) (S) Miss J Foster 6-11-7 Miss Becky Smith (3) ●78
6 0L96L5 WHISPERING WATERS 14 (P) I Jardine 7-11-4 ... C O'Farrell 72
7 9L8612 EPSOM DES MOTTES 50 (P) (BF) (S) P Kirby 6-11-2 ... W Shanahan (7) 77
8 6451LL ON WE GO 14 (P) (S) Kenny Johnson 7-11-1 ... B Lynn (7) 72
9 4574 MY STRONG MAN F14 P Kirby 4-10-13 ... T Dowson 72
10 L-98446 DONALD DUX 62 (T) A Crook 6-10-1 ... J Kington 76
11 63850-4 PERMISSION GRANTED 68 Mrs R Dobbin 8-10-1 .. Lucy Alexander 76
12 LL-8P56 DOROTHY'S FLAME 15 (P) J Haynes 8-10-0 ... D McMenamin (3) 71

Probable SP: 5-2 Seapoint, 5 Epsom Des Mottes, 11-2 See Forever, 7 My Strong Man, 8 Casimir Du Clos, 10 Darius Des Sources, 12 Permission Granted.
FAVOURITES: – – – – – – – – – 2 (W 11-11). **AGES:** – – – – – – – – – 6
2019: Oriental Cross 6 11 11 (Alan Johns) 5-1 T Vaughan 16 ran.

3.20 —PARKLANDS DRIVING RANGE HANDICAP CHASE (4) £8,035 added (£4,289) 2m 7f 91yds (6)

1 1311/4P DIAMOND BRIG 44 (T) (S) N Alexander 8-11-12 ... B Hughes —
2 5-L2U2L SPEAK OF THE DEVIL 44 Miss L Russell 7-11-12 ... S Mulqueen (3) ●78
3 231111 SKYHILL 36 (HT) (S) Mrs A C Hamilton 7-11-10 ... J Hamilton 77
4 635P31 KINGS ECLIPSE 51 (D) (S) A Wilson 10-11-10 ... R Day 77
5 L312P1 OSCAR CEREMONY 14 (T) (D) (S) Stef Keniry 9-11-9 ... H Brooke 77
6 L2P46L PC DIXON 12 (P) V Thompson 7-10-0 ... C O'Farrell 76

Probable SP: 2 Skyhill, 11-4 Oscar Ceremony, 10-3 Speak Of The Devil, 9-2 Kings Eclipse, 12 Diamond Brig, 20 Pc Dixon.
FAVOURITES: – – – – – – – – – 3 (W 11-8). **AGES:** – – – – – – – – – 13
2019: Astracad 13 11 8 (Sam Twiston-Davies) 4-1 N Twiston-Davies 9 ran.

TRACK FACTS: L-H course. **GOING:** Heavy-soft in places. **Top jockey:** Brian Hughes. **Top trainer:** N Alexander. **Placed in the race last year:** 2.50 Seapoint (4th). **Headgear first time:** 2.20 Dionysis, 2.50 On We Go, Whispering Waters, 3.20 Diamond Brig, 3.50 Get Help, Lostock Hall.

ROBIN GOODFELLOW		GIMCRACK	
2.20	Mayo Star	2.20	Mayo Star
2.50	Seapoint	2.50	Seapoint
3.20	Speak Of The Devil	3.20	Skyhill
3.50	Bingo D'Olivate	3.50	Orkan
4.20	Haul Us In	4.20	Molly Carew
4.50	Nyoufsea	4.50	Wetlands

3.50 —BORDER MINSTREL PUB HANDICAP HURDLE (4) £7,273 added (£3,769) 2m 46yds (9)

1 L0L648# TED VEALE 11 (D2) (S) N Alexander 13-11-12 ... Mr K Alexander (5) 77
2 23633P GET HELP 29 (P) W Coltherd 7-11-11 ... Sam Coltherd (3) 77
3 05607L ASHJAN 57 Miss S Forster 7-11-9 ... Rachel McDonald (5) 76
4 21-4877# LOSTOCK HALL 11 (BT) (C&D) (GS) Daragh Bourke 8-11-8 .. A Cawley 76
5 577 ELITE ICON 15 Katie Scott 6-11-7 ... C Bewley 71
6 3F-L23D BINGO D'OLIVATE 15 (H) (D) (S) J Ewart 9-11-5 ... B Hughes ●78
7 2-81P00 CHRISTMAS IN USA 37 (T) (D) (S) N Alexander 8-11-4 Lucy Alexander 77
8 8/24P0-4 ORKAN 298 M Walford 6-11-2 ... J Hamilton 77
9 42668L LUCOU 37 M Hammond 4-10-9 ... Miss Becky Smith (3) 77

Probable SP: 11-10 Bingo D'Olivate, 13-2 Ted Veale, 15-2 Get Help, 10 Orkan, Ashjan, 12 Lostock Hall, Elite Icon, Christmas In Usa, 20 Lucou.
FAVOURITES: 1 1 0 1 1 0 0 1 – 1 (W 11-5). **AGES:** 7 7 5 6 6 8 6 8 – 7
2019: Tim Rocco 7 11 4 (Ross Turner) 11-8 Fav Oliver Greenall 11 ran.

4.20 —EQUINE PRODUCTS MARES' HANDICAP CHASE (3) £12,700 added (£7,343) 2m 4f 19yds (4)

1 10/2214 HAUL US IN 29 (P) (BF) (S) Miss L Russell 8-11-11 . B Campbell (3) 76
2 260322 SHE'SASUPERMACK 14 I Jardine 7-11-8 ... C O'Farrell 77
3 13L-4L3 MOLLY CAREW 45 (T) (S) N Mulholland 8-11-2 ... Robert Dunne ●78
4 LP-30P2 HIDDEN DILEMMA 29 S Crawford (IRE) 7-11-0 ... B Hughes 75

Probable SP: 9-4 Hidden Dilemma, 5-2 She'sasupermack, 11-4 Haul Us In, 7-2 Molly Carew.
FAVOURITES: – – – – – – – 1 – 2 (W 11-10). **AGES:** – – – – – – – – 8 – 9
2019: Song Saa 9 11 1 (Mr N George) 2-1 T R George 4 ran.

4.50 —WATCH SKY SPORTS RACING VIRGIN 535 INTERMEDIATE OPEN NH FLAT RACE (5) £3,500 added (£2,274) 2m 46yds (8)

1 PU533 DRENAGH 25 A Ralph 5-11-1 ... Mr A Edwards (5)
2 FABULEUX DU CLOS S G West 5-11-1 ... J Kington
3 6 GET WITH IT 82 Mrs R Dobbin 5-11-1 ... Craig Nichol
4 8- MUHTAMAR 364 (H) J Ewart 5-11-1 ... N Moscrop (3)
5 4 NYOUFSEA 43 I Jardine 5-11-1 ... C O'Farrell
6 STOLEN MONEY D Whillans 5-11-1 ... C Whillans (3)
7 4 WETLANDS 109 (BF) N Richards 5-11-1 ... B Hughes
8 5 THAT'S YOUR LOTTIE 61 (H) Katie Scott 5-10-8 ... C Bewley

Probable SP: 6-5 Wetlands, 4 Nyoufsea, 9-2 Drenagh, 8 Get With It, 12 Stolen Money, 14 Muhtamar.
FAVOURITES & 2019: No corresponding race.

Longest travellers: Hidden Dilemma (4.20) Ireland; Molly Carew (4.20) 317 miles. **Drop in Class:** None today. **First run since wind surgery:** 3.50 Christmas In Usa.

SOUTHWELL SSR

5.00 —BETWAY HANDICAP (5) £7,045 added (£3,429) 4f 214yds (8)

1 (2) 770-433 YOU'RE COOL 10 (T) (D8) D Shaw 8-10-0 ... L Edmunds 76
2 (7) 5-3322L SIX STRINGS 10 M Appleby 6-9-12 ... T Ladd (3) 77
3 (1) 131232 MOVEONUP 12 (V) (C&DDBF) Miss G Kelleway 4-9-7 Pierre-Louis Jamin (5) 77
4 (3) 4423L-4 LORNA COLE 21 (D2) W Muir 4-9-4 ... M Dwyer 75
5 (4) 4166-91 GLOBAL HUMOR 14 (C) J Goldie 5-9-4 ... P Dennis ●78
6 (5) 412331 RED STRIPES 12 (B) (C&D4CD7) Mrs L 8-9-3 ... H Shaw (3) 76
7 (8) 217-23L AUGUSTUS CAESAR 21 (P) (D) D O'Meara 3-9-1 ... S Gray 76
8 (6) 86/074-2 NAUTICAL HAVEN 11 Suzi Best 6-9-0 ... D Costello 75

Probable SP: 10-3 Global Humor, 4 Moveonup, 5 Red Stripes, 6 Augustus Caesar, Six Strings, 8 Nautical Haven, 10 You're Cool, 12 Lorna Cole.
FAVOURITES & 2019: No corresponding meeting.

5.30 —BETWAY SELLING STAKES (6) £6,093 added (£2,782) 1m 4f 14yds (7)

1 (3) 6332L-4 FIRST FLIGHT 39 (D) A Newcombe 9-9-9 ... A Mullen 73
2 (1) 3-471L3 TIGRAY 6 (TV) (C&D2) M Appleby 4-9-8 ... A Rawlinson 75
3 (5) L00-LL7 GLACIER FOX 8 M Chapman 5-9-5 ... Selma Grage (7) 61
4 (4) 354LL-0 ARCHIPPOS 55 (B) M Herrington 7-9-0 ... T Eaves 77
5 (2) 44L8-34 PUMBLECHOOK 14 (P) (D2BF) I Jardine 7-9-0 ... J Gormley 75
6 (7) 36526-7 VAMPISH 16 (D) P McBride 5-9-0 ... J Hart ●78
7 (6) L6- SANDY STREET 115 D McCain 4-8-13 ... Ella McCain (7) —

Probable SP: 9-4 Tigray, 3 First Flight, 7-2 Vampish, 6 Pumblechook, 7 Archippos, 20 Glacier Fox, Sandy Street.

6.00 —BETYOURWAY AT BETWAY HANDICAP (6) £6,093 added (£2,782) 1m 4f 14yds (10)

1 (4) 7568L8/ CHELSEA'S BOY J32 (D) D McCain 7-9-9 ... G Lee —
2 (8) 251/L39 CAPE HIDEAWAY 14 (V) (D) M Appleby 8-9-7 ... A Rawlinson 70
3 (9) 640-625 HOWARDIAN HILLS 31 (P) (D2) V Dartnall 7-9-5 ... L Morris 73
4 (10) 3-35841 GOING NATIVE (5lbex) 8 (B) (C&DC) Olly Williams 5-9-5 .. B Curtis ●78
5 (3) 355/457 WARRIOR'S SPIRIT 11 (P) P Niven 6-9-2 ... B McHugh 74
6 (1) 0L8-1LL DANIEL DRAVOT 14 (V) (C) M Attwater 4-8-12 ... A Mullen 71
7 (6) 74L/LL-L BEAUTIFUL ARTIST 25 (T) R Brisland 5-8-12 ... K O'Neill —
8 (7) 740940- SELLINGALLTHETIME J18 (P) (C&DD3) M Usher 9-8-12 .. W Cox (3) 72
9 (2) 0L/58-00 DOUBLE COFFEE 11 J Gallagher 4-8-11 ... P J McDonald 68
10 (5) 077005- SHOWSHUTAI J40 C Kellett 4-8-11 ... J Hart 61

Probable SP: 4-6 Going Native, 5 Howardian Hills, 10 Warrior's Spirit, 12 Sellingallthetime, Daniel Dravot, Cape Hideaway, 20 Chelsea's Boy.

TRACK FACTS: L-H Fibresand course. **GOING:** Standard. **STALLS:** 5f centre; remainder inside. **DRAW ADVANTAGE:** Low 6f & 7f. **Top jockey:** Ben Curtis. **Top trainer:** M Appleby. **Headgear first time:** 5.00 Augustus Caesar. **Longest travellers:** Global Humor (5.00) & Star Cracker (7.30) 282 miles.

ROBIN GOODFELLOW		GIMCRACK	
5.00	MOVEONUP (nap)	5.00	Nautical Haven
5.30	Tigray	5.30	Tigray
6.00	Going Native	6.00	Going Native
6.30	Parallel World	6.30	PARALLEL WORLD (nap)
7.00	Cape Greco	7.00	Cape Greco (nb)
7.30	Puchita	7.30	Karalini

NEWMARKET – 5.00 MOVEONUP (nap); 7.00 Cape Greco (nb).
NORTHERNER – 6.00 GOING NATIVE (nap); 6.30 Parallel World (nb).

6.30 —BOMBARDIER GOLDEN BEER HANDICAP (4) £9,662 added (£5,208) 1m 13yds (5)

1 (3) 011- PARALLEL WORLD 65 (C2) K Burke 4-9-7 ... H Shaw (3) ●78
2 (1) LLL-554 MASHAM STAR 13 (D4) M Johnston 6-9-6 ... P J McDonald 77
3 (4) 1L-2473 MOTAWAAFEQ 3 (H) M Appleby 4-9-4 ... A Rawlinson 77
4 (5) 108-LL6 ZEYZOUN 13 (H) Alexandra Dunn 6-9-3 ... D Muscutt 76
5 (2) 111-139 SILVERTURNSTOGOLD 6 (B) (C&D2C2D) A Carroll 5-9-2 Elisha Whittington (7) 77

Probable SP: 11-10 Parallel World, 7-2 Masham Star, 4 Silverturnstogold, 6 Motawaafeq, 14 Zeyzoun.

7.00 —BOMBARDIER 'MARCH TO YOUR OWN DRUM' HANDICAP (5) £7,045 added (£3,429) 7f 14yds (7)

1 (5) 66-41L8 CUSTARD THE DRAGON 18 (P) (C&D7D2) J Mackie 7-9-9 J Fanning 76
2 (1) 72-3165 AL SUIL EILE 25 (CD) J J Quinn 4-9-8 ... J Hart 77
3 (6) 242454 GLORY OF PARIS 4 (V) (D) M Appleby 6-9-7 ... L Morris 76
4 (7) 57594-2 CAPE GRECO 8 (E) (D) Miss G Kelleway 5-9-1 ... Toby Eley (5) ●78
5 (3) 25-16 REDESDALE REBEL 17 S Corbett 4-9-0 ... G Lee 77
6 (4) 6L4-L50 NICK VEDDER 12 (D) R Brisland 6-8-13 ... T Eaves 76
7 (2) 363516 WAITAKI 6 (D2) J Given 7-8-10 ... JP Sullivan 77

Probable SP: 9-4 Cape Greco, 4 Waitaki, 5 Glory of Paris, 6 Redesdale Rebel, Al Suil Eile, 7 Custard The Dragon, 16 Nick Vedder.

7.30 —HEED YOUR HUNCH AT BETWAY HANDICAP (6) £6,093 added (£2,782) 6f 16yds (8)

1 (6) 3436/3 KARALINI 14 D P Quinn 4-9-7 ... Pierre-Louis Jamin (5) 67
2 (4) 80293-6 INTENSE STYLE 40 (D3) D P Quinn 8-9-6 ... Grace McEntee (5) 76
3 (1) 57-8232 JEM SCUTTLE 14 (BT) D Carroll 4-9-6 ... D Nolan 77
4 (7) 2-35521 PUCHITA (5lbex) 8 (P) (C&D) A Brittain 5-9-5 ... C Hardie ●78
5 (2) 0L-5779 ANDRE AMAR 3 R Brisland 4-9-2 ... T Eaves 75
6 (3) 8-45595 AQUARIUS 5 (D3) M Appleby 4-9-1 ... L Morris 75
7 (5) 5729-11 STAR CRACKER 32 (P) (D3) J Goldie 8-8-12 ... P Dennis 76
8 (8) 8445/00- WICKLOW WARRIOR 139 (P) P Niven 5-8-7 ... JP Sullivan —

Probable SP: 9-4 Star Cracker, 5-2 Puchita, 9-2 Jem Scuttle, 8 Aquarius, Karalini, 14 Intense Style, Andre Amar.

Drop in Class: None today. **First run since wind surgery:** 6.00 Chelsea's Boy.

SAUNDERS FIRST ON 'NETFLIX OF SPORT'

By DANIEL MATTHEWS

DAZN, the so-called 'Netflix of sport', is to launch in the UK in May — with Billy Joe Saunders expected to face Saul 'Canelo' Alvarez in a mouth-watering first fight on the streaming service.

The UK-based platform will expand to more than 200 countries, starting with Canelo's return to the ring on May 2.

WBO super-middleweight champion Saunders is the front-runner to face world boxing's biggest star, though no deal has been finalised. Liverpool's WBA champion Callum Smith is also in the mix for the mammoth showdown.

