



**PRITI LAYS
DOWN LAW
ON FOREIGN
HOLIDAYS**

SEE PAGES 8&9



**PRINCESS
DIANA...**

**Hollywood star
is the spitting
image in new role**

SEE PAGE 11



WAIT YOUR TURN!

SELFISH EU WANTS OUR VACCINES

**Brussels orders
UK Covid jabs to
be sent to Europe**



By **Martyn Brown** and **Joe Barnes**

BRITAIN has ordered desperate EU chiefs to wait in line after Brussels tried to hijack UK-made Covid jabs.

The bloc said tens of millions of shots must be diverted from British patients to cover shortages caused by its delays in ordering the vaccine.

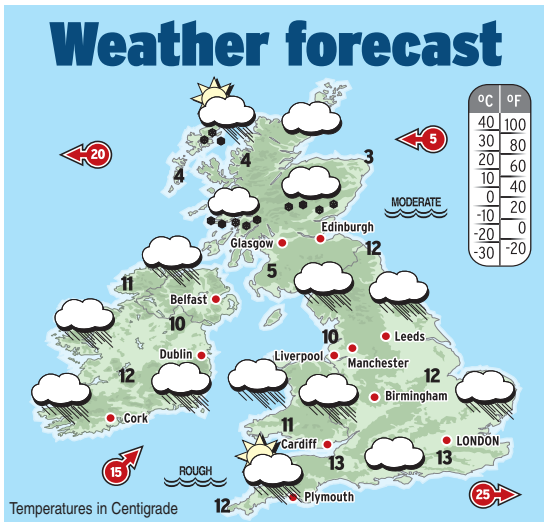
MP Peter Bone said the move by EU boss Ursula von der Leyen was selfish, adding: "They must wait their turn. I

TURN TO PAGE 4



**Kate's girl a chip
off the old Moss!**

SEE PAGE 3



East Anglia: Cloudy with rain or drizzle, heavy at first. Moderate south-easterly winds. Mild. High 12C (54F).

London/South East: Dull with patchy light rain, mainly during the morning. Brisk westerly winds. Very mild. High 13C (55F).

South: Cloudy and damp with patchy light rain or drizzle. Moderate westerly winds. Mild. High 13C (55F).

South West: Wet with outbreaks of light rain and drizzle expected. Fresh westerly winds. Very mild. High 13C (55F).

Channel Isles: Cloudy with rain and drizzle for a time. Drier later. Strong westerly winds. Mild. High 12C (54F).

Sea: North Sea: Moderate. Irish Sea: Moderate. Channel: Moderate.

UK OUTLOOK TOMORROW: Rain will continue across Northern Ireland, northern England and parts of Scotland, wintry for a time before easing. Largely dry elsewhere.

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

Britain yesterday		Moon, sun and tides	
Aberdeen	0.4 0.02 0 3	Glasgow	0.0 0.20 1 4
Aberporth	0.0 0.20 8 10	Hull	3.6 0.01 2 8
Ainwick	0.0 0.03 0 5	Ipswich	0.2 0.17 4 8
Belfast	0.1 0.01 4 7	Leeds	3.5 0.00 1 9
Birmingham	3.9 0.02 4 10	Lincoln	0.5 0.04 2 8
B'mouth	0.1 0.06 8 11	London	0.0 0.05 6 10
Bristol	0.6 0.02 8 10	Manchester	0.1 0.02 4 9
Cardiff	0.0 0.30 8 10	Oxford	0.0 0.13 6 10
Durham	1.9 0.01 0 8	Sh'ampton	0.4 0.00 8 10
Edinburgh	0.0 0.07 1 3	St Andrews	0.0 0.03 0 4

Today		Europe forecast		Tomorrow	
Amsterdam	Rain	7C/45F	Amsterdam	Showers	10C/50F
Brussels	Rain	12C/54F	Brussels	Showers	12C/54F
Dublin	Rain	11C/52F	Dublin	Cloudy	9C/48F
Frankfurt	Rain	9C/48F	Frankfurt	Rain	11C/52F
Geneva	Rain	10C/50F	Geneva	Showers	12C/54F
Lisbon	Cloudy	16C/61F	Lisbon	Cloudy	16C/61F
Madrid	Cloudy	14C/57F	Madrid	Fair	14C/57F
Paris	Rain	15C/59F	Paris	Rain	13C/55F
Rome	Fair	13C/55F	Rome	Fair	15C/59F

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Pictures: PA, REUTERS

Police tackle HS2 protest

By Cyril Dixon

ECO-WARRIORS against HS2 took to trees and tunnels as police and bailiffs moved in.

Cherry pickers were used and five HS2 Rebellion members were arrested with others dispersed.

An 18-year-old activist said some had "locked themselves" inside passages under the camp. Larch Maxey, 48, said he was among a handful in a 100ft tunnel at Euston Square Gardens in central London stashed with food and water supplies.

He said: "We will not be coming out any time soon."

The site was occupied last August and yesterday frustrated rail bosses moved in court officials.

HS2 said the protesters were putting a "strain on the emergency services during a pandemic".



A protestor is taken away as others camp out in a tree

Contactless limit rise is on the cards

By Vicky Shaw

THE contactless card payment limit could soon be raised to £100.

The change is being considered by the Financial Conduct Authority which says there has been an increase in digital transactions since the last rise in April, from £30 to £45.

But the City regulator says it will first consult customers and retailers on the proposed move.

It said: "Recognising changing behaviour, we will be seeking views on amending our rules to allow for a possible increase to £100."

Many retailers have preferred card payments during the pandemic and the rise in contactless threatens the use of cash.

But the Government says it will use the law to protect notes and coins.

Gareth Shaw of Which? said: "Raising the limit will be helpful for those who are comfortable managing their money digitally."

"However, millions still rely on cash."

Tesco customers' details for sale by dark web crooks

DARK web criminals are selling stolen account details from shoppers at Tesco, Deliveroo and McDonald's, an investigation by Which? has revealed.

A "treasure trove" of rifled personal data including user names, addresses and loyalty card balances was uncovered by the consumer campaign group. Cyber security experts say the information could be used to clone customer identities and gain illegal access to online shopping services.

One seller on the dark web - hidden websites often used for illegal activities - claimed to have thousands of Tesco Clubcard account details for sale at 42p each.

Which? computing editor Kate Bevan called for companies and customers to tighten up on security.

She also urged the Information Commissioners' Office (ICO) to introduce stiffer penalties for offenders, and better compensation for victims.

She said: "Our research has found a

By Cyril Dixon

treasure trove of stolen data being traded by criminals on the dark web - highlighting the danger of companies acting carelessly with customers' sensitive personal information.

"The ICO must be prepared to issue



heavy fines against companies that leave customers' personal data exposed.

"Which? is also calling for consumers to have an easier route to redress when they suffer from data breaches."

The watchdog worked with a private security firm to investigate what was on sale. As well as Tesco data, they

found customer accounts from My McDonald's and Deliveroo, both app-based takeaway food businesses.

They also found names, phone numbers, addresses and other data from more than 10 million guests who stayed at MGM Resorts hotels.

Which? advised customers to have strong passwords, use password manager services and two-factor authentication. It also warned against saving credit card details on websites.

It admitted it could not confirm whether the personal details were genuine without trying to use them.

Tesco declined to comment but Deliveroo, McDonald's and MGM said they took data security very seriously.

Deliveroo said: "We are committed to tackling illegal activity and developing new and market-leading innovations to protect our consumers."

McDonald's said: "We regularly add additional layers of fraud protection and security to our app."

Mummy's girl

Lila Grace Moss, 18, follows Kate, 47, down the catwalk

By Jan Disley

IT WAS a family affair as Kate Moss and daughter Lila Grace worked the catwalk together for the first time.

The lookalike model pair joined an A-list line-up for Paris Haute Couture Week.

Their fashion debut came in the opening Fendi women's collection from British designer Kim Jones.

Kate, 47 – who is said to be guiding the career of the daughter she had with media boss Jefferson Hack – showed off a silver maxi dress with cap sleeves.

While newcomer Lila, 18 – already the face of Marc Jacobs perfume – donned a beaded sheer gown over a cream bodysuit and knee boots.

But there was no mistaking they are the spitting image of each other.

Also gracing the audience-free catwalk were supermodels Bella Hadid, Cara Delevingne, Christy Turlington, Naomi Campbell and sisters Adwoa and Kesewa Aboah.

Hadid paraded a gossamer cape



Double... Kate Moss and daughter Lila

while Delevingne sported an androgenous metallic brocade suit.

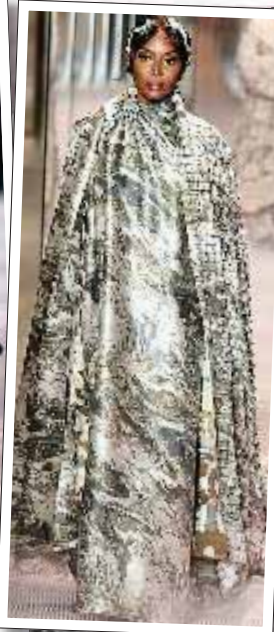
Hollywood actress Demi Moore opened the event, that was streamed online, in a black off-the-shoulder two-piece. While Campbell closed it in a regal hooded silvery cape dress with an extra long train.

Jones, who succeeded the late Karl Lagerfeld as Fendi artistic boss, said before his Spring/Summer 2021 show that the fashion house was "all about family".

It certainly is for the misses Moss.



Stars come out... Kate Moss was joined by, from far left, Demi Moore, Naomi Campbell and Cara Delevingne



You Moss be Kate's girl... Lila shows off model skills inherited from mum

Here's the news... Angela can still do splits at 76



TV leg-ends... Angela with Eric Morecambe

FORMER newsreader Angela Rippon has revealed she can still do the splits – more than 40 years after she amazed 26 million viewers with her high-kicking dance routine on Morecambe and Wise.

Angela, 76, said that although she is no longer the "Ferrari" she was, she sees herself as a "well-preserved vintage model".

When asked if she could do the splits in her 70s she replied: "Oh yes I can. I'm still very supple. Of course, some things I could do when I was, say 30, I can't do now.

"But it's important to maintain what you can do for as long as possible – then no one can ask more of you."

In the 1976 Morecambe and Wise

By Mark Reynolds

Christmas special, Angela became the toast of the nation as the first deskbound newsreader to reveal their legs.

The former Nine O'Clock News presenter says she has maintained a dedicated fitness regime and is enthusiastic about the benefits.

She told Platinum magazine that in her 20s she had been advised by a woman she interviewed to think of her body as a machine that will "seize up if you don't oil it".

Angela added: "Although I'm not like a Ferrari any more, I feel like a well-preserved vintage model. If you keep moving, keep supple and maintain a decent level of fitness,

you've got a great chance of staying well. Keeping fit is really good for every part of your body."

She also said she needed to stay in shape for her current role – as the presenter of BBC One's Rip Off Britain.

She said: "My job requires me to be physically fit. People don't realise that sometimes I'm on my feet for up to 14 hours a day when filming – and there are all the early starts and late finishes too.

"I used to ride horses competitively and still do all sorts of things. I go to Pilates, cycle, power walk and play tennis regularly. So staying fit has always been part of my lifestyle. I feel better when I'm active."

Death toll of health workers nears 1,000

By **Chris Riches**

COVID has killed 931 health workers, new figures reveal.

The number was described as “absolutely tragic” by Dr Chaand Nagpaul, council chairman of the British Medical Association.

He added: “No one should have to risk their life just by going to work and the Government has a duty to protect health and social care staff.”

Unison general secretary Christina McAnea warned the Government must not let protections slip, a cause backed by the Express throughout the pandemic. Ms McAnea added: “They can’t look after people without hands-on contact.”

“Keeping the rest of us safe is putting these workers at greater risk.”

Data from the Office for National Statistics confirmed 237 health workers had died since mid-October alone.

And since March 9 last year the toll for England and Wales included 420 NHS staff, 469 social care workers, 38 in Scotland and four in Northern Ireland.

Cases are falling, but not as fast as before

By **Hanna Geissler**

THERE may be signs England’s lockdown is working – but cases are not falling fast enough to relax restrictions, experts say.

The latest infection survey by Imperial College London estimates that one in 64 people were infected from January 6 to 22.

Scientists said infections appeared to plateau, followed by a “shallow decline” from the middle of the month.

Prof Paul Elliott, chair in epidemiology and public health medicine at Imperial, said: “We need to keep an eye on what’s happening – even though we’re seeing this suggestion of a downturn, it’s by no means as fast as we saw in lockdown one.”

EU is desperate to incompetent Covid

FROM PAGE ONE

don’t know whether they think they are all-powerful but it just goes to show how incompetent they are.

“It also goes to show why so many people want to leave the EU.

“Their bureaucracy and incompetence means they are miles behind on their vaccine rollout and are now scrambling to do anything they can to cover it up.”

The Tory MP added: “I don’t think there is anything legally or morally right about what the EU is doing to try and queue jump when they were so late in placing their order.”

Prime Minister Boris Johnson insisted last night he was “very confident in our contracts” with vaccine-maker AstraZeneca to supply the UK.

He said Britain would carry on with mass-production of the drug, which was developed jointly with Oxford scientists.

The slapdown to desperate EU chiefs came after Brussels’ health boss ordered AstraZeneca to divert vaccine supplies from its two UK factories to the bloc – or face legal and financial penalties.

Stella Kyriakides accused the pharmaceutical giant of breaching its contract with the EU by trying to keep the UK’s supply chain separate to that of the rest of Europe.

She said the EU’s contract for up to 400million doses names UK factories and that not using them to supply it is “against the letter and the spirit” of the agreement.

Ms Kyriakides said: “We reject the logic of first come first served. That may work at the neighbourhood butchers but not in contracts.”

The outburst risks squeezing NHS supplies at a critical time in the UK’s mass vaccination programme.

The vaccine is made at AstraZeneca’s Wrexham and Oxfordshire factories as well as in European plants.

But EU officials claim the



Fury... Duncan Smith

bloc has been offered only a quarter of the 100 million doses it had been promised for the first quarter of the year – so they need 75 million jabs from the British factories.

The firm has blamed production issues at its European plants. Crisis talks with EU chiefs broke up without a deal last night.

The UK has forged ahead with its vaccine rollout after moving swiftly and tying up a contract with AstraZeneca for the supply of its jabs three months earlier than Brussels.

Ms Kyriakides added: “There is no hierarchy of the factories. In the contracts there are four factories listed but it does not differentiate between the UK and Europe.

“The UK factories are part

of our advance purchase agreements and that is why they have to deliver.

“We expect the doses that are in an advance purchase agreement to be delivered to the European Union.”

President von der Leyen is under mounting pressure due to big delays in the roll-

out of the bloc’s vaccination programmes.

AstraZeneca’s boss Pascal Soriot said supply chain teething problems were sorted in the UK before the EU as Britain had signed a contract three months ahead of the bloc.

He said: “We are basically

two months behind” due to manufacturing problems in Belgium.

He added: “The contract with the UK was signed first and the UK, of course, said ‘You supply us first’ and this is fair enough.”

AstraZeneca insisted the Commission had been heav-

Vaccine makers halted



Investigations at Wrexham

PRODUCTION of the Oxford-AstraZeneca vaccine was suspended due to a bomb alert.

Royal Logistics Corps disposal experts were rushed to Wockhardt UK’s facility in Wrexham, North Wales, yesterday after a suspicious package was found by workers.

John Roberts, who runs CMS Wrexham Ltd, next door, said he heard a “big

By **Michael Knowles**

bang” before police flooded on to the site.

Officers evacuated staff, put up a security cordon and closed roads.

The alert disrupted production at the facility, where the vaccine is put into vials and packed for AstraZeneca.

Forensic officers examined items on a road

AT BRUSSELS' DEMANDS

cover up its jab rollout

Pictures: GETTY, REX, REUTERS

The contract with the UK was signed first and the UK, of course, said 'you supply us first', and this is fair enough



Row... European Commission, chief Ursula von der Leyen, AstraZeneca boss Pascal Soriot and EU health chief Stella Kyriakides

ily involved in drawing up its plans.

A spokesman said: "As each supply chain has been set up to meet the needs of a specific agreement, the vaccine produced from any supply chain is dedicated to the relevant countries or regions and makes use of local manufac-

turing wherever." Mr Johnson declined to get drawn into the row but said the vaccine is being produced in "ever-growing quantities in the UK", adding: "That will accelerate."

"All I can say is we're very confident in our supplies."

Tory MP Sir Iain Duncan Smith said of the EU demand:

"This is mean-spirited, selfish, self-centred and I think, utterly, utterly arrogant to think they are standalone superior to everybody else." But German MEP Peter Liese, of Chancellor Angela Merkel's party, urged Brussels to block all exports to Britain of another jab made now by Pfizer if AstraZeneca does not divert doses from the UK.

Mr Liese warned the firm and the UK to "think twice" about treating Europeans as "second class" and raised the spectre of a vaccine "trade war" over retaliation.

The AstraZeneca vaccine has not yet been approved by the EU, although the European Medicines Agency (EMA) is expected to give it the green light tomorrow.

Britain has inoculated 7.3 million people.

The EU, with a population seven times larger, has vaccinated 9.7 million.

by bomb scare

near the plant and North Wales Police said the contents of a package were taken away for analysis.

Wockhardt UK said the suspension will not delay production of the life-saving Covid jabs.

No 10 was kept updated and Welsh First Minister Mark Drakeford said he was working to find out more.

A police spokesman said: "There are no wider

concerns for public safety, however some roads on the industrial estate will remain closed whilst we continue our investigations."








Wockhardt UK said it could "confirm that the package was made safe and staff are now being allowed back into the facility".

Visiting in November, PM Boris Johnson said the plant could give "salvation for humanity".

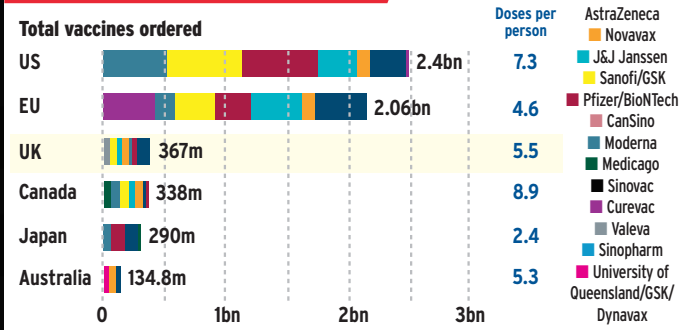
OPINION: PAGE 12

DOSES OF VACCINE THE UK HAS ORDERED

TOTAL DOSES
367m

Approved and being deployed			Efficacy
 100m	Oxford/AstraZeneca vaccine Two doses, 28 days apart	£2.25 per dose <i>variable by market</i>	70%
 40m	BioNTech/Pfizer vaccine Two doses, 28 days apart	£14.63 per dose <i>for first 100m doses</i>	94.6%
Approved, not yet deployed			94.5%
 17m	Moderna vaccine Two doses, 28 days apart	£18.50-£27.75 per dose	
Phase 3 clinical trials (large scale safety testing)			Unknown
 60m	Novavax Vaccine	£12 per dose	
 30*m	Janssen One dose	£7.50 per dose <i>*Option to purchase 22m more</i>	Unknown
Phase 1/2 clinical trails (larger scale safety testing)			Unknown
 60m	Valneva vaccine Two doses, 28 days apart	Dosage not finalised	
 60m	GSK/Sanofi Pasteur vaccine (Poor results in early trials)	Dosage not finalised	Unknown

HOW COUNTRIES COMPARE



PRIORITY GROUPS FOR VACCINE

1	Older adults living in care homes and care workers	0.8m
2	All those 80 and over	3.3m
	Health and social care workers	3.8m
3	All those 75 and over	2.3m
4	All those 70 and over	3.2m
	Clinically extremely vulnerable (Under 70)	1.2m
5	All those 65 and over	2.9m
6	Moderate-risk adults under 65	7.3m
7	All those 60 and over	1.8m
8	All those 55 and over	2.4m
9	All those 50 and over	2.8m

VACCINATION PROGRESS

Percentage of population who have received vaccine (doses administered)	
Israel	48% (4.19m)
UAE	27% (2.68m)
Seychelles	20% (19,889)
UK	11% (7.33m)
Bahrain	8.5% (144k)
US	7% (23.54m)
Malta	4.8% (21k)
Serbia	4.6% (310k)
Iceland	4.5% (15k)
Denmark	4% (213k)
People vaccinated in the UK	7.64m
First dose	7.16m
Second dose	474,156
First dose daily	311,060

Sources: Airfinity and Our World Data (latest figures available) and gov.uk

'Inequality in health saw Covid hit us hard'

By **Hanna Geissler**
Health Reporter

BRITAIN has one of the worst Covid-19 death rates in the world because of "deep-seated inequalities" in health, experts have said.

Sir Michael Marmot, professor of epidemiology at University College London, said: "We came into the pandemic in a bad state. Then when it hit, what we saw were inequalities in health that for Covid-19 mortality look similar to mortality from all causes."

In 2010, Sir Michael presented a landmark review of health inequalities in England, highlighting the growing gap between rich and poor. Last February he said improvements in life expectancy had stalled over the last decade and the health of the poorest people was declining.



Review...Sir Michael

Asked on BBC Radio 4's Today programme about what to focus on for the next pandemic, he said: "Building back fairer, putting health and wellbeing at the heart of all government strategy. "You can't get away with defunding public services for a decade and then expect to be in a good place."

Linda Bauld, professor of public health at the University of Edinburgh, said there had been a "legacy of mistakes" – including cuts to public health spending and too many suffering from underlying conditions that increased their risk of severe Covid-19.

She said: "There has been a lot of focus on the public's behaviour.

"Are we misbehaving in a way that's not the case in other countries? I really fully reject that."

She said one of the key failures was an "absolute inability to recognise we needed to address international travel".

Schools to stay shut until at least March to avoid 'huge surge'

By **Macer Hall** Political Editor

SCHOOLS will not begin to reopen for at least another six weeks, Boris Johnson said yesterday.

In a fresh blow to pupils and parents, the Prime Minister admitted his hopes of a widespread return to classrooms after next month's half-term break had been dashed by "forbiddingly high" rates of Covid infection and hospitalisation.

Instead, he set his sights on children other than those of key workers returning from March 8 – once all over-70s have been offered a coronavirus jab and the vaccine protection has kicked in – to avoid "another huge surge in the disease".

Mr Johnson signalled the move would be the first step in a gradual relaxation of Covid restrictions laid down in a "roadmap" showing the way out of the lockdown.

Clarity

He said at a Downing Street news conference last night: "We will set out our plan not just for reopening our schools but gradually to reopen our economy and our society and to get our lives back to as close to normal as possible."

His announcement effectively extended the third lockdown across England – initially scheduled to last until the middle of February – by at least another three weeks.

He repeatedly cautioned that the reopening of schools and other moves to ease restrictions could be further delayed if Covid infections, hospitalisations and deaths do not fall drastically.

The Prime Minister said: "This will be a timetable that is inevitably going to be subject to adjustment.

"But I believe it will provide



'Stress and anxieties'... the Prime Minister yesterday

clarity and certainty about the way ahead, a roadmap that we can take together and use as a country to defeat the virus and begin steadily to reclaim our lives."

To quell the anger of Tory MPs over the delays to the reopening of schools, Mr Johnson pledged to publish this "roadmap" in the week beginning February 22 – when the Commons returns from its half-term break.

And he also promised that the Government would spend £300million on catch-up tutoring and summer schools to try to help youngsters make up some of the learning time lost during the schools shutdown.

Support for children eligible for free school meals, including food packages and vouchers, will also be extended to cover the extra period of classroom closures, he said.

He told the news conference: "I share very much the frustration of pupils and teachers who today want

nothing more than to get back to the classroom.

"And I understand the stress and the anxieties of parents coping heroically with the pressures of home-schooling, and I know that everybody across the country wants us to get schools open as fast as possible.

"I can assure you that is the ambition of this Government.

"But I also know, we all know, that with 37,000 people in hospital suffering from Covid, and the infection rates still forbiddingly high, you, we all, must be cautious and we all want only to open schools when we can be sure that this will not cause another huge surge in the disease."