DAZN's impending expansion marks another seismic shift in the British broadcasting landscape, which has been dominated for the past few decades by Sky Sports and more recently BT Sport.

Amazon Prime has dipped its toes into the UK market, showing Grand Slam tennis and Premier League football. Now DAZN hope to break the stranglehold of traditional fight sport broadcasters in this country before widening their reach to other major sports, including Premier League football.

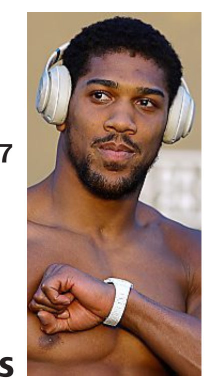
Rather than putting the biggest fights on pay-per-view, which in the UK can cost up to £25, DAZN charges a monthly subscription for all its coverage.

Sources have indicated that UK viewers will pay £4.99 a month for the service, which will initially put on around 12 boxing shows a year.

For that, they can watch the likes of Canelo, Gennady Golovkin, Mikey Garcia and Katie Taylor. Saunders and other boxers signed to Eddie Hearn's Matchroom USA will also fight on DAZN in the UK.

The streaming service has US and international broadcasting rights to Anthony Joshua's fights, too.

But the world heavyweight champion is still tied up with Matchroom's UK arm, which has an existing deal with Sky Sports. His contract has two years to run.



ANTHONY JOSHUA will defend his world heavyweight titles against Kubrat Pulev at the Tottenham Hotspur Stadium on June 20.
Bulgaria's Pulev is the IBF mandatory challenger to Joshua (right), who also holds the WBA and WBO titles.
The pair were scheduled to meet in Cardiff in October 2017 but Pulev was forced to pull out through injury.
'I am happy to have the opportunity to show the world how strong I really am,' said Pulev, whose sole defeat came in his previous world title opportunity against Wladimir Klitschko in 2014.
It will be Joshua's first fight in the UK since he stopped Alexander Povetkin at Wembley in September 2018.

DANIEL MATTHEWS

RACING RESULTS

WETHERBY

2.00 — ACCORDINGTOGINO (H Skelton) **3-10F** 1; **Le Cheval Noir 4-1(2ndFav)** 2; **Bluefortytwo 10-1** 3. **3 ran.** (D Skelton). 3l, 30l. **Tote:** 1.20; Ex: 1.60. Tf: 1.80. CSF: 1.85.
2.35 — SNOUGAR (B Hughes) **11-2** 1; **Going Mobile 16-1** 2; **Angel's Envy 9-1** 3. **7 ran.** (D McCain). 1l, 9l. **Tote:** 5.90; 2.50, 6.10. Ex: 87.80. Tc: 769.86. Tf: 892.20. CSF: 70.19. NR: Steel Yard.
3.10 — DIODORUS (H Reed) **5-1** 1; **Thor De Cerisy 6-4(2ndFav)** 2; **Young Lieutenant 5-4F** 3. **5 ran.** (Tristan Davidson). 1½, 12l. **Tote:** 10.70; 1.80, 1.40. Ex: 13.00. Tf: 25.00. CSF: 12.72.
3.40 — MORTENS LEAM (P K Donovan) **7-1** 1; **Frankie Ballou 8-1** 2; **Maxed Out King 11-2(2ndFav)** 3. **7 ran.** (M Hawker). ¾, hd. **Tote:** 8.60; 3.10, 3.60. Ex: 60.10. Tf: 262.00. CSF: 54.35.
4.15 — MAIN FACT (Mr F Gillard) **6-4F** 1; **Mcgowan's Pass 7-1** 2; **Flegmatik 3-1(2ndFav)** 3. **9 ran.** (D Pipe). 6½, 5l. **Tote:** 2.20; 1.20, 2.00, 1.30. Ex: 13.90. Tc: 28.58. Tf: 39.80. CSF: 13.01.
4.45 — THE DAWN MAN (B J Powell) **2-1F** 1; **Smuggler's Stash 16-1** 2; **Spirit Of Hale 5-1(2ndFav)** 3. **10 ran.** (M Scudamore). 4¾, 2¼. **Tote:** 2.90; 1.50, 4.30, 1.40. Ex: 31.00. Tc: 140.06. Tf: 163.70. CSF: 31.84. NR: Trimmers Lane.
Placepot £398.30. **Q'pot** £20.20.

WOLVERHAMPTON

4.45 — THAWRY (C Hardie) **4-1(2ndFav)** 1; **Creative Talent 3-1F** 2; **Cafe Sydney 12-1** 3. **10 ran.** (A Brittain). nk, 2½. **Tote:** 4.90; 1.70, 1.60, 3.30. Ex: 19.90. Tc: 127.25. Tf: 137.30. CSF: 15.63.
5.15 — GOLD STANDARD (Elisha Whittington) **28-1** 1; **Amor Fati 5-1(Jt2ndFav)** 2; **Valentine Mist 40-1** 3. **9 ran.** (A Carroll). 2¾, hd. **Tote:** 34.50; 6.40, 1.80, 6.40. Ex: 294.90. Tc: 5565.47. Tf: 4736.70. CSF: 159.77.
5.45 — TABAAHY (D Nolan) **7-2(2ndFav)** 1; **Big Lachie 11-2** 2; **Calin's Lad 16-1** 3. **8 ran.** (D O'Meara). shd, nk. **Tote:** 3.60; 5.00, 1.70, 1.80. Ex: 21.00. Tc: 251.37. Tf: 256.70. CSF: 21.39. NR: Slowmo.
6.15 — ORIGINAL CHOICE (Hollie Doyle) **11-2** 1; **Deal A Dollar 7-2(2ndFav)** 2; **Cosmeapolitan 7-1** 3. **4 ran.** (N Littmoden). hd, 4¼. **Tote:** 6.10; Ex: 19.40. Tf: 46.40. CSF: 21.73. NR: Kodiac Harbour.
6.45 — UNFORGIVING MINUTE (A Kirby) **4-7F** 1; **Lady Reset 14-1** 2; **Scofflaw 9-2(2ndFav)** 3. **7 ran.** (S Curran). ½, 1¾. **Tote:** 1.50; 1.10, 4.20. Ex: 9.20. Tf: 20.00. CSF: 9.76.
7.15 — LITTLE RED SOCKS (B Curtis) **13-2** 1; **Lovers Cry 14-1** 2; **Dear Power 1-2F** 3. **10 ran.** (K Burke). 1¼, 2l. **Tote:** 4.10; 2.00, 2.60, 1.10. Ex: 65.40. Tf: 622.90. CSF: 78.45. NR: Kylla Looks.
7.45 — BOWLING RUSSIAN (George Rooke) **7-2F** 1; **Lakeview 9-2(Jt2ndFav)** 2; **Feel Good Factor 11-1** 3. **9 ran.** (G Baker). 2¼, ¾. **Tote:** 4.00; 1.80, 2.00, 3.70. Ex: 18.00. Tc: 142.42. Tf: 140.10. CSF: 17.62.
Jackpot Not won, pool of £16,342.92 carried over.
Placepot £215.30.
Q'pot £22.60.

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HOTSPOTS

WORK WHISPER
AL SUIL EILE (Southwell, 7.00)

WEIGHTING GAME
NICK VEDDER (Southwell, 7.00) Down 18lb from last winning mark.

BURNT FINGERS
HIDDEN DILEMMA (Newcastle, 4.20)

CAPTAIN HEATH TRIO
ON THE ROAD (nap) (Exeter, 4.00)
DEMOPOLIS (nb) (Exeter, 4.30)
SKYHILL (Newcastle, 3.20)

FORMCAST SPECIAL BET
DEMOPOLIS (Exeter, 4.30)

abc

E — Exeter
N — Newcastle
S — Southwell

Adams Star E 3.30
Al Suil Eile S 7.00
Andre Amar S 7.30
Aquarius S 7.30
Arcade Attraction E 4.00
Archippos S 5.30
Ashjan N 3.50
Augustus Caesar S 5.00
Ballybough Nora E 4.00
Ballybreen E 3.00
Beautiful Artist S 6.00
Beyondtheflame N 2.20
Big Meadow E 3.00
Big Time Frank E 3.00
Bingo D'Olivate N 3.50
Bonanza Sam E 3.30
Bonny Houxty N 2.20
Buster Moon E 4.30
Cannie Lad E 3.30
Cape Greco S 7.00
Cape Hideaway S 6.00
Cardiff Bay E 3.30
Casimir Du Clos N 2.50
Celma Des Bois E 4.00
Chelsea's Boy S 6.00
Christmas In Usa N 3.50
Custard The Dragon S 7.00
Daniel Dravot S 6.00
Darius Des Sources N 2.50
Daytime Ahead E 4.30
Demopolis E 4.30
Diamond Brig N 3.20
Dionysis N 2.20
Donald Dux N 2.50
Dorothy's Flame N 2.50
Double Coffee S 6.00
Drenagh N 4.50
Eclair Surf E 2.00
Elite Icon N 3.50
Epsom Des Mottes N 2.50
Fabuleux Du Clos N 4.50
Fanfaron Dino E 3.30
First Flight S 5.30
Fortescue E 2.30
General Girling E 3.00
Get Help N 3.50
Get With It N 4.50
Getaround E 2.00
Giga White E 4.30
Glacier Fox S 5.30
Global Humor S 5.00
Glory of Paris S 7.00
Going Native S 6.00
Gorcombe's Rascal E 3.30
Great Tempo E 3.00
Haul Us In N 4.20
Hidden Dilemma N 4.20
Howardian Hills S 6.00
Hugo 'n Taz E 2.30
Innerpickle E 3.30
Inspireus E 3.00
Intense Style S 7.30
Jack Valentine E 3.30
Janeslittlevoice E 2.00
Jem Scuttle S 7.30
Jobesgreen Lad E 3.30
Karalini S 7.30
Kilcrea Bridge E 3.00
Kings Eclipse N 3.20
Kiwi Myth E 3.00
Lorna Cole S 5.00
Lostock Hall N 3.50
Lucou N 3.50
Marvellous Joe N 2.20
Masham Star S 6.30
Mayo Star N 2.20
Midnight Mustang E 3.00
Mille Sussurri E 3.30
Molly Carew N 4.20
Moreece E 3.00
Morning Spirit E 4.30
Motawaafeq S 6.30
Moveonup S 5.00
Muhtamar N 4.50
My Strong Man N 2.50
Nautical Haven S 5.00
Nelson's Touch E 4.30
Nick Vedder S 7.00
Nyoufsea N 4.50
On The Road E 4.00
On We Go N 2.50
Orkan N 3.50
Oscar Ceremony N 3.20
Parallel World S 6.30
Parlour Maid E 4.00
Pc Dixon N 3.20
Permission Granted N 2.50
Puchita S 7.30
Pumblechook S 5.30
Quick Wave E 2.30
Rapid Fritz N 2.20
Red Stripes S 5.00
Redesdale Rebel S 7.00
Ruffling Feathers E 3.00
Sabbathical E 4.30
Samburu Shujaa E 2.30
Sandy Street S 5.30
Seapoint N 2.50
Second Captain E 2.00
See Forever N 2.50
Sellingallthetime S 6.00
She'sasupermack N 4.20
Show On The Road E 4.30
Showshutai S 6.00
Shutthegate E 3.30
Silverturnstogold S 6.30
Six Strings S 5.00
Skyhill N 3.20
Slainte Mhor N 2.20
Speak Of The Devil N 3.20
Stage Summit E 4.30
Star Cracker S 7.30
Steel Express E 3.00
Stolen Money N 4.50
Sunny Ledgend E 3.00
Ted Veale N 3.50
That's Your Lottie N 4.50
The Black Squirrel N 2.50
The Jitterbug E 2.00
Tigray S 5.30
Tommie Beau E 3.30
Top Gamble E 4.30
Touch Screen E 3.00
Trio For Rio E 2.30
Triple Chief E 4.00
Tudors Treasure E 4.00
Vampish S 5.30
Virginia Chick E 2.30
Waitaki S 7.00
Warrior's Spirit S 6.00
Wetlands N 4.50
Whispering Waters N 2.50
Wicklow Warrior S 7.30
You're Cool S 5.00
Young Buck E 2.00
Zeyzoun S 6.30

Derek Lawrenson WORLD OF GOLF

Paul's zinger just masked the uncomfortable truth

PERHAPS no American golfer in the past 35 years has had the ability to rub Europeans up the wrong way quite like Paul Azinger.

It started way back at the Ryder Cup with a number of rows and he was at it again at the Honda Classic in Florida on Sunday with some puerile, condescending remarks in his role as a television analyst.

Taking aim at Tommy Fleetwood and Lee Westwood, Azinger played the role of the ugly American to perfection, with his lofty dismissal of what they have achieved in the big, wide world outside the land of the stars and stripes.

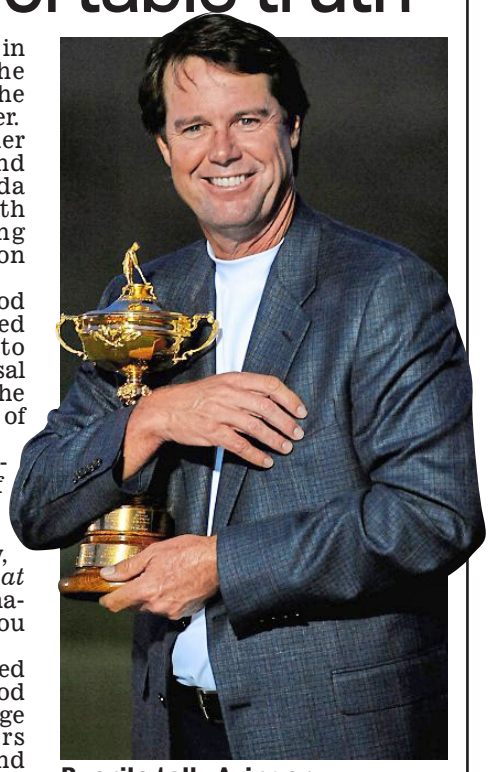
Focusing on Fleetwood in particular, he commented: 'A lot of pressure here, you're trying to prove to everybody you've got what it takes. These guys know, you can win all you want on *that* European Tour, or in the international game and all that, but you have to win on the PGA Tour.'

How insular can you get, topped off by the sneering 'that' for good measure. Cue predictable outrage all over Europe, from players such as Ian Poulter to fans and critics, with Westwood summing it up deliciously on Twitter: 'Oh dear, oh dear.'

At least Azinger was being true to form. As the man who said Francesco Molinari was 'facing the biggest putt of his career' when trying to win the Arnold Palmer Invitational last year, eight months after the Italian had won the Open and five months after claiming five points out of five at the Ryder Cup, we shouldn't be too surprised.

And yet, when we've finished poking fun at Azinger's good ol' boy ignorance and making the obvious point that, for anyone with an ounce of worldliness the careers of Westwood and Fleetwood stand on their own merits, there was also an uncomfortable truth buried deep in his sentiments.

We shouldn't become cheerleaders for the other side and be blind to the fact that, when you're as good as Fleetwood, you do have to win on the PGA Tour at some point. Over the past four years, we've all taken great pleasure in watching the humble Merseysider show emphatically he has what it takes, with his rise from the nether ranks to win in four different countries, become a Ryder Cup hero, go close in a couple of majors and take his rightful place in the world's top 10.



Puerile talk: Azinger GETTY IMAGES

But, as the 29-year-old would be the first to admit, there would always be regrets if he got to the end of his career and had never won in America (he finished third on Sunday, behind Korea's Im Sung-jae). Look at Colin Montgomerie, who never won a PGA Tour event. He can win as many times as he likes on the Champions Tour for the over 50s, but looking back, there has to be a pang at the glaring omission.

If Azinger could bring himself to acknowledge what the Europeans have achieved while making such points, and get rid of his condescending tone, he'd be a powerful voice alongside the best in the business, Sir Nick Faldo and Paul McGinley.

Sadly, long experience tells us we're way past that point.

QUOTE OF THE WEEK

'I don't know what to say other than it will follow him for the rest of his career. I wouldn't even call it polarising. I don't see too many people on his side of the argument. I mean, 'There is no God' was my first thought after he won last week.'

TELEVISION analyst David Feherty issues a withering condemnation of Patrick Reed and the cheating scandal that continues to shadow the American. If there is any good to come out of Reed's egregious act of improving his lie in the sand last December, it must be the clear determination of the vast majority not to go down the route of virtually every other sport by considering cheating acceptable if you can get away with it.

IS THIS year's European Ryder Cup team going to be the oldest of all time? Captain Padraig Harrington thought he'd be filling his roster of vice-captains with 40-somethings, but there seems every chance they will be filling his team instead.

The Lee Westwood revival has already inspired a victory for Graeme McDowell, while Luke Donald showed some welcome form in Florida last week. Then we've got team staples — Justin Rose, Sergio Garcia, Ian Poulter, Henrik Stenson and Paul Casey. Bearing in mind that every captain sides with experience when naming his wildcards, how many of these players — all the other side of 40 come September — will make it alongside the three certainties, Rory McIlroy, Jon Rahm and Tommy Fleetwood?

Never mind Dad's Army. This might be the year of Pad's Army.

derek.lawrenson@dailymail.co.uk

INTERVIEW

by Nik Simon

THESE days, Martin Johnson rarely feels the need to stick his head above the parapet. He is happier riding his bike around the Leicestershire countryside than seeking the spotlight, so when he does have something to say it is usually worth listening.

What does he think about Sky Sports taking...

'Terrible,' he interjects, before the question has ended.

With the same authority as his performances in 2003, England's World Cup winning captain shoots down the prospect of Sky Sports taking over the Six Nations broadcast rights in an instant.

'The Six Nations has got to be on terrestrial TV,' he adds. 'I have a lot of friends who don't watch any other rugby but they love the Six Nations. It's part of their sporting calendar. There are certain things that are very traditional, that people have watched all their lives.

'It would be disastrous to take the Six Nations off terrestrial TV. There would be very little rugby left on terrestrial TV. You get big viewing figures for these games — millions of people.'

The BBC coverage of France versus England on the opening weekend peaked at seven million viewers. In contrast, Sky Sports struggle to reach an audience of one million for their annual coverage of the autumn internationals.

A motion to keep the Six Nations on free-to-air TV was tabled in Parliament yesterday and Johnson believes the sport would lose future generations of fans if the move goes ahead.

'The TV coverage of the Six Nations is the first thing that got me into rugby,' he adds. 'It's a massive shop window. My first memories are watching rugby on TV when I was eight.

'It's the same now with my little boy. You figure out who all the teams are and who all the players are. You could feel the atmosphere coming out of the TV and you thought, "Oh my goodness, what's this?" It was gladiatorial. There is something very emotive about it that just grabs you.

'They were more than just games — they were massive occasions and they still are. People build their weekend around it. Club rugby wasn't like that. It didn't have the same energy and excitement. To put the Six Nations on satellite TV would be a huge mistake.'

Such proposals have been fuelled following investment in the game by private equity firm CVC. Profiteers are looking at ways of shaking up the existing structure to seek cash returns. While talk of promotion and relegation to reach out to the likes of Georgia has been going on for years, the latest suggestion is for South Africa to be fast-tracked at their expense.

'The Six Nations is a European tournament,' said Johnson. 'Why change things that work? The Six Nations works and people love it. They love the tradition of it. There's always someone wanting to change things.

'Maybe it's money. South Africa joining? I don't think it works. It's

ROOT BULLISH AFTER INDIA FLOP

CRICKET

By PAUL NEWMAN
Cricket Correspondent

ENGLAND left for Sri Lanka last night with captain Joe Root insisting the World Test Championship had been 'thrown wide open' by India's heavy defeat in New Zealand. India still lead the table despite their 2-0 loss but England — who sit fourth, just ahead of Pakistan — can reduce the gap by taking the 120 points up for grabs in Galle and Colombo, with the first Test scheduled to begin on March 19.

The top two at the cut-off point on March 31 next year will contest the inaugural final at Lord's in June 2021. Australia are second in the table, 64 points behind India, with New Zealand a distant third. 'India being turned over twice throws things wide open,' said Root at Heathrow ahead of England's departure for the two-Test series. 'With these matches and then six Tests at home in the summer, this feels like a great opportunity to give ourselves a chance of pushing for one of those top two spots.'

Jack Leach travelled with England after recovering from the illnesses that ruled him out of the 3-1 victory in South Africa, even though *Sportsmail* revealed last week that he is suffering from a calf injury. 'It's been a really frustrating winter for Jack because of illness and picking up this niggle,' added Root. 'He's been working with the physios in Loughborough and we are confident he will be back strong.'

IT WOULD BE A DISASTER TO TAKE SIX NATIONS OFF TERRESTRIAL TV

MARTIN JOHNSON EXCLUSIVE

ON ENGLAND

They can play very, very well to beat anyone, but they're also capable of poor performances. God knows why.

ON EDDIE

He got them to a World Cup final. Who else would you have? If we get rid and go for the next guy, there's a risk.

Champion: Johnson lifts the Six Nations trophy in 2003 GETTY IMAGES/ FLICK DIGITAL

a European tournament and we play South Africa every year.'

As far as matters go on the pitch, Johnson believes England must find more consistency if they want to knock South Africa off their perch as the world's No 1 team.

'England can play very, very well to beat anyone but they're also capable of poor performances,' said Johnson.

'God knows why. That's the key question, isn't it? You don't play five Test matches a year any more, so you've got to be able to get up there 10, 11, 12 times a season. You've got to be able to produce performances when you're mentally or physically a bit jaded. That's the deal.'

Questions have been raised over whether Eddie Jones is the right man to lead England into another World Cup, but Johnson does not believe there are any suitable candidates to replace him.

'Eddie is a seasoned international coach,' he said. 'He got them to a World Cup final. Like him or not, ultimately he'll get judged by winning or losing games.

'If he wins games, I'm a fan. I've done his job and it's difficult. If you win games, great. If they can play near their best every game, then they'll take some beating. It's just that inconsistency.

'Who else would you have? There could be someone out there who is fantastic, but we don't know. I don't know if there is anyone out there who could do it. If we get rid and go for the next guy, there's a risk. It's a tough call.

'By the nature of him, there will be criticism and I'm sure he doesn't care either way. That's Eddie being Eddie.

'He always splits opinion and likes to play around in the press. I'm sure some of it can annoy players a little bit but Clive could be like that, too. When you lose, you cop it and when you win you get some plaudits.

'He said some things before the France game that came back to haunt him, but there are a million boring interviews out there. I should know — I gave half of them!'

Martin Johnson is a Land Rover ambassador. Land Rover has been helping rugby fans discover the sport for more than 20 years. Visit LandRover.co.uk

Rallying cry: Root still eyes Test final GETTY IMAGES

Mako and Watson return for Wales clash

By WILL KELLEHER and CHRIS FOY

MAKO VUNIPOLA and Anthony Watson are back in contention for England's Six Nations match against Wales at Twickenham. Prop Vunipola has returned from Tonga, where he went with injured brother Billy two weeks ago for family reasons. After the win against Ireland, Eddie Jones said he did not expect Mako to be ready for the Wales match on Saturday, but the 29-year-old is included in a 34-man squad. Watson is fit again after a calf injury to boost England's back-three options, but Jack Nowell is still not ready to play.

In a departure from his previous squads, Jones has called in a third scrum-half. Exeter Chiefs' Jack Maunder will train with England alongside Ben Youngs and Willi Heinz. Maunder, 22, won his only England cap off the bench in Argentina in 2017. Maunder is behind Australian No 9 Nic White in the pecking order at Exeter and has not started a league game since December. Meanwhile, Chris Ashton has been linked with a mid-season move to Harlequins after Sale announced yesterday that he had been released with immediate effect. The 32-year-old wing had become unsettled and a decision was made at the end of last week to terminate his contract. Ashton's close friend Danny Care hinted on social media that the prolific finisher would be joining him at Quins. The Saracens exodus continues with Australia lock Will Skelton agreeing to join La Rochelle at the end of the season. England second row George Kruis is understood to be on the verge of a deal with Panasonic Wild Knights in Japan. Saracens' England hooker Jack Singleton is set for a loan move to Gloucester, while Springbok prop Vincent Koch is likely to switch to Sale. New Wales centre Nick Tompkins will follow Liam Williams to the Scarlets, Ben Spencer is understood to have signed for Bath and Max Malins is expected to head to Bristol on loan. Leicester confirmed yesterday England scrum-half Youngs has signed a deal to stay at Welford Road — as reported by *Sportsmail* — along with brother Tom.

Boro fury as Lewis grabs late equaliser

MIDDLESBROUGH 2
NOTTM FOREST 2

CRAIG HOPE
at the Riverside Stadium

THIS felt cruel on a spirited Middlesbrough, but Jonathan Woodgate was wrong to claim Nottingham Forest's late equaliser was unjust.

The Boro boss had seen his side move to within four minutes of a first win in 10 matches, a victory that would have lifted them out of the Championship bottom three.

But Forest striker Lewis Grabban pounced in the six-yard area to claim a point after standing his ground amid a tussle with goalkeeper Aynsley Pears. It was a legitimate goal and a clever finish, but Woodgate felt differently.

'Nine times out of 10 that goal is not counted,' he fumed. 'If you look at any contact on the keeper it is always given. He backed into Aynsley, put his arm across his chest, he couldn't get anywhere near it. It was a bad decision.'

Forest boss Sabri Lamouchi disagreed. 'Easily, no foul,' he said. 'I saw the replay, Lewis never touched the keeper. And we deserved to score anyway.'

Before that, Boro had looked the likely and deserved winners. It felt as if their desperation for three points was greater than that of their visitors, who look resigned to finished in the play-offs having fallen eight points behind second-placed Leeds.

Woodgate is fighting to stay in the division, not get out of it, and his side remain one point from safety.

On the day that chairman Steve Gibson revealed he would not sack Woodgate regardless of Boro's fate this season, a win would have been timely.

The weekend's results had not been kind to Boro — sucking them into the relegation zone for the first time since October — and when Forest took the lead just shy of the half-hour their situation grew more bleak.

To that point the hosts had barely looked capable of creating a chance, let alone scoring a goal, so when Forest midfielder Ryan Yates drilled in from 20 yards you suspected Boro were beaten.

What unfolded in the final five minutes of the first half, then, was entirely unexpected. Not only did the home side score a goal for the first time in five and a half hours of football, it was forgotten frontman Rudy Gestede who provided their moment of relief, heading in his first home goal in two years.

Harold Moukoudi nodded Paddy McNair's free-kick back across goal and Gestede showed the greatest desire amid a crowd of bodies to force the ball in.

Buoyed by the rarity of a goal, the home fans urged their side to press for more in the final minutes of the half — and they obliged.

Lewis Wing may have been the eventual scorer — steering in from 12 yards — but all of the credit went to 21-year-old left back Hayden Coulson, who assisted with a fine solo dribble. Coulson was the game's best player by some distance and deserved to end on the winning side, but it was not to be.

Net flick: Grabban scores REX

HOW THEY STAND

	P	W	D	L	F	A	GD	Pts
West Brom	36	19	12	5	64	37	27	69
Leeds	36	20	8	8	54	30	24	68
Fulham	36	18	9	9	51	37	14	63
Nottm Forest	36	16	12	8	48	35	13	60
Brentford	36	16	9	11	59	33	26	57
Preston	36	16	8	12	49	42	7	56
Bristol City	36	15	9	12	50	52	-2	54
Blackburn	36	14	11	11	52	42	10	53
Swansea	36	13	13	10	46	45	1	52
Millwall	36	12	15	9	41	40	1	51
Cardiff	36	12	15	9	50	50	0	51
Sheff Wed	36	13	9	14	46	44	2	48
Derby	36	12	12	12	46	49	-3	48
QPR	36	13	8	15	55	61	-6	47
Birmingham	36	12	11	13	47	54	-7	47
Reading	36	12	9	15	43	41	2	45
Huddersfield	36	11	9	16	45	56	-11	42
Hull	36	11	8	17	48	58	-10	41
Wigan	36	10	10	16	38	50	-12	40
Charlton	36	10	9	17	44	53	-9	39
Stoke	36	11	6	19	44	54	-10	39
Middlesbro	36	8	14	14	36	47	-11	38
Barnsley	36	8	10	18	42	60	-18	34
Luton	36	10	4	22	43	71	-28	34

SPORT IN BRIEF

EMIRATES FA CUP FIFTH ROUND
PORTSMOUTH....(0) 0 ARSENAL .... (1) 2
18,839 Sokratis 45
Nketiah 51

SKY BET CHAMPIONSHIP
MIDDLESBRO....(2) 2 NOTTM FOREST (1) 2
Gestede 40 Yates 29 18,884
Wing 44 Grabban 86

■ BASKETBALL

NBA: Charlotte 85 Milwaukee 93; Denver 133 Toronto 118; Golden State 110 Washington 124; LA Clippers 136 Philadelphia 130; Minnesota 91 Dallas 111; New Orleans 114 LA Lakers 122; Sacramento 106 Detroit 100.

■ CRICKET

ICC WOMENS WORLD T20 - Group A — Melbourne: Australia 155-5 (20 overs), **New Zealand 151-7** (20 overs). Australia (2pts) won by 4 runs.

Melbourne: Bangladesh 91-8 (20 overs), **Sri Lanka 92-1** (15.3 overs). Sri Lanka (2pts) won by 9 wickets.

	P	W	L	T	NR	Pts	RR
(Q) India	4	4	0	0	0	8	0.98
(Q) 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	-1.91

TOUR MATCH (Day 1 of 4, midnight start) — **Wollongong: NSW 2nd XI 242-4** (90 overs; R Hackney 95) **v England Lions.**

■ GOLF

HONDA CLASSIC (Palm Beach Gardens, Florida) — **Final rnd: 274** — S Im (Kor) 72 66 70 66; **275** — M Hughes (Can) 71 72 66 66; **276** — T Fleetwood (Eng) 70 68 67 71.

■ ICE HOCKEY

NHL: Anaheim 0 New Jersey 3; Columbus 5 Vancouver 3; Florida 0 Calgary 3; Minnesota 3 Washington 4; NY Rangers 3 Philadelphia 5; Vegas 1 Los Angeles 4.

■ NETBALL

NETBALL SUPERLEAGUE: Surrey Storm 50 London Pulse 51, Wasps Netball 57 Saracens Mavericks 53.

■ SQUASH

WINDY CITY OPEN (Chicago) — **Men's 3rd rnd: S Rosner** (G) bt A Waller (Eng) 11-8 11-4 11-9; **P Coll** (NZ) bt D James (Eng) 11-6 8-11 11-4 11-6. **Women's 3rd rnd: R Elaraby** (Egy) bt L Turmel (Eng) 11-7 11-7 11-1; **S-J Perry** (Eng) bt Y Adel (Egy) 7-11 11-7 5-11 11-5 11-9.

■ TODAY'S ACTION

(7.45 unless stated)

EMIRATES FA CUP FIFTH ROUND
Chelsea v Liverpool
Live on BBC One
Reading v Sheff Utd (8.0)
West Brom v Newcastle (8.0)
Live on BBC Interactive

SKY BET LEAGUE ONE: Ipswich v Fleetwood Tn.

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 South. **League One:** Clyde v Montrose, Dumbarton v Forfar, Raith v Falkirk. **League Two:** Cowdenbeath v Albion, Stirling v Stenhousemuir.

VANARAMA NATIONAL LGE: 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.

CRICKET — ICC Womens World T20 - Group B: Pakistan v Thailand (Sydney, 4am), West Indies v South Africa (Sydney, 8am).

MARTIN SAMUEL
CHIEF SPORTS WRITER

Swimming's Sun blindness stinks. Sack the board now

SACK FINA. After the disgrace of the Sun Yang doping case, swimming's governing body has no authority and no credibility. Its entire executive should be removed now, if the sport is to regain trust. It cannot move forward with the present hierarchy in charge. It is time to go.

Why now? At the Court of Arbitration for Sport, in a battle between WADA and a repeat-offending drugs cheat, FINA took the side of the cheat. Sun Yang had already been banned for the use of illegal stimulant trimetazidine when he was visited by testers in September 2018.

A row at his home ended with vials of his blood being deliberately smashed — 'tampered with' was CAS's genteel description — by a Chinese team doctor, Ba Zhen, who had previously been suspended twice by WADA. Sun also refused to give a urine sample.

FINA's initial punishment was a caution; it was left to WADA to appeal it, with an eight-year ban the result. FINA could have taken a neutral stance, but instead worked against WADA, first supporting a move to prevent the participation of lead prosecutor Richard Young, then supporting a plea of inadmissibility on a filing technicality.

FINA, and Sun, lost both claims and for now the taint remains. Sun has announced he will be challenging the CAS verdict and no doubt FINA will back that, too. Why are they so soft on him?

Throughout, FINA's indulgence of Sun has stunk. Alarm bells should have rung in 2014 when he tested positive at China's national championships. The failure was not made public but dealt with in-house by China's anti-doping authorities. Their punishment? A paltry three-month ban and £500 fine, freeing Sun to compete in the Asian Games where he won three gold medals. Then, six months later, Sun's positive test was announced. FINA turned a blind eye to both the cheating, the weak punishment and the cover-up that followed.

Tarnished gold: Sun Yang AFP

Is it any wonder? 'China is a very valuable partner for FINA,' said their president Julio Maglione at the 2017 World Aquatics Gala in Sanya, Hainan Province. At the 2016 Olympics, Sun described FINA chief executive Cornel Marculescu as 'a very good friend of the Chinese swim team'. Maglione is 84, Marculescu 78 — they have held their respective positions for a combined 44 years.