Goal

Earlier in the Commons, the Prime Minister told MPs: "I know the measures I am setting out today will be deeply frustrating to many honourable friends and colleagues, and disappointing for all of us.

"But the way forward has been clear ever since the vaccines arrived, and, as we inoculate more people hour by hour, this is the time to hold our nerve in the end game of the battle against the virus.

"Our goal now must be to buy the extra weeks we need to immunise the most vulnerable and get this virus under control so that together we can defeat this most wretched disease."

Mark Harper, chairman of the Covid

Safety first... Mary Bousted

DAILY EXPRESS VOTE

Q Should all pupils go back to school before March 8?

YES: 0901 133 4440

NO: 0901 133 4441

Yes text DXYES to 84988

No text DXNO to 84988

Texts cost 50p plus standard charges. Calls cost 50p plus your telephone company's network access charge. Vote closes at midnight tonight. The Daily Express may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you. To stop receiving SMS messages please text 'NSNOINFO' to the originating number. SP: Spoke, 0333 202 3390.

Recovery Group of Tory MPs pressing for a clear plan for easing lockdown, said: "We've had the commitment to a roadmap for reopening our economy, starting with schools, as more vulnerable people are protected.

"But there are still many other questions to seek clarity on – such as what criteria ministers want to see before they decide to reopen schools."

However, teaching unions accused the Prime Minister of being over-optimistic in his plan to reopen schools on March 8.

Dr Mary Bousted, joint general secretary of the National Education Union, said: "We all want schools to open but, like the Prime Minister, we want them to open when it is safe to do so. This has to be done sustainably and safely."

"In setting out a potential date of March 8, falling once again into his characteristic and too often misplaced optimism, he is pre-empting a decision that will have to be made in mid-February at the very earliest.

"If we come out too early, we will end up in lockdown again."

Dr Patrick Roach, general secretary of the NASUWT teachers' union, said: "Given previous experience, the announcement of arbitrary dates for schools to reopen to all pupils can be profoundly unhelpful to parents and to those working in schools.

"However, a clear plan for how schools will be fully reopened remains a key question which the Government must now work urgently and openly with the profession to address."

HEAVY BURDEN ON HIS SHOULDERS



BORIS Johnson struck a solitary pose as he prepared to address MPs about Covid-19 – the day after the death toll topped 100,000.

He stood momentarily outside the doors to the Commons chamber before facing Prime Minister's Questions.

Mr Johnson said he "deeply, personally" regretted the loss of life and suffering. The normally packed chamber had a handful of MPs attending with the rest on a video link.



Starmmer 'is wrong' on teacher jabs

By **Macer Hall**

LABOUR'S demands for teachers to be allowed to leapfrog the queue for vaccinations were rejected outright by the Prime Minister.

Sir Keir Starmer had demanded all school staff were inoculated ahead of people in their 60s and younger ones with serious health conditions, to speed up the return to class.

Labour's leader wanted the jabs done in February half-term. But a Downing Street source said: "Labour's position is that it would take vaccines away from people who are at high risk...and give it to those at low risk. We think that is the wrong policy."

Sir Keir asked Boris Johnson in



No higher rate...Jonathan Van-Tam

a heated clash via video link at Prime Minister's Questions: "Reopening our schools should be a national priority, but...the Prime Minister has not got a plan.

"Does he agree with me that, once the first four categories of the most vulnerable have been vaccinated by mid-February, he should bring forward the vaccination of key workers and use the window of the February half-term to vaccinate all teachers and all school staff?"

The PM hit back: "People need to hear if we are to get schools to reopen, because that is the best thing for pupils and the best thing for families. I would like to hear from the Leader of the Opposition in defiance of his union paymasters that schools are safe."

England's Deputy Chief Medical Officer Jonathan Van-Tam said there was not a "markedly increased rate of infection or mortality" among teachers.



TV debate... Boris Johnson clashes with an on-screen Sir Keir in the Commons yesterday

We'll beat pandemic as a Union, insists PM

By **Macer Hall**

BORIS Johnson will visit Scotland today to highlight the benefits of the Union in the fight against coronavirus.

But Nicola Sturgeon yesterday attacked the Prime Minister's trip as an example of "non-essential travel".

Ahead of his visit, Mr Johnson said: "The great benefits of co-operation across the whole of the UK have never been clearer than since the beginning of this pandemic.

"We have pulled together to defeat the virus, providing £8.6 billion to the Scottish Government to support public services while also protecting the jobs of more than 930,000 citizens in Scotland.

"We have a vaccine programme developed in



Attack...Nicola Sturgeon

labs in Oxford being administered across the United Kingdom by our Armed Forces, who are helping to establish 80 new vaccine centres across Scotland."

The UK Government has now delivered more than one million rapid lateral flow test kits to Scotland so far.

It is also funding testing sites across the country.

Ms Sturgeon continues to push for a second referendum on Scottish independence. She questioned the timing of Mr Johnson's visit.

The Scottish First Minister said: "I heard him do it as recently as yesterday - don't travel unless it is really essential. Work from home if you possibly can.

"That has to apply to all of us. People like me and Boris Johnson have to be in work for reasons that I think most people understand, but we don't have to travel across the UK as part of that."

Double-dip recession unlikely, say experts

BRITAIN looks on course to narrowly avoid its first double-dip recession since the 1970s and recover sooner than first feared, suggests an economic think tank.

The EY Item Club believes the economy flatlined in the final quarter of 2020 rather than contracted, thanks to a resilient performance during the November lockdown. While the latest, tougher

By **Holly Williams**

lockdown is set to see output fall sharply in the first quarter of 2021, the Item Club said that the absence of a contraction at the end of last year will see the UK avoid a much-feared double-dip recession.

A recession is defined by two quarters in a row of falling gross domestic product (GDP) - a

measure of the size of the economy. Despite a contraction of between 3 per cent and 4 per cent due in the first three months of 2021, the Item Club believes the prospects for recovery are "looking brighter".

It will also mark a far less severe hit than in the first lockdown when second quarter GDP plunged 18.8 per cent. The think tank's chief economic adviser Howard

Archer said: "The UK economy has demonstrated remarkable resilience in recent months and the impact of recent lockdowns has been nowhere near what we saw in April.

"The combination of vaccines, a UK-EU trade deal and previous lockdown experience means there's much less uncertainty. Excluding the first quarter, the UK is looking at two years of strong growth."

Now foreign breaks

THE POSITIVE PROFESSOR

PROFESSOR
KAROL SIKORA

CMO of Rutherford
Cancer Centres and
Former Director of WHO
Cancer Programme



SOCIAL media's voice of calm Karol Sikora has been signed up by the Daily Express. Readers can now enjoy his soothing advice in these troubled times that have won him hundreds of thousands of followers on Twitter. If you need reassuring everything's going to be all right read Professor Positivity.

EVEN my young grandchildren now know what a PCR is. The polymerase chain reaction, the fundamental process that let British scientists map the coronavirus genome, has a fascinating history.

One evening after work in 1983, Kary Mullis, a scientist at the Cetus Corporation – a large US biotech company – was driving through the Californian desert with Jenny, his girlfriend. He had been working on the analysis of small pieces of DNA – the thread of life.

As he drove, he had a lightbulb moment. He came up with the concept of primers – making small pieces of DNA that would bind at two defined points in a gene. Then he would use a polymerase enzyme to amplify the piece of DNA in between the primers by a chain reaction.



For the next few months, he did little else. And it worked – he could detect specific sequences of DNA rapidly and easily.

His discovery revolutionised science across many disciplines: cancer, cardiology, forensics, genetics, genomics, infectious diseases – no area of medicine was untouched. Most of us have had PCR tests without even knowing. Kary got many accolades and was awarded the Nobel Prize in 1993 but the story doesn't have a happy ending.

He was given a \$10,000 prize for innovation by his employer, which owned the patent. It sold it to Roche for \$300million. Kary spent the rest of his life embittered. I heard him talk at a conference in San Francisco and I could see he was not a happy man even though he had a brilliant mind. He was obsessed by the unfairness of life.

He formed a company that took DNA from stars including Elvis Presley and Marilyn Monroe, amplified it by PCR and embedded it in jewellery.

Sadly, he died in 2019 at the age of 74. But he left us with the most wonderful tool for the future of medicine.

Quarantine on return from red-list countries

By **Sam Lister**
Deputy Political Editor

BRITONS returning from 30 “red-list” countries will have to quarantine in hotels for 10 days at their own expense to stop mutant variants of Covid from entering the UK.

Home Secretary Priti Patel also announced a crackdown on people trying to leave after passengers turned up at St Pancras station in London with skis.

Travellers will have to show that their trip is essential. “Going on holiday is not a valid reason”, Ms Patel said.

She told the Commons that Britain will continue to refuse entry to non-UK residents travelling from the 30 countries that have already been hit with a travel ban. But Britons heading back will now be forced to isolate in a hotel “without exception”.

Ms Patel said details of the plan would be set out next week but warned the public they should “simply not be travelling”. Too many people

Holidays are not exempt ...Ms Patel in Commons yesterday



‘People have been turning up at St Pancras with skis, that is clearly not acceptable’

COUNTRIES ON THE QUARANTINE LIST

Angola	Mauritius
Argentina	Mozambique
Bolivia	Namibia
Botswana	Panama
Brazil	Paraguay
Cape Verde	Peru
Chile	Portugal*
Colombia	Seychelles
Democratic Republic of Congo	South Africa
Ecuador	Suriname
Eswatini	Tanzania
French Guiana	Uruguay
Guyana	Venezuela
Lesotho	Zambia
Malawi	Zimbabwe

*(including Madeira and the Azores)

were still not complying with the rules, she added, and there are plans to force travellers to sign a declaration explaining the need for their trip.

There will also be more police at ports and airports fining the

rule-breakers. Ms Patel hit out at people leaving without a valid reason, including high-profile social media figures pictured sunning themselves abroad.

She said: “Border Force have given me examples where even at St Pancras [in London] people have been turning up with their skis. That is clearly not acceptable.”

“We see plenty of influencers on social media showing off about which parts of the world that they are in, mainly in sunny parts of the world.”

“Going on holiday is not an exemption and it's important that people stay at home.”

Britons and foreign nationals with UK residence will have to quarantine in approved hotels

Reality star Amber Turner was working in Dubai last month but others are taking a holiday

if they return from one of the 30 countries. These include Portugal, Brazil, Mauritius and South Africa.

The new measures are not as headline as had first been predicted, with the Government holding off from introducing a blanket hotel quarantine policy for all arrivals.

But Ms Patel said the Government will continue to “take all steps necessary” to prevent the spread of coronavirus. She added: “Every layer of protection we have put in place will help to reduce the risk of transmission of this virus and any new potential variant from entering the UK.”

“And as we have done throughout this global health emergency, we will continue to take all steps necessary to protect the public and help prevent the spread of this virus.”



...but airlines demand plan for normality

By **Neil Lancefield**

AIRLINE bosses are demanding a Government support package and an “urgent road map for the reopening of air travel”.

Chief executives at British Airways, easyJet and Virgin Atlantic were among those to sign a joint letter ahead of Priti Patel confirming the introduction of quarantine hotels for those arriving from “red list” countries.

They warned that requiring passengers to pay to

self-isolate in hotels will have a “dramatic impact” on airlines and the wider economy.

Vital freight and PPE supplies would be affected and tens of thousands of jobs would be put at risk, according to the letter.

Airline bosses called for “a bespoke support package that can get UK airlines through this crisis”. They

added: “We are writing to you seeking an urgent road map for the reopening of air travel and a package of support for UK aviation that recognises the urgency and scale of the danger now facing our sector.”

Tens of thousands of aviation jobs have already been cut due to the collapse in demand for air travel.

Paul Charles, chief executive of the travel consultancy The PC Agency,

said: “What is the economic impact in terms of lost jobs and likely business failures, and what is the exit plan for ending these measures?”

“It would be much more effective to put more resources into enforcing quarantine at home.”

“Tougher fines for those not complying and daily checks by police, alongside the need to test negative before entry to the UK, would prevent infection spreading.”

are being outlawed



Tragic...Tracy and Darren, left, David and Pat, above

By **Matthew Lodge**

A FAMILY is in mourning after four died from Covid-19 within just two weeks after meeting on Christmas Day.

Tracy Latham revealed her heartbreak after fiancé Darren Fisher, his parents Pat and David Fisher, and his uncle Michael Wilson died following the two-hour festive gathering.

David, 82, who had dementia, died on January 4, followed by his wife, 79, two days later.

Darren, 48, succumbed in hospital a week after his father. His uncle, who was in his 70s, followed 48 hours later.

Another of his uncles, Geoffrey Fisher, also caught Covid-19 but is now recovering after being seriously ill. Tracy,

Four members of loving family ALL die within weeks of getting together on Christmas Day

50, begged people not to underestimate the lethal risks of coronavirus.

She and Darren were due to marry in July after 12 years together.

Tracy, who has three adult children from a previous relationship, said: "We are just all shocked and devastated".

She added: "Please, you really need to take this seriously."

"Darren's mum and dad shielded for nearly a year and

thought they were safe and well. It shows it can happen to anybody in the blink of an eye."

The family met on Christmas Day after the Government relaxed the rules to allow families to meet for one day.

Darren, a keen Derby County fan who loved darts, spent Christmas morning at home with Tracy in Mackworth, Derby.

He later went to spend two hours with his parents and uncle in nearby Allestree, while his

fiancee, who suffers with the painful condition fibromyalgia, stayed at home.

Tracy said: "Darren got a bit of a cold and began to struggle to breathe. We phoned an ambulance on December 29.

"I got a phone call from Darren to say they were going to put him on a ventilator.

"He was on it for nine days. At one stage it looked really bad and they said I need to come in and speak to him. I was there

saying, 'You really need to fight this'."

Up until his death, Darren was unaware that his parents had already died.

Tracy is still in shock after losing the man she thought she was going to spend the rest of her life with.

She said: "He helped me bring my three kids up for 12 years.

"People would always say he had a smile on his face."

Miracle baby beats E. coli, sepsis...and Covid-19



Precious...Archie with Sheree and Robert

A BABY born 15 weeks prematurely has defied all the odds to beat E. coli, sepsis and Covid-19.

Archie Edwards weighed just 1lb 11oz when he arrived without a heartbeat on December 1 after his mum's waters broke without notice.

Terrified parents Sheree Murray and Robert Edwards, both 21, feared he would die as medics battled for 40 minutes to save his life.

Robert said: "I've never been so scared. They couldn't find a heartbeat, I thought I'd lost my firstborn son.

"It felt like an eternity. My son was just there, and I felt completely helpless.

"I was getting upset. I just sat down next to Sheree and prayed.

"When they said he had a heartbeat I've never felt so grateful in my life."

Little Archie was placed on a ventilator at Burnley General Hospital's neonatal intensive care unit and seemed to be recovering.

But at just five weeks old he caught E. coli, a bacterial infection, which led to life-threat-

By **Joe Pagnelli**

ening sepsis. Further tests revealed that the baby also had Covid-19.

Doctors believe he is one of the youngest in Britain to have contracted the disease.

Robert, a construction worker from Colne, Lancs, said he was "frightened to death" when he heard his boy had tested positive for the killer virus.

He said: "His lungs were going white, and I honestly thought we were going to lose him in those 10 days.

"When we were told he had Covid we thought it was going to be the last of it - it was the scariest moment of our lives."

Sheree added: "When we were told about his heartbeat and then the sepsis and Covid

it was terrifying. I've always wanted to be a mum so I was absolutely over the moon when I found out I was pregnant - and we didn't want to lose him."

Archie spent the next two weeks battling the disease.

However, his parents were not allowed to see him together due to the pandemic so were forced to take turns driving to the hospital to be with him - Sheree in the mornings and Robert in the evenings.

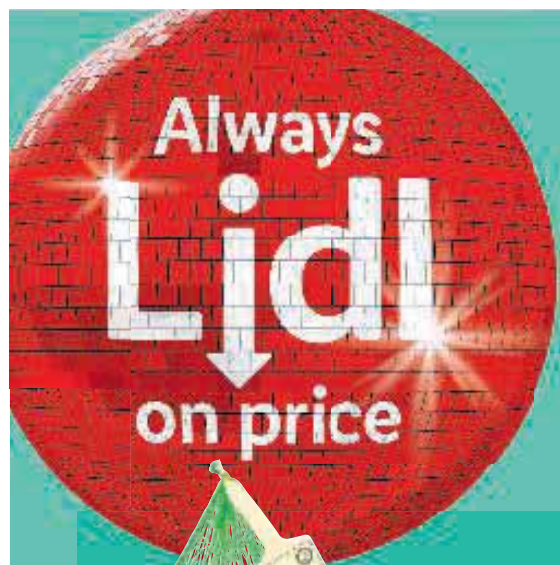
The brave baby has now fought off both Covid and sepsis and is recovering in hospital.

Archie, who's due date was March 14, will hopefully be able to go home with his parents around that time.

Robert said: "I cannot wait to have him home - safe and sound. He's our miracle baby and we couldn't be prouder of him."



Battler... fighting for life



12 Weekly deals to elevate your meals

from Thurs 28 January



When it's gone

69p

5 Pack



Blood Oranges

£1.99

99p

4 Pack



43p

35p

Per pack



British Cavolo
Nero Kale

99p

69p

200g



59p

39p

1kg



45p/kg

35p

Per kg



When it's gone

£5.49

1kg



When it's gone

£12.99

600g



When it's gone

£16.99

Per kg



£8.99

£7.29

720g



When it's gone

£4.79

680g



When it's gone

£2.49

300g

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lidl.co.uk/pickoftheweek

Twilight of a royal couple

SHE is best known to television viewers as a vampire heroine in the US fantasy saga *Twilight*.

But Kristen Stewart has undergone an astonishing transformation for her latest role as Diana, Princess of Wales.

In the first publicity shot for the biopic *Spencer*, the American actress, 30, seems to have captured the essence of the princess.

Her blonde hair cut short, she wears an elegant red overcoat, black hat and veil which is modelled on one of Diana's outfits.

The film comes just months after Emma Corrin's portrayal of Diana in the Netflix series *The Crown*.

Spencer tells the story of

By **Cyril Dixon**

how the princess made the decision to split with Prince Charles during a Christmas at Sandringham in 1991.

Kristen said: "Spencer is a dive inside an emotional imagining of who Diana was at a pivotal turning point in her life.

"It is a harrowing effort for her to return to herself, as Diana strives to hold on to what the name Spencer means to her."

Prince Charles' role has not been cast yet, but other cast members include Timothy Spall, Sally Hawkins and Sean Harris. Steven Knight, creator of *Peaky Blinders*, has written the script. *Spencer* is due for release this autumn.



Lady in red...
Kristen Stewart
as Diana, left
with Charles in
1987; inset,
Emma Corrin
in *The Crown*



Collins' ex to auction his awards

By **Steph Spyro**

PHIL Collins' ex-wife is getting rid of some of his music awards following their £25million divorce.

Orianne Cevey, 46, reportedly hopes to raise millions of pounds from the sale of 298 items.

They include three gold records awarded to Phil, 69, for drumming on Robert Plant's 1982 LP *Pictures at Eleven* and his 1983 recording *The Principle of Moments*.

Orianne married the Genesis drummer in 1999. They were divorced in 2006.

She wed boyfriend Thomas Bates last year.

She also plans to sell her collection of 5,000 shoes and a 10.35-carat diamond estimated to be worth up to £585,000.

The auction is next Wednesday in Florida.



Victim...murdered Libby Libby trial: Accused in 'sex hunt'

By **Paul Jeeves**

A SEX predator who claims student Libby Squire had consensual sex with him before she disappeared, went looking for other women because the encounter "wasn't enough", a court heard.

Pawel Relowicz allegedly drove around Hull for three hours before he met Libby, 21. He later continued looking for women.

Prosecutor Richard Wright QC said: "You say you had consensual sex. Should we understand that wasn't enough for you? Because you had to be back out again looking for other women?" Relowicz said: "Yes, this is correct."

He denies raping and murdering Libby in February 2019.

The trial at Sheffield Crown Court continues.

Liar star Ioan: We remain committed to our children

HOLLYWOOD actor Ioan Gruffudd and wife Alice Evans have vowed to "remain committed to our children" after it emerged he was leaving her.

The Welsh star of *Liar* and *Fantastic Four* lives with his actress partner and their two daughters in Los Angeles.

But Alice, 49, stunned social media by announcing that her 47-year-old husband had "fallen out of love with her" and was "leaving the family".

She later reportedly claimed she was being "gaslit and mentally tortured", adding: "Hell yes, I will wash my linen in public." The comments were subsequently deleted.

Gaslighting is when someone is psychologically manipulated into doubting their own sanity.

Now the couple have told fans they are having "an incredibly difficult time" but are committed to their girls

By **Chris Riches**

Ella, 11, and Elsie, seven. The pair's statement said: "This is an incredibly difficult time for our family and we remain committed to our children. Thank you for respecting our privacy."

Ioan's father Peter, of Pentrych near Cardiff, appeared to confirm the split yesterday, saying: "Marriages do end."

The retired headteacher, 72, added: "I have spoken to Ioan and we are of course incredibly sad, but I do not want to go into too much detail.

"We are very sad, particularly for our two granddaughters."

The couple have been together for two decades, marrying 13 years ago.

They met on the set of the 2000 film *102 Dalmatians*. Their children were conceived through IVF, with

Alice writing candidly about her fertility struggles.

But late on Monday she shocked Twitter followers by writing that Ioan had told her their marriage was over.

She said: "Sad news. My beloved husband/soulmate of 20 years, Ioan Gruffudd, has announced he is to leave his family, starting next week.

"Me and our young daughters are very confused and sad. We haven't been given a reason except that he 'no longer loves me'. I'm so sorry."

The post was later deleted, with Alice claiming Ioan removed the message using her account.

Also known for roles in *Titanic* and *Hornblower*, Ioan admitted work schedules had kept the pair apart, saying last year: "We've struggled the past four years, making time for each other, because physically we're apart."



Split...Ioan Gruffudd and Alice Evans



DAILY EXPRESS

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Released from EU's grasp we're beating Covid-19

WITH each passing day the evidence mounts that the British people showed great wisdom and foresight in voting to leave the European Union.

The latest fiasco over the vaccine delivery in the EU is proof, if any were needed, that the machine in Brussels puts feeding its bureaucracy even before the lives of the ordinary people across the continent.

The slow approval of the two vaccines (weeks behind Britain); the failure to preorder enough doses or get the distribution mechanisms in place (months behind Britain); and the decision to get into a legal wrangle with AstraZeneca over the Oxford vaccine instead of ordering doses are all mind boggling incompetence.

No wonder people in EU member states are asking questions about this shambles and are looking enviously at the remarkable vaccine rollout in Britain. The front page of the German newspaper Die Zeit sums up why Britain voted to leave as it describes the EU as acting "slowly, bureaucratically and protectionist... and if something goes wrong, it's everyone else's fault".

It is not surprising nor is the decision by the German tabloid Bild to tear apart Ursula von der Leyen's explanation of the vaccine delays. Last year we found out that Britain dodged a bill of at least £70billion to bail out the EU from the pandemic cost.

Now we find out that free of Brussels we can distribute the vaccine efficiently and speedily. Not only are we better off out of the EU but in better shape to protect our citizens' lives.

Schools are the first step

THE announcement that March 8 is the date when schools may start to reopen along with businesses is good news. We are beginning to see a roadmap out of lockdown but progress in this is too slow and it may have been helpful for the Government to have started laying out details earlier this month.

Prime Minister Boris Johnson must not become the prisoner of headline scientists pursuing a probably unobtainable zero Covid. People's livelihoods and lives depend on lockdown coming to an end as the population is vaccinated and that must start with a return to school for our children.

War horrors must be told

ON January 27, 1945, Auschwitz was liberated. The date is now marked as Holocaust Memorial Day. It was the most infamous of the locations used by the Nazis to carry out its Final Solution which saw the deaths of six million Jews and thousands of others including political prisoners, homosexuals and gypsies.

The horrors of the gas chambers, medical experiments and brutalities have gone down in infamy. But, 76 years on, we must remember them and teach our children about what happened to ensure that history is never repeated.

Stop the self-pity... think of those who are risking their lives

BITAIN passed a grim milestone this week, as the death toll from Covid reached more than 100,000. It was a tragic moment, full of heartache and grief.

The lethal scythe of the disease has swept through our society with a malignant intensity far beyond anything experienced in modern peacetime.

It is the elderly and the chronically sick who have borne the deadly brunt of this extraordinary pandemic.

But within the working population, the burden of suffering has not fallen evenly. On the contrary, the least well-off have endured most. Those in manual occupations are at greatest risk, with well-off executives and managers in the least danger.

That point was reinforced this week in a report from the Office for National Statistics (ONS), which examined Covid deaths between March and December. It found male postal workers, security guards, and cleaners – what the ONS awkwardly calls "elementary professions" – had the worst levels of Covid mortality, with 699 deaths, a rate of 66.3 per 100,000 people.

THE NEXT most vulnerable group was social care staff, followed by lorry drivers and transport workers, a category that saw 609 deaths.

Outside the battered ranks of the NHS, other jobs with higher than average death rates included refuse collectors, machinists and retail assistants.

Those findings are particularly poignant because these are the occupations that have heroically kept our society functioning throughout the crisis.

Quite rightly, the public has honoured the awesome dedication of the medical professionals, most powerfully through Thursday night applause during the first lockdown.

But a huge debt is owed to all key workers. Without the brave men and women who deliver the mail, empty the bins, run



KEEPING BRITAIN MOVING: Refuse staff are among those who have suffered most from Covid



Leo McKinstry
Daily Express columnist

the care homes, drive the buses, staff essential shops and maintain supplies, Britain would have broken down.

They have done their duty on the frontline and, like the soldiers on the Western Front in the First World War, many have paid the highest price.

Such sacrifices put into perspective some of the fashionable bleats about the ordeals of lockdown. The affluent classes might be denied their usual visits to the theatre, trips to restaurants, dinner parties and holidays abroad, but most at least have the security and comfort of working from home, safe from contact with the public.

Essential workers do not have that luxury. According to a Resolution Foundation think tank study, 42 per cent of employees cannot do their jobs from home. There is no Zoom technology that can sweep the streets, no FaceTime call that

can change an elderly resident's bedding in a care home.

Whenever I feel myself sliding into self-pity because I have been in isolation for months as a result of a medical condition, I think of the magnificent, warm-hearted workers who make my life so much easier, from the pharmacist who organises my myriad prescriptions to the postman weighed down by my book purchases.

One recent Saturday night at 10pm I had a supermarket delivery made by a driver whose cheeriness was undimmed by the late hour.

Yet these are the workers who have received the rawest of deals during the crisis. The health risks they face are compounded by job insecurity and low pay. Their selflessness brings few material rewards.

A report by the Institute of Employment Studies found one in 20 low-paid employees had

been put out of work in each quarter of the pandemic, the equivalent of 250,000 workers, whereas the figure was just one in 50 for those on higher wages.

SHAMEFULLY, many of those in the biggest danger are on the lowest pay. Despite their vital roles, more than half of frontline care workers earn less than the living wage.

Moreover, staff in these key jobs often have to endure alarming levels of abuse. A study by the USDAW trade union found 61 per cent of supermarket employees have been abused and 28 per cent threatened in the pandemic.

All these injustices expose the warped priorities of our society. Too much value is attached to z-list celebrities, money-grabbing lawyers and jargon-spouting consultants. Not enough credit is given to those doing the real hard work.

In a crisis, who matters more: a refuse collector or a selfie-fixated social influencer?

"All labour that uplifts humanity has dignity and importance," said US civil rights leader Martin Luther King. His words should be resonating in today's Britain.

'Many of those in the biggest danger are on the lowest pay'

It really does pay to bank on happiness

ACCORDING to some utterly fatuous research a few years ago, being rich didn't make you happy. After you earn £55,000 a year, any further income makes no difference to your mental state, it said.

What utter rubbish: now new research proves that actually it cheers you up no end to have a top-heavy bank account.

Well of course it does. They don't call it retail therapy for nothing. You know what they say: anyone who thinks that money can't buy you happiness doesn't know where to shop.

On a related note, earlier this week a Radio 4 presenter said, without being challenged, that there is a clear case for a wealth tax as opposed to income tax.

Oh no there isn't: it would be a disincentive to entrepreneurs, who are exactly the sort of people this country needs at the moment. Clearly the BBC Director-General, Tim Davie, who has vowed to clear up this sort of Left-leaning nonsense, still has a way to go.



ELIZABETH Hurley is at it again: another half-clad picture in which a cardie covers what's left of her modesty.

Liz, 55, is in great nick, no question about it, and she has bikinis to flog. But there's a fine line between drumming up publicity and desperation. She should step back.

WOMEN make better witnesses than men, according to Scotland Yard's only e-fit officer, because they pay more attention than men.

Tony Barnes, who has interviewed over 2,000 witnesses, said that women have better visual recollections of criminals.

Well of course we do. Just about all of us have spent a lifetime beadyly eyeing up our fellow females and saying, "Have you seen what she's wearing?" Old habits die hard!



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VIRGINIA BLACKBURN

"Take care of the luxuries and the necessities will take care of themselves."

Dorothy Parker

A never ever land for the politically correct

PLANNING on a little light relief during this interminable lockdown by showing your youngsters a totally harmless children's film? Bad luck! Peter Pan's been cancelled by the Disney Plus channel, as have Dumbo, The Aristocats and The Swiss Family Robinson, all of which have been pulled for showing to children under seven. Peter Pan is guilty of poking fun at Native Americans and calling them "redskins", while Dumbo features white people blacking up.

The Swiss Family Robinson are menaced by pirates who are quite clearly Foreign In Appearance (I paraphrase), while The Aristocats portrays a Siamese cat with slanted eyes, who plays the piano with chopsticks.

No matter that these films stem from another era, nor indeed the fact that no cat in the history of the world has ever played the piano with anything, let alone chopsticks: someone, somewhere has decreed that these totally innocuous and innocent films cause offense.

Actually, why stop there?

There are plenty of reasons to ban Peter Pan: Captain Hook is clearly a paedophile and an insult to people who have hooks instead of hands.

I've always thought Tinker Bell was no better than she ought to be and a terrible slur on the travelling community, as her name stems from the fact that she's a tinker.

The Lost Boys are a clear endorsement of gang culture, while the objectification of the 12-year old Wendy is right up there with Lolita in the danger stakes.

Cinderella? A brutal slur on the blended family, with the Ugly Sisters being fat shamed at the expense of Cinders, who probably had an eating disorder

to stay so slim, not that anyone ever talks about that. Prince Charming? A grotesque insult to heirs to the throne who actually have bad manners, which they can probably do nothing about on the grounds that they had a difficult childhood due to absentee parents who were reigning elsewhere.

And anyway, who, these days, would suggest a young woman pins her hopes of a happy future on a man?

Snow White is another one having a go at extended families courtesy of the Wicked Stepmother and its attempt to make a few jokes on the back of the tragedy of dwarfism doesn't bear thinking about.

Ditto Rumpelstiltskin.

Beauty And The Beast? Who are we to judge on appearances? Is it not a person's character rather than unfortunate visage that should provide the key to the man?

Little Red Riding Hood gives

wolves a bad name, Puss in Boots is a conman who does a grave disservice to the feline community, Hansel and Gretel condones crone-murder and in the Pied Piper of Hamelin we're back to paedophilia again.



GOLDILOCKS is a housebreaker, Jack and the Beanstalk pillories gigantism (disgusting), the Ugly Duckling is duck-ist at the expense of swans and The Emperor's New Clothes is a slap in the face of the naturist community.

Or perhaps not. It's not difficult to find offensiveness when you go looking for it, is it not? As the great American satirist Tom Lehrer once sang in a slightly different context:

"I could tell you things about

*Peter Pan
And the Wizard of Oz,
There's a dirty old man!"*
Quite.

Picture: ERNESTO RUSSO/GETTY



Fame can be so hard to bare...

KEIRA Knightley has announced that she will no longer do nude scenes, as she is tired of the "male gaze" resting upon her person. That male gaze has certainly done no harm to her career in the past, but whatever floats your boat. It puts you in mind of the old joke to many an actress. "If the scene demands it and it requires artistic integrity, would you be prepared to keep your clothes on?"

FACEBOOK has had to apologise to Plymouth Hoe, after flagging the latter part of its name as a "misogynist term", which I believe refers to ladies of the night. If ever there was proof of the culture gap between US-based Facebook and the British sense of humour, this is it.

We love our silly names: Lower Swell, Nether Wallop, Piddle Valley, Wetwang, and a few that are actually too rude to mention here, all provide hours of innocent fun.

It could be worse: an Austrian village has just changed its name to Fugging from – well, you don't need me to tell you. It puts me in mind of another joke: in 1781 William Herschel discovered Uranus. Schoolboys the world over rejoiced.

EXPERTS have revealed two new skin complaints: maskne and maskitis. Both are caused by the face covering we are currently forced to wear. Is there no painful area of life that some experts do not manage to make a little bit worse?



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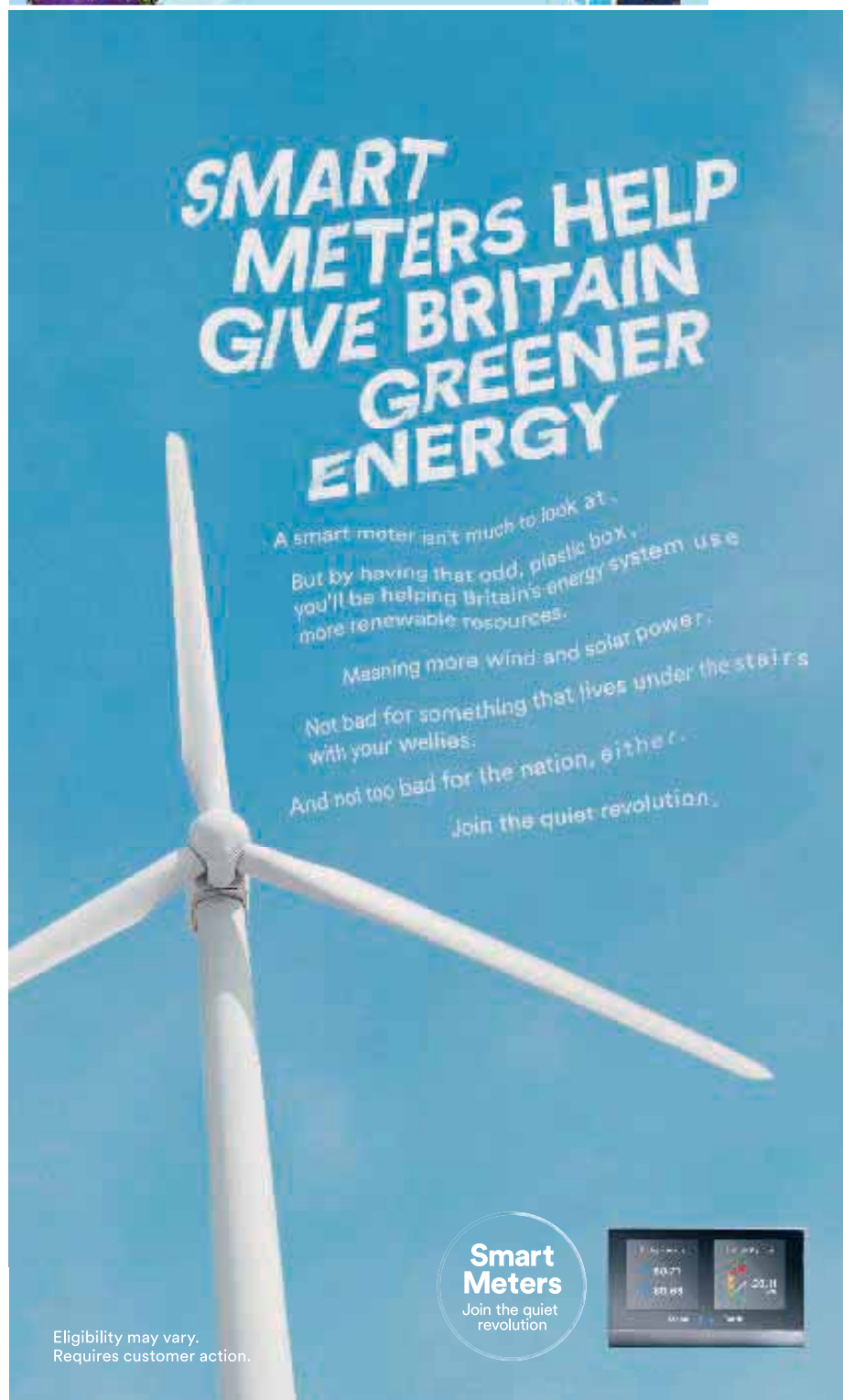
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YOUR**CONSUMER CHAMPION**by **Dean Dunham**Any stories or scams? Contact me via dean.dunham@reachplc.com

HISTORICALLY I have always advised consumers to only buy goods from a UK or EU trader, as buying from outside of this circle puts you in the hand of the gods when it comes to consumer protection. However, following Brexit my advice has now changed. You should now only buy from UK traders where possible. Here is why:

CONSUMER PROTECTION

Consumer protection is high on the agenda at the European Commission and this means that all EU states have good consumer protection laws. It used to be the case that you could pursue EU traders via the English courts, but this right disappeared with Brexit. UK consumers are therefore now in the unenviable position of having to use the local courts if they need to take action to enforce their rights against an EU trader. The reality is that very few consumers would do this.

ADDITIONAL COSTS

Prior to Brexit, the price displayed for goods on EU websites was typically the price you would pay.

However, post-Brexit the position has changed drastically.

New rules introduced on January 1 this year have therefore changed the way VAT is collected on purchases from the EU.

Under the new rules, where the purchase price is greater than £135, tax is collected at the point of delivery, rather than at the point of sale.

This means you will be asked to pay the VAT at your doorstep upon delivery of the goods.

As Darren from Doncaster found out it also means that many consumers will be misled when it comes to the price of goods from an EU trader. Darren bought a high-end gaming webcam from Spain. When it arrived, he was asked to pay £29 VAT. Darren refused as this made

the webcam more expensive than buying it in the UK. He complained but the retailer said he cannot have a refund as he rejected the delivery.

He is entitled to a refund under the Consumer Contract Regulations. Darren was misled in relation to the price as he did not know to take account of the additional VAT cost. This is going to happen regularly now when people buy from the EU.

Beware the new Brexit VAT trap when you buy from EU

SET THE TABLE FOR A FULL REFUND

Q I purchased a dining room table and chairs. The table arrived weeks ago but they said the chairs were out of stock. I have now been told they cannot get the chairs so they will refund me or give me an alternative. I want to return the table and get a full refund, but they are refusing.

Rita Draper

goods if there is an issue with part of the set, as in your case.

Q I purchased a fridge freezer on a store card. It does not work but the retailer will not acknowledge that it is a manufacturer's fault. Can I make a section 75 claim?

Shaun Wellington

A If you purchased the goods as a set, the Consumer Rights Act provides that you can reject all the

A Yes, section 75 does cover store cards as this is effectively a credit card.

SCAM OF THE WEEK

THE SAGA with VAT charges on goods purchased from EU traders has given rise to a new scam. Fraudsters are sending out emails purporting to be from HMRC.

The email states that you must now pay £35 in relation to your recent purchase from a trader located in the EU and provides a link for the payment. Anyone receiving this who has recently purchased from an EU trader is likely to believe that it is genuine. It's a scam.

Picture: SWNS

Praise be, snow's back... but it will be brutal next month

Wings and a prayer...the snow angel in Malvern

By **Paul Jeeves**

UP TO seven inches of snow will hit Britain before heavy rain threatens further floods.

Brutal blizzards are sweeping in from the Atlantic next week and there are fears that a second "Beast from the East" brought by cold winds from Norway could cause travel chaos throughout February.

Snow is to hit northern regions overnight with as much as 12ins predicted in some exposed areas before rain brings flood risks.

A yellow alert was issued in parts for heavy rain overnight into this morning with Staffordshire, Stoke on Trent and Derbyshire all deemed in jeopardy.

More than an inch of rain could fall in the northwest with double that in high areas.

Up to 6ins of snow could hit Durham and Northumberland – with Scotland and the Pennines getting even more.

However, parts of southern England and Wales could have spring-like temperatures – as high as 14C – before a "big snow event" which is possible on February 9.

Met Office forecaster Gavin Partridge said: "High pressure is unleashing the beast with bitterly cold air. This will bring heavy snow and probable blizzards."

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Sex pest claims led to tragedy of Rolling Stone daughter's ex



'Torture'...Dominic Jennings

KEITH Richards' former son-in-law died when he walked in front of a train after wrongly being outed as a sex pest, an inquest heard.

Dominic Jennings had left a note asking his friends "to tell everyone I'm innocent".

The ex-husband of the Rolling Stone's daughter Angela had told family "there was no coming back"

By **Mark Reynolds** and **Barry Keevins**

from untrue claims online. Mr Jennings, 45, was arrested last summer but was released without charge.

Coroner Alicia Keen said the social media allegations against him were generally unsubstantiated. Police investigated but took no action. Mr

Jennings' twin Kirsty told yesterday's hearing he had made mistakes, but was "tortured" by the posts.

One, now deleted, message on Facebook claimed that he had been "trying to look up little girls' skirts" and to "coax them away from their parents".

Kirsty Jennings said: "As a son and brother he was hard-working, loving, kind and caring."

"As an uncle he was a positive influence on his nieces and nephews. As my twin, he was compassionate and thoughtful."

She added: "He was tortured by the social media. It has destroyed our family and friends. He had half of my heart and he has taken it with him."

Mr Jennings – who had lived with addiction and mental health problems – stepped out from a tunnel near Chichester station, West Sussex, just after 7am last July.

He had phoned his father to say his life was over, following the claims.

The coroner said: "He was trying very hard to take control of his life and he had not had a drink for three

or four weeks." Mr Jennings wed Dandelion Angela Richards in a £250,000 ceremony in 1998.

She is the daughter of guitarist Keith, 77, and the late Anita Pallenberg, and was born at the height of the band's partying.

Angela, 48, was married for 15 years but Mr Jennings suffered ill-health after they broke up.

Police investigator Kristina Butler told the inquest in Crawley he had been staying in a B&B in Bognor Regis after returning from living in France.

She said Mr Jennings phoned his father Cyril "to say goodbye".

"He was very upset about allegations made against him on social media. He said there was no way forward," she added. He left a note asking friends to "tell everyone I'm innocent".

Mr Jennings had three times the drink-drive limit of alcohol in his body.

After he died, Angela said his family "desperately tried to help. It's a shame it has come to this all over social media but he is not the man you all once knew".

The coroner recorded a verdict of suicide.



Angela with her rock star dad Keith Richards



Jen's back to highlight of career

POUTING Jennifer Aniston teams up with an old pal – the man who created her famous "Rachel" hairstyle in Friends.

Chris McMillan treated the actress, 51, to highlights and a cut and blow-dry. Jen shared photos on Instagram, telling fans they were "back". She is currently

By **Mark Reynolds**

filming the second season of Apple drama series The Morning Show in Los Angeles.

But she's thought of retiring and going into interior design. Jen said: "It has crossed my mind, which it never did before."

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By **Fiona MacRae**

IF you think memory problems are the preserve of the elderly, forget it – young people frequently struggle to remember things too.

A study shows that those in their 20s often forget why they entered a room or where they put their keys.

And more than half struggle to find the right word once a week.

The Edinburgh University researchers said people should not worry that memory lapses are the first sign of dementia because they have them when they are young.

Laura McWhirter, a neuropsychiatrist, quizzed 124 healthy adults aged from 18 to 59 on how good they thought their memory was.

Just 13 per cent rated it as “excellent”, 39 per cent said their memory was worse than five years

Don't forget, the young get memory lapses too

ago and 24 per cent felt it was worse than others of the same age.

And 56 per cent were scared of developing dementia, including 13 per cent “very afraid”, the journal CNS Spectrums reports.

Half the volunteers, average age 27, said they forget why they enter a room at least once a week and 40 per cent misplace their mobile phone at least weekly. Some 48 per

cent forget to buy items once a week, 21 per cent struggle to find their keys and 18 per cent have a blank over their PIN number. And once a month an absent-minded 33 per cent fail to recall where they have left their car or bike.

Dr McWhirter said memory lapses are “just a function of how the brain works”, adding: “If you are doing lots of different things

and not concentrating when you get in and just put your keys down somewhere, you may well forget where you have put them.

“Don't worry about these things because they are normal.”

Dr McWhirter said those with early stages of dementia tend to be unaware of lapses. In contrast, a healthy person can remember that they forgot their keys last week.

COMMON SLIP-UPS

Struggling to find the right word

Forgetting why we have entered a room

Forgetting an item when shopping

Losing thread of a conversation

Misplacing a mobile phone

Forgetting if we've locked a door or turned off an appliance

Overlooking birthdays or significant dates

Forgetting PIN or phone number

Misplacing keys

Forgetting where we've parked

Why Winterwatch is greener than ever...

Power plant... Presenter Gillian Burke; eco fuel, below



A LIVE Winterwatch episode has been powered entirely by green hydrogen fuel and energy-saving batteries.

Outdoor productions usually use diesel generators as high levels of electricity are needed.

But Tuesday's show – presented by Chris Packham, Gillian Burke and Iolo Williams – was powered differently.

Julian Hector, head of the BBC Natural History Unit, explained: “Everyone is punching the air at finding a way to make productions more sustainable. This is a superb development for us and the

By **Shera Noah**

environment.” The episode in question looked at how animals survive during harsh seasons.

Making an hour of TV typically produces 9.2 tonnes of carbon emissions, according to the BBC, but the show's eco-method saved 3.3 tonnes.

The Natural History Unit says it has now committed to hiring local crews on location to reduce flying teams around the

world, using drones instead of helicopters for aerial footage and using methanol fuel cells to power remote cameras.



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Picture: PA

Tragic death of Gabby's teen brother drove her success



Big sister... Gabby, Daniel, sister Louise and mum Christine

GABBY Logan says the death of her 15-year-old brother gave her the drive she needed to reach the top in the male-dominated world of sports broadcasting.

The mum of two has spoken of the devastation to her family when Daniel collapsed from the heart condition hypertrophic cardiomyopathy when she was 19.

Gabby, 47, daughter of Leeds football legend Terry Yorath, 70, said: "A series of things have happened in my life – my brother dying at a very young age, I was 19, he was 15.

"That was a moment, you know. I saw how powerful that can be and how my parents both reacted very differently.

"You have to keep going. If you stop, what are you going to do?"

A chance meeting at a party with a Newcastle radio boss helped her secure her first jobs as a newsreader and sports reporter after she graduated from Durham University.

Gabby, who presented at Sky and ITV before becoming a Match Of The Day host, said: "The few years after my brother died, when I was transitioning from being

By **Mark Jefferies** Showbiz Editor

a student to going into the real world, careerwise if you put it all on a whiteboard you think gosh that's an amazing trajectory."

And when asked about being a TV pioneer, she told the Three Little Words podcast: "You don't sit down and think about it.

"The only thought process I would have, that would skirt alongside that, would be when my brother died.

"I definitely had a sense that I had to have a purpose.

"I didn't know what that purpose was, but I felt like I had to have purpose in what I did, which goes back to dynamism, I guess."

However, on relationships the eldest child of four said: "I think I was at risk of being attracted to people who, whether it was in relationships or friendships, needed rescuing and I was trying to be the rescuer."



Difficult time... Gabby found purpose in her career

Brilliant! We all back Britain now

By **Steph Spyro**

BRITISH farmers and producers can look forward to a post-Brexit boost this year after a survey revealed most shoppers intend to buy more home-grown produce.

Two-thirds said they want to support the economy while six in 10 believe it is the "logical choice" to buy ingredients grown in the UK.

Meanwhile, nine in 10 felt it was important for major brands to support UK producers following the country's exit from the European Union.

The Daily Express is backing calls to support local businesses struggling in the pandemic through its Brilliantly British campaign.

Dean Towey, from Princes, owner of Crosse & Blackwell which commissioned the research, said: "It's clear from the research that consumers are more committed than ever to buying local produce and supporting British farmers this year.

"If anything, recent changes seem to have sparked renewed consideration of where the food they buy comes from – and the difference they can make to producers by buying British."