And so to last year's FINA World Championships in Gwangju, South Korea, where Sun was allowed to compete despite that unpleasantness with the vials. As protests from athletes grew, FINA at last took action — against those campaigning for clean sport. Mack Horton, the Australian who led the way by refusing to shake Sun's hand or join him on the podium having finished second in the 400m freestyle, was said to have behaved in an 'unacceptable' manner by FINA. They rushed through a rule commanding podium appearances and demanding that swimmers 'strictly avoid any offensive or improper behaviour towards officials, other competitors, team members or spectators during the competition'. They circled their wagons around drugs cheat Sun.

Cate Campbell, a world record holder, Olympic gold medallist and team-mate of Horton, said tough questions needed to be asked of FINA's executives. She's right. 'What are you still doing here?' That would be the first one. And: 'Why don't you f*** off?' That would be the second. And, yes, crude. But so is smashing tainted blood vials with a hammer. It's a bit late to aim for a battle of wits on the moral high ground. We just need them gone.

So how do we achieve that? And this is the difficult part, because it involves the IOC and that noted lickspittle of Russian drug cheats, president Thomas Bach. If the IOC said swimming was out of the next Olympics unless the regime at the top of FINA changed, Maglione and Marculescu would have to stand down for the good of their sport. If Bach announced FINA could not be trusted to deliver clean competition with that pair at the helm, it would be over. The move from clean athletes and clean countries to preserve swimming's Olympic status would be so strong, FINA's executive would have no option but to resign.

That was the IOC's threat to weightlifting in 2000: go clean or go home. For a while it worked, but the sport is under scrutiny again, threatened with expulsion in 2024 unless improvements are made. It does have impact. The IOC have the capability to be an enormously powerful force for clean sport, if they are prepared to take that responsibility. And this is the place to start. FINA is not fit for purpose. Sun's legacy is that his spilled blood should at last wash swimming clean.

EAT YOUR WORDS, JOE

REAL MADRID beat Barcelona to go top of La Liga. It wasn't a classic Clasico, but Joe Hart (right) among others might now note that Manchester City's 2-1 win at the Bernabeu isn't looking like such a missed opportunity.

Falling to earth: Laura Kenny is helped off the track after a crash in Berlin AFP

Why cycling world has gone up a gear

STEPHEN PARK, the performance director of British Cycling, has warned that Great Britain could return from this summer's Olympics with its lowest medal haul since 2004. 'We should temper our expectations,' said Park, after Elinor Barker was Britain's sole gold medallist at the Track Cycling World Championships in Berlin. 'The days of any nation winning 10-plus medals have probably gone. That is a result of worldwide competition increasing and the difference in terms of equipment and technology decreasing.'

In other words: they've rumbled us. Britain's sudden eminence at cycling was not just about a handful of brilliant individuals coming together. It was a well-honed medal-winning strategy born of the realisation that cycling provided big opportunities and small fields. Not a lot of countries were good at it, but there were a great many medals available. And it was a technological sport, so responded to money. Invest significantly in cycling and, with the right athletes, you could reap rewards.

Now the rest of the world knows. They see how ruthlessly Team GB targets its low-hanging fruit, which is why it will spend big on modern pentathlon and skeleton but ignore basketball and volleyball. Cycling finds its home in central Europe so it is no surprise to now see Holland, Germany, Denmark, France and Italy above Britain in the Track Cycling World Championship medal table. Now everybody has worked out how it is done, expect everybody to start doing it.

Does anyone know offside rule?

EVERTON'S disallowed goal against Manchester United on Sunday succinctly highlighted the problem with the modern offside rule. It doesn't exist. Football's authorities have tampered with it to such an extent that many calls are now just a matter of opinion. When Harry Maguire deflected a shot by Dominic Calvert-Lewin (right) past the prone figure of Gylfi Sigurdsson and beyond David de Gea in the final minutes at Goodison Park, views were divided in a way they shouldn't be. He didn't touch the ball, so he's fine. No, he made a movement so he's active. Yes, but the movement wasn't towards the ball, so he can't be. He's in the goalkeeper's eye-line — surely that counts? But not when the shot was made, so it doesn't apply. And this is a conversation between former professionals and people who are paid to report football. Richard Keys and Andy Gray couldn't make sexist jokes about females not knowing the offside rule any more — because nobody knows the offside rule now.

Not even the officials. Jon Moss, who was on VAR duty, was lauded by Mark Halsey in one newspaper for getting the call right. Sigurdsson was obstructing De Gea's line of vision, he said. He even cited Law 11. Moss was also supported by Peter Walton and, almost reluctantly, by Keith Hackett who said it was offside but there was doubt because De Gea was already wrong-footed by the deflection. Walton denounced that as irrelevant. Mark Clattenburg, meanwhile, said he would have given the goal because De Gea had a clear view of the original shot.

This is offside, remember, an issue supporters of VAR tell us is so black and white only a Luddite cannot accept lines that cancel goals by the breadth of a pinkie nail. It's a mess. The starting point for the rules of any sport is that they should be fair; next, they should be fathomable. For those who have not come to rugby from schooldays, it was always a source of amusement that at any given moment some of the greatest minds in the game don't appear to know what is going on. Football isn't perfect, we laugh, but at least we can understand it.

And now we can't. A goal was scored by Everton and in the immediate aftermath nobody knew for certain if it should stand. Whether the final call was right or wrong, as a matter of process that is the most colossal failure.

GERMANS ARE CRAZY TO HOUND HOPP THE HERO

DIETMAR HOPP is a software billionaire who in 2000 began financially supporting his favourite team, Hoffenheim. They were in Verbandsliga Nordbaden at the time, which is the sixth tier of German football. Actually, that's stretching it. There are 20 leagues separating the regional Baden league from the Bundesliga, although a team only needs to win promotion through five of them. Hopp had been on Hoffenheim's books as a teenager and ploughed his money into a grown man's fantasy. Hoffenheim rose steadily, finally reaching a professional league in 2007 and the Bundesliga the year after. They have remained there since, and qualified for the Europa League and Champions League. Hopp also gave a break to two of Europe's brightest young coaches: Ralf Rangnick and Julian Nagelsmann. Over here he would be a hero, a Jack Walker figure making dreams come true. In Germany, he is despised.

On Saturday, Bayern Munich fans visiting Hoffenheim unfurled a banner calling him 'son of a whore' and their match was temporarily suspended. When the players returned they spent the last 15 minutes passing the ball between themselves, like a warm-up, in protest. It did not effect the outcome, as Munich were leading 6-0 at the time. Yet that's still not enough for some. In Germany, owner investment is seen as

In the line of fire: one of the protests

somehow illegitimate. Borussia Dortmund and Borussia Moenchengladbach supporters have both produced banners putting Hopp in rifle crosshairs. Red Bull Leipzig are equally hated, for being born of new money. Wolfsburg, too.

And if Germany's traditionally run and funded clubs had found a way to challenge Bayern Munich's supremacy in recent years it might make sense. Yet Munich are now three points clear and closing in on their eighth straight Bundesliga title. It is almost as if the rest of German football has been brainwashed into believing this is how it has to be. Hoffenheim were a village football team who now draw average crowds of over 26,000 — more than Crystal Palace — and holds their own in one of Europe's biggest leagues.

Hopp is a great man, whose love of football and his home town should be lauded. Instead, he is insulted and made a pariah. That's why German football is such a hard sell beyond its borders. Who wants to watch a league in which ambition and competition are dirty words?

GLORY DAYS AREN'T ONLY FOR THE ELITE

BEFORE the Carabao Cup final, there was a great debate about Aston Villa's priorities. Would they rather win the trophy, or stay up? Yet why does it have to be either/or? Having lost the final, it is quite possible Villa could still go down; had they won, it would have been no barrier to survival. Wigan lifted the FA Cup and were relegated in 2013, and the same happened to Birmingham with the League Cup in 2011 — but that fate did not befall Portsmouth in 2008, Swansea in 2013 or Middlesbrough in 2004. And all of those teams went down eventually, because it is the nature of modern football that only a handful of elite clubs are safe.

So imagine if they hadn't taken that chance of glory — probably the best day out their fans will ever have.

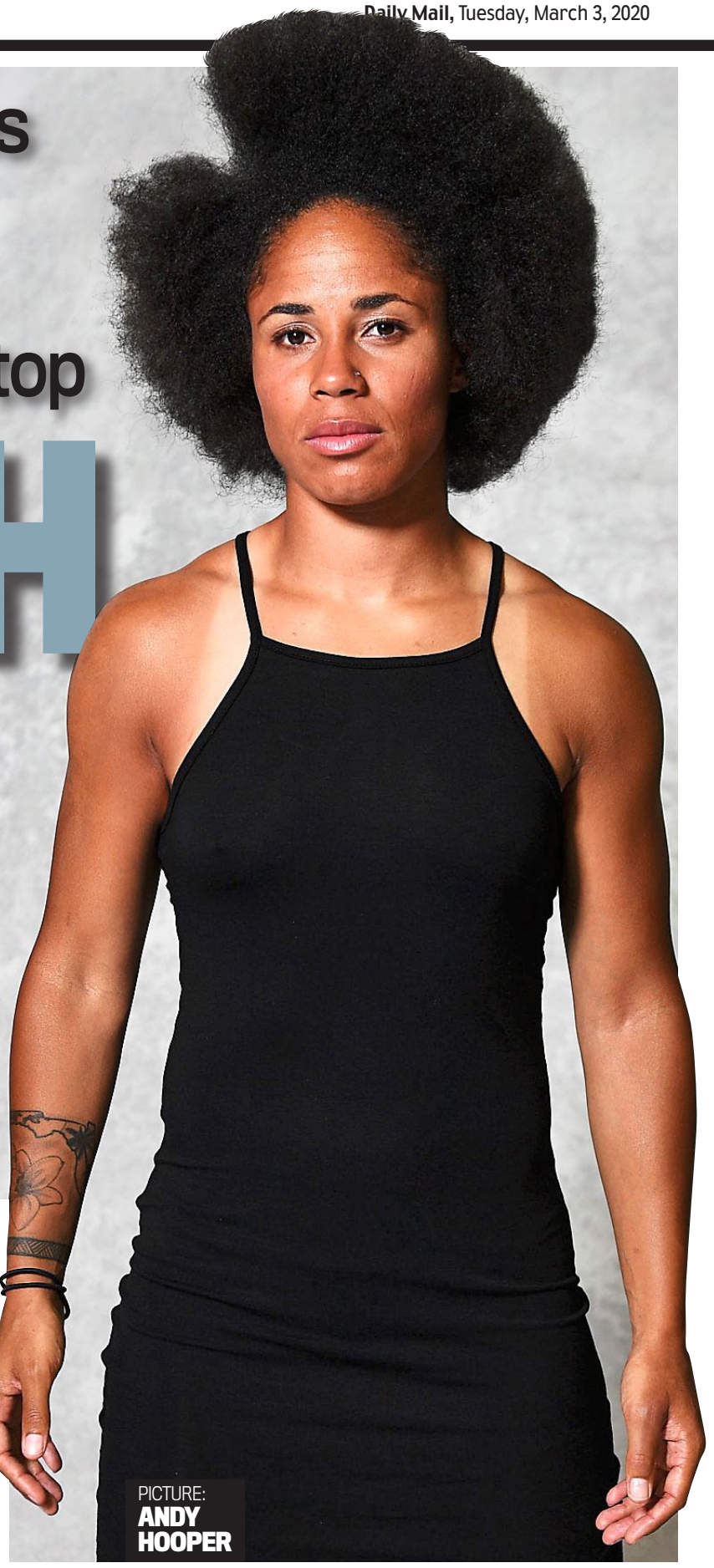
The either/or choice seems another convenient myth perpetrated by the elite, as if success should be the preserve of a tiny few, and the rest must just battle for survival. Trying to win a trophy will merely distract from that annual slog to the mighty pinnacle of 14th, and is therefore to be discouraged. Only the big boys can handle it. What a crock that is. Another myth? That poor little Villa are kept in their place by the mighty wealth of Abu Dhabi-owned Manchester City. Villa have ambitious owners willing to invest to stay in the Premier League and, if done well, thrive in the future. It is not City that holds them back; it's financial fair play.

EXCLUSIVE INTERVIEW

by Claire Bloomfield in Orlando

England's Demi Stokes fought back tears on orders of her mum as she began journey to top

TOUGH LOVE



PICTURE: ANDY HOOPER

SHEBELIEVES CUP — ENGLAND FIXTURES

v USA	v Japan	v Spain
March 6, Midnight	March 8, 6.15pm	March 11, 9.15pm
Orlando, Florida	Harrison, New Jersey	Frisco, Texas
LIVE on BBC2	LIVE on BBC4	LIVE on BBC4

DON'T you dare cry. Those were the words Demi Stokes recalls being whispered sternly in her ear when her mum marched on to the pitch midway through a game. She was 13 and playing for a girls' side in South Shields.

'I got kicked in my knee and it really hurt, then I got kicked in it again soon after and it was bleeding. I really wanted to cry. When I looked up I could see my mam coming on to the pitch and I thought, "Buzzing, she's coming to give me a hug",' Stokes says, admitting she doesn't often talk publicly about her mum, Nicola.

'She bent down and grabbed my knee and said, "Don't you dare cry" and then she walked off. I will never forget that. Now whenever I get fouled I always just get up because I think, "If my mam was here, I know that's what she would be telling me".'

That tough love was a recurring theme during the Manchester City defender's childhood, at least where her football career was concerned.

'My family were really supportive and my nan would sometimes take me to football. But a lot of the time I'd get the bus or ride my bike. That's probably what has driven me to keep going,' she says, admitting she still hasn't learned to drive and that bus passengers are often puzzled when she gets on board, asking why she's not 'driving some big Range Rover'.

But that humble, laid-back approach is typical of Stokes.

'Sometimes parents will text me (about their daughters) and say, "I want her to do this or that", and I'll say, "Just let her figure it out. If it's football she wants to do then she'll do it",' adds the 28-year-old, who says her own family's relaxed approach let her pursue her dream of turning professional.

'Sometimes I would ring me mam and she'd ask, "Where are you?" and I'd say, "I'm in London, we've just had a game",' she laughs.

'I didn't have people in my ear saying, "You should get a job". The 2017 European Championship was the first time I had my family at a tournament. I found it quite difficult to balance the football and spend time with my family. They sometimes haven't physically been at games and because I'm quite OK with that I'm used to it, it felt weird.'

Stokes, who has 57 senior caps, is learning to enjoy seeing her family in the stands but admits they are not always the ones she'll turn to after a defeat.

'Sometimes it's hard because your family will say, "There will be another tournament", or "You made us so proud",' she says. But those are the moments when Stokes turns to a former primary school teacher who had a hand in landing her first trials.

Yet, if she hadn't taken a soccer scholarship at the University of South Florida aged 19, having left Sunderland Ladies, the 2016 Women's Super League winner says she may not have realised her international ambitions.

'Getting picked for England came because someone saw me playing in America. Who knows if that would have still happened (without taking the decision to move to Tampa).'

After crediting the professional and sometimes intense set-up in the US with helping her bridge the gap to professionalism in 2015, Stokes is relishing a return to the Sunshine State for the SheBelieves Cup.

England landed in Orlando on Sunday ahead of the first match of their title defence against old foes USA, before facing Japan and Spain in New Jersey and Texas.

After a bruising World Cup semi-final defeat last summer, Stokes says the Lionesses want to give Vlatko Andonovski's side something to think about, much like they did in France.

'We're not going to twinkle-toe around the USA and see what happens. We want to give them a good game. Although it's a friendly tournament, we don't treat it as that. If we don't come away winning we'll be really disappointed.

'We are pushing to become world champions and by putting it out there you can be held accountable as a team. That's where we probably need to be better. If you look at the men, they get battered. We can't say we want the good things (that come with the growth of the game) and not the bad.'

Since England's last international camp in November, Phil Neville has lured Dawn Scott, the famed high-performance coach for the USA, back to home soil.

'It's not like we've taken a magic pill and now we're world beaters,' says Stokes. 'Dawn has explained that the coaches are the support system but, if we don't put the hard work in, it's on us.'

American dream: Stokes AP

JACK BOULDER'S POOLSMAIL

KEY: Figure in M column is the match number and the figure under S shows the number of weeks since that number gave a score draw. Home-away form sequences cover each team's last five matches, with the latest result on the right. X = score draw; 0 = 0-0 draw. Figures in brackets show percentage of games resulting in a score draw so far. The R column gives the current form rating of the teams in each match, with the home team's rating first. The H-D-A figures are the percentage chance of home-draw-away. Jack Boulder's forecast is in the final column.