Over a third of 2,000 adults polled said they were conscious of where their food came from after Brexit, with 30 per cent willing to pay 10 per cent more for a product made in Britain.

A third already source their food locally, with an average of £21 being spent a week on homegrown products.

And while one in three said they would only buy homegrown fruit, more than half admitted they do not check the source of produce before buying it. Backing local firms, farmers



The Daily Express promotes local farmers and companies in our Brilliantly British campaign

and the community were the driving forces for those seeking locally sourced foods. There is also strong support for buying British goods such as homeware, gifts and wines.

Michael Oszmann founded the online marketplace BuyBritain.com to promote British businesses.

He launched the site last month to harness the variety of "amazing" local skills and craftsmanship throughout the country – and has noticed strong support from customers.

Michael said: "Seeing the struggles that local businesses have faced with

global competitors, Brexit and Covid, I think people really want to do their best to help that situation by buying more British produce.

"The report is certainly indicative of our own experience. We've seen strong sales over the last few months and we can definitely see increasing demand for British goods, whether that's jewellery or homeware, wine or gifts."

He said his website had seen strong sales in recent weeks. Michael added: "Previously, I think people found it difficult to find and buy British-made products, but that's changing."

THE UK has now agreed a deal with the EU, and new rules that affect the way your business trades with Europe started on January 1.

Many businesses have been preparing for months for the transition, so if you haven't done so it's important you don't get left behind. One easy way to make sure you've taken all the steps you need to is to use the Brexit Checker Tool at gov.uk/transition.

This will tell you whether you need to take actions such as preparing for new customs declarations, or checking if you need a visa or permit to work in the EU.

Barry Leahey, MD of Playdale Playgrounds, exports equipment to 51 countries, including France, Spain and Italy, so early preparation for the UK transition was vital for his business.



READY Barry acted quickly



"We started to prepare nearly four years ago," says Barry, whose business employs more than 100 people in south Cumbria. "When the vote happened, we said, 'How do we get ready for this?' We went back to business basics and put together a Brexit risk register, which was owned at board level and we revisited it every month. That covered things like movement of people, contracts, logistics and supply chain – which involved writing to each of our 80 suppliers to find out what their supply chain was, and we suggested that they all did the same to make sure that there was less risk."

"We did all the hard work years ago – looking into intellectual property and how that

UK TRANSITION: Don't get left behind

HOW TO KEEP YOUR BUSINESS MOVING AS THE UK'S NEW RELATIONSHIP WITH THE EU BEGINS



FASHION SENSE
Meander's Steve
and Jill Henry



PREPPED Jem from Naisance



Jem Skelding, who runs natural health company Naisance, put in a lot of preparation looking at potential changes ahead of the deadline, as well as making sure there would be no staffing issues.

"We have a number of people who are European," he says. "There's been lots of information about what is happening with EU citizens, so we've been encouraging colleagues to be as proactive as possible. We've been quite fortunate in that our EU employees are generally long-time UK citizens or have dual nationality, so many of them have already settled here in the UK and have married British people and had kids here."

changed, and attending Government training and hundreds of webinars."

Playdale uses a freight forwarder to help export goods to some countries in the EU,

which cuts down on paperwork – and the company has taken advice from multiple sources to help things run smoothly.

"All the information is out there. You've got to do your

research and put in the hard yards, but you only have to do it once," says Barry. "There's the gov.uk website, but there's also the DIT; the CBI has an excellent website with lots of assis-

tance, as does the IOD, and the local Chambers of Commerce." Careful preparation has certainly paid off. "I think everything's going smoother than we expected," says Barry. "Yes,

5
questions
you need
to ask...

1 Are you ready for the changes to trade and customs procedures with Europe?

2 Can you make customs declarations yourself, or will you use a courier, freight forwarder or customs agent?

3 Do you have an EORI number that starts with GB?

4 If you travel to the EU for work, do you need a visa or permit?

5 Do you understand the new points-based immigration system?

Use the Brexit Checker Tool to find out what your business needs to do to continue trading with Europe at gov.uk/transition



New rules for business

Doing business with Europe has changed.

Act now at gov.uk/transition

All together

Virus hits nuke plant progress

By **Simon Neville**

HINKLEY Point C, the nuclear power station being built in Somerset, is set to be delayed and could cost an extra £500million.

Energy giant EDF blamed the impact of the pandemic, with a reduction in the number of workers on site to enable social distancing.

The cost is now expected to be between £22billion and £23billion, up from £21.5billion-£22.5billion.

It is the second jump in costs for EDF. Original estimates were £18billion.

The start of electricity generation from Unit 1 is now due in June 2026, said the French-owned energy group.

It was slated to open at the end of 2025.

EDF said its rate of return from its investment will fall from around 7.8 per cent to 7.2 per cent.

Once completed, the site will generate electricity for around six million homes.

EDF is currently in talks with Government officials over the proposed £20billion Sizewell C plant in Suffolk.

Price of a pint set to rise by 18p

By **Mark Solomons**

DRINKERS gasping for a beer in their local face having to pay up to 18p a pint more when pubs finally reopen, say industry experts.

Price rises usually announced by brewers in January have been put back while pubs stay shut, but will go up by as much as 4.5 per cent – to an average tab of £4.12 – when drinkers return.

The 18p hike will be added unless Government schemes continue a reduction on VAT once restrictions are lifted.

City centre drinkers are already paying £5 a pint or more on average, according to the trade journal Morning Advertiser.

Dutch giants Heineken said its price rise on draught beers will be between 2.8 per cent and 4.5 per cent from April 1.

UK spokesman Stephen Watt said: "Our priority has been to help pubs and bars through the most difficult trading."

But there was good news for Guinness fans as owners Diageo said it currently had "no plans" to increase prices.



By **Richard Palmer**

THE Duchess of Cambridge has paid tribute to Holocaust survivors for educating the next generation about the horrors of the Nazi regime.

Kate, 39, was left visibly moved after hearing the stories of Zigi Shipper, 91, and Manfred Goldberg, 90, who met as boys in a concentration camp.

They started new lives in the UK after being liberated towards the end of the Second World War.

Zigi told Kate that he saw babies being shot when their mothers refused to be separated from them at the Auschwitz-Birkenau camp.

While Manfred said it was a "daily lottery to survive" and believes his life was probably saved by a man who advised him to lie about his age when Nazi officers were deciding who was fit for work and those who would die.

At the end of the video call Kate said: "The stories that you have shared with me and your dedication in educating the next generation about your experiences and the horrors of the Holocaust shows extreme strength and such bravery."

"It's so important and so inspirational."

The Duchess first met the men, who are from Jewish families, in 2017 when she and husband William visited Stutthof, the former concentration camp built in occupied Poland at the start of the war, where Zigi and Manfred became friends.

Last Tuesday's call was organised by the Holocaust Educational Trust to mark Holocaust Memorial Day yesterday. It also featured trust ambassadors Farah Ali and Maxwell Horner, who are both 18.

Kate said: "We all have a role to



play in making sure the stories that we have heard from Zigi and Manfred live on and ensure that the lessons that we have learnt are not repeated in history for future generations."

Zigi, a widower and retired stationer from Poland, told Kate he was transported in an animal truck to

Shared experiences...good friends Manfred Goldberg, top left, and Zigi Shipper talk to Kate in the video call. Left, the boys after they were liberated

Auschwitz with his grandmother, who brought him up. He spoke about the regret he feels to this day at wanting someone to die so he could sit down.

"I was praying that maybe – I was so bad – that I said to myself, 'I hope someone would die, so I have somewhere to sit down.'"

"Every morning they used to take out the dead bodies, so eventually I had somewhere to sit. I can't get rid of it, you know. Even today, how could I think a thing like that? That's what they made me do."

When the train arrived at Auschwitz, the people on board were put into different groups.

Some were selected to be killed immediately while mothers were ordered to leave their babies.

Zigi said: "The German officers came over and said, 'Put the baby down and go to the other side'. They wouldn't do it. Eventually they shot the baby and sometimes the woman as well."

He was moved to Stutthof and was

liberated by British troops a month before the end of the war, after being sent on a death march to the German town of Neustadt. He now has five great-grandchildren.

Meanwhile, Manfred's father fled to England just before the war but his family were unable to join him. So Manfred, his mother and younger brother were sent from their German home to the Riga ghetto in Latvia.

Manfred was later transported to Stutthof and worked in several camps.

In one camp he was helped by a man as they approached an SS officer picking out workers, with those remaining destined to be killed.

Manfred said: "As I shuffled forwards the man behind me whispered to me, 'If they ask you your age say you are 17.' In fact I had just passed my 14th birthday. But I said 17."

"I never saw him again. He was behind me, I don't know which way he was sent. He's in my thoughts as my angel who primed me."

"I don't think I would have had the resource myself to say 17. But possibly that helped save my life."

Manfred, who is married and has 12 grandchildren, was reunited with his father in Britain after the war.

He said about his life in the UK: "I experienced nothing but kindness and tolerance. My feeling for British people is unchanged, they are a uniquely tolerant people."

"Unfortunately there is a section of people who seem to have lost their moral compass. When I arrived in this country I never dreamed I would see Holocaust denial in my lifetime."

No10 is leading light..

A CANDLE was lit by No10 last night to honour the Holocaust victims.



OPINION: PAGE 12

HOT PROPERTIES



Robert Downey Jr GIANT LETTER A

When the Iron Man star joked to Marvel bosses that he wanted to keep the 30ft-high letter A from the Stark Tower sign in the 2012 film *The Avengers*, he never imagined it would actually happen. He recalled: "I'm looking at it, and we're shooting in England, and I go, 'I need that in my office in Venice'. About two weeks ago, a wheeler showed up. I'm like, 'What the heck is this doing here?' And they go, 'This is the A you asked for.' And I go, 'They brought it?' So now we have a massive Avengers A that will be prominently placed."

Bryan Cranston WALTER WHITE'S HAT

The acclaimed crime drama *Breaking Bad* followed the journey of cancer sufferer Walter White from high school chemistry teacher to drug kingpin. White's pork pie hat, worn by his alter ego Heisenberg, signified his move from good to evil. Cranston hung on to the hat and his character's signature glasses, saying that together they were his "prized possession".



Jennifer Aniston CENTRAL PERK SIGN

When they weren't in Monica's apartment, Central Perk was where the *Friends* gang spent most of their time. The coffee house's neon sign featured in almost every episode and is now owned by Jennifer Aniston, above, with co-star Lisa Kudrow. Jen's character Rachel worked there as a clumsy waitress.



Hugh Bonneville DOWNTON ABBEY PAPERS

The actor, who played the Earl of Grantham, left the period drama with two paper souvenirs – a telegram announcing the outbreak of the First World War in season one and a letter from Henry Talbot inviting the Granthams to a car race in season six. He said: "On *Downton* not only is each letter beautifully handwritten or typed if appropriate, but it's also germane to the scene that you're doing. It's really beautiful, that level of detail, because it puts you in the moment." Where does he keep them? In his downstairs loo apparently.



Rose Leslie YGRITTE'S BOW... OH, AND HER HANDSOME CO-STAR

In *Game Of Thrones*, Ygritte was the flame-haired wild woman who stole the heart of hero Jon Snow in the epic fantasy series. Despite her skill with a bow and arrow, she was speared with a fatal shot, dying in her lover's arms. Rose Leslie was given her character's weapon after three series. She said: "On one side of the handle is an emblem of a red rose, on the other was a silver plaque that read, 'Kissed by Fire'. It was absolutely beautiful." And that wasn't all she got to keep – she married her *GoT* lover Kit Harington.



Chris Hemsworth THOR'S HAMMERS

Avengers actor Chris Hemsworth is never going to be short of something to knock in a nail. The star, who played hammer-wielding tough guy Thor in the Marvel Universe series, was asked on an American chat show if he'd kept any. He replied: "A few... about five." He added: "One's next to the toilet, one's on a mantelpiece somewhere."

By Kat Hopps

ACTORS love a souvenir and, as any wardrobe mistress or properties master will tell you, things often disappear from film sets. Movie legend Glenn Close revealed this week that she managed to keep every single one of her Cruella de Vil costumes from the 101 *Dalmatians* film series, by making it part of the deal. Interviewed recently on American TV, the multi-award-winning star, 73, said: "I got in my contract that I got to keep all of my costumes that I wore in the movie."

"Then when they found out how expensive they were, they were unhappy that it was in my contract. They wanted to make another copy, another set, for me. I said no!"

Close's puppy-stealing baddie wore a dazzling array of outfits, most notably a fur-lined blood-red cape, designed by the Oscar-winning costume designer Anthony Powell and made by Barbara Matera.

The extravagant collection is now housed at Indiana University.

While every actor is not as savvy as Close in their negotiations, plenty have taken home iconic, or downright strange, pieces of memorabilia.



Reese Witherspoon BASICALLY, EVERYTHING!

As unlikely Harvard Law School graduate Elle Woods, Reese Witherspoon proved in *Legally Blonde* that a fashion victim can still be smart. Like Glenn Close, she specified that she would keep the lot, including 77 pairs of Jimmy Choo shoes. She said: "I didn't touch them until the 15th anniversary and then had a lot of fun trying them on with my daughter. Some fit and some didn't, but it was really cool."



As Glenn Close reveals she kept all of Cruella's outfits, we look at the movie and TV set props the stars just couldn't bear to leave behind



SPOT ON: Glenn Close wouldn't settle for a copy of her screen costumes – she wanted the real thing

Daniel Radcliffe HARRY POTTER'S SPECS

He will be defined forever by the glasses he wore as Harry Potter in the film series so it's no surprise he kept two pairs – from the first and seventh films respectively – out of the 160 pairs he wore. Daniel said: "The ones from the first film are absolutely tiny now, but they are very sweet. They are all lens-less as well. There was rarely ever any glass in the actual glasses, because of filming problems with reflections."



Sarah Jessica Parker CARRIE'S CLOTHES

From the white tutu to the Vivienne Westwood wedding gown, the clothes she wore as Carrie Bradshaw in Sex And The City were a constant joy for TV fans. SJP kept 95 per cent of the eclectic collection. She said: "I don't touch it or wear it, but all of that is really meaningful."



Jennifer Lawrence KATNISS'S JACKET

As The Hunger Games heroine Katniss Everdeen, a skilled hunter and archer, Jennifer fought opponents to the death in a post-apocalyptic televised contest. When asked later whether she kept anything, she said: "I have the leather hunting jacket – and my leather hunting boots."

Sir Ian McKellen GANDALF'S STAFF AND THE KEYS TO BAG END

In a fan Q&A session, Sir Ian, who portrayed the wizard in the Lord Of The Rings and Hobbit films, revealed his favourite set was the dragon's lair featuring thousands of specially-made coins. He added: "And if you don't tell anyone, I can tell you that I have some of those coins. Along with the front door key to Bag End, which I know Peter Jackson is looking for, but will never find." He also has Gandalf's staff.



Ryan Reynolds DEADPOOL OUTFIT

Who wouldn't want to own a superhero suit? That's certainly the opinion of actor Ryan Reynolds who freely admitted he "stole" one of the nine red and black costumes he wore in Deadpool. He said: "I just walked off set with it. If they want to take the suit back, they can come try and take it from me. I was in very good shape when I shot the Deadpool movie and I felt confident that I could take out a 107lb studio executive."



By **Hanna Geissler**

AGGRESSIVE breast cancers could be fought with a drug already being used in treatment, “hugely exciting” research has found.

Scientists have identified a specific defect in some triple-negative cancers – and an existing treatment that could be used on them.

Studies, funded by Breast Cancer Now and led by Dr Rachael Natrajan at The Institute of Cancer Research, found a way to identify triple-negative breast tumours that may be more likely to respond to drugs known as CDK4/6 inhibitors, including palbociclib.

The medication is currently used on other breast tumours that have spread through the body.

But the researchers found the potential to use it to treat around

Drug breakthrough for aggressive breast cancer

a fifth of people with triple-negative breast cancer.

Dr Natrajan said the study “suggests the exciting possibility that an already-approved breast cancer drug could be used to help women with this type of disease”.

Clinical trials will take several years but if they are successful, CDK4/6 inhibitors could be used

within five years. Triple-negative breast cancer refers to tumours lacking three molecules normally used to classify it – oestrogen receptor (ER), progesterone receptor (PR), and human epidermal growth factor receptor 2 (HER2) protein.

This type of cancer, which disproportionately affects younger and black women, is often resistant to

traditional chemotherapy and is more likely to spread sooner and become incurable. Triple-negative breast cancer is treated with a combination of surgery, chemotherapy and radiotherapy.

Dr Simon Vincent of Breast Cancer Now called the discovery “hugely exciting”.

“Each year, around 8,000 UK

women are diagnosed with this aggressive form of breast cancer and we desperately need new, effective ways to treat them,” he said.

“We hope that if clinical trials confirm that palbociclib is beneficial for some of these women, it will be advanced through the approval process and made available for those who need it as quickly as possible.”

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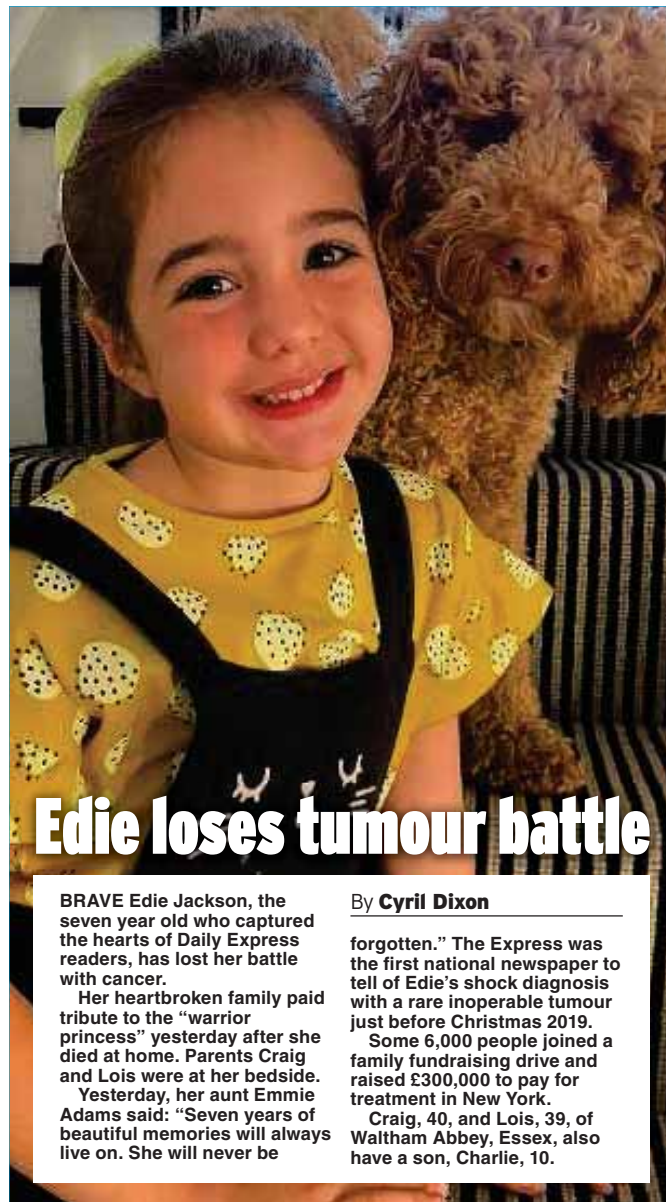
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Edie loses tumour battle

BRAVE Edie Jackson, the seven year old who captured the hearts of Daily Express readers, has lost her battle with cancer.

Her heartbroken family paid tribute to the “warrior princess” yesterday after she died at home. Parents Craig and Lois were at her bedside.

Yesterday, her aunt Emmie Adams said: “Seven years of beautiful memories will always live on. She will never be

By **Cyril Dixon**

forgotten.” The Express was the first national newspaper to tell of Edie's shock diagnosis with a rare inoperable tumour just before Christmas 2019.

Some 6,000 people joined a family fundraising drive and raised £300,000 to pay for treatment in New York.

Craig, 40, and Lois, 39, of Waltham Abbey, Essex, also have a son, Charlie, 10.

Prostate patients denied treatment

By **Hanna Geissler**

THOUSANDS of new prostate cancer sufferers unable to tolerate chemo are being denied a drug that can prolong their lives by 15 months.

Abiraterone has been rejected as a first-use treatment on the NHS by the National Institute for Health and Care Excellence.

The drug stops production of testosterone, stifling tumour growth. Advanced sufferers are treated with it if hormone medication or chemotherapy fail. But campaigners

say it should also go to those men who cannot tolerate chemo.

An appeal by Prostate Cancer UK and makers Janssen has failed to reverse a decision by NICE ruling the drug was too costly in their case.

Prostate Cancer UK called for a price cut, and said: “No man should miss out on additional months of life simply because he is unable to have chemotherapy.”



I am 48 and still in love with Mr Men

OBSESSED Michelle Martinez sits among her Mr Men memorabilia and admits: "I should have collected stamps."

Michelle, 48, first loved Roger Hargreaves's creation as a little girl.

Now she has more than 2,000 items, including a rare china tea set, two

By **Bradley Jolly**

coin-operated fairground rides (£500 each), light switches, nightdress cases, cuddly toys and the original books.

Daughter Sophie, 19, and son Jake, 14, were dragged to scores of Mr Men events as youngsters

and even made to wear Mr Men clothes.

The carer confessed yesterday: "The kids have never liked it."

Most items are crammed into Michelle's home in Waterlooville, Hampshire, and insured for £35,000.

She joked: "I think I do have a problem."



Hull worst hit by flood hell for the fourth year

By **News Reporter**

HULL is the flood capital of Britain for the fourth year running – with nearly six per cent of houses affected in the past 12 months.

That means around 13,600 of its 230,000 homes have been hit.

The national average for flooded homes is 0.7 per cent, meaning Hull houses are more than eight times more likely to suffer water damage.

The city is built on a flood plain, with 90 per cent of properties below the high-tide line.

And the UK's City of Culture of 2017 was devastated by floods 10 years earlier when 3.9ins (100mm) of rain fell on one June day, with more than 7,000 homes flooded just that month.

Carlisle is the second most flooded UK town



Pour show...house is hit

with 3.1 per cent of homes hit, Lancaster was next on 2.6 per cent, said MoneySuperMarket.

The firm analysed more than three million home insurance quotes.

MoneySuperMarket's data expert Emma Garland, said: "Storm Christoph was a reminder that flooding affects tens of thousands of Britons every year, with people in Hull bearing the brunt more than any others."

She urged worried householders to look into Flood Re, a joint initiative between the Government and insurers to make flood cover more affordable.

THE RAINING CHAMPIONS

1. Hull 5.9%
2. Carlisle 3.1%
3. Lancaster 2.6
4. Llandudno 1.9%
5. Exeter 1.8%
6. Perth 1.7%
7. Worcester 1.6%
8. Gloucester 1.5%
9. Llandrindod Wells 1.4%
10. Hereford 1.4%



Handymen employs many women

'Handymen' firm denied Covid grant on 'gender discrimination grounds'

By **Tom Bevan**

THE term "handyman" could become a thing of the past after a company was refused a council grant on the grounds of "gender discrimination".

Property maintenance firm Handymen has managed more than 2,000 properties since it was launched in 1987 and employs a number of women.

But its owner was stunned when the business failed in its application to Penarth Town Council for a £1,000 business grant to help it through the lockdown.

It was one of only two applications out of eight that were denied by the

council in south Wales. The firm hopes it can force a change of mind when the decision goes before a council committee to be rubber-stamped today.

Handymen manager James Squire-Wood, 23, believes the authority took the "politically correct view" that its name was "dated" and discriminated against women.

He said: "We're not discriminating towards gender at all and that was never our intention."

"Even by definition, the word 'handyman' refers to any person and

has nothing to do with gender. It's just a name."

"We have females who work for us, so it just strikes me as someone attempting to be politically correct through interpreting this incorrectly."

"I don't agree with [potentially] being denied this grant especially at the moment, as it's tough for small businesses."

The company wanted to access the Independent Traders' Contribution Fund, designed to help the high street recover from the pandemic.

James said he and his company will consider taking legal advice if their

application is formally rejected for the reasons stated.

He said: "We don't have any reason to not be eligible for the grant, so if the only grounds is gender discrimination then we're going to have to defend ourselves."

The only other application that was denied was from local artist Ivor Davies which was due to "failing to meet the criteria and incomplete application".

The council offered no further detail on why it refused Handymen's request for a grant other than stating "gender discrimination".

Baby hope for white rhinos

WHITE rhinos could be saved from extinction after scientists created two embryos from the eggs of one of the last two females and a dead male's frozen sperm.

In total 14 eggs from Fatu's ovaries were collected at the Ol Pejeta Conservancy, in Kenya.

They were then transported for insemination to Avantea Laboratory in Cremona, Italy.

By **News Reporter**

Two became embryos, bringing the total number in the world to five.

All have been preserved in liquid nitrogen at -196C (-321F) before implantation, which is planned for March.

The sperm used was from Suni, who died in 2018.

Najib Balala, who works for Tourism in Kenya, said: "We

must do everything possible to save this species from extinction. Remember, extinction is forever."

"Once we lose this species we will have lost an iconic animal which will not be seen again by future generations."

The last female white rhinos are Najin and Fatu, who live at the conservancy. There is a remaining male but he has been sterilised.



Success...vets collecting eggs from Fatu the rhino in Kenya

HICKEY

PROMOTING new film *The Dig*, celebrated thespian Ralph Fiennes, pictured, reveals he went to considerable lengths trying to master his alter-ego's Suffolk accent.

Playing late archaeologist Basil Brown, 58-year-old Ralph admits to having had little regional knowledge beforehand – although born in the county, he moved away aged just six.

Prior to the pandemic, he therefore insisted on visiting pubs in disguise with a voice coach, proving he could pass himself off as a Suffolk local...



RESPONDING to news steamy Netflix period drama *Bridgerton* has caused a boom in four-poster bed sales, LBC radio presenter and Sunday Express columnist Nick Ferrari announces: "I was conceived on a four-poster bed. I now have – not the same one – a four-poster bed."

Appearing on ITV's *This Morning*, Ferrari, 61, adds: "But I don't allow my girlfriend to watch *Bridgerton*, because there's no way we're going to get to that level!"

VICAR and BBC broadcaster the Reverend Richard Coles, a devoted owner of dachshunds, reports he's regrettably been on the receiving end of road rage.

"This just happened," says Coles, 58. "Angry driver: 'Why don't you look where you're ***** going?!' Me: 'I was looking at a sausage dog.'"

WITH Sean Bean now enthusing he has "quite a significant influence" over scripts for his latest character Mr Wilford in TV drama *Snowpiercer*, fans of the Yorkshireman dare to hope he'll avoid meeting another sticky end.

Tired of being teased about his violent fates on-screen – 23 demises to date – Game Of Thrones star Sean, 61, has recently resorted to turning straight to the end of scripts sent his way in order to check whether he survives...

FONDLY remembered by children of the 1970s and 1980s for her days presenting BBC's *Play School*, Floella Benjamin – now life peer Baroness Benjamin – cheerfully confirms she's had the vaccine jab.

The 71-year-old, pictured, adds: "From a doctor who tells me he's one of my *Play School* babies."



TRYING to focus on happier times during lockdown in London, Dame Joan Collins nostalgically reflects: "Nineteen years ago my darling hubby and I made our first public appearance in New York."

More than three decades older than dutiful fifth spouse Percy Gibson, Dame Joan, 87, has acknowledged: "I kissed a lot of frogs before I found my prince."

NOW due to be honoured with a lifetime achievement award at next month's Golden Globes, Jane Fonda admits to still hankering after more Oscars.

Despite having won two, 83-year-old Jane's never been able to shake off being taunted by late co-star and movie icon Katharine Hepburn – who had four.

The formidable Hepburn gloated to Fonda: "You'll never catch me now!"

By Peter Sheridan

THE cows look indistinguishable from any other herd as they roam the Scottish pasture where they live. They graze the windswept fields, munch on grass and slowly chew the cud in their pastoral idyll.

But these aren't just any cows – they are weapons about to be deployed in the battle against global warming. Scientists are preparing to fit them with an array of sophisticated sensors to measure their movements, their eating habits and, most importantly, every gassy burp and flatulent eruption.

It's part of a three-year experiment at Scotland's Rural College to understand why cows are one of the world's biggest contributors to the greenhouse gasses that accelerate global warming – and to stop them from destroying the planet.

"Cattle do make a significant contribution to methane emissions globally," says Professor Richard Dewhurst, who is leading the experiment on the college's campus near Edinburgh.

Research shows that livestock emissions comprise 15 per cent of the total of greenhouse gasses produced by human activity, and that percentage is growing, he says.

"Other sectors – transport, energy – are making faster progress on reductions," Prof Dewhurst points out. "So that percentage is increasing, certainly in developed countries."

It is for this reason that green activists argue with increasing urgency that humanity must switch to a plant-based diet to head off climate catastrophe.

But huge strides are being made in the battle to let us have our beef and eat it. We may not need to ditch the burgers and switch to lentils and tofu just yet, because the Edinburgh research is just one of a series of initiatives around the world aiming to produce planet-friendlier meat and dairy products.

Five thousand miles from Edinburgh, Californian organic farmer Albert Straus is working on an experiment that could dramatically cut greenhouse gasses by feeding cattle a diet with one simple additive that has shown astonishing results: red seaweed.

Scientists in Aberdeen have been working to develop probiotic supplements to reduce cows' methane emissions. In New Zealand researchers are experimenting with a vaccine to reduce methane-producing bacteria in their stomachs, and geneticists are trying to breed cattle that naturally produce less gas, all doing their bit to save the planet, one burp at a time.

AND while they may employ different approaches, they agree on one thing – something has to change.

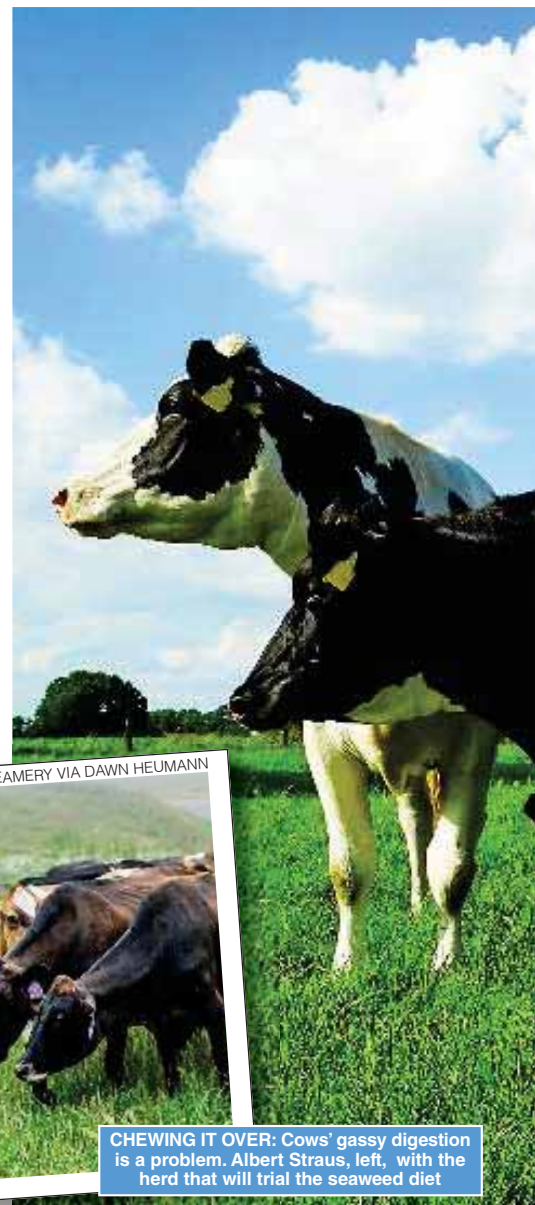
Rising world temperatures threaten to melt polar ice caps and glaciers, raising sea levels to the point that could flood the homes of more than 150 million people. In fewer than 30 years, Bangkok, Shanghai and Mumbai could all be under water, according to a 2019 study.

In Britain, already struggling with repeated floods, winters will be warmer and wetter, summers hotter and drier, and heatwaves will become more frequent if current warming trends continue, warns the UK's Met Office. Global warming is no longer in dispute: 97 per cent of scientists agree it is real, and the danger is imminent.

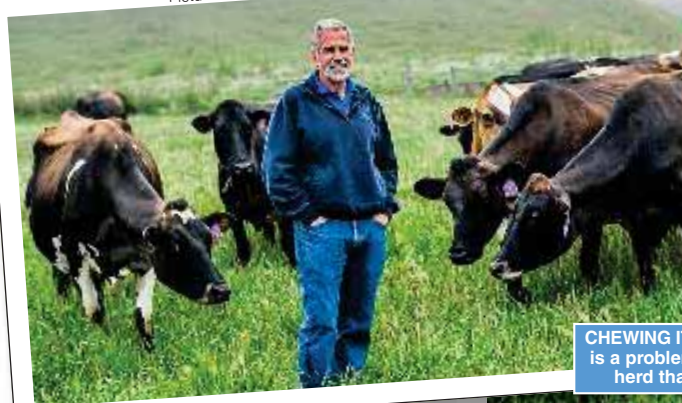
It's easy to blame the problem on industrial pollution and the millions of cars spew-

THE COWS CHANGE

Cattle's gassy emissions are wreaking a terrible toll on the planet, but scientists are finding ingenious ways to fix the problem, one burp at a time...



Picture: COURTESY OF STRAUS FAMILY CREAMERY VIA DAWN HEUMANN



CHEWING IT OVER: Cows' gassy digestion is a problem. Albert Straus, left, with the herd that will trial the seaweed diet

ing exhaust fumes, but the next time you're driving down a motorway take a good look at all those cattle in the fields.

Livestock produces 14.5 per cent of the world's man-made greenhouse gasses – more than all the world's cars, planes and trains combined, according to the United Nations. Of that, nearly 40 per cent is methane produced by the ruminative digestive systems of the world's 1.5 billion cows, trapping 84 times as much heat as carbon dioxide.

One model that already promises excellent results is being tested by Mr Straus at his farm in California. He will feed his herd an experimental diet containing a small amount of red seaweed, *Asparagopsis taxiformis*. Preliminary studies have shown it can have a

major impact: it reduces cows' production of intestinal methane by up to 98 per cent.

"I've never seen anything like this," says Agricultural College associate dean Ermas Kebreab, of the University of California, Davis. "A couple of years ago I would never have believed it."

His study on red seaweed last year found that adding it to the diet of beef steers slashed methane emissions without affecting the cows' weight or the quality of their meat.

And seaweeds could be the solution to broader ecological challenges.

"They can be used for biofuels and seaweed biomass can be used to make fertiliser," says marine biology professor Jennifer Smith, of the Scripps Institution of

BRINGING A WIND OF TO GLOBAL WARMING



THREAT: Flooding, as in Ironbridge last year, has been attributed to global warming



Oceanography in San Diego, California. "Seaweeds can be used to make plastics that are biodegradable, and that are a lot less harmful than the plastics that we currently use."

Seaweeds are also being investigated for use in cancer drugs, antibiotics and anti-inflammatories, as well as a sustainable vegan food.

But with cattle contributing so much to the world's greenhouse gasses, seaweed's ability to drastically reduce cows' methane emissions is being hailed as a potential world-saver.

Cows have four stomachs, the first of which contains bacteria that ferment the fibrous grass and grains they eat. The result-

ing gasses combine to form methane, which emerges mostly in cows' burps and breathing, as well as their flatulence and manure.

Red seaweed in a cattle feed stops hydrogen binding to the carbon atoms which produce methane during digestion.

The supplement, being developed by American firm Blue Ocean Barns, comprises less than one per cent of the cows' feed, and could be commercially available by the year's end.

"It's a minor change that can be really beneficial," says Straus. "Cows are essential to reversing climate change." Research is

'Coriander and turmeric cut emissions but it turns out cows don't like their food to taste of curry'

also under way in Australia and Europe to develop Asparagopsis seaweed for cattle feed, and Prof Kebreab says: "We hope that in the next two or three years we will have not just one but two or three different solutions that could be available to farmers."

Prof Tim Flannery at the University of Melbourne, Australia, researching the seaweed additive, says: "The interesting thing is, the methane generation really represents energy that the cow doesn't get to use.

"So if you can stop that methane being generated and let the cow absorb that energy,

the cow grows faster and is healthier." Seaweed's success comes after other additives were found to reduce methane emissions in the laboratory but failed to work in the field.

Coriander and turmeric cut cattle methane emissions, but it turns out that cows don't like their food tasting like a curry house takeaway.

SEAWEED as a solution will offer hope to British farmers as they struggle to meet government targets on reducing greenhouse gas emissions.

"The magnitude of the challenge facing UK livestock producers cannot be underestimated," stated a September research report from Britain's Centre for Innovation Excellence in Livestock.

"Greenhouse gas emissions from agriculture have shown little change over the past decade and yet, in order to meet government targets, these emissions need to be reduced by over 60 per cent within the next 30 years."

Seaweed could not only help the planet by reducing cattle emissions, but it also offers the prospect of healthy human food. A staple of Asian cuisine, seaweeds are "one of the world's biggest superfoods in terms of their ability to produce vitamins, minerals, protein and fibre", says Prof Smith.

Most industrial-scale seaweed farms are in Asian waters, but are now being developed in Hawaii, California and Tasmania. The Seaweed for Europe Coalition recently reported that by 2030 seaweed could grow to a £6.6 billion industry in Europe, creating 115,000 jobs.

You don't even need the ocean to grow seaweed. Blue Ocean Barns farms its seaweed in land-based saltwater tanks, carefully controlling the environment while minimising the risk of plastic pollution, mammal entanglement, and nutrient imbalances to the marine habitat.

So you might one day drive down the motorway and see cattle grazing beside giant industrial seaweed farms.

And no, the experts promise, your beef won't taste like fish.

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Edited by MERNIE GILMORE

With more of us than ever before turning to this calming wellbeing practice to cope with lockdown, **Kim Jones** explains how to find the right type for you

With the country in lockdown for the third time in less than 12 months, it's no surprise that online meditation courses have increased tenfold. And it's not just a fad.

There is plenty of research that shows meditating and mindfulness boost wellbeing by aiding sleep, reducing stress, improving focus and helping to manage anxiety and depression.

The pandemic has seen a huge surge in converts turning to this calming practice to help them navigate these turbulent times.

But it's not just a case of one size fits all, there are lots of different types of meditation out there. Here's how to work out which one is right for you.

What is meditation?

"Meditation is being aware of your thoughts, emotions and senses in the present moment," says Marion Williamson, co-author of *My Mind Won't Shut Up! Meditation For People Who Don't Meditate*.

"Gently focus on something – this can be your breathing, sounds, other people or the tingle in your toes.

"These focal points are called anchors. When you notice other thoughts trying to take over, return to your anchor. There's no such thing as being bad at meditation.

"If you're following your breath or whatever you've chosen as your anchor and coming back to it when you get distracted, you're meditating.

"Meditation teaches you to be still, to accept what is – and that life is only made up of moments. When you're not worrying about the past or future you can enjoy being in the present."

Start by setting aside a few minutes a day to meditate.

Remember, your mental chatter will probably try to take over but, with practice, you'll reap the benefits of a quieter, calmer mind.

There's a meditation method to suit everyone, here's how to decide which one is right for you.

BREATHING MEDITATION

How to do it: Sit and focus on your breathing, feeling the sensation of air entering and leaving your nostrils, or the rise and fall of your chest.

Best for: People who like to keep things simple. "Your breath is always there, so tuning into it can bring you into the present moment easily," says Marion.

"You don't need to change your breathing, just keep your focus steady and if you get distracted – and you will all the time –



How to find the right state to meditate



just come back to your breath and start again."

SOUND MEDITATION

How to do it: Focus on the sounds around you – traffic, birdsong, rainfall or howling wind. Or listen to music, preferably something with a slow beat.

Concentrate closely on the many different sounds and how they make you and your body feel.

Best for: Someone who is distracted by thoughts

“Your breath is always there, so tuning into it can bring you into the present

and needs a refreshing break from their inner monologue. "Focusing on sound takes your attention outside yourself and into the present moment," says Marion.

"Sounds start and stop and you can't hold on to them, which can remind you that you are not always in control of things and that is OK."

BODY SCAN MEDITATION

How to do it: Sitting or lying down, notice sensations in your body. Start from your head and work down to your neck, chest, arms, tummy, hips, thighs,

legs and feet. How does each body part feel?

Are there aches and pains or tension? Does the body part feel warm, cold, relaxed or comfortable?

How do your clothes feel against your skin?

Don't try to change any of the physical sensations you notice, just concentrate on noticing them.

Best for: People who live in their head. "If your focus is always what's going on in your mind, you tend to ignore everything happening below your neck," says Marion. "This type of meditation

takes your attention away from thinking and back into physical experiences. It's a great way to reconnect with your body."

WALKING MEDITATION

How to do it: Focus on how your body feels as you walk. Start by concentrating on your feet: how they feel supported in your shoes, what does it feel like to walk on flat, stony or uneven ground?

"Are your feet warm or cold? Are your socks snug? Do your steps feel light or heavy? Move your attention to other parts of your body and how they feel as you walk, too," says Marion.

Best for: "People who are short on time. "You can do this type of meditation in between doing other things," she adds. "You can do it anywhere, in the kitchen, up the stairs, outside – it all counts as meditation."

GRATITUDE MEDITATION

How to do it: Think about what you're grateful for in your life. From small things, such as the fact that you've enjoyed a hot cup of coffee, or bigger things, like being grateful for good health. Think about the people you appreciate in life too.

Best for:

People who feel anxious.

"It reminds them of the good things in their life that exist already," says Marion.

"It can bring reassurance and give people courage to face whatever is coming their way.

"The mindset of gratitude relaxes our need to control what will happen in the future which makes us kinder and more relaxed."



GUIDED MEDITATION

How to do it: Meditation apps, such as Calm or Headspace, take you step by step through a meditation technique.

Best for: Everyone. "If you've tried to meditate alone, you'll know it's amazingly easy to get distracted," says Marion. "A guide will gently remind you to bring your attention back to meditation. Apps usually have a range of options like timers, reminders to meditate and even groups to join too."



ON THE LOO!

How to do it: "Go into the bathroom and lock the door," says Marion. "Sit on the toilet seat and take a few moments to breathe and settle.

"Then, bring awareness to what you're doing, for example, notice the texture and feel of the toilet paper, and listen to the sounds of flushing.

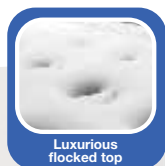
"When washing your hands, notice the bubbles, the temperature of the water and the sound it makes gurgling down the drain. Take your time and enjoy this little moment just for you."

Best for: "People sharing a house or busy parents with children demanding attention all day long," says Marion.

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expressyourself

Walk this way...



Let's face facts - lockdown walks were more appealing in summer. However, with a few tips and tricks, this simple exercise can boost mood, increase fitness and, yes, even be fun when it's cold outside, says **Lizzie Catt**

While the first lockdown saw the nation discover local routes and corners of the countryside, winter weather has made the prospect of revisiting those lovely paths somewhat less appealing. But with gyms and exercise classes shut indefinitely, walking is an easy and free way to get some exercise and fresh air.

Exercise physiologist Tom Cowan (tcowan.co.uk) is a big advocate of walking for mental and physical health. A brisk walk, he explains, raises the heart rate and provides a strenuous enough aerobic workout to improve cardiovascular fitness in most adults.

If you can hold a conversation but don't have enough puff to be able to sing the words to a song, you're walking at the correct pace.

When done correctly, walking reduces the risk of developing numerous health conditions, says Tom, including high blood pressure, high cholesterol, stroke and coronary heart disease. And because walking is low impact, it's easy on the joints but will still improve bone density.

Start and end with a five to 10 minute warm up/cool down and stretch. Also, check in with your GP before starting a new routine.

Get in the swing

It is tempting to shove your hands into pockets when it's cold, but Tom recommends swinging your arms. This technique is used by power walkers to increase speed and brings more muscle groups

into play, increasing heart rate and with it the chance of breaking a sweat. Use intervals - fast walking mixed with slower periods - to improve your speed until you no longer need the recovery intervals.

Pick one route and time yourself, then revisit it over the weeks and aim to slowly knock time off as your fitness improves.

Multi-task

Lots of us wanted to learn new skills, get fit and read more during lockdown - so why not do it all at the same time?

"I used walking as a chance to listen to audiobooks and in the first lockdown, I listened to Spanish lessons on Spotify," says Tom. "I also make calls to family and friends, which benefits my psychological health as well."

Step it up

Tom recommends those pressed for time to increase their step count by incorporating walking into their working day by taking calls on the move. Requesting a phone-only meeting and getting outside could make a big difference to your daily step count.

Six legs better than two

Dog owners already know that daily walks are not optional. "If you don't have a dog, you could walk a friend's dog or walk together, or visit a dog-walking website like borrowmydoggy.com," says Tom.

The RSPCA and local dog rescue centres both run dog-walking programmes, too.

Get competitive

Setting up a walking challenge with friends or colleagues is great motivation. If you have a mixed ability group, set a team step goal or sign up for a charity walk.

Lots of charities are asking people to fundraise with individual walks and runs during the pandemic. Just don't push yourself too hard to keep up, and ensure your targets are realistic, says Tom.

Pole position

Nordic walking poles are popular with walkers in the countryside and have been cropping up on the streets of towns and cities with good reason.

Walking with poles engages the muscles of the upper body and transforms walking into a whole-body exercise with benefits more akin to jogging. This can help anyone who's uncomfortable running or has been advised not to due to weight, joint issues or age.

Worth the weight

Weighted backpacks are also growing in popularity with those wanting to get the most out of their walk, says Tom. Pile some books into a comfortable backpack but make sure it fits properly so you don't injure yourself. Or try walking while holding light hand weights to give yourself a challenge.

Be social

Meeting up for exercise with one person is permitted under current guidelines and can make a real difference, says Tom. It will make your walk feel like an event instead of another chore and give you much-needed social interaction.

Get in touch!
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Cardigan, £36; top, £16; denim leggings, £26, all next.co.uk

House of cardis

BY EMMA JOHNSON

Whether it was Katie Holmes in her bra and cardigan combo, or Taylor Swift penning an ode to the knitted favourite on her last album Folklore, the humble cardigan has been getting a lot of attention recently.

It has gone from simple wardrobe staple to high-fashion hit, with the likes of Burberry, Gucci and Saint Laurent creating lust-worthy knits with four-figure price tags.

And an oversized cardigan could be just the thing you need right now if you want to steer your stay-at-home look away from hoodies and sweaters. Not only are they super cosy and warm, but they work with everything and high-street brands have them in all colours, patterns and weights.

Team a cable-knit design with a cami vest and jeans if you want to feel a little more dressed up, or throw a hooded one over your pyjamas for lazy weekends in front of the TV. They really are the ultimate winter warmer.



Cardigan, £45; skinny jeans, £49.95; boots, £57, whitestuff.com; T-shirt, stylist's own



Cardigan, £32; jeans, £35, both wallis.co.uk

Cardigan, £30; top, £30; mini skirt, £15, all monki.com



Cardigan, £49.99; shirt, £35.99; wide-leg jeans, £49.99; boots, £59.99, all shop.mango.com



Cardigan, £49.99; jeans, £29.99, both zara.com

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Blue flat cap, £51.95, Kangol at hatsandcaps.co.uk



Baker boy with chain, £12.99, reserved.com



Tweed baker boy, £14.99, mandco.com



Herringbone, £17.91, heritageofscotland.com



PU black cap, £18, riverisland.com

TOP of the SHOPS

Mernie Gilmore reveals what's hot to shop this week



GROW

Barry's Cactus Club is a subscription box with a difference. For £15 each month, a cactus or succulent in a stylish ceramic pot, along with a selection of surprise treats, will land on your doorstep.

The plants are chosen for their hard-to-kill quality, meaning they will thrive even if you're not naturally green-fingered (barryscactusclub.com).

CRAFT

Fancy learning something new during lockdown? Then get creative with Hobbycraft's new Get Started programme, which provides free step-by-step guides to everything from crochet and marbling to cake decorating and clay modelling.

Visit hobbycraft.co.uk/get-started for more info.