M	S	Home form			Away form	R	H-D-A	F
		PREMIER LEAGUE						
1	0	WXLWW	ARSENAL (39)	v WEST HAM (16)	WLLLL	54-46	51-28-21	1
2	2	WWLOW	BURNLEY (10)	v TOTTENHAM (22)	XOXWL	53-50	41-31-28	1
3	3	WWXLW	CHELSEA (19)	v EVERTON (19)	LLXWL	54-53	55-27-19	X
4	2	LXLLW	CRYSTAL P. (21)	v WATFORD (17)	XWLXL	46-46	51-25-24	X
5	8	WWWWW	LIVERPOOL (11)	v BOURNEMTH (13)	LLWLL	53-50	59-23-18	1
6	6	WWLOW	MAN. UTD. (25)	v MAN. CITY (11)	WWLWW	62-51	49-24-27	X
7	0	WWLWX	SHEFF. UTD (29)	v NORWICH (10)	LLWOL	55-50	59-23-18	1
8	0	WLXLW	SOUTHAMPTN (12)	v NEWCASTLE (22)	XXWLL	40-45	48-27-26	1
9	5	OXLOW	WOLVES (31)	v BRIGHTON (29)	LLLXX	55-45	53-26-21	1
		SKYBET CHAMPIONSHIP						
10	3	WLXLW	BARNSLEY (21)	v CARDIFF (37)	XXWWL	55-47	33-32-35	X
11	1	XWXXX	BIRMINGHM (28)	v READING (30)	XXXWL	51-46	50-28-22	1
12	0	LLWXX	BRENTFORD (22)	v SHEFF. WED (18)	WLXLX	48-43	50-27-23	1
13	20	XWLWL	BRISTOL C. (23)	v FULHAM (18)	OLWXX	43-50	41-29-30	2
14	0	XOWLW	CHARLTON (21)	v MIDDLESBRO (34)	LLLXL	45-39	50-27-23	X
15	0	WWWXX	DERBY (27)	v BLACKBURN (21)	LWXWX	48-56	41-29-30	1
16	4	LWLWW	LEEDS (21)	v HUDDERSFLD (18)	LWLXL	67-49	63-20-16	1
17	-	----	NOTTM F. (—)	v MILLWALL (—)	----	----	----	V
18	3	LWXLW	PRESTON (20)	v QPR (18)	LLLOO	44-57	54-27-19	1
19	7	OWWLW	STOKE (10)	v HULL (23)	WLXLL	48-37	49-24-27	1
20	12	WWLOW	SWANSEA (21)	v WBA (32)	WLWWW	51-55	41-28-31	2
21	10	LWLXW	WIGAN (21)	v LUTON (10)	LLLWL	63-54	51-28-21	1
		LEAGUE ONE						
22	0	LLWWL	ACCRINGTN (22)	v TRANMERE (19)	LOLLW	48-44	50-27-23	1
23	6	WXLOO	AFC WIMBLN (24)	v BOLTON (12)	LLLLL	49-40	50-27-23	1
24	6	XOWWW	FLEETWOOD (19)	v BLACKPOOL (24)	LLLLO	63-50	54-26-20	1
25	5	WWLWL	IPSWICH (18)	v COVENTRY (26)	OWXWW	47-61	35-28-37	2
26	3	WLLXO	LINCOLN (13)	v BURTON (20)	WXLLW	43-48	41-28-31	X
27	5	WLWWW	MILTON K. (18)	v DONCASTER (22)	OLWLL	52-48	43-26-31	X
28	0	OWWWW	PETERBORO (18)	v PORTSMOUTH (18)	WWWLL	62-54	44-30-27	X
29	2	XWXWL	ROCHDALE (14)	v ROTHERHAM (18)	WLWWX	43-55	37-28-36	2
30	6	XXLWL	SHREWSBRY (22)	v OXFORD U. (18)	XOLXW	45-60	35-28-37	2
31	10	OWLLL	SOUTHEND (16)	v BRISTOL R. (17)	LXLOL	35-42	40-29-31	2
32	3	OWWWX	SUNDERLND (25)	v GILLINGHAM (28)	XOWWO	58-53	50-27-23	1
		LEAGUE TWO						
33	0	LWXLX	CARLISLE (21)	v COLCHESTER (19)	XOLLW	50-45	41-30-30	X
34	9	WWWWW	CHELTENHM (26)	v PORT VALE (31)	LLWWX	64-60	50-27-23	X
35	4	WWWOW	CRAWLEY (29)	v OLDHAM (28)	OXLLX	51-48	50-27-23	1
36	3	WWWWW	CREWE (20)	v STEVENAGE (13)	WLLLL	55-35	68-22-10	1
37	1	XWXWX	LEYTON O. (27)	v CAMBRIDGE (15)	LXWWO	54-57	41-28-31	1
38	0	WWLOW	NEWPORT (23)	v MORECAMBE (28)	LWLLX	41-50	46-28-26	1
39	3	OWLLW	NORTHAMPTN (17)	v MANSFIELD (26)	LLXLL	54-48	57-25-17	1
40	0	WXWWO	PLYMOUTH (20)	v MACCLESFLD (34)	LLXLL	53-37	68-20-12	1
41	11	LXOLL	SALFORD C. (26)	v BRADFORD (23)	OLLLL	49-51	41-28-31	1
42	6	LXWLW	SCUNTHORPE (24)	v GRIMSBY (21)	XLXWL	50-48	41-31-28	X
43	8	XWWWW	SWINDON (19)	v FOREST G. (18)	WLXXL	57-44	54-26-20	1
		LADBROKES SCOTTISH PREMIERSHIP						
44	1	LLOLL	ABERDEEN (18)	v HIBERNIAN (29)	XOLWW	56-65	46-28-26	1
45	2	WLWWW	CELTIC (3)	v ST MIRREN (15)	LXLXW	68-47	71-13-16	1
46	27	LLLLO	HAMILTON (20)	v KILMARNOCK (6)	LLWOL	42-42	42-23-35	X
47	3	WWLXW	HEARTS (24)	v MOTHERWELL (6)	WLXLO	44-45	34-27-38	X
48	1	WLOWX	ROSS CO. (15)	v RANGERS (9)	LWLXL	52-54	34-27-38	2
49	1	LXWXL	ST JOHNSTN (26)	v LIVINGSTON (17)	WLLLX	52-44	37-28-35	1

INDIVIDUAL ODDS

Leicester v Aston Villa 1; Walsall v Exeter X; Alloa v Inverness 2;Ayr Utd v Dundee X; Dundee Utd v Partick 1; Dunfermline v Queen of S 1; Morton v Arbroath X; Airdrie v East Fife X; Clyde v Dumbarton 1; Falkirk v Peterhead 1; Montrose v Stranraer 1; Raith v Forfar 1; Annan v Cowdenbeath X; Cove v Brechin 1; Edinburgh v Albion 1; Elgin v Stirling X; Stenhousemuir v Queen's Park 1.

TOP TIPS

TOP DRAWS: In order of preference, Coupon Nos 17, 34, 10, 47, 3, 46, 4, 42, 28, 6, 26, 27, 33, 14, 44, 37.
SURPRISE DRAWS: 11, 22, 23, 38, 18.
TOP AWAYS: 48, 30, 29, 20, 25, 13, 28 (Five up last week)
TOP HOMES: 45, 36, 43, 40, 19, 24, 16, 9, 2, 35.
HOT NUMBERS with the best Treble Chance record over the past 20 weeks (best first): 38, 26, 49, 37, 24, 42, 39, 23.
COLD NUMBERS with the worst Treble Chance record over the past 20 weeks (worst first): 46, 13, 28, 16, 17, 31, 44, 2.

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Now Premier League may bar fans over virus fears

MATT HUGHES
Chief Sports Reporter
in Amsterdam

THE FA and Premier League are exploring the costs and implications of staging games behind closed doors later this season to cope with any mass spread of the coronavirus.

Both organisations will be led by the government's public health advice before making any alterations to the fixture list, but have held talks about what to do if large gatherings are prohibited — with behind-closed-doors games emerging as a possibility.

The FA have the added complication of hosting a friendly international at Wembley on March 27 between England and Italy, where six Serie A matches were postponed last weekend due to the spread of the virus. The fixture will remain on unless the FA are advised to act by the government.

Cancellations would result in multi-million-pound losses, so the talks have focused on how games could be staged without fans, which would also be the preferred option of broadcasters.

During the discussions, the FA have raised the need to offer solidarity payments to lower-division clubs in the event of games being held behind closed doors, because those sides rely on gate revenue far more than their Premier League counterparts.

UEFA discussed the coronavirus only briefly at yesterday's Executive Committee meeting in Amsterdam, despite the threat it poses to this summer's European Championship and the rest of the club season.

The opening game of Euro 2020 between Italy and Turkey is due to take place in Rome on June 12, but UEFA will not be rushed into a decision. They will act on the advice of governments.

The issue was raised by president Aleksander Ceferin, but a source said the discussion lasted only two minutes.

A UEFA spokesman said: 'We're in touch with the authorities, we're in the hands of the local authorities, and we'll deal with whatever they tell us.

'There's no threat to any more matches that I've been made aware of, other than the ones that have already been changed.'

It also emerged last night that the Republic of Ireland's Euro 2020 play-off against Slovakia on March 26 could be played behind closed doors because of the spiralling issue of coronavirus.

Putting it out there: Hamilton greets Dutch fans REX FEATURES

F1 flight to dodge screenings

FORMULA ONE

EXCLUSIVE

By JONATHAN McEVOY

FORMULA ONE bosses will lay on a double-crewed charter flight to take the sport's travelling circus from the first to the second race of the forthcoming season in an attempt to beat the threat of coronavirus.

F1 will hire a special plane to transport several hundred crucial staff, with two pilots on board. The first pilot will fly the jet half the way from Melbourne, venue of the opening round on March 15, to a staging post en route to Bahrain, the next race the following weekend, 17 and a half hours away. The second pilot will then take over flying.

This is to circumnavigate the potential screening process on arrival in Bahrain. Authorities in the Gulf kingdom will subject passengers in contact with countries that are notably affected by the illness to a three-hour examination in a lounge specifically designated for medical tests. That means all Ferrari staff — given their proximity to a severe virus outbreak in Italy, where more than 50 people have died — will be obliged to go through the ordeal. But those who are free to travel without that restriction will be able to walk straight through the security gates in Bahrain.

Even if the flight touches down in Singapore or Hong Kong — the exact details are being finalised — nobody will disembark, meaning teams — including drivers, engineers and mechanics — will be allowed to enter the Bahrain capital, Manama, without delay. It is understood that the protocol involving refuelling papers will be expedited.

Given its global reach, F1 is particularly vulnerable to the virus, with millions of dollars already wiped off its share price.

A spokesman for the Bahrain International Circuit (BIC) said: 'We are working with all relevant government departments to mitigate the threat of coronavirus. 'Ministries have activated a number of public health measures, including but not limited to restricting travel from high-risk areas, introducing an extensive screening programme and establishing quarantine facilities for suspected cases. 'It is in the context of these initiatives that the BIC is confident preparations will result in a safe and successful grand prix later this month.'

SPECTATORS COULD BE SHUT OUT OF OLYMPICS TOO

CYCLING

By DAVID COVERDALE

BRITISH CYCLING chief Stephen Park has suggested that the Tokyo Olympics could take place without fans because of the coronavirus epidemic.

Sportsmail revealed yesterday that the International Olympic Committee, World Health Organisation and leaders of sports federations had discussed holding the Games behind closed doors as an alternative to calling it off.

And British Cycling performance director Park has become the first figure from one of Great Britain's Olympic sports to speak publicly about the prospect.

Supporters have been banned from a number of sporting events in Japan, including baseball, tennis, sumo wrestling and horseracing.

Senior IOC member Dick Pound claimed the Olympics could be cancelled if coronavirus was still prevalent in May, but Park thinks shutting fans out of the Games in July and August is more likely.

'Right now, I'm really confident it will go ahead,' he said. 'Will it mean it might be different? Possibly.

'Look at the World Cup skiing in two weeks' time in Cortina (in Italy); they are doing it on a closed circuit with no fans, and that's going to an area that doesn't have any infections.

'So might some of those things happen? Possibly. Equally, we are not worried about them. We are making sure that we don't let it become a distraction or overtake the preparation. We are full steam ahead expecting to be there in July in Tokyo.'

Park said British Cycling are taking their own steps to try to prevent the virus affecting their riders and staff.

'We have worked to improve the cleanliness of the changing rooms,' he added, speaking from the Track World Championships in Berlin.

'They are being upgraded while we are here, so when we get back they will be going into brand new, sterilised changing rooms. We are not taking any risks.'

England's Italian job still on

RUGBY UNION

By WILL KELLEHER

ENGLAND are set to play their final Six Nations match in Italy on March 14 despite the coronavirus outbreak.

The match at Rome's Stadio Olimpico was thought to be under threat last week after Ireland called off their home game against the Azzurri, scheduled for this Saturday.

Six Nations chiefs have stalled on a decision after an emergency meeting in Paris, but they are open to moving the women's and Under 20 fixtures, set to be played on the same weekend in northern Italy's worst-affected areas.

Any further cancellations or postponements would throw the tournament into chaos. Games would have to be rearranged in a tight calendar or voided, which would raise doubts over the validity of an incomplete championship.

CRICKET

HANDSHAKE BAN FOR ROOT AND CO

ENGLAND are confident the coronavirus crisis will not affect this month's tour of Sri Lanka, but they will avoid handshakes throughout the trip. 'After the illnesses that swept through the squad in South Africa, we are aware of the importance of keeping contact to a minimum,' said captain Joe Root. 'We're using the fist bump instead. We've been given advice from our medical team to prevent spreading germs. We expect the tour to continue as planned.'

PAUL NEWMAN

Festival 'full steam ahead'

RACING

By SAM TURNER

CHELTENHAM FESTIVAL chiefs insist plans for next week's meeting are still 'full steam ahead' despite reports of more coronavirus cases yesterday.

Regional director Ian Renton confirmed they will be led by the government in response to the spread of the virus.

Betfair's odds for the first day to be cancelled drifted to 4-1 last night after Prime Minister Boris Johnson said it was 'business as usual'.

'Cobra has met today and the noises remain encouraging that they see no reason to stop major events,' Renton said.

'We have 2,200 toilets at the racecourse with individual hand basins and we will make sure the staffing of them is raised to a greater level.

'We're looking at every way to make sure hygiene is at its best for racegoers.'

EXCLUSIVE by CHRIS WHEELER

DE GEA BLUNDERS CONCERN UNITED

DAVID DE GEA'S position as Manchester United's undisputed No1 could come under scrutiny for the first time this summer.

De Gea has been an automatic starter in goal for United since moving to Old Trafford from Atletico Madrid in 2011 — racking up 393 appearances.

But a series of errors, culminating in Sunday's blunder at Everton that gifted Dominic Calvert-Lewin a goal in the 1-1 draw, have raised questions about the 29-year-old Spaniard.

Although Ole Gunnar Solskjaer hailed De Gea as the best goalkeeper in the world when it was pointed out his mistakes had cost United seven goals since the start of last season, there are concerns at the club over his levels of performance and concentration.

Solskjaer kept faith in De Gea during a difficult spell a year ago and still hopes the keeper can play his way back into form. If the mistakes continue, however, the manager could face a difficult decision in the summer.

United will assess their goalkeeping situation over the next few months and are due to hold talks with Dean Henderson's representatives before the end of March.

Henderson has emerged as one of the best goalkeepers in the Premier League while on loan from Old Trafford to Sheffield United this season — helping the promoted club into contention for a European place.

England Under 21 star Henderson, who may well be given an improved contract by United to ward off interest from clubs around Europe, has ambitions to be first choice at Old Trafford and is now seen as a genuine threat to De Gea.

The 22-year-old is likely to be sent out on loan for a third season, possibly at Sheffield United again, unless De Gea's situation changes. The Spaniard's place has been unchallenged during his nine-year career at United.

Current No2 Sergio Romero is set to play in Thursday's FA Cup tie at Derby, but the Argentine is happy with his role, while 37-year-old Lee Grant is out following wrist surgery and Joel Pereira is on loan at Hearts.

If United ever decide to sell De Gea, one major hurdle would be the long-term deal paying him £375,000 a week that he signed in September. That limits the number of clubs who could afford him.

England manager Gareth Southgate is keen to hand Henderson his international debut before Euro 2020.

Southgate wants to give the keeper, who is likely to be third choice behind Jordan Pickford and Nick Pope, experience behind England's back line before the European Championship.