TECH

Who doesn't want a helping hand with the hoovering? The Proscenic 850T robot vacuum, £229 (amazon.co.uk) will clean floors at the touch of a button.

You can programme it to clean at the same time each day and operate it via an app. Simply swap the cartridges to choose whether it is vacuuming or mopping, then sit back with a cup of tea.

DRINK

Get your five a day the easy way with these new frozen smoothie mixes from Mindful Chef.

Fresh fruit, veg and seeds are frozen in individual portions, meaning all you have to do is add liquid and blend.

We love the super healthy Lean Green, £12 for five, with spinach, apple, lime and ginger (mindfulchef.com).

PAMPER

We're big fans of British beauty brand SoapSmith's luxurious bath soaks, and with temperatures plummeting, there is no better time to treat yourself to a relaxing soak.

The fragrances are inspired by areas of London, and our favourite is Camden, £25 (soapsmith.com), with coconut, bergamot and white musk.



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Beauty
that will
lift your
spirits

In the face of another lockdown, it's understandable that we're looking for products that nourish the mind as much as the skin.

This is why Ayurveda, a traditional Indian healing system dating back 5,000 years, is more relevant and necessary than ever before.

Ayurveda is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit, using herbs and plants to soothe the skin and rituals to restore inner peace and calm.

It also teaches you how to tune out of the overwhelming world we live in and tune in to yourself.

BEAUTY RITUALS

Hair oiling

In Ayurveda, hair is considered an extension of the body's prana (energy field) and we need to care for it from roots to tips. Once a week, massage a pre-wash nourishing oil into dry hair. Leave overnight, then wash out in the morning, massaging your scalp for at least five minutes.

Fable & Mane uses Ayurvedic ingredients in its haircare range to boost scalp health.

■ Try HoliRoots Shampoo, £26 (fableandmane.com), a silicone-free shampoo enriched with coconut.



Exfoliate daily

Full body exfoliation has long been a part of Ayurveda's deep-cleansing philosophy to stimulate the skin, eliminate toxins and remove dead skin cells.

Use a homemade scrub made with a handful of brown sugar and olive oil. Or try dry body-brushing. Start from your feet and work upward using long sweeping movements. This stimulates

**If you only
buy one thing
this week...**

The skin on our hands has few oil glands, so there's less natural defence against cold, dry air. Washing hands frequently and using a sanitiser can also increase dryness. Rehydrate hands with No7 Beautiful Skin Revitalising Hand Polish, £6.75 (boots.com). It uses salt crystals to buff and smooth, while hydrating almond and grapeseed oils will leave your hands plump and moisturised.



Each week our experts
**Dr AAMER KHAN and
LESLEY REYNOLDS**
bring you the latest
beauty news and
anti-ageing advice



circulation and the lymphatic system, which is important for developing a strong immune system. Use a natural-bristle brush or a loofah glove and brush towards the heart as this will increase blood flow.

■ Try Ayurvedic Body Brush, £17.50, (urbanveda.com).



Self-massage

Abhyanga is Ayurvedic self-massage using a warm oil such as coconut oil, which deeply nourishes the body and should be done from head to toe.

Ideally abhyanga should be done every day before you shower but if you can add this to your daily routine at least three to four times a week it will boost immunity and improve circulation.

Super supplements

Ashwagandha, an adaptogen, is one of the healing herbs used in Ayurvedic medicine. It promises to calm body, mind and spirit, helping you handle stress,

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anthropologie.com



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Q I'm thinking about buying a toner but what exactly is it and how do you use it?

ASK THE KHANS

A Toners once had a reputation for being very drying, but the latest ones use hydrating and skin-boosting ingredients including hyaluronic acid and AHAs. They're a bit like a primer for your skin.

A toner will help balance the skin's pH levels and help prevent an oily complexion as well as deliver an extra shot of hydration. They should be used immediately after cleansing and exfoliating, and will remove any surface dead cells, and whatever's left of make-up, dirt and oil.

This shrinks pores so that your skin can readily absorb moisture and other beneficial ingredients from serums and creams applied afterwards. Choose a toner based on your skin needs.

Boots Traditional Glycerin and Rosewater, £2.39 (boots.com) is very gentle, suits all skin types and will help lock in moisture and



anxiety and insomnia.
■ Try East Meets West Ashwagandha capsules, £18.99 (hollandandbarrett.com). Always talk to your doctor before taking any supplements.



temperature every day and include oil-rich foods in your daily diet. Choose foods high in omega-3s or other healthy fatty acids such as walnuts, almonds, ground flaxseed, sunflower, sesame and pumpkin seeds as well as avocado, olive oil and green leafy vegetables.

Brow pinching

This involves a blend of firm kneading, gentle pinching (at the top and bottom of the brow between the thumb and forefinger) and circular motions to get the blood flowing. It helps de-stress the eye area, soothes tired eyes and banishes puffiness. Do once or twice a week

Stress soother

After applying a cleanser, try this massage tip to ease tension. Press the area between your eyebrows with your index or middle finger for 10 seconds, then release pressure and repeat. Try slowly rotating or pulsing the pressure of your fingers.

Move more

Find a daily exercise that moves, stretches and calms you. Take a stroll outside for at least 20 minutes every day to fill your lungs with fresh air.

Skin boost diet

Drink plenty of water at room

AYURVEDIC KITCHEN Turmeric powder

This can be used to prevent acne breakouts. Mix fresh lemon juice and turmeric powder into a paste. Apply to the skin, focusing on breakout areas, rub gently and rinse with warm water.

Honey

Rich in antioxidants that will neutralise free radicals while helping to balance the skin's pH levels, honey has amazing soothing and plumping effects. Dissolve 2tbsp honey into a cup of warm water and pour into your bath water. Relax for 10 minutes, then pat dry.



Sesame seed oil

Packed with anti-inflammatory antioxidants and moisturising agents it is a wonderfully cleansing, healing and moisturising oil for all skin types. Smooth on to damp skin after a shower.

BEAUTY BUYS

■ Green People Age Defy Line Eraser Serum, £23 (greenpeople.co.uk) contains hibiscus, a key ingredient in Ayurvedic practices. It will help boost skin hydration, soothe tightness, plus you'll see the firming action within 15 minutes of application.



■ Kiehl's Buttermask for Lips, £22 (escentual.com) is an overnight lip treatment that applies the ancient Indian principles of healing Ayurvedic medicine to cocoon dry and cracked skin for a softer pout by morning.



■ Surrender Vata Body Oil, £47, (maulirituals.com) uses a soothing blend of chamomile, frankincense, ylang ylang, geranium and vetiver, blended into a nourishing base of sweet almond and sesame. This warming oil boosts circulation, strengthens joints, soothes aching bones and eases anxiety.



● For more of Lesley's tips, visit lesleyreynolds.com

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Green's rude awakening

ARE you familiar with the substitution shuffle? It's a football thing. It happens in a match's dying moments, when the team that's ahead takes off a player and brings on another, for no other reason than to run down the clock.

The player being substituted, knowing his manager wants him to leave the pitch as slowly as possible, but not to make this so obvious that it earns him a yellow card for time-wasting, will adopt a peculiar gait that amounts to little more than running on the spot, but which just about edges him towards the touchline as required.



Mike Ward
previews
tonight's TV

That's the substitution shuffle: the perfect balance between those two key objectives. It really is a fine art.

It's one I rather wish Robson Green had learnt before setting out on his 73-mile walk along Hadrian's Wall, because the pace at which he's been striding these past two weeks means he's already nearing the end. That's a shame,

because I've thoroughly enjoyed this show, even though they tried to confuse me by changing its name mid-series, from Hadrian's Wall With Robson Green to **ROBSON GREEN: WALKING COAST TO COAST** (C5, 9pm), perhaps in case he fancied a quick detour via Cornwall to meet up with Julia Bradbury.

Whatever they care to call it, the programme starts its final stretch tonight in the village of Gisland, which straddles the border of Northumbria and Cumbria. Robson can't resist doing the obvious touristy thing here, of posing astride the border himself, placing one foot in each country.

Having come so far, it would have been a pity not to.

He also comes across some rather rude graffiti. But it's Roman rude graffiti, so that's OK. There's even a guide giving dedicated tours, showing three rather cheerful ladies where to spot 2,000-year-old phallic carvings. They seem to be enjoying themselves immensely.

Elsewhere tonight, on **THE CHASERS ROADTRIP: TRAINS, BRAINS AND AUTOMOBILES** (ITV, 9pm), the quizzers meet some child geniuses.

Anne Hegerty plays one of them at Scrabble, Mark Labbett plays another at chess and Shaun Wallace

faces a third in a general knowledge test.

Of all these kids, it's Scrabble-playing 11-year-old Ruben who seems to be having the most balanced childhood. By which I mean he apparently also plays bridge. And the piano. Probably at the same time.

"I'm stronger at piano than Scrabble, actually," he informs Anne, as he casually racks up the points with words such as ELOIN ("You can look it up...") and ZE. And does Ruben have any other talents up his sleeve?

"I'm a ballet dancer," he adds. "I'm really beginning to hate you," says Anne.

PICKS OF THE DAY



Documentary: Paul Merton In China, C5, 7pm

The comedian, writer, entertainer and Have I Got News For You regular undertakes a six-week tour of the country, exploring the major cities and visiting lesser-known backwaters in a cultural examination of the Eastern superpower. He starts out in Beijing, where he tastes local cuisine at a "speciality" restaurant and discovers an array of unfamiliar produce at a night market, encounters a hip-hop group who rap about food and pays a visit to Tiananmen Square (left) where student-led demonstrations were held during 1989. Included in the sights for Paul during his exciting six-week itinerary are Mr Wu's rickshaw robot and a trip to Shanghai.



Soap: EastEnders, BBC1, 7.35pm

The highs and lows of life with the residents of Albert Square, Walford, sees love very much in the air as Ben, with a little encouragement from Lexi and Lola, puts his engagement plan into action. However, Callum has doubts over his recent double-crossing tactics when it comes to the Mitchells. Meanwhile, Gray is put out and a little annoyed when Whitney (Shona McGarty, left) tells him she has a date, so he plants a seed of doubt in her mind to scupper some of her plans.



Finance: The Martin Lewis Money Show: Live, ITV, 8.30pm

As the nation continues to work through its third national lockdown, Martin Lewis (above) is on hand to answer viewers' questions on all aspects of family finances, consumer rights, savings and financial relief entitlements as the pandemic starts to hit family finances, businesses and retailers. Plus, the latest News You Can Use and Martin's Big Briefing.



Film: Searching, Film4, 9pm

Premiere. When his 16-year-old daughter Margot disappears from her California home, and a police investigation yields few results, David Kim (John Cho, above) decides to explore her laptop. He contacts her friends in the hope of gleaming some information regarding her location, and discovers a secret about her piano lessons that could be a vital key to the puzzle. Thriller, co-starring Debra Messing.



Drama: Death In Paradise, BBC1, 9pm

DI Neville Parker (Ralf Little, right) tries to embrace island life with a game of beach volleyball, only for a rogue sandfly bite to land him in hospital. His time on the ward takes a shocking turn when a nurse takes her own life – although the policeman suspects foul play and starts to build a case against his key suspects. Meanwhile, JP and Marion are struggling to achieve a good working relationship. Co-starring Josephine Jobert, Tahj Miles and Don Warrington.

DID YOU KNOW? Ralf Little was studying to be a doctor at Manchester University when he was offered the role of Antony in *The Royle Family*. He says that acting was "just a fun hobby" for him at the time.

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BBC One	BBC Two	ITV	Channel 4	Channel 5
<p>6.00 Breakfast News reports.</p> <p>9.15 Morning Gethin Jones hosts.</p> <p>10.00 Homes Under the Hammer</p> <p>11.00 Wanted Down Under Revisited A former diver hopes to make a fresh start in Australia.</p> <p>11.45 Caught Red Handed An airport bag thief strikes.</p> <p>12.15 Bargain Hunt Looking for items at Brighton Racecourse. (R)</p> <p>12.20 First Minister's Questions</p> <p>1.00 BBC News at One; Weather</p> <p>1.30 BBC Local News; Weather</p> <p>1.45 Father Brown A columnist is murdered after threatening to expose a fashion house's secrets, leaving the sleuthing priest with a fresh mystery to solve. (R)</p> <p>2.30 The Hairy Bikers' Bakeathon Si King and Dave Myers go baking in Slovakia, Hungary and Romania. (R)</p> <p>3.00 Escape to the Country Ginny Buckley looks for a property in Perth & Kinross. (R)</p> <p>3.45 The Farmers' Country Showdown Following attendees at Stroud Farmers' Market.</p> <p>4.30 The Bidding Room The dealers bid on a wind-up tin toy, a silver condiment holder and a table and chair made from a fairground car.</p> <p>5.15 Pointless Quiz show.</p> <p>6.00 BBC News at Six; Weather</p> <p>6.30 BBC Local News; Weather</p> <p>6.55 Party Political Broadcast By the Green Party. (R)</p>	<p>6.15 Wanted Down Under Revisited Documentary. (R)</p> <p>7.00 The Farmers' Country Showdown Documentary. (R)</p> <p>7.45 Sign Zone: Pooch Perfect (R)</p> <p>8.45 Workout the Wright Way (R)</p> <p>9.00 BBC News at 9 Updates.</p> <p>10.00 BBC News Headlines.</p> <p>12.15 Politics Live Political news.</p> <p>1.00 BBC Bitesize Daily Maths.</p> <p>2.00 The Human Body: Secrets of Your Life Revealed (R)</p> <p>3.00 Put Your Money Where Your Mouth Is Paul Hayes and John Cameron head to Warrington. (R)</p> <p>3.45 Hidden Kingdoms Documentary following a young tree shrew on the lookout for food. (R)</p> <p>4.50 Meerkat Manor Flower leads the Whiskers to better hunting grounds, but the gang strays into the territory of the rival Zappa clan. (R)</p> <p>5.15 Flog It! Paul Martin recalls trips to Muncaster Castle in Cumbria, and the Bowes Museum. (R)</p> <p>6.00 Richard Osman's House of Games Charlie Brooks, Les Dennis, Darren Harriott and Melinda Messenger test their skills in a variety of trivia-based games, with the winner declared on Friday.</p> <p>6.30 Lightning Zoe Lyons hosts the quiz in which six contestants compete across six rounds testing their general knowledge, quick thinking and speedy reactions.</p>	<p>6.00 Good Morning Britain Morning magazine show.</p> <p>9.00 Lorraine Entertainment, and the latest fashion news.</p> <p>10.00 This Morning Daily magazine, including Alison Hammond's interview with singer and actor Justin Timberlake about starring in the new movie Palmer.</p> <p>12.30 Loose Women Celebrity interviews and topical debate.</p> <p>1.30 ITV Lunchtime News</p> <p>1.55 Local News; Weather</p> <p>2.00 Judge Rinder A DJ seeks compensation from a friend for damaged DJ equipment.</p> <p>3.00 Lingo Married couple Jon and Nicola, student housemates Caitlin and Emily, and bookmaker's manager Vicky and her partner Andy compete in the battle of words. Hosted by Adil Ray.</p> <p>4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning a £10,000 jackpot.</p> <p>5.00 The Chase David, Reshma, Xander and Alison are the contestants pitting their wits against the Chaser, adding money to the jackpot for the final chase.</p> <p>6.00 Local News; Weather</p> <p>6.25 Party Political Broadcast By the Green Party.</p> <p>6.30 ITV Evening News; Weather</p>	<p>6.30 Mike & Molly Double bill. (R)</p> <p>7.10 Cheers Double bill. (R)</p> <p>8.00 The King of Queens (R)</p> <p>8.55 Frasier Double bill. (R)</p> <p>9.55 Come Dine with Me (R)</p> <p>11.55 Channel 4 News Summary</p> <p>12.00 Come Dine with Me (R)</p> <p>12.30 Steph's Packed Lunch</p> <p>2.10 Countdown Gameshow.</p> <p>3.00 A Place in the Sun Army reserve nurse Denise from Wigan and her friend Karen enlist the help of Jonnie Irwin to find Denise's perfect holiday home on the Spanish Costa Blanca. (R)</p> <p>4.00 A New Life in the Sun The first pony trekking booking gets off to a terrible start in Italy. On the Costa del Sol, wannabe bar owners throw in the towel after failing to find a suitable business.</p> <p>5.00 Junior Bake Off The semi-finalists show off their skills in some of the more challenging areas of patisserie, including a showstopper involving choux centrepieces.</p> <p>6.00 The Simpsons Lisa is thrilled to be moved up a grade at school - until she discovers Bart has been demoted to the same class. With the voice of Tony Bennett. (R)</p> <p>6.30 Hollyoaks Ella prepares for her first day back at school, but Mandy worries that it may be too soon. Meanwhile, Marnie walks in on an argument between James and Ste.</p>	<p>6.00 Milkshake! Children's shows.</p> <p>9.15 Jeremy Vine Discussion.</p> <p>11.15 Can't Pay? We'll Take It Away! Two agents are sent to deal with a negligent tenant. (R)</p> <p>12.15 5 News at Lunchtime</p> <p>12.20 Nightmare Tenants, Slum Landlords Documentary. (R)</p> <p>1.15 Home and Away See 6.00pm.</p> <p>1.45 Neighbours See 5.30pm.</p> <p>2.15 The Nightmare Neighbour Next Door The documentary focuses on two disputes that developed from complaints about noise-making to become far more serious quarrels, one of which took a tragic, life-changing turn. (R)</p> <p>3.15 FILM Crossword Mysteries: Abacadaver (2020/PG) Premiere. A newspaper's crossword editor helps a detective when a magic act ends in murder. Crime drama, starring Lacey Chabert. ★★☆☆</p> <p>5.00 5 News at 5 Headlines.</p> <p>5.30 Neighbours Dipi's inability to admit her feelings causes Shane to think she approves of him and Amy. Sheila asks Des to break up Clive and Jane, but her plan is about to backfire horribly. (R)</p> <p>6.00 Home and Away Justin excuses himself from the birthday party, dealing with severe tumour pain. Jasmine wonders if she has any place in Grace's life anymore. (R)</p> <p>6.30 5 News Tonight Headlines.</p>
 <p>POOCH PERFECT: Sheridan Smith hosts the contest to find the nation's best dog groomer, 8pm</p>	 <p>QI: Bill Bailey is among the comics being quizzed, 9pm</p>	 <p>THE MARTIN LEWIS MONEY SHOW: LIVE: Martin gives more financial advice, 8.30pm</p>	 <p>BACK: A surprise visitor gives Stephen (David Mitchell) hope for the future, 10pm</p>	 <p>ROBSON GREEN: WALKING COAST TO COAST: The actor sets out on the last 46 miles of his trek, 9pm</p>
<p>7.00 The One Show Magazine show, hosted by Alex Jones.</p> <p>7.35 EastEnders Ben puts his engagement plan into action, and Honey comes clean to Billy about her and Jay. Chelsea convinces Lucas to make amends with Denise.</p>	<p>7.00 Inside Culture with Mary Beard Mary is joined by Ian Hislop to discuss the way the English language is changing.</p> <p>7.30 Nigella: At My Table Nigella Lawson serves up five more recipes, including beef and aubergine fatteh. (R)</p>	<p>7.00 Emmerdale Manpreet comes face to face with her past. Debbie worries about Sarah. Charity makes a call.</p> <p>7.30 Going Green: Save Money? Tonight Laura Tobin investigates what the public can do to stop climate change.</p>	<p>7.00 Channel 4 News The latest headlines, in-depth interviews and analysis of topical political developments and current affairs. Plus, a look at the day's leading sports stories as well as up-to-the-minute weather reports.</p>	<p>7.00 Paul Merton in China The comedian undertakes a six-week tour of the country, beginning in Beijing, where he visits a night market and Tiananmen Square, and meets a hip-hop group who rap about food. (R); 5 News Update.</p>
<p>8.00 Pooch Perfect Sheridan Smith and her canine co-host Stanley open the doors of the Pooch Parlour to the last of the 16 dog groomers. First they tackle a quartet of cute Pomeranians, having to achieve a perfect pom-pom.</p>	<p>8.00 Winterwatch Chris Packham and the team present an edition focusing on wellbeing for both humans and animals, including a report on a woman who goes wild swimming with dolphins and a look at the deep intelligence of pigeons.</p>	<p>8.00 Emmerdale Manpreet is distressed, Ellis is conflicted, and Moira tries to get through.</p> <p>8.30 The Martin Lewis Money Show: Live Martin answers more viewers' questions on all aspects of family finances, consumer rights, and savings.</p>	<p>8.00 George Clarke's Amazing Spaces Architect George meets a man who plans to make a barn out of discarded windows and old driftwood, and a novice builder who is creating a retirement home in a minivan for her and her cat.</p>	<p>8.00 Natural History Museum: World of Wonder Leading experts examine a rock in a crate of finds from an archaeological dig in Africa, which could contain a very rare 200-million-year-old dinosaur skull; 5 News Update.</p>
<p>9.00 Death in Paradise Neville is hospitalised by a sandfly bite, and despite being advised to rest, his detective instincts take over when a nurse takes her own life. Meanwhile, JP and Marlon are struggling to achieve a good working relationship.</p>	<p>9.00 QI Bill Bailey, Katy Brand, Eshaan Akbar and Alan Davies answer questions about rocks.</p> <p>9.30 Mock the Week Angela Barnes, Ed Gamble, Rhys James, Milton Jones and Maisie Adam join Hugh Dennis and host Dara O Briain.</p>	<p>9.00 The Chasers Road Trip: Trains, Brains and Automobiles Anne Hegerty, Mark Labbett and Shaun Wallace take on child geniuses in the UK. They also find out what sleep can reveal about a person's intelligence.</p>	<p>9.00 8 Out of 10 Cats Does Countdown Sean Lock and Harriet Kemsley take on Jon Richardson and Joe Lycett in the words-and-numbers game, while Mat Ewins joins Susie Dent in Dictionary Corner. Hosted by Jimmy Carr.</p>	<p>9.00 Robson Green: Walking Coast to Coast The actor sets out on the last 46 miles of his trek along Hadrian's Wall, spotting some cheeky graffiti by the Romans, making a Cumbrian sausage and takes to the skies above Cumbria. Last in series.</p>
<p>10.00 BBC News at Ten</p> <p>10.30 BBC Local News</p> <p>10.45 Question Time Fiona Bruce presents the topical debate, inviting a panel of politicians and guests to answer questions on subjects that have made the headlines.</p>	<p>10.00 Top of the Pops: The Story of 1982 A look back at the year that arguably marked the peak of new British pop as Wham!, ABC and Culture Club all made appearances. (R)</p> <p>10.45 Newsnight; Weather Headlines with Emma Barnett.</p>	<p>10.00 ITV News at Ten</p> <p>10.30 Local News; Weather</p> <p>10.45 63 Up Director Michael Apted catches up with the people whose lives have been chronicled since 1964, including former taxi driver Tony and Yorkshire man Nick. (R)</p>	<p>10.00 Back The return of Charismatic Mike, one of Ellen's ex-lovers, gives Stephen food for thought.</p> <p>10.35 Naked Attraction Anna Richardson hosts the dating show. This time, Michelle, a mother-of-two takes part. (R)</p>	<p>10.00 Tortured By Mum and Dad? The Turpin 13 This documentary investigates the shocking story of David and Louise Turpin, who kept their 13 children imprisoned in their own home until they were found in January 2018. (R)</p>
<p>11.45 Katie Price: Harvey and Me Model and businesswoman Katie Price's son Harvey was born with a rare disorder that affects brain function, hormones and vision, and he has a long list of medical and behavioural conditions. This documentary follows Katie and Harvey as he turns 18, with the pair exploring the options of further education colleges and meeting other families that contain disabled adults. (R)</p>	<p>11.30 The Trump Show: The Downfall The last months of Donald Trump's presidency, following his efforts to overthrow the results of the election and the subsequent violent insurrection against the US Congress. (R)</p>	<p>11.45 Finding Alice Meeting George leaves Alice shaken. He does look like Harry, but why didn't he show up when Harry was alive? Before Alice can deal with that revelation, first she must arrange a funeral for the man she loved. (R)</p>	<p>11.35 Sex in Lockdown: Keep Shagging and Carry On Anna Richardson gets to grips with all things love, sex and romance, delving into the ways sex in Britain has altered since people have been ordered to stay indoors. (R)</p>	<p>11.05 The Hunt for Raoul Moat A look at the events surrounding Raoul Moat's shooting spree during 2010 and the manhunt that led to his arrest. The former convict, shot his former partner and killed her boyfriend.</p>
<p>12.45am Weather for the Week Ahead 12.50-6.00am BBC News. Rolling headlines and reports.</p>	<p>12.35am Sign Zone: Saving Lives at Sea The volunteers race to save a paddleboarder being swept out to sea. (R) 1.35 Celebrity: A 21st Century Story. The methods used by celebrities to get what they want. (R) 2.35 Before They Were Famous: Best Bits (R) 3.20-6.15am This Is BBC Two</p>	<p>12.35am Teleshopping 3.00 FYI Extra. A short bulletin rounding up the day's stories. 3.15 Going Green: Save Money? Tonight. Laura Tobin investigates what the public can do to prevent climate change. (R) 3.40 ITV Nightscreen 5.05-6.00am Tipping Point. Quiz show, hosted by Ben Shephard. (R)</p>	<p>12.35am Ramsay's Kitchen Nightmares USA A restaurant in Pennsylvania (R) 1.25 It's a Sin (R) 2.20 Liberty: Walter Presents (R) 3.30 Couples Come Dine with Me (R) 4.25 Car S.O.S (R) 5.15 Coaach Trip: Road to Marbs (R) 5.40 Kirstie's Handmade Treasures (R) 5.50-6.30am Countdown (R)</p>	<p>12.05am A&E After Dark (R) 12.55 Entertainment News on 5 1.00 The 21.co.uk Live Casino Show 3.00 Entertainment News on 5 3.10 The Nightmare Neighbour Next Door (R) 4.00 Get Your Tatts Out: Kavos Ink (R) 4.45 Wildlife SOS (R) 5.10 Divine Designs (R) 5.35-6.00am House Doctor. Bedrooms. (R)</p>