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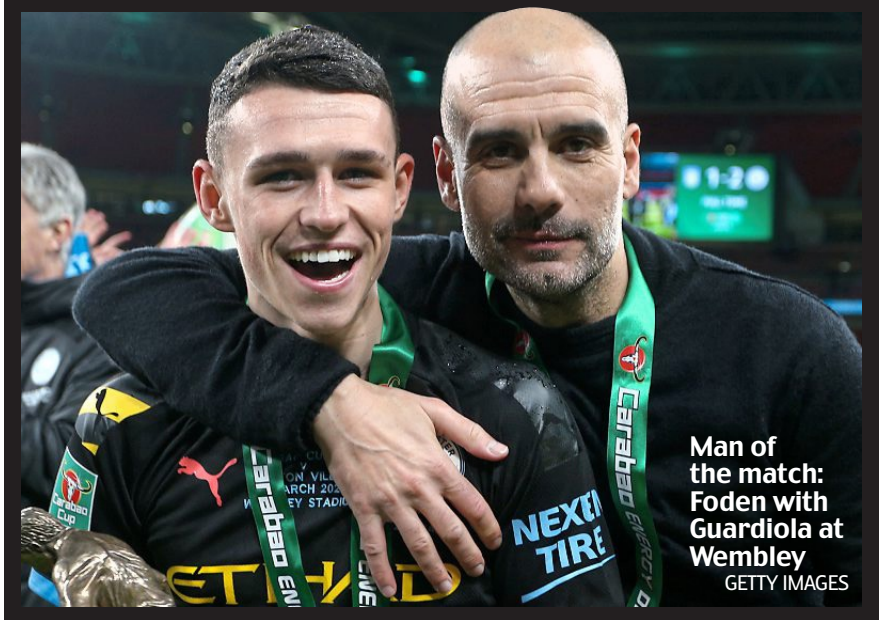
FODEN FOR ENGLAND



Man of the match: Foden with Guardiola at Wembley GETTY IMAGES

By JACK GAUGHAN

GARETH SOUTHGATE is giving serious consideration to handing Phil Foden a first England call-up this month.

The teenager shone in front of England assistant Steve Holland at Wembley as Manchester City won the Carabao Cup for a third straight year on Sunday, being named man of the match.

Southgate, who opted to watch Everton's 1-1 draw with Manchester United instead, has been considering including Foden for some time. A lack of regular starts for City has hampered Foden's chances but England may find it hard to ignore their Under 21 star's encouraging progression.

The Three Lions face Italy and Denmark in home friendlies over the next international break and Foden could yet become a wildcard option for the European Championship.

'I want to be there obviously but it's very difficult with the players we have,' Foden said.

'Hopefully Gareth was watching the final and 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.

'We haven't spoken much, but Gareth has said that he is keeping a close eye on me.'

City boss Pep Guardiola is likely to give Foden an 11th start of the season when City face Sheffield Wednesday in the FA Cup tomorrow night. The 19-year-old has waited patiently for opportunities, with Guardiola criticised for his handling of the prodigious teenager. 'I was getting quite frustrated but as a few months went on, I started getting the hang of it,' added Foden. 'That's when I felt comfortable and like I belonged there.'

FOOTBALL DIGEST

EVERTON boss Carlo Ancelotti has been charged with misconduct by the FA. The Italian was sent off after Sunday's 1-1 draw against Manchester United. Ancelotti saw red for confronting referee Chris Kavanagh at the final whistle to complain about Dominic Calvert-Lewin's late winner being disallowed. He will be fined if he accepts the charge but does not face a touchline ban.

WATFORD'S hopes of Premier League survival have suffered a huge blow with winger Gerard Deulofeu set to miss the rest of the season. The Spaniard is set for surgery after rupturing his anterior cruciate ligament and tearing his meniscus during Saturday's 3-0 win over Liverpool. Watford boss Nigel Pearson said: 'It's important we look forward with a positive mentality.'

JAMIE VARDY will sit out Leicester's FA Cup fifth-round clash at home to Birmingham tomorrow but 'should be fine' for the visit of Aston Villa on Monday, according to boss Brendan Rodgers. Vardy missed the Foxes' 1-0 defeat at Norwich last Friday with a calf problem.

Pressed into action: Takumi Minamino in training GETTY IMAGES

ONLY AN IDIOT WOULD DOUBT US

Klopp vows Liverpool's season will not implode

by DOMINIC KING

JURGEN KLOPP insists Liverpool are ready to 'strike back' on the road to Wembley and says he would be an 'idiot' if he doubted the character of his players.

Liverpool's manager found himself in the unusual position on Saturday night of having to conduct a postmortem. He watched a replay of the 3-0 defeat by Watford when he returned from Vicarage Road and identified the areas that led to the end of a 44-game unbeaten run in the Premier League.

There was a routine meeting with the squad at Melwood on Sunday, in which Klopp aired his views, and he came out of it convinced Liverpool are ready to attack the final phase of the season with the same gusto that led to them smashing records earlier in the campaign.

Chelsea stand in the way this evening in Liverpool's first fifth-round appearance since 2015. They got there courtesy of their youngsters overcoming Shrewsbury in a fourth-round replay at Anfield during the Premier League winter break, a game Klopp did not attend. And the German, who is expected to name a strong team featuring January signing Takumi Minamino, denied Liverpool had lost their spark.

He said: 'They want to strike back. This is an exceptional group of players. They did outstanding stuff — just not against Watford. I cannot ignore that game and I told the boys what areas we must improve.

'Should I think just because we want to respond that we'll shoot Chelsea out of their own stadium? No.

'It will be a tough game. If we had beaten Watford it would still have been a tough game. I am not in any doubt about the character of the boys.

'I would be a real idiot if I was (in any doubt), to be honest, because they deserve my trust, my faith and they don't lose it after a bad game.

'We don't have to make it bigger. We lost a football game. Whenever it happens, it feels really average. We want to be very, very intense in a good way.'

The question regarding Liverpool in the Premier League revolves around what date they will be crowned champions, rather than if they will win their first title since 1990.

Such has been their dominance, it has taken an element of excitement for neutrals away from the season.

It has led some to suggest that things might be anti-climactic for Liverpool if they find themselves out of Europe and the FA Cup, but Klopp, whose record in domestic knockout competitions since arriving in England is chequered, gave the impression Wembley is on his mind.

'One cup competition that we proved we take really seriously in the last couple of years is the Champions League,' said Klopp. 'The FA Cup? It's nothing to do with us not wanting to go to the final. It was just because draws, performances ... team selections? They were always reasonable.

'We play Chelsea with all we have. Then Bournemouth, with all we have. Then Atletico Madrid, then Everton, then Crystal Palace or the FA Cup, right?

'It will be with all we have. Nothing else, 100 per cent. That is us. What we really blame ourselves for is that you didn't see it at Watford on Saturday.'

Up for the Cup: Klopp says his team can strike back GETTY IMAGES

Frank: Kepa in control of his destiny

By SAMI MOKBEL

FRANK LAMPARD has revealed Kepa Arrizabalaga is in line for a Chelsea recall tonight, but warned the keeper his fading Euro 2020 hopes are the least of his worries.

The world's most expensive keeper has lost his place to 38-year-old Willy Caballero and boss Lampard is ready to recommend the Blues sign a new No1.

Arrizabalaga's spell on the sidelines has raised concerns over his place in Spain's squad for the European Championship. And Lampard confirmed yesterday he is considering handing his out-of-favour keeper an opportunity to regain his regular place in tonight's FA Cup tie against Liverpool. Asked if Arrizabalaga was in the frame to start at Stamford Bridge tonight, Lampard answered: 'Yes. He's been professional as expected. He's trained well, kept his head down, supported the team and the group. Every player is in control of their destiny in how they train and how they play.

'Of course we have to look at the group in the summer. But there are no decisions beyond the game tomorrow night as far as I'm concerned.'

On the prospect of Arrizabalaga missing out on Spain's Euro 2020 squad as a result of his recent omission, Lampard added: 'I haven't discussed that with him and I can only pick the team as I see it from a Chelsea point of view.

'He must have a positive attitude and I'm a pretty fair man. I only call it as I see it, as I see training and performances.

'Of course he can play for his country. He's shown that already, so that hopefully isn't a big issue at the moment.'

WATCHING BRIEF...

CHELSEA v LIVERPOOL

Kick-off: 7.45pm, Stamford Bridge.
TV: LIVE on BBC1 from 7pm.
Referee: Chris Kavanagh.

STURRIDGE 'GUTTED' AT FOUR-MONTH BAN

By DOMINIC KING

DANIEL STURRIDGE has been banned from football worldwide for four months after the FA successfully appealed against the terms of his original suspension.

The former England forward agreed to terminate his contract with Turkish side Trabzonspor yesterday when he discovered that, with immediate effect, he would not be allowed to play or be involved in any football activity until June 17.

Sturridge (left), whose former clubs include Liverpool, Chelsea and Manchester City, had initially been given a two-week ban last summer, having breached the FA's strict rules on betting. He had been charged over betting incidents in January 2018 when he left Anfield on loan. The FA were never happy with the punishment at the time, since Sturridge did not miss any football.

Following an appeal to an independent board, it was deemed that a regulatory commission had 'misapplied the FA's rules in relation to the use of inside information'.

Sturridge posted a two-minute video on YouTube to explain his devastation at the turn of events. Aside from the extension of his suspension, he was fined £150,000.

In a statement, the FA said: 'In relation to the sanction, the appeal board agreed with the FA that the penalty originally imposed on Mr Sturridge was unduly lenient and therefore increased his effective playing ban from two weeks to four months.'

The case became public in November 2018, when Sturridge was charged. Though it was clear the 30-year-old had never placed a bet himself, members of his inner circle had gambled on which club he would join when Liverpool allowed him to pursue a loan. The FA had been investigating Sturridge (left) for eight months before that, but were left frustrated after a three-day hearing when it was announced on July 18 that he would only have to serve a two-week ban.

Sturridge said: 'It's very disappointing to hear the appeal overturned the original and highly-qualified ruling. I am absolutely devastated and gutted that my season is over.'

BLACKPOOL have lured Liverpool Under 23 boss Neil Critchley as their new manager on a three-year deal. Jurgen Klopp has twice handed the reins to the 41-year-old in domestic cup competitions this season, when the club fielded youthful squads. Blackpool are 13th in League One and Critchley said: 'I got a really good feeling about the people, where they want the club to go and how they want it to grow.'

JACK GAUGHAN

Steady, Eddie: Nketiah bundles home the second

PICTURE: ANDY HOOPER

THE ADMIRABLE

Reiss the mastermind as young Gunners tame Pompey

MATT BARLOW
at Fratton Park

PORTSMOUTH	0
ARSENAL Sokratis 45+4 Nketiah 51	2

THIS was not the script ordered by Michael Eisner, the Disney executive who sank his money into Portsmouth and remarked how the best sporting films always featured the triumph of the underdog.

Instead, another sweet narrative, one in which the Pompey dream was sunk by an admirable performance from a young man by the name of Nelson.

Arsenal sailed into the quarter-finals of the FA Cup and it was Reiss Nelson not Viscount Horatio who clinched victory on the south coast, creating two goals either side of half-time with two wonderful crosses from the right flank.

The first was converted by Sokratis, a sweet volley, and the second was hammered in from close range by Eddie Nketiah.

For Mikel Arteta it was the perfect response to the disappointment of a shock defeat in the Europa League at the hands of Olympiacos. Arteta held his nerve and made nine changes to the team, trusting in his young players and they passed the test by silencing the raucous atmosphere inside Fratton Park where Portsmouth have been in strong form this season.

'Yes, it was a risk,' said the Arsenal boss. 'But I had no doubt about picking them. Even if we had won in the Europa League I assessed the team, some of them were exhausted, some of them had issues, some of them mentally were still hanging over what happened on Thursday.

'They responded really well with all the energy. In the 94th minute they were still pressing and chasing and working. It's a joy to see them. I am enjoying working with them. They fully deserve the chance. It's risky to play them in this competition but they are worth that risk.'

The only concern for Arsenal came in the shape of an injury to Lucas Torreira, who hobbled out of Fratton Park on crutches and with his left foot in a protective boot after a twisting an ankle in a strong first-half challenge from James Bolton.

'He was in a lot of pain,' said Arteta. 'He'll get it assessed in the next few days. I don't know if it's the bone or ligaments yet.'

Portsmouth started with intensity and aggression and disturbed Arsenal at the back with a swerving cross by Steve Seddon and an effort from Ellis Harrison that deflected wide.

David Luiz and Pablo Mari, on his debut, won important headers to protect their goal during the early phase of pressure.

Arsenal lost Torreira inside 15 minutes. Bolton slid in and took the ball cleanly but flattened the Uruguayan with his momentum and left him writhing in agony.

Dani Ceballos came on and the short interval cost Pompey their impetus. Until then, Arsenal's only flash of menace had come from an explosive run and cross, flashed low across goal by Nketiah.

But they performed with more control when play restarted. Bukayo Saka, Gabriel Martinelli and Nelson (left) caused problems out wide and both Nketiah and Martinelli were unable to convert decent — though not simple — chances from close range.

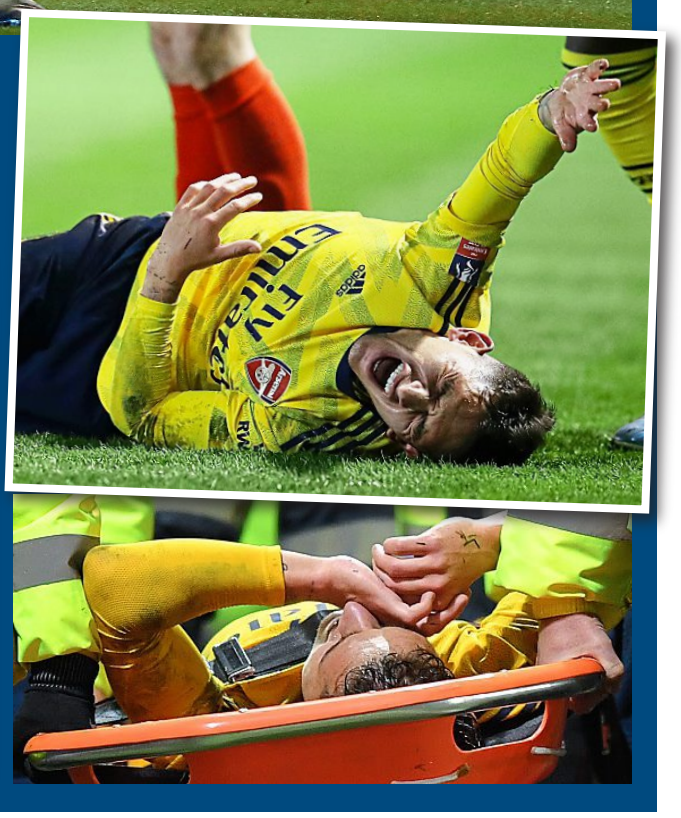
Nketiah dragged another effort wide after good play by Luiz, carrying the ball through midfield.

Portsmouth were forced deeper and their occasional forays

22
ARSENAL are unbeaten in 22 games against Portsmouth — their longest current run without defeat to any side. Their last loss to Portsmouth came in 1958.

PAINFUL NIGHT FOR TORREIRA

ARSENAL midfielder Lucas Torreira lasted only 16 minutes when a tackle by Pompey's James Bolton (top) left him reeling (right) and he was carried off REX/REUTERS/ANDY HOOPER



FA CUP THIS WEEK

TONIGHT	
Chelsea v Liverpool	7.45pm, BBC One
West Brom v Newcastle	8pm, BBC iPlayer
Reading v Sheff Utd	8pm, Facebook
TOMORROW	
Leicester v Birmingham	7.45pm, Facebook
Sheff Wed v Man City	7.45pm, BBC One
Tottenham v Norwich	7.45pm, BBC iPlayer
THURSDAY	
Derby v Man Utd	7.45pm, BT Sport 1

QUARTER-FINAL DRAW:
Tomorrow, BBC after Sheff Wed v Man City

NELSON!
to claim their place in last eight

forward were rushed. Gareth Evans went closest with a header which went wide and then in the fourth minute of first-half stoppage time they slipped behind.

An Arsenal corner was cleared and collected by Ceballos who found Nelson on the right and his cross was met on full the by Sokratis. It was a stylish finish from the Greek centre half who was operating again as a right back.

'That deflated us,' said Pompey manager Kenny Jackett. 'We needed those moments to go for us in the first half and were disappointed not to get to half-time at 0-0. After the second we really had to battle because Arsenal can get on top but make you pay and we never gave up and gave everything to the end.'

Pompey stirred briefly at the start of the second half. Matteo Guendouzi acted smartly to prevent Harrison from tearing clear on the counter and Luke Williams jinked into the penalty area from the right only to drag his shot wide.

Arsenal stretched the lead six minutes after the restart. Nelson drove down the right and delivered another cross. It was contested by Nketiah and Bolton and dropped kindly for the striker to pounce and net.

Nketiah had the nerve to goad the Fratton End. Perhaps he knew the tie was over. Arsenal had not been knocked out of the FA Cup by a team from the third tier or lower since the Wrexham defeat in 1992. They have not lost to Portsmouth since 1958.

The wait goes on. Arteta's team move on. Back to Premier League action with a derby against West Ham on Saturday.

Pompey have a promotion clash at Peterborough next and they will have their day at Wembley in next month's EFL Trophy final against Salford.

'I'm proud of what we've done in the FA Cup,' said Jackett. 'We were the last League One team in it. This was Arsenal's night and we wish them all the best.'

PORTSMOUTH (4-2-3-1): Bass 6; McCrorie 6, Bolton 6.5, Burgess 6.5, Seddon 6; McGeehan 6, Close 6.5; Williams 7, Evans 6.5 (Cannon 74min, 6), Harness 6 (Curtis 67, 6); Harrison 6 (Marquis 67, 6).
Subs not used: MacGillivray, Naylor, Whatmough, Raggett.
Booked: McGeehan.
Manager: Kenny Jackett 6.

ARSENAL (4-2-3-1): Martinez 6; Sokratis 7.5, Luiz 7, Mari 7, Saka 7; Torreira 5 (Ceballos 16, 7.5), Guendouzi 7; **NELSON 8** (Maitland-Niles 90+1), Willock 6.5 (Xhaka 87), Martinelli 6; Nketiah 7.
Subs not used: Leno, Lacazette, Holding, Pepe.
Scorers: Sokratis 45+4, Nketiah 51.
Booked: Guendouzi.
Manager: Mikel Arteta 6.5.

Referee: Mike Dean 6.5.
Attendance: 18,839.

Clubs want deal to sign foreigners without permits

EXCLUSIVE
By SAMI MOKBEL
Football News Correspondent

PREMIER LEAGUE clubs believe they are edging closer to a deal with the FA which would significantly relax the regulations around work permits for foreign players.

The Government want a definitive update this month on how the new rules will look after Brexit, with the FA and Premier League in talks which also concern the homegrown players quota.

Initial concerns that an agreement would not be reached by the end of this month are subsiding and there is optimism a deal can be struck in the coming weeks.

Among the changes being considered is allowing as many as three foreign players per 25-man squad who would not require work permits.

As it stands, players outside the EU must meet criteria such as appearing in a percentage of their country's international matches before being granted work permits.

But the possibility has been raised of introducing 'free hits' so clubs can sign players from all over the world exempt from employment red tape.

Premier League clubs would prefer all work-permit restrictions to be lifted, but the FA are keen to use Brexit to curb the number of foreign players in the top division.

The FA's view is that extending the current restrictions would benefit the national team. And knowing the FA are unlikely to give clubs free rein in the transfer market, the Premier League clubs are seeking a compromise.

The FA have proposed reducing the number of foreign players that top-flight clubs are permitted in their squads from 17 to 13 — an idea the Premier League are unwilling to accept.

Premier League officials fear the FA's plan would damage the competition's status as the best in the world and, given its huge global following, will have significant consequences for the UK economy.

FA technical director Les Reed is playing a key role in the dialogue between clubs and the governing body. His experience as a key technical administrator at Southampton means he understands the club's requirements.

Key role: England's Les Reed REX

One source involved in the discussions has told *Sportsmail* that, while clubs generally remain against being forced to have 12 homegrown players in their squads, being able to bring in a number of non-work-permit players could be crucial in making a breakthrough.

The source said: 'At one stage we didn't look close, but the option of being able to sign players from outside the EU who wouldn't need work permits is an attractive one.

'What we might see is an agreement on having around 12 to 13 foreign players who meet work-permit criteria, 10 homegrown players and two to three free hits.

'Those numbers are still to be decided but it looks like it will be there or thereabouts.'

Clubs are also seeking clarification on which foreign players fit the homegrown category, with teams no longer able to sign overseas players under 18 from January because of Brexit.

As it stands, a player can be born overseas but still viewed as homegrown if they spend three years in an English or Welsh academy between the ages of 16 and 21.

Saint-Maximin gloom for Toon as stars slam tactics

From Back Page

field a team he could rely on against Burnley.
However, it is claimed a number of players have been frustrated with the tactics employed, believe the team should be playing better football, and are more capable than Bruce is making out in public.
After a run of one win in 10 league matches, Newcastle are five points off the bottom three and could do without a fallout between their head coach and arguably their best outfield player. Indeed, the Magpies have won only one game without him in the starting XI.

Saint-Maximin (below) signed a six-year contract in the summer after joining for £16million from Nice and looked set for a bright future on Tyneside following an excellent first half of the season. However, there is likely to be no shortage of interest in the former France Under 21 star should relations fail to improve in the coming months. Saint-Maximin has scored two goals in 19 appearances and has thrilled the Toon Army with his explosive pace and direct play.

SPORTS NEWSPAPER OF THE YEAR

Premier League games behind closed doors?

CORONAVIRUS LATEST – PAGE 79

KEEP RUGBY FREE

Johnson lashes out as Sky plot 6 Nations coup

EXCLUSIVE By NIK SIMON

WORLD Cup-winning captain Martin Johnson has warned Six Nations chiefs that selling the competition's broadcast rights to Sky could have disastrous consequences.

The England legend slammed the 'terrible' proposals and insisted it is imperative for the showpiece competition to remain on terrestrial channels.

The rights deal expires in 2022 and Sky are poised to capitalise as the BBC and ITV are not allowed to join forces with a financially competitive package to keep the annual championship on free-to-air television.

'It's terrible,' Johnson told *Sportsmail*. 'The Six Nations has got to be on terrestrial TV. I have a lot of friends who don't watch any other rugby, but they love the Six Nations. It's part of their sporting calendar. There are certain things that are very traditional, that people have watched all their lives.

'It would be disastrous to take the Six Nations off terrestrial TV. There would be very little rugby left on there. You get big viewing figures for these games — millions of people.'

EXCLUSIVE INTERVIEW: PAGES 74-75

READY EDDIE GO!

Gunning for glory: Eddie Nketiah (right) celebrates with Dani Ceballos after making it 2-0

MATCH REPORT PAGES 82-83

FA CUP – 5TH ROUND

PORTSMOUTH...0
ARSENAL.....2

PICTURE: ANDY HOOPER

Toon star's future in doubt after Bruce fallout

EXCLUSIVE By CRAIG HOPE

ALLAN SAINT-MAXIMIN'S future at Newcastle is in doubt after Steve Bruce dropped him for Saturday's goalless draw with Burnley, then claimed the winger was struggling with a hamstring injury.

Sources insist the 22-year-old is fully fit and available for selection, even though manager Bruce said yesterday he was a doubt for tonight's FA Cup tie at West Bromwich because of back and hamstring issues.

Wolves and Crystal Palace are monitoring developments after learning of the situation.

The St James' Park crowd sang for the introduction of their favourite in the second half of the game against Burnley and he was finally brought on with 12 minutes remaining.

It has been suggested that Bruce was trying to protect Saint-Maximin by saying he is carrying a slight injury, rather than revealing he had been dropped, although Newcastle maintain he was struggling with a hamstring problem on Thursday and the manager chose not to risk him.

Sportsmail understands there have been concerns about the Frenchman's recent performances in training and Bruce decided he wanted to

TURN TO PAGE 83, COL 4

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QUICK CROSSWORD 8,477

ACROSS
1 Looking exhausted and unwell (7)
5 Boat of logs (4)
7 Managed (3)
8 Indication of approval (6,2)
9 Beautiful girl (5)
10 Aircraft manoeuvre (4)
13 Story (4)
14 Hypocritical and sanctimonious talk (4)
18 Panto character (4)
19 Skilled trade (5)
21 Negative aspect of something (8)
22 Tavern (3)
23 Remain (4)
24 Cul-de-sac (4,3)

DOWN
1 Book type (8)
2 People involved in organised crime (8)
3 National song (6)
4 Twice as much (6)
5 Restart a computer (6)
6 Offensive to the senses (4)
11 Heaven (8)
12 Preordained or certain (8)
15 Type of public address system (6)
16 Cause to remember (6)
17 Skin problem (6)
20 Price (4)

MONDAY'S SOLUTION (No 8,476): – ACROSS: 1 Lose touch. 6 Arm. 8 Strike. 9 Rider. 10 Gaggle. 11 Steeple. 13 Angular. 16 A level. 18 Means. 19 Handle. 21 Net. 22 Sensation. DOWN: 1 Lit. 2 Sling. 3 Theresa. 4 Untrue. 5 Hard up. 7 Marseille. 8 Signalman. 12 Trachea. 14 Grants. 15 Lesion. 17 Ennui. 20 Len.

SOLUTION TOMORROW

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Mail Finance
ADVERTISING SUPPLEMENT TUESDAY, MARCH 3, 2020

INSIDE:
GREAT OFFERS, ADVICE & MONEY SAVING TIPS

Equity Release
How to release tax-free cash from your home
see page 3

Retire and Flourish
Step boldly into the Third Age with a solid plan in place
see pages 4 and 5

Money Abroad
Make the most of your money when you make international payments
see page 7

Could you be paying less for your energy?

Save up to £461† a year

Customers who don't switch energy suppliers, collectively overpay by over £2bn a year*

According to data from energy regulator Ofgem, half of UK households have never switched their energy supplier so are missing out on more than £2 billion of savings every year.

For anyone who hasn't switched energy supplier before, it can be a daunting task, with the worry of having to contact your current supplier or losing your service. Our **FREE** service allows you to switch and save without any hassle. Simply get in touch online or over the phone and provide us with some details about your current supply. From there, we'll find the energy deals that are right for you. If you decide to switch, we'll handle everything, with no interruption to your supply.

Right now we have some of the cheapest one and two-year fixed deals from the UK's top energy suppliers available, helping you to avoid future price fluctuations.

SWITCH IN THREE STEPS:

1. Provide your energy details
2. Choose your new deal
3. Confirm your switch

Switch your supplier today, it's simple, fast and free!

Call **0808 239 1976** or visit **www.mailfinance.co.uk/energyswitch**

†10% of customers switching their gas and electricity suppliers with energyhelpline (and its partners) between January 1 and September 30, 2019 saved £461 or more. energyhelpline compares all publicly available energy tariffs under the Ofgem Confidence Code. *Calculations for average usage for dual-fuel households on a big 6 standard variable tariff and paying by monthly direct debit. Average usage is defined by Ofgem as 12,000 kWh pa gas and 3,100 kWh pa electricity. Lines open: Mon-Fri 9am – 8pm, Sat & Sun 9am – 5pm.

Funeral plans guarantee so much more than Over-50s policies

Putting money aside for your funeral makes good sense. Saving little and often makes it more affordable. Some people buy an Over-50s policy to help provide money towards their funeral. However, did you know you may end up paying more in than it ever pays out? That's because the amount the policy provides at the end is fixed, but the longer you live, the more you pay in.

Stop rising funeral costs

Unlike a funeral plan, there is no guarantee that the payout from an Over-50s policy will be enough to cover the cost of your funeral. You could end up leaving loved ones with more to pay.

What's more, Over-50s policies don't include a note of your wishes or any help with the funeral arrangements, so your family would still have to manage this themselves.

Plan your funeral, your way

The Mail Finance prepaid funeral plan is the best way to take care of funeral costs and arrangements in advance.

Not only does the plan fix the costs of the services it covers, but you can also document your wishes, so your loved ones are spared the additional pressures of trying to arrange the perfect send-off for you. You can document as much or as little as you want, and change your mind at any time for no additional cost*. Request your **FREE guide today** to find out more.

Things you should consider	Over -50s policy	Mail Finance funeral plan	
Does it protect against rising funeral costs?	×	✓	Costs of the funeral services in the plan are fixed for ever at today's prices
Is it unaffected by changing inflation and low interest rates?	×	✓	Plan is not affected by inflation and interest rates, unlike Over-50s polices
Fixed amount payable in total?	×	✓	Once paid, there's nothing more to pay for the services included in the plan
Flexibility to pay in full or in monthly instalments?	×	✓	You can choose to pay in one single lump sum or monthly, between 1-25 years†
Can it be cancelled and refunded at any time?	×	✓	If you cancel within 30 days, you'll receive a full refund. After 30 days, you'll be refunded what you've paid, minus a cancellation fee
Can you make your wishes known and does it provide help to loved ones with funeral arrangements?	×	✓	You can record your funeral wishes in your plan* and the funeral director will discuss these with your family, so they will know exactly what you would have wanted
Does it include the services of a trusted and professional funeral director?	×	✓	Includes expert help and support from one of Dignity's 1,200 owned or approved funeral directors across the UK

ORDER YOUR FREE GUIDE TODAY

Simply complete your details and return this coupon in an envelope to: FREEPOST DIGNITY

Mr/Mrs/Miss/Other: _____ **Name:** _____

Address: _____

Postcode: _____ **Telephone:** _____

Email address _____ **Date of Birth:** _____

How we use your information
Once you have enquired, Dignity will act as an independent data controller and process your personal information to provide you with further information about the funeral plan. This may involve contacting you to confirm you have received all the information that you require.

Dignity will also process your information for legitimate business purposes as defined in its Privacy Policy. For more information on how Dignity uses your information, or how to opt out, please see Dignity's Privacy Policy at www.dignityfunerals.co.uk. 'Dignity' is comprised of the Dignity plc Group of companies.

How we share your information
As you have been introduced to Dignity by the Daily Mail, it will share limited information about you with us to prevent duplicate communications and for our own business processes.

CODE: DM303ND

A Mail Finance Funeral Plan guarantees...

1. A guaranteed, fixed-price plan - once paid in full, your family will never be asked for a penny more for the services included in your plan*
2. Flexible payment options – pay in one lump sum or spread your payments monthly
3. Peace of mind with the Dignity Promise – if you pay for your plan over more than 12 months, and pass away before you've finished paying for it, Dignity will cover the balance**.
4. Guarantees your money is safe and secure – held in a completely independent Trust Fund
5. Guaranteed acceptance for everyone aged 50 or over, with no medical questions asked
6. The services of a trusted and professional funeral director within the UK
7. Support for your loved ones – 24 hours a day, 365 days a year
8. If you move house, your plan will move with you to another trusted funeral director, if required, at no extra cost

READER OFFER

£100 off if you purchase before April 30^. Don't miss out, request your **FREE** guide today.

REQUEST YOUR FREE GUIDE TODAY

Call:
0800 151 3591
and quote code **DM303ND**

Or visit:
mailfinance.co.uk/funeral

^The £100 discount offer applies to all Dignity Funeral Plans purchased between February 25 and April 30. For example, a Diamond plan purchased by lump sum will be discounted from £3,995 to £3,895, or from £332.91 to £324.58 if you choose to pay over 12 months. Instalment payments over a period greater than 12 months will also be discounted. *The costs of the services in your chosen plan are fixed but some special requests may incur additional costs if these services are added, such as flowers or an organist. **Please see the Instalment Payments section of the Funeral Plan Terms and Conditions for further details which is included in your FREE guide. †There will be an extra charge if you spread the cost over more than 12 months. Longer payment periods are available provided that all payments are completed by the 85th birthday of the eldest person named on the plan. Your call may be recorded for monitoring and quality purposes. All calls to 0800 numbers are free of charge whether made from a landline or a mobile phone.

Releasing tax-free cash from your home to help your loved ones

FREE Daily Mail guide

Can equity release help older generations provide the gift of home ownership to their loved ones?

It's that time of year when, for many, thoughts turn either to sprucing up their home for spring or making the leap and starting fresh in a new one.

For many first time buyers their hopes of stepping onto the property ladder often fall at the first hurdle, with the inability to raise a deposit. Research from Just states that 61% of first time buyers are helped on to the property ladder by their parents or grandparents, but how are these older generations finding the funds?

Equity release could provide the solution

One of the most popular reasons people are releasing equity is to provide a gift for a loved one, according to data from the UK's largest equity release broker, Age Partnership.

In 2014, more than 5% of people that released tax-free money from their homes did so to provide a gift for the loved ones. In 2019, this figure had risen significantly to over 12%, with family using these gifts for deposits for homes and university fees, among others[1].

Get your FREE guide to find out if equity release is for you

In order to release equity, the youngest homeowner must be at least 55 years old and your home must be worth at least £70,000.

With a lifetime mortgage, the most common type of equity release, you could release from £10,000 up to 55% of the property value which is paid to you tax free.

An independent equity release advisor will explore all of your options with you, and will tell you everything you need to know about equity release, including the effect on the amount of inheritance you can leave and if your entitlement to means-tested benefits could be affected now or in the future.

What's involved?

Equity release may involve a home reversion plan or lifetime mortgage which is secured against your property. To understand the features and risks, ask for a personalised illustration.

There are no monthly repayments required with equity release, any money released, plus accrued interest, would be repaid upon death or moving into long-term care.