Dave

- 6.00 **Teleshopping**
 7.10 **Yanni: Supercar Customiser**
 8.00 **American Pickers**
 9.00 **Storage Hunters** Double bill.
 10.00 **American Pickers** Double bill.
 12.00 **Border Force: America's Gatekeepers** Documentary.
 1.00 **Top Gear** Testing the Audi RS6.
 2.00 **Eddie Eats Christmas**
 3.00 **Rick Stein: From Venice to Istanbul** From Croatia to Albania.
 4.00 **Top Gear** Used Alfa Romeos.
 5.00 **Big Zuu's Christmas Eats**
 6.00 **QI XL** Questions on 'night'.
 7.00 **Richard Osman's House of Games** Al Murray competes.
 7.40 **Would I Lie to You?** Comedy.
 9.00 **Live at the Apollo** With sets by Rhod Gilbert and John Bishop.
 10.00 **QI XL** Quizzing the 'naked truth'.
 11.00 **Taskmaster** Series four finale.
 12.00 **Would I Lie to You?** 1.20 Live at the Apollo 2.30 QI XL 3.20 Beat the Internet with John Robins 4.00-6.00 Teleshopping

Drama

- 6.00 **Teleshopping**
 7.25 **Monarch of the Glen**
 8.25 **The Bill** Police drama.
 9.30 **Classic Holby City** Drama.
 10.55 **Classic Casualty** Drama.
 12.00 **The Bill** Police drama.
 1.00 **Classic EastEnders**
 2.15 **Soldier, Soldier** Drama.
 3.20 **Pie in the Sky** Drama.
 4.20 **All Creatures Great and Small** Mrs Clarke snubs her Italian neighbour. Thora Hird guest stars.
 5.25 **To the Manor Born** Sitcom.
 6.00 **Are You Being Served?**
 6.40 **Last of the Summer Wine** Double bill of the comedy.
 8.00 **Dalziel & Pascoe** Ellie and Pascoe leave for their honeymoon, and Dalziel has an eventful holiday.
 10.00 **New Tricks** The team look into the death of a college professor.
 11.15 **Waking the Dead** A body is found on a derelict aeroplane.
 1.50 **The Bill** 2.50 Bramwell. Period drama. 4.00-6.00 Teleshopping

Gold

- 7.00 **Are You Being Served?**
 7.45 **My Hero** Superhero comedy.
 8.20 **Only Fools and Horses**
 9.00 **Are You Being Served?**
 9.40 **Last of the Summer Wine**
 11.00 **The Green Green Grass**
 11.40 **Blackadder Goes Forth**
 12.20 **My Hero** Superhero comedy.
 1.00 **Dad's Army** Classic comedy.
 1.40 **Only Fools and Horses**
 2.20 **Are You Being Served?**
 3.00 **The Green Green Grass**
 3.40 **Gavin & Stacey** Sitcom.
 4.20 **Last of the Summer Wine**
 5.40 **Are You Being Served?**
 6.20 **Blackadder Goes Forth**
 7.00 **Only Fools and Horses**
 7.40 **Dad's Army** Double bill.
 9.00 **Gavin & Stacey** Double bill.
 10.20 **Not Going Out** Comedy.
 11.00 **Peep Show** Double bill.
 12.05 **Gavin & Stacey** 1.25 Peep Show 2.00 Not Going Out. Sitcom. 2.30 Bridget & Eamon 2.55 The Interviews 4.00-6.00 Teleshopping

Yesterday

- 6.05 **Impossible Engineering**
 8.00 **Forbidden History**
 9.00 **Narrow Escapes of World War Two** The largest evacuation.
 10.00 **World War Weird** Odd events.
 11.00 **Great British Railway Journeys** Documentary double bill.
 12.00 **Antiques Roadshow**
 1.00 **Steam Train Britain** Factual.
 2.00 **Bangers and Cash** Auctions.
 3.00 **Abandoned Engineering**
 4.00 **World War Weird** Odd events.
 5.00 **Narrow Escapes of World War Two** A soldier who walked 200 miles through the Libyan desert.
 6.00 **Antiques Roadshow**
 7.00 **Great British Railway Journeys** Documentary double bill.
 8.00 **Bangers and Cash** Double bill.
 10.00 **The World at War** Archive film.
 11.00 **Narrow Escapes of World War Two** Major General Roy Urquhart's retreat from Amhem.
 1.00 **Impossible Engineering**
 3.00-6.05 Teleshopping

RADIO 1

FM: 97.8-99.8 MHz

- 5.00 Arielle Free. 7.00 Greg James. 10.30 Clara Amfo. 12.45 Newsbeat. 1.00 Scott Mills. 3.30 Nick Grimshaw. 5.45 Newsbeat. 6.00 Radio 1's Future Sounds. 8.00 Rickie, Melvin and Charlie. 9.30 Club Charlie. 10.00 Radio 1's Indie Show. 12.00 Soundsystem. 2.00 R1's Drum & Bass. 3.00 The Happy Hour. 4.00-5.00 Radio 1 Dance.

RADIO 2

FM: 88-90.2 MHz

- 6.30 Zoe Ball. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright. 5.00 Sara Cox. 6.30 Half Wower. 7.00 Jo Whiley's Shiny Happy Playlist. 7.30 Jo Whiley. 9.00 The Country Show. 10.00 Trevor Nelson. 12.00 OJ Borg. 3.00 Sheridan's Showstoppers. 4.00-6.30 Vanessa Feltz.

RADIO 3

FM: 90.2-92.4 MHz

- 6.30 Breakfast. 9.00 Essential Classics. 12.00 Composer: Joseph Martin Kraus. 1.00 R3 Lunchtime Concert. 2.00 Afternoon Concert. 5.00 In Tune. 7.00 In Tune Mixtape. 7.30 R3 in Concert. 10.00 Free Thinking. 10.45 The Essay: Odes to Essex. 11.00 The Night Tracks Mix. 11.30 Unclassified. 12.30-6.30 Through the Night.

RADIO 4

FM: 92.4-94.6 MHz LW: 198 kHz

- 5.30 News Briefing. 5.43 Prayer for the Day. 5.45 Farming Today. 5.58 Tweet of the Day. 6.00 Today. 8.30 (LW) Parliament. 9.00 In Our Time. 9.45 (LW) Daily Service. 9.45 (FM) Book of the Week: I Want You to Know We're Still Here. 10.00 Woman's Hour. 11.00 From Our Own Correspondent. 11.30 Unplayable: Disability and the Gaming Revolution. 12.00 News. 12.03 Shipping. 12.06 The Thursday Murder Club. 12.20 You and Yours. 12.57 Weather. 1.00 The World at One. 1.45 Bodies. 2.00 The Archers. 2.15 Drama: Voodoo Macbeth. 3.00 Open Country. 3.27 R4 Appeal. 3.30 Open Book. 4.00 The Film Programme. 4.30 BBC Inside Science. 5.00 PM. 5.54 (LW) Shipping. 5.57 Weather. 6.00 News. 6.30 Elephant in the Room. 7.00 The Archers. 7.15 Front Row. 7.45 Lamentation. 8.00 The Briefing Room. 8.30 The Untold. 9.00 BBC Inside Science. 9.30 In Our Time. 10.00 The World Tonight. 10.45 The Thursday Murder Club. 11.00 Fred at the Stand. 11.30 Today in Parliament. 12.00 News and Weather. 12.30 Book of the Week: I Want You to Know We're Still Here. 12.48 Shipping. 1.00 As BBC World Service. 5.20-5.30 Shipping.

RADIO 5 LIVE

MW: 909, 693 kHz

- 5.00 Wake Up to Money. 6.00 5 Live Breakfast. 9.00 Your Call. 10.00 Adrian Chiles. 1.00 Nihal Arthanayake. 4.00 5 Live Drive. 7.00 5 Live Sport: The Tuffers and Vaughan Cricket Show. 8.00 5 Live Sport. 9.00 The Euro Leagues Podcast. 10.00 Coronavirus Call-In. 1.00-5.00 Dotun Adebayo.

talkSPORT

MW: 1053, 1089, 1071, 1107 kHz

- 5.00 Early Breakfast. 6.00 talkSPORT Breakfast. 10.00 Jim White and Simon Jordan. 1.00 Hawksbee and Jacobs. 4.00 Drive. 7.00 Kick Off. 10.00 Sports Bar. 1.00-5.00 Extra Time.

BBC WORLD SERVICE

on digital only

- 5.00 Newsday. 8.00 News. 8.06 The Inquiry. 8.30 Business Daily. 8.50 Witness History. 9.00 News. 9.06 Assignment. 9.30 The Food Chain.

Variations

- BBC One Variations WALES: 6.55-7.00** Party Political Broadcast: By the Plaid Cymru.
BBC Two Variations WALES: 10.00 Saving Britain's Worst Zoo 10.40-10.45 Coast
ITV Variations ITV MERIDIAN: 6.00-6.25 ITV Meridian Weather ITV WALES: 6.25-6.30
Party Political Broadcast: By Plaid Cymru.
S4C 6.00 Cyw 11.45 BBC Bitesize Dyddiol 12.00 Newyddion S4C a'r Tywydd 12.05 Pobl a'u Gerdidi 12.30 Heno 1.00 Y Ty Cymreig 1.30 Heli Syrjeri 2.00 Newyddion S4C a'r Tywydd 2.05 Prynhawn Da 3.00 Newyddion S4C a'r Tywydd 3.05 Cefn Gwlad 4.00 Awr Fawr: Y Brodyr Coala 4.10 Awr Fawr: Cei Bach 4.25 Awr Fawr: Anifeiliad Bach y Byd 4.35 Awr Fawr: Nos Da Cyw 4.45 Awr Fawr: Deian a Loli 5.00 Stwnsh: Dewi a'r Ditectifs Gwyllt 5.05 Stwnsh: Mabinogi-ogi a Mwy 5.30 Stwnsh: Potsh 5.50 Stwnsh: Ffleil 6.00 Sgwrs Dan y Lloer 6.25 Darllediad Gwleidyddol gan Plaid Cymru 6.30 Rownd a Rownd 6.57 Newyddion S4C 7.00 Heno 7.30 Newyddion S4C a'r Tywydd: News and weather. 8.00 Pobol y Cwm: A familiar face from DJ's past makes an unexpected return. 8.25 Rownd a Rownd: Barry is determined to move forward. 8.55 Newyddion S4C a'r Tywydd: News and weather. 9.00 Gorenau Pridpas Pum Mil: A look back over the second series of Pridpas Pum Mil. 10.00 Am Dro! Four walks in Wales, with locations including Penarth, Flintshire and the Llyn Peninsula. 11.00-11.35 Blwyddyn y Bugail: Ioan Doyle: Documentary following the climber.

Radio Choice

Drama: Voodoo Macbeth Radio 4, 2.15pm

Tom Bateman, Ariyon Bakare and Clare Perkins star in Sharon Oakes' drama based on a 1936 production of Macbeth by Orson Welles, in which he moved the action to a Haiti jungle and employed an all-black

cast, including Haitian voodoo drummers and a witch doctor.

'Voodoo Macbeth', as it became known, is regarded as a landmark theatrical event for several reasons, including its radical reinterpretation of the play and its success in promoting African-American theatre.

- 10.00 News. 10.06 The Forum. 10.50 Sporting Witness. 11.00 The Newsroom. 11.30 Healthcheck. 12.00 News. 12.06 Outlook. 12.50 Witness History. 1.00 The Newsroom. 1.30 The Food Chain. 2.00 Newshour. 3.00 News. 3.06 The Inquiry. 3.30 World Business Report. 4.00 BBC OS. 6.00 News. 6.06 Outlook. 6.50 Witness History. 7.00 The Newsroom. 7.30 Sport Today. 8.00 News.

- 8.06 Assignment. 8.30 Science in Action. 9.00 Newshour. 10.00 The Newsroom. 10.20 Sports News. 10.30 World Business Report. 11.00 News. 11.06 The Inquiry. 11.30 The Food Chain. 12.06 The Forum. 12.50 Sporting Witness. 1.00 News. 1.06 Business Matters. 2.06 HARDtalk. 2.30 World Football. 3.00 News. 3.06 Outlook. 3.50 Witness History. 4.06 Tech Tent. 4.30-5.00 Science in Action.

CLASSIC FM

FM: 100-102 MHz

- 6.00 More Music Breakfast. 9.00 Alexander Armstrong. 12.00 Anne-Marie Minhall. 4.00 John Brunning. 7.00 Smooth Classics at Seven. 8.00 The Classic FM Concert. 10.00 Smooth Classics. 1.00-6.00 Bill Overton.

ABSOLUTE RADIO

MW: 1215, 1197, 1242 kHz

- 6.00 Dave Berry. 10.00 Leona Graham. 1.00 Ben Burrell. 4.00 Bush and Richie. 7.00 Danielle Perry. 10.00 Jay Lawrence. 1.00-6.00 Chris Martin.

RADIO WALES

MW: 882, 657 kHz FM: 93.9-95.9, 103.7-103.9 MHz

- 5.30 Eye on Wales. 6.00 Radio Wales Breakfast. 8.30 Dot Davies. 11.00 Scott Quinell. 2.00 Behnaz Akhgari. 5.00 Gareth Lewis. 6.30 We Are Family. 7.00 Janice Long. 10.00 The Late Show with Eleri Sion. 12.30-5.30 As Radio 5 Live.

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SKY CINEMA PREMIERE

Sky 307

6.45am Windows on the World (2019) (15) Drama, starring Ryan Guzman and Edward James Olmos. **8.45 Thank You for Your Service (2017) (15)** Drama, starring Miles Teller. **10.45 Henchmen (2018) (PG)** Animated adventure, featuring the voice of Thomas Middleditch. **12.20 I Used To Go Here (2020) (15)** Comedy drama, starring Gillian Jacobs and Jemaine Clement. **2.00 Volition (2019) (15)** Sci-fi thriller, starring Adrian Glynn McMorran. **3.45 Thank You for Your Service (2017) (15)** With Miles Teller. **5.45 The King of Staten Island (2020) (15)** Comedy drama, starring Pete Davidson. **8.15 Faith Based (2020) (15)** Two slackers set out to make A Prayer in Space – a movie about the first prayer to ever be prayed – in space. Comedy, starring Luke Barnett. **10.00 The Swerve (2018) (15)** Premiere. A woman's life begins to spiral as she battles with insomnia and personal obsessions. Drama, starring Azura Skye and Bryce Pinkham. **11.40 Narco Soldiers (2020)** Crime thriller, starring Rafael Amaya. **1.25am Volition (2019) (15)** Sci-fi thriller, starring Adrian Glynn McMorran. **3.05 Faith Based (2020) (15)** Comedy, starring Luke Barnett. **4.50 I Used To Go Here (2020) (15)** Starring Gillian Jacobs.

SKY CINEMA COMEDY

Sky 308

7.00am Fun with Dick and Jane (2005) (12) With Jim Carrey. **8.45 Downhill (2020) (15)** With Julia Louis-Dreyfus. **10.25 Banana Split (2018) (15)** With Hannah Marks. **12.05pm Spinster (2019) (15)** With Chelsea Peretti. **1.50 Bulletproof 2: Rematch (2020) (15)** With Faizon Love. **3.40 One Way to Denmark (2019) (15)** With Rafe Spall. **5.25 Banana Split (2018) (15)** With Hannah Marks. **7.00 Downhill (2020) (15)** With Julia Louis-Dreyfus. **8.30 Fun with Dick and Jane (2005) (12)** With Jim Carrey. **10.05 Bulletproof 2: Rematch (2020) (15)** With Faizon Love. **11.50 Spinster (2019) (15)** With Chelsea Peretti. **1.25am One Way to Denmark (2019) (15)** With Rafe Spall. **3.00 Lez Bomb (2018) (12)** With Adele Ahmed. **4.35 Father of the Bride (1991) (PG)** With Steve Martin.

SKY CINEMA ACTION

Sky 307

6.05am Battle of Leningrad (2019) (15) With Maria Melnikova. **7.55 Iron Fury! (2018) (12)** With Alexander Petrov. **10.00 The Kid Who Would Be King (2019) (PG)** Starring Louis Ashbourne Serkis. **12.05pm Terminator: Dark Fate (2019) (15)** Starring Arnold Schwarzenegger.

TODAY'S CHOICE

ERIN BROCKOVICH ★★★★★
Sky Cinema Greats, 10.15pm

A Julia Roberts double bill begins at 8pm with Notting Hill and concludes with this true-life drama, for which she won an Oscar at the third time of trying.

She plays a single mother who, desperate for a job, persuades a law firm to take her on as a clerk.

After stumbling on some medical records, she begins her own investigation into allegations that a small town's water supply has been contaminated by a major corporation. Watch out for the real Erin Brockovich, who has a cameo role as a waitress early in the movie.

Sarah Morgan



2.15 The Scorpion King (2002) (PG) With Dwayne Johnson. **4.00 Jarhead: Law of Return (2019) (15)** With Yael Eitan. **5.55 The Kid Who Would Be King (2019) (PG)** Starring Louis Ashbourne Serkis. **8.00 Terminator: Dark Fate (2019) (15)** Starring Arnold Schwarzenegger. **10.10 The Scorpion King (2002) (PG)** Starring Dwayne Johnson. **11.45 Jarhead: Law of Return (2019) (15)** Starring Yael Eitan. **1.35am Never Grow Old (2019) (15)** Starring Emile Hirsch. **3.30 Iron Fury! (2018) (12)** Starring Alexander Petrov. **5.30 Sky Cinema Preview**

SKY CINEMA FAMILY

Sky 306

6.45am Race to Witch Mountain (2009) (PG) Sci-fi adventure, starring Dwayne Johnson. **8.30 The Goonies (1985) (12)** Children's adventure, starring Sean Astin. **10.30 Confessions of a Teenage Drama Queen (2004) (PG)** Drama, starring Lindsay Lohan. **12.05pm My Friend The Dolphin (2019) (U)** Family adventure, starring Lola Sultan. **1.45 The Runaways (2019) (12)** Drama, starring Mark Addy. **3.45 National Treasure (2004) (PG)** Action adventure, starring Nicolas Cage. **6.00 National Treasure: Book of Secrets (2007) (PG)** Adventure sequel, with Nicolas Cage. **8.10 Race to Witch Mountain (2009) (PG)** Sci-fi adventure, starring Dwayne Johnson.

10.00 The Goonies (1985) (12) Children's adventure, starring Sean Astin. **Midnight Confessions of a Teenage Drama Queen (2004) (PG)** Drama, with Lindsay Lohan. **1.45 My Friend The Dolphin (2019) (U)** Family adventure, with Lola Sultan. **3.40 National Treasure (2004) (PG)** Action adventure, starring Nicolas Cage.

SKY CINEMA DRAMA

Sky 310

6.30am Burning an Illusion (1981) (15) With Cassie McFarlane. **8.20 Lost Transmissions (2019) (15)** With Juno Temple. **10.05 Glory (1989) (15)** With Denzel Washington. **12.10pm Berlin, I Love You (2019) (15)** With Keira Knightley. **2.10 Burden (2018) (15)** With Garrett Hedlund. **4.10 Gridiron Gang (2006) (12)** With Dwayne Johnson. **6.15 Lost Transmissions (2019) (15)** With Juno Temple. **8.00 Glory (1989) (15)** With Denzel Washington. **10.10 The Kitchen (2019) (15)** With Melissa McCarthy. **Midnight Frost/Nixon (2008) (15)** With Frank Langella. **2.10 Berlin, I Love You (2019) (15)** With Keira Knightley. **4.20 Gridiron Gang (2006) (12)** With Dwayne Johnson.

SKY CINEMA GREATS

Sky 304

7.15am Gattaca (1997) (15) Sci-fi drama, starring Ethan Hawke. **9.15 Bridesmaids (2011) (15)** Comedy, starring Kristen Wiig. **11.30 Lawrence of Arabia (1962) (PG)**

3.15pm A Few Good Men (1992) (15) Military courtroom drama, starring Tom Cruise. **5.45 Love Actually (2003) (15)** Romantic comedy, with Hugh Grant and Martine McCutcheon. **8.00 Notting Hill (1999) (15)** Romantic comedy written by Richard Curtis, starring Hugh Grant and Julia Roberts. **10.15 Erin Brockovich (2000) (15)** Oscar-winning fact-based drama, starring Julia Roberts. **12.30am Training Day (2001) (18)** Thriller, starring Denzel Washington. **2.40 The Enforcer (1976) (18)** Crime thriller sequel, starring Clint Eastwood. **4.20 The Sons of Katie Elder (1965) (U)** Starring John Wayne.

TCM MOVIES

Sky 315

6.00am Hollywood's Best Film Directors 7.10 The Hound of the Baskervilles (1939) (PG) Sherlock Holmes mystery, starring Basil Rathbone. **8.55 The Adventures of Sherlock Holmes (1939) (PG)** Detective adventure, starring Basil Rathbone. **10.45 Action in the North Atlantic (1943) (PG)** Second World War naval adventure, with Humphrey Bogart. **1.30pm Sherlock Holmes and the Secret Weapon (1942) (PG)** Mystery thriller, starring Basil Rathbone. **3.00 Sherlock Holmes and the Spider Woman (1944) (U)** Mystery, starring Basil Rathbone. **4.20 Cahill, US Marshal (1973) (15)** Western, starring John Wayne. **6.25 Air Force (1943) (PG)** Second World War drama, starring John Garfield. **9.00 The Matrix Reloaded (2003) (15)** Sci-fi thriller sequel, starring Keanu Reeves. **11.55 Shadow Man (2006) (15)** Action thriller, starring Steven Seagal. **2.00am Cool Hand Luke (1967) (15)** Chain-gang drama, starring Paul Newman. **4.30 Close Up 5.00 Hollywood's Best Film Directors** Documentary.

FILM4

Freeview 14 - Sky 313

11.00am Bitter Victory (1957) (PG) Second World War drama, with Richard Burton and Curt Jurgens. **1.05pm Border River (1954) (U)** Western, starring Joel McCrea. **2.45 A Man Alone (1955) (U)** Western, directed by and starring Ray Milland. **4.40 The Thirty-Nine Steps (1978) (PG)** Thriller, starring Robert Powell. **6.45 Pitch Perfect 2 (2015) (12)** Comedy sequel, starring Anna Kendrick. **9.00 Searching (2018) (12)** Premiere. A man explores his missing daughter's laptop in the hope of gleaning some information regarding her location. Thriller, starring John Cho and Debra Messing. **11.05 Gone Girl (2014) (18)** Crime thriller, starring Ben Affleck and Rosamund Pike. **2.00am The Woman in the Fifth (2011) (15)** Thriller, starring Ethan Hawke and Kristin Scott Thomas.

ENTERTAINMENT

ITV2

Freeview 6 - Sky 118

7.00am The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Supermarket Sweep **10.30** Dress to Impress **11.30** Love Bites **12.30pm** Emmerdale **1.00** Coronation Street **2.00** The Ellen DeGeneres Show **2.55** Ellen's Game of Games **3.55** Dress to Impress **4.55** Take Me Out Celebrity Special **6.00** Love Bites **7.00** You've Been Framed! Gold **9.00** Family Guy **10.00** Plebs **11.05** Family Guy **Midnight** American Dad! **1.00** The Stand Up Sketch Show **2.00** Iain Stirling's CelebAlly. Gameshow. **2.35** Release the Hounds: Famous & Freaked

ITV3

Freeview 10 - Sky 119

6.00am Classic Coronation Street **7.05** Classic Emmerdale **8.15** Heartbeat **9.20** Bless This House **9.55** George and Mildred **10.30** Foyle's War **12.40pm** Heartbeat **1.45** Classic Emmerdale **2.50** Classic Coronation Street **3.55** Midsomer Murders **5.55** Agatha Christie's Poirot **7.00** Wycliffe **8.00** Vera **10.00** Foyle's War **12.05am** Agatha Christie's Marple **2.00** Bless This House **2.25** Nightscreen **2.30** Teleshopping

ITV4

Freeview 25 - Sky 120

6.00am The Protectors **6.25** The Adventures of Sherlock Holmes **7.20** Dempsey and Makepeace **8.15** The Sweeney **9.15** The Avengers **10.25** Minder **11.30** The Motorbike Show **12.35pm** The Adventures of Sherlock Holmes **1.40** Dempsey and Makepeace **2.40** The Sweeney **3.50** The Avengers **4.55** Minder **6.00** The Motorbike Show **7.00** The Chase Celebrity Special **8.00** World Rally Championship Highlights **9.00** Film: Crimson Tide (1995) (15) Drama. **11.00** Film: The Blues Brothers (1980) (15) Comedy. **2.05am** Fishing Impossible **3.00** Teleshopping

5STAR

Freeview 31 - Sky 128

8.00am Entertainment News on 5 **8.10** Rich Kids Go Skint **9.00** World's Strongest Man 2019 **12.05pm** The Nightmare Neighbour Next Door **2.05** Can't Pay? We'll Take It Away! **6.00** Neighbours **6.30** Home and Away **7.00** Filthy Britain **SOS 8.00** Casualty **24/7 9.00** Ambulance: Code Red **10.00** A&E After Dark **11.00** Bargain Brits on Benefits **12.05am** Film: Kidulthood (2005) (15) **2.00** Skin A&E **3.00** Neighbours **3.20** Home and Away **3.50** Entertainment News on 5

SUSA

Freeview 21 - Sky 141

9.00am Entertainment News on 5 **9.10** Murder, She Wrote **10.10** Castle **11.10** Law & Order **5.00pm** NCIS **9.00** Law & Order: Special Victims Unit **10.00** Law & Order: Special Victims Unit **2.45am** Bull **3.30** Criminals: Caught on Camera **3.55** Entertainment News on 5 **4.00** Teleshopping

SKY ONE

Sky 106

6.00am Futurama **7.00** Animal House **8.00** Monkey Business **9.00** Motorway Patrol **10.00** Stop, Search, Seize **11.00** NCIS: Los Angeles **1.00pm** Hawaii Five-0 **3.00** MacGyver **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Freddie Down Under **9.00** Resident Alien **10.00** Rob & Romesh vs Cricket: The Test **11.00** A Discovery of Witches. Drama. **Midnight** The Force: Essex

1.00 The Late Late Show with James Corden: Best of the Week **2.00** A League of Their Own: European Road Trip **3.00** Road Wars **4.00** Motorway Patrol **5.00** MacGyver

E4

Freeview 13 - Sky 135

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **8.00** Junior Bake Off **9.00** Malcolm in the Middle **10.00** The Big Bang Theory **11.00** Brooklyn Nine-Nine **11.00** Young Sheldon **1.00** The Big Bang Theory **2.30** Brooklyn Nine-Nine **3.30** Young Sheldon **4.30** Married at First Sight Australia **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Married at First Sight Australia **9.00** Celebs Go Dating: The Mansion. Things gets steamy for Karim Zeroul in the hot tub. **10.00** Wife Swap USA **11.00** The Big Bang Theory **Midnight** Gogglebox **1.00** Rick and Morty **1.30** Robot Chicken **2.00** Rick and Morty **2.25** Celebs Go Dating: The Mansion **3.20** Wife Swap USA **4.10** The Big Bang Theory **4.35** Don't Tell the Bride

MORE4

Freeview 18 - Sky 136

8.55am Kirstie's Vintage Gems **9.15** A Place in the Sun: Home or Away **10.05** Find It, Fix It, Flog It **12.05pm** Escape to the Chateau: DIY **1.10** Building the Dream **2.15** Four in a Bed **4.55** Amazing Spaces Snow and Ice Special **5.55** The Secret Life of the Zoo **6.55** Escape to the Chateau: DIY **7.55** Grand Designs **9.00** Location, Location, Location: 20 Years and Counting **10.00** 24 Hours in A&E **11.10** 8 Out of 10 Cats Does Countdown **12.10am** Father Ted **1.10** New Amsterdam **2.05** Ramsay's Kitchen Nightmares USA **3.05** Father Ted **4.00** Teleshopping

SPORT

SKY SPORTS MAIN EVENT

Sky 401

6.00am Live European Tour Golf **9.00** Live Test Cricket **1.00pm** Live Abu Dhabi T10 **2.15** Live Abu Dhabi T10. Pune Devils v Deccan Gladiators. **4.30** Live Abu Dhabi T10. Delhi Bulls v Bangla Tigers. **6.30** Live PGA Tour Golf. The Farmers Insurance Open. **8.00** Live PGA Tour Golf. The Farmers Insurance Open. Further coverage of the opening day of the tournament held at Torrey Pines Golf Course in San Diego, California. **Midnight** Live NBA. Miami Heat v Los Angeles Clippers (Tip-off 12.00am). Coverage of the clash from American Airlines Arena. **2.30** Live America's Cup Sailing **4.00** Sky Sports News **5.00** Live Test Cricket

SKY SPORTS PREMIER LEAGUE

Sky 402

6.00am PL Greatest Games **7.00** PL Legends: Thierry Henry **7.30** PL Legends: Ruud van Nistelrooy **8.00** Best PL Goals: Chelsea v Arsenal **8.30** Best PL Goals: Man Utd v Everton **9.00** Premier League 100 Club **10.00** Gary Neville's Soccerbox **11.00** Live: The Football Show **Noon** Live: The Football Show **1.00** Premier League Years **3.00** Best PL Goals 2018/19 **4.00** PL Greatest Games **5.00** Premier League 100 Club **6.00** PL Legends: Paul Ince **6.30** PL Legends: Teddy Sheringham **7.00** Premier League World **7.30** PL Icons **8.00** Gary Neville's Soccerbox **9.00** PL World **9.30** Premier League Icons

SKY WITNESS

Sky 107

6.00am Nothing to Declare **8.00** Border Patrol **9.00** Stop, Search, Seize **10.00** Law & Order **11.00** CSI: Crime Scene Investigation **Noon** Criminal Minds **1.00** Blue Bloods **3.00** The Real A&E **4.00** Stop, Search, Seize **5.00** Nothing to Declare **8.00** Ghost Whisperer **9.00** Criminal Minds **11.00** Law & Order: SVU **Midnight** Ghost Whisperer **1.00** For Life **2.00** CSI: Crime Scene Investigation **3.00** Law & Order: SVU **4.00** Road Wars **5.00** Brit Cops: Law & Disorder

CBS JUSTICE

Freeview 40 - Sky 148

9.00am Diagnosis Murder **11.00** The Fugitive **Noon** Perry Mason **1.05** Walker, Texas Ranger **2.05** CSI: Miami **3.00** NCIS **5.00** The Fugitive **6.00** Perry Mason **7.05** Scorpion **8.00** Walker, Texas Ranger **9.00** NCIS **11.00** Scorpion **Midnight** CSI: Miami **1.00** NCIS **2.00** Scorpion **2.55** Walker, Texas Ranger **3.50** The Fugitive **4.40** JAG **5.30** Bondi Rescue

CBS REALITY

Freeview 66 - Sky 146

9.00am Judge Judge **7.00pm** Medical Detectives **8.00** Evil Twins **9.00** Ice Cold Killers **10.00** Fatal Vows **11.00** It Takes a Killer **Midnight** Donal MacIntyre's Murder Files **1.00** Ice Cold Killers **2.00** Fatal Vows **3.00** Scandal Made Me Famous **3.45** Unsolved Mysteries **5.10** Bondi Rescue

BBC FOUR

Freeview 9 - Sky 116

7.00pm The Diary of Anne Frank **7.30** The Joy of Painting **8.00** Film: The Boy in the Striped Pyjamas (2008) (12) Drama, starring David Thewlis. **9.30** The Eichmann Show **11.00** Mark Kermode's Secrets of Cinema:

10.30 PL Retro **12.30am** Premier League Icons. David Beckham. **1.00** Premier League Years **3.00** PL Greatest Games **4.00** PL Best Goals 01/02 **5.00** Best PL Goals: Merseyside Derby **5.30** Premier League 100 Club

SKY SPORTS CRICKET

Sky 404

6.00am Live Test Cricket. Pakistan v South Africa. Coverage of the third day. **1.00pm** Live Abu Dhabi T10. Maratha Arabians v Northern Warriors. **2.15** Live Abu Dhabi T10. Pune Devils v Deccan Gladiators. **4.30** Live Abu Dhabi T10. Delhi Bulls v Bangla Tigers. **6.30** Test Cricket **7.30** Abu Dhabi T10 **10.00** Test Cricket **11.00** Abu Dhabi T10 **3.15am** Best of England v Pakistan **3.45** Atherton's History of Old Trafford **3.50** Test Cricket **4.50** Live Test Cricket. Pakistan v South Africa.

SKY SPORTS NFL

Sky 407

6.00am NFL: America's Game **7.00** NFL Highlights **Noon** Live: Good Morning Football. Kay Adams presents a discussion of the latest news and talking points from around the NFL, following the Conference Championship. **3.00** NFL Highlights **4.00** NFL Overtime **5.00** NFL Bitsize Highlights **6.00** NFL Highlights **7.00** NBC's Pro-Football Talk **9.00** Inside the Huddle **10.00** NFL Highlights **11.00** Inside the Huddle **Midnight** Live: Total Access **1.00** NFL Bitsize **2.00** Inside the Huddle **3.00** NFL Super Bowl LIII **5.00** NFL: America's Game

Cult Movies **Midnight** Scandal & Beauty: Mark Gatiss on Aubrey Beardsley **1.00** The Joy of Painting **1.30** Handmade in Mexico **2.00** Life of a Mountain: A Year on Helvellyn

COMEDY CENTRAL

Sky 112

8.00am Friends **Noon** The A-Team **1.00** Baywatch **2.00** Friends **8.00** Will & Grace **9.00** Film: American Pie: Reunion (2012) (15) **11.20** Baywatch **12.20am** The A-Team **1.20** South Park **3.35** The Daily Show **4.15** Friends **5.00** Teleshopping

FOX

Sky 124

8.00am Republic of Doyle **9.00** Bones **10.00** Bull **11.00** NCIS **Noon** Bones **2.00** The Mentalist **3.00** NCIS **4.00** Bull **5.00** Bones **6.00** The Mentalist **7.00** NCIS **9.00** Damien **10.00** Family Guy **11.00** American Dad! **Midnight** Family Guy **1.00** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic of Doyle **5.00** Teleshopping

DISCOVERY

Sky 125

6.00am Wheeler Dealers **7.00** Deadliest Catch **8.00** Alaska: The Last Frontier **9.00** Alaska: Homestead Rescue **10.00** Fast N' Loud **11.00** Wheeler Dealers **Noon** Gold Rush: Dave Turin's Lost Mine **1.00** Gold Divers **2.00** Gold Rush **3.00** Alaska: The Last Frontier **4.00** Edge of Alaska **5.00** Wheeler Dealers **6.00** Fast N' Loud **7.00** Outback Truckers **8.00** Wheeler Dealers **9.00** Legends of the Wild **10.00** Expedition **X 11.00** Alaska: The Last Frontier **Midnight** Legends of the Wild **1.00** Expedition **X 2.00** Deadliest Catch **3.00** Legends of the Wild **3.50** Garage Squad **5.30** How Do They Do It?

BT SPORT 1

Sky 413

6.00am Premier League Review **7.00** Brighton v Fulham **8.30** Everton v Leicester City **10.00** ESPN FC **10.30** UEFA Champions League Magazine **11.00** Premier League World **11.30** Chelsea v Wolves **1.00pm** Burnley v Aston Villa **2.30** Crystal Palace v West Ham **4.00** Everton v Leicester City **5.30** Man Utd v Sheff Utd **7.00** Live: Tottenham v Liverpool. Tottenham Hotspur v Liverpool (Kick-off 8.00pm). Coverage of the top-flight clash from Tottenham Hotspur Stadium. **10.15** Live Premier League Tonight **11.00** The Football's On **Midnight** Live NHL: Carolina Hurricanes v Tampa Bay Lightning. **2.30** 30 for 30: Of Miracles & Men **3.30** Bundesliga Special **4.00** 30 for 30: The Guru of Go **5.00** Fishing: On The Bank

EUROSPORT 1

Sky 410

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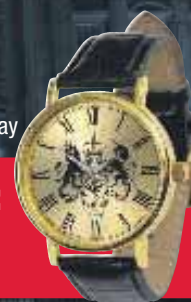


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Letters

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Questions from the media are not worth listening to

ON Tuesday Boris Johnson declared that he was sorry that so many lives have been lost to this virus. Well, aren't we all?

But on an evening news bulletin, a journalist stupidly remarked, "I'm glad that the Prime Minister has apologised". Apologised for what? Boris did not cause all those deaths; it was a failed experiment in a Chinese laboratory.

Tony Hilton,
Oundle, Northants

Griefstricken PM needs help during awful times

I HAVE had very little patience with Boris Johnson's handling of this pandemic, not the detail of the restrictions but the tardiness, always bringing them in just too late as to be really effective.

However on Tuesday night's Downing Street briefing I felt absolutely devastated for him. He genuinely appeared lost, defeated, demoralised and griefstricken.

My thoughts, like his, go out to the many grieving, heartbroken families and the devastated frontline staff.

Joan Withington,
Sittingbourne, Kent

Constant pessimism has not helped virus cause

I WAS shocked at the PM's briefing, by the media blaming him for the 100,000 Covid deaths.

Their constant pessimism has just added to the suffering,

No mention of those ignoring lockdown rules, hospitals failing to protect non-Covid patients and discharging positive cases into care homes and the agency carers spreading it. As your paper's excellent editorial says, if we're to take collective responsibility for getting out of the crisis, we must do the same for how we got into it.

Roy Daniels,
Luton, Beds

Devolved leaders have to shoulder the burden too

AFTER Tuesday's Downing Street press conference, why didn't Boris assume responsibility only for England's Covid deaths?

While obviously being the UK PM, the devolved governments are responsible for their own share as they often acted independently.

No doubt they'll keep quiet on the issue and not offer to take collective responsibility, especially the SNP in Scotland and Labour in Wales.

David Coates,
Brighouse, WYorks

Political has-beens have got nothing better to do

WHY do previous failures think the British public want to hear their views when they should be backing the man who has been fighting this pandemic (Letters, January 27)?

Boris does not need to apologise. Just looking at the latest pictures of him show the toll it has taken.

We as the British public should be behind this government and support, not criticise, every move it

Letter of the day

Picture: GETTY



SORRY: PM has tried his best to deal with awful pandemic

Stoic Boris has saved many lives

THE front page of the Daily Express yesterday brought a great sadness to hear that Boris Johnson feels deeply responsible for every life lost in the pandemic ("I'm deeply sorry for every life lost", January 27).

He should consider the lives he saved by his guidance and for also trying hard to save the NHS from coming under too much pressure.

Always in hindsight there are different paths which could have been taken but I defy anyone to come up with the complete answers to fight this hidden foe. Boris must be as devastated as the population he governs, particularly in relation to his own family.

Hopefully Boris will find a way to harness his strength and carry us through.

Christine Kershaw,
Minehead, Somerset

makes. We are all in this together and will only succeed by staying positive.

Chris Reed,
Chelmsford, Essex

Boris should have acted quicker on this danger

BORIS Johnson claims lessons will be learnt but throughout this that has never really been the case.

After a summer of banging the drum speculating about an increase in the number of deaths during winter what adequate forward thinking, planning and organisation was carried out by government ministers, NHS England, chief medical officers and chief scientists? It would appear nothing, as hospitals became overwhelmed.

The Prime Minister is not solely responsible for the health and welfare of the people but his indecision has contributed to this sad state of affairs.

Jimmy Riley,
Liverpool

Idiots deserve everything that is coming to them

RATHER than fine people who attend illegal gatherings, why not isolate them in hotels for 10 days and make them pay the bill ("Rave

goers fined total of £15,000", January 25). This will certainly get their attention and also help the hotel industry to boot.

Alan Gray,
St Ives, Cambs

Put rule-breakers in our hospitals to fight Covid-19

AFTER the latest tales of people attending raves, weddings and other group participations, fines make little difference, especially if they cannot pay (Letters, January 26).

A better solution would be to get them to complete community service, helping hospitals, track and trace and/or vaccine centres, where I'm sure additional help would be appreciated – then they might realise how serious the virus is.

Peter Briggs,
Bodicote, Oxon

EU threats over exports are absolutely disgraceful

ONCE again the puppet masters of Europe have declared war on Great Britain. This time it is a medically driven threat to control the export of Pfizer vaccines to our shores ("Hancock: EU can't block our vaccine supplies", January 27).

Whilst boasting in the past (wrongly) that it is Europe who has controlled international peace over

the last 50 years or so, the words leopards and spots come to mind.

Joan Chester,
Emsworth, Hants

Gesture would be shot in the arm for our vaccines

A RELATIVE of mine has suggested a great PR coup for Brexit on the island of Ireland. By setting up vaccination points in Northern Ireland and allowing access to those across the border (EU), the Government would be seen to endorse its policy of vaccine distribution and demonstrate how much better we can be than the EU.

Ivor Heard,
Wynyard, Co Durham

To be Frank, I can't believe Lampard has been sacked

I AM not a Chelsea fan but admired the way Frank Lampard coped with the transfer ban last year by playing his up-and-coming players ("Franks for all the memories... you're sacked", January 26).

So who was it who decided that they should spend £200 million on three players who have been conspicuous by their innocuous displays since their arrival?

I bet it wasn't Lampard.
Graham Douglas,
Chatham, Kent

SHOULD WE TAKE FOOD HEALTH ADVICE WITH A PINCH OF SALT?

Yes

SO new research says eating fatty foods such as butter may in fact be good for our bodies ("Now butter may not be so bad for your health", January 27).

News that cholesterol is vital to maintain healthy cells is yet another punch in the

face for the whole healthy food debate.

We've gone through more dictates about what we should and shouldn't eat than I've had hot dinners, with things such as butter and cheese top of the list.

I'll eat what I like and take my chances thanks.

Bill Roberts,
Edinburgh

No

WHILE new research points to cholesterol being good for our health, this isn't just an excuse for everyone to now go berserk and start eating unhealthy foods all over again.

Of course a little bit of indulgence isn't going to harm you. I like cake, chocolate, crisps and

even stuff like pizzas once in a while but it doesn't mean I eat them every day.

It's no coincidence that Britain is one of the unhealthiest nations in the world due to diet. A little bit of exercise for some of us wouldn't do any harm either.

Cathy Hill,
Gloucester

TODAY: Thursday
January 28, 2021

ON THIS DAY



54 years ago (1967)

Our front page revealed the tragic deaths of Apollo 1 astronauts Virgil "Gus" Grissom, Edward White and Roger Chaffee after their command module caught fire during preparations for the first crewed Apollo flight. The blaze began in the electrical system before spreading to the oxygen supply.

Grissom was the second American to fly into space, while White was the first US astronaut to walk in space.

68 years ago (1953)

Derek Bentley, 19, who had learning difficulties, was hanged for his part in the murder of PC Sidney Miles during a bungled robbery at a warehouse in Croydon, south London.

Bentley's execution led to a lifelong campaign by his family to clear his name. His conviction was overturned in 1998.

39 years ago (1982)

We reported that police in Padua, Italy, rescued US Brigadier General James Dozier who had been held captive by the Red Brigade for 42 days.

The deputy chief of staff at Nato's Southern European headquarters was seized from his sixth-floor flat in Verona by terrorists posing as plumbers.

BIRTHDAYS



Olympian **Dame Jessica Ennis-Hill** is 35. She's known as the Queen of the heptathlon.



Lord Of The Rings star **Elijah Wood** is 40. He was in Back To The Future Pt II. Ex-French President



Nicolas Sarkozy is 66. His wife is singer Carla Bruni. Backstreet Boys' **Nick Carter** is 41. He has a boat racing team.



TODAY'S GIGGLE

Why did the coffee file a police report? It got mugged.

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Kim Published Feb 2020



"Easy & swift just like it said on the TV. The order was simple to place and the delivery was just a couple of days later. The packaging was excellent the mattress arrived in A1 condition."

Mr Sims Published Feb 2020



"Amazing. So comfortable, having the best nights sleep I've ever had on this mattress, couldn't recommend more."

Thomas Published Jan 2020

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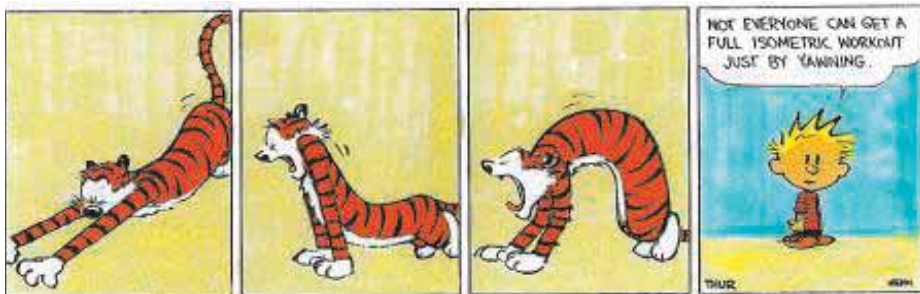
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CALVIN AND HOBBS Bill Watterson**DILBERT** Scott Adams**FAITH, HOPE AND SUE** Lisa Wild**RUPERT AND THE BLIZZARD** No 44

The guards give Jack a smart salute then whisk Billy Blizzard into the air and carry him off to face King Frost. "Will the King be very angry?" Rupert asks. "Well, Billy seems sorry for what he has done so the King might forgive him if he promises to stay where he was banished," Jack says with a shrug. Just then, a little bird whistles. Rupert turns. "You'll be glad the blizzard has gone," he says. "Oh, yes!" tweets the bird. "We can all come out of the shelter and sing again!"

© Express Newspapers 2021



A cheerful bird starts chirruping. "Now we can all come out and sing!"

Billy's whisked off by King Frost's men, "I doubt he'll trouble us again!"

To order the New Rupert Bear Soft Toy (30cm - Rainbow Designs) at £14.99 please call 01872 562315, or order on www.classicrupertbearshop.com. UK P & P £4.95**Garlic Wood** Duck breast with vegetable sauté

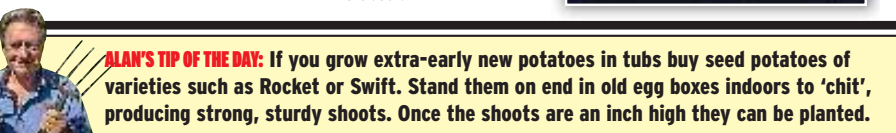