Once you've paid off any existing mortgage that you may have, the tax-free money that you release is yours to spend as you wish.

To request your **FREE** guide, call **0808 239 8920**

You could benefit from:

- SAVING THOUSANDS OF POUNDS IN INTEREST
- RELEASING TAX-FREE CASH
- STAYING IN THE HOME YOU LOVE
- NO MONTHLY REPAYMENTS REQUIRED

READER OFFER

Request your free guide to unlocking the cash in your home. This guide is a great starting point to find out if equity release is right for you, call **0808 239 8920** to order yours.

ORDER YOUR FREE GUIDE TODAY

Simply complete your details and return this coupon in an envelope to: FREEPOST MAIL FINANCE.

Mr/Mrs/Miss/Other: _____ Name: _____

Address: _____

_____

Postcode: _____ Telephone: _____

Email address _____ Date of Birth: _____

Are you a homeowner? ☐

Mail Finance
EQUITY RELEASE

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Five ways financial advice can help your retirement

1. Discover how much money you'll need – to give you a clearer picture

2. Assess your risk and reward appetite – for your peace of mind

3. Understand your spending needs and the prefereffect of changing circumstances – to potentially prevent you from running out of money

4. Learn how to use your provisions in the most efficient way – so you don't pay too much in tax

5. Plan a stronger legacy – for your loved ones

How to make the most of your retirement

GET YOUR FREE Daily Mail RETIREMENT GUIDE
WRITTEN BY MONEY MAIL EDITOR
VICTORIA BISCHOFF

Whether you are still a few years away, or have already retired, the new Daily Mail Guide to Retirement will help you understand your options

What's the difference between a great and an average retirement? Having enough money.

Many people enjoy a blissful retirement full of excitement and leisure. For others, it can be a period of financial struggle and hardship. Your financial capability is not just about how much you build up in a pension, but the way you use your savings.

The transition from full-time work to retirement can be confusing. Some very big decisions must be made, and they often can't be undone. We all make mistakes, but getting your retirement plans wrong could be something you deeply regret.

We're all human, though, and there's always something more interesting to think about. Research shows many of us spend more time buying a new car than deciding how to use our pension money in retirement[1]. But while a bad choice of car might cause you some short-term headaches, a poor retirement money decision could affect the rest of your life.

If you don't plan your retirement, you could lose too much money in tax – and risk running out of savings. So you would be cutting back, when others around you are thriving.

What do you need to think about?

If you don't know what you've saved for retirement, don't worry. You're not alone. 54 per cent of UK workers are unaware of the current size of their pension pots. And 41 per cent admit they should be saving more for their retirement[2]. By contacting your pension provider, you should be able to get a statement. Don't forget any old pensions you might have, from previous employers.

How much money you'll actually need is the million-dollar question. The truth is there's no set amount – it depends on your circumstances, ambitions and the way you use your money. But in the next few years, it makes sense to prioritise saving as much as you can.

What all retirees don't know is how their financial situation will change over time. For example, you might be very active during your first few years, before taking it a bit easier later in life. But even then, you might need to pay for long-term healthcare as you get older.

You may also want to support younger generations of your family. One in three grandparents aims to help their grandchildren with university expenses, as just one example[3].

Retirement should be about about you, so you enjoy a well-deserved chance to prioritise the things that matter. But unless you have very basic aims, a fulfilling retirement comes at an ongoing cost. And that's why a considered plan is vital.

Getting started

With so much to think about, it's difficult to know where to begin. But this should be an exciting time too. If you're confused right now, that's quite normal. By investing time drawing up plans, you could start to feel better.

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One easy first step is to order Daily Mail's FREE Guide to Retiring, written by Money Mail editor Victoria Bischoff. Drawing on her wealth of knowledge from writing about money matters, Victoria breaks down the complexities of retirement in an easy-to-understand way.

Reading the guide could allow you to look forward with confidence – it could be something you look back on and are really glad you did. To order your guide, just call the number to the right of this page.

Beyond this informative guide, it's worth giving serious thought to seeking financial advice. Research shows people who receive financial advice are twice as confident about being able to retire how and when they like[4].

Christine Cox, from Leeds, certainly felt the benefits of retirement advice. "I didn't know what to do with the money I had – and needed some guidance," she revealed. "When I met my adviser, the atmosphere was relaxed – he was extremely helpful and there was absolutely no pressure to take his advice."

Plan for more

The beauty of working with a financial adviser is it gives you the support and information to plan forwards. Rather than making costly mistakes.

Mail Finance has partnered with Skipton Building Society to offer a personalised retirement planning service. It's designed to help people approaching retirement. A huge benefit of speaking to your local Skipton financial adviser is they use cutting-edge tools to forecast your likely retirement spending patterns. To work out ways of using your provisions to support your plans.

Christine, who is a Skipton customer, added, "My adviser had really listened to what I wanted from my money. I was given a range of information which was explained clearly to me – and I had plenty of time to reflect and decide what to do."

With this no-pressure, personalised approach, you will be in a position of knowing:

- What you can do to improve your plans
- How soon you could retire
- If you could achieve the retirement you'd like
- Your options in future

And all of this, without any obligation to take Skipton's advice. There's no upfront fee to pay. So you can be confident of being in a position to make informed choices – Capital at Risk.

ORDER YOUR FREE GUIDE TODAY

Simply complete this coupon and return to: FREEPOST SFA (no stamp required)

Title: _____ Name: _____

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Retirement guide ☐ Inheritance tax guide ☐ Investment guide ☐

This guide is brought to you by Mail Finance, in partnership with Skipton Building Society. Skipton will call you on behalf of Mail Finance to see if you require any additional information. For full information on how Skipton will use your data, see Skipton's Data Privacy notice at www.skipton.co.uk/privacy-policy.

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UK Customer Experience Award Winner

CXA'18
UK Customer Experience Awards
GOLD AWARD

Winner of three GOLD awards at the 2018 UK Customer Experience Awards

READER OFFER

If at this stage you're looking for more information on planing your retirement, order your guide written by Money Mail editor Victoria Bischoff. It is **FREE** and packed guide is packed with useful information to help you with your financial planning.

PERSONALISED ADVICE FROM 2%

Skipton has recently transformed its financial advice service, based on feedback from customers. It means they can offer you more advice options and reduced fees – with initial charges starting at 2%.

By investing with Skipton, the aim is to grow your money by more than is possible through through cash savings accounts. It does mean placing your capital at risk, as its value can fall as well as rise and you may get back less than you originally invest. If you take too much income too quickly, your fund could be depleted or run out altogether.

FOR MORE INFORMATION ON PLANNING YOUR RETIREMENT
and request your free guide

Call:
0800 917 6687*
and quote code **MF20F1**

Or visit:
mailfinance.co.uk/retire

Sources: 1. Legal & General, September 2018. 2. Pension and Lifetime Savings Association, February 2020. 3. Key, September 2019. 4. Sanlam, November 2019

Getting you back on your feet as soon as possible

FREE gift when you join AXA PPP healthcare*

Why choose us at AXA PPP healthcare?

- Award-winning flexible cover
- 24/7 telephone health information helpline from medical professionals
- Extended children's cover
- Fast-Track Appointments service when you add the Out-Patient option to your plan
- Up to 50% off annual PureGym membership and other member discounts**
- Plus a **FREE** 100 M&S gift card when you join*

Speedy access to your treatment with private health insurance

Mail Finance has teamed up with AXA PPP healthcare, to provide you with their Personal Health plan. Plus, when you join their plan you'll receive a FREE £100 M&S gift card, or choose from one of four other available gifts*.

At AXA PPP healthcare, you can be safe in the knowledge that we will do everything we can to get you back on your feet as quickly as possible. Our health insurance is designed to give you access for the treatment of new medical conditions that arise after you join.

When you join us you'll have more control over when, where and who takes care of your health. You can choose to have your treatment in one of 250 hospitals from our Directory of Hospitals, so you could benefit from the comfort of your own private hotel style room, usually with en-suite facilities, a TV and a choice of meals, so you can relax knowing you're being looked after. Depending on the hospital, you may even have flexible visiting hours, so your friends and family can come to see you at a time that suits them.

24/7 telephone support

Should you need someone to talk to if you're feeling apprehensive about your health, we have a fabulous team of medical professionals at the end of a phone or via email to discuss your concerns. Our Health at Hand team are available 24/7 and 365 days of the year, so if you're feeling nervous about an upcoming operation, have something that's keeping you awake at night, or you have a question about your health, you can have peace of mind knowing that there is always someone here to support you. We're happy to help and be a listening ear when you need us most.

Other benefits of our Personal Health plan:

- You're covered for full hospital fees including diagnostic tests, CT, MRI and PET scans and physiotherapy. So long as you're an in-patient or day-patient, and using a facility from our Directory of Hospitals
- Flexible visiting hours, allowing your friends and family to visit you at a time that works for them
- Cash payment if you use a hospital or day-patient unit that is not in our Directory of Hospitals
- Cash payment up to £2,000 a year when you have free in-patient treatment under the NHS, so long as you're admitted before midnight and we would have covered your treatment if you had had it privately

We have different options to suit your needs

With our Personal Health plan, you are able to tailor the plan to suit your individual needs. For example, our Therapies option provides you with out-patient treatment by a physiotherapist, acupuncturist, homeopath, osteopath or chiropractor that is recognised by us. There's no yearly limit on fees and you'll be able to have up to 10 sessions a year when your GP or Working Body therapist refers you. You might even been interested in our Dentist and Optician Cashback option, which is available for you to add to your Personal Health plan.

To find out more about these options and the other options we have available, to get a quote or to discuss what is and isn't covered give one of our friendly team a call or visit the website.

Industry Award-Winning

YourMoney.com AWARDS 2019 — BEST DIRECT HEALTHCARE PROVIDER — AXA PPP HEALTHCARE

defaqto 2020 ★★★★★ Individual PMI

Named Best Direct Healthcare Provider for the eighth year running in the YourMoney Awards, as well as being given a 5* Defaqto expert rating*

*The Defaqto five-star-rating is based on the overall product including all options. Fewer options may affect the rating

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Five reasons to use a currency specialist

Make the most of your money when you make international payments

Whether you're buying a holiday home, retiring overseas or sending money to family and friends abroad, a foreign exchange specialist can help save you time, hassle and money on your international payments.

At Mail Finance Money Transfers, we provide a specialist currency exchange service offering you the following benefits...

1 GREAT EXCHANGE RATES

With the pound having seen better days, every penny counts when making an international payment. We offer great exchange rates, on over 120 currencies.

2 NO ONLINE TRANSFER FEES

Some high street banks incur transfer fees as high as £40 per transaction, resulting in large costs when you need to make payments on a regular basis. Fortunately, you can enjoy no transfer fees on your international payments with a Mail Finance Money Transfers account, helping you get more for your money.

3 EXPERT GUIDANCE

Foreign exchange markets can be difficult to navigate, which is why our team of dedicated currency specialists are always on hand to offer any assistance required. We provide the latest market updates and guidance alongside a UK-based call centre.

4 SET UP A REGULAR PAYMENT PLAN

If you need to pay a foreign mortgage, make regular pension payments or transfer savings overseas every so often, you can set up a Regular Payment Plan for a small fee. Simply choose the amount you wish to transfer and the frequency, then we'll automate your future payments, taking the hassle out of your foreign exchange.

5 TRACK, TARGET AND FIX RATES

You can track exchange rates from your account and even target your ideal rate. That means we'll notify you if that rate is achieved. In addition, you can lock in a current exchange rate with a forward contract for up to two years. This may require a deposit, but ensures you'll always know how much your money is worth and won't have to worry about any market movements.

Enjoy a quick, easy and cost-effective way to transfer money with a Mail Finance Money Transfers account. You can rely on great rates, specialist FX tools and 24/7 access to your secure online account, while our team of currency experts is there to help every step of the way.

Open your free account today or speak to one of our specialists

TANYA'S TOP TIPS

To make your money stretch further

Tanya Uniacke, Head of Sales

"If you're making regular transfers, a Regular Payment Plan makes things simple. Set it up once, specify the currency, the amount and the frequency and everything else is automated. Your British pounds are collected via Direct Debit, converted to your destination currency, and sent to the recipient."

If you have any questions on international payments, get in touch by emailing Tanya at *asktanya@moneycorp.com*

HOW IT WORKS:

OPEN AN ACCOUNT
Register today for a **FREE** account to start sending money overseas

EXCHANGE MONEY
Add funds to your account and we'll get you our best rate

SEND PAYMENT
Set up a recipient and we'll send your payment on time

FOR MORE INFORMATION ON YOUR INTERNATIONAL PAYMENTS

Contact our UK-based team, **FREE:**

0808 271 9482

Or visit:

mailfinance.co.uk/transfers

moneycorp exchange experts

Mail Finance Money Transfers is provided by moneycorp which is a trading name of TTT Moneycorp Ltd. TTT Moneycorp Limited is authorised by the Financial Conduct Authority under the Payment Service Regulation 2017 (firm reference number 308919) for the provision of payment services.

Put UK residential property in your ISA

0% Investment Fee**

Independent Customer Reviews

Trustpilot

Rated Excellent on Trustpilot
Correct as at 20/02/2020

Now could be a great time to invest with Mail Finance's trusted partner, Bricklane — Investment Fee cut from 2% to zero

ISAs are often considered to be a great way to make your money work harder, but time is running out to use your 2019/20 allowance. If you're thinking of investing, Mail Finance's trusted partner, Bricklane, could be a great option.

Bricklane enables you to invest your ISA allowance in UK residential property. Rather than owning directly, with Bricklane, you can invest in diversified property portfolios known as Real Estate Investment Trusts (REITs). These portfolios contain properties that have been handpicked for their investment potential by industry experts.

Bricklane offers investors a choice of two funds: **The London fund** includes properties in the capital while **the Regional Capitals fund** contains properties in Manchester, Birmingham and Leeds. You can invest in either fund or split your investment 50:50 between the two.

A very tax-efficient way to invest in property

With a **Bricklane ISA (Type: Stocks and Shares)**, you can invest up to £20,000 and pay no tax on income or gains, no matter how large your investment may become.

This personal tax-efficiency is further enhanced by Bricklane's REIT status, which ensures that the funds are exempt from paying corporation tax on rental income, as well as increases in the value of properties when sold.

Investing your money with Bricklane could give you better returns than holding it in cash. While Cash ISAs are more secure and easily accessible, the average instant-access Cash ISA offers returns of 0.85%, which isn't enough to keep up with inflation (1.8% as of February 2020). That means money held in most Cash ISAs is decreasing in value over time. Unlike with a Cash ISA, with investing your capital is at risk and there is no FSCS protection for poor investment performance. The value of your investment may go down as well as up.

Your ISA allowance expires on April 5

There's not much time left to use your 2019/20 ISA allowance and it can't be rolled over to next year, so after April 5, it's gone. Even if you've already used your 2019/20 ISA, you can also transfer old ISAs from other providers to Bricklane. General Investment and Self-Invested Personal Pension (SIPP) accounts are also available.

As a bonus, Bricklane has recently slashed its investment fee from 2% to zero – a saving of up to £400 in fees if you were to invest your entire ISA allowance.

If you're interested in learning more about investing with Bricklane, you can visit bricklane.com or contact its UK based customer support team on **0203 1111 432** 9:30am to 5:30pm, Monday to Friday.

As with all investing, your capital is at risk. Tax treatments depend on your individual circumstances and may be subject to change. Bricklane doesn't give advice and you should seek independent advice before investing. Please see further risks in the Important Information box.

Important Information

As with all investing, your capital is at risk. Tax treatments depend on your individual circumstances and may be subject to change. Investments made through shares in REITs. Bricklane does not give advice. If you are unsure about whether investment is right for you, you should take advice before investing, including tax advice. Your investment may go down as well as up. Past performance is not a reliable indicator of future returns.

*You may not be able to sell your investment within a reasonable timeframe.

**Terms Apply. Annual Management Fee of 0.85% applies.

Customer Testimonial

"The tax benefits are great, the company is backed by big names, and has helpful staff. In short, it's a great service that my wife and I have recommended several times."

– Stewart and Jayne
Bricklane ISA customers

ARRANGE A CALL WITH BRICKLANE'S UK-BASED CUSTOMER SUPPORT TEAM

Call:
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Or visit:
mailfinance.co.uk/property-investment

WHY INVEST WITH BRICKLANE

- TAX-EFFICIENT ISAS AND SIPPS (PENSIONS) AVAILABLE
- CHOOSE FROM TWO PROPERTY PORTFOLIOS
- SIMPLE AND TRANSPARENT FEES, FREE WITHDRAWALS*
- SOPHISTICATED DATA-DRIVEN PROPERTY SELECTION
- UK-BASED CUSTOMER SUPPORT TEAM AVAILABLE BY PHONE

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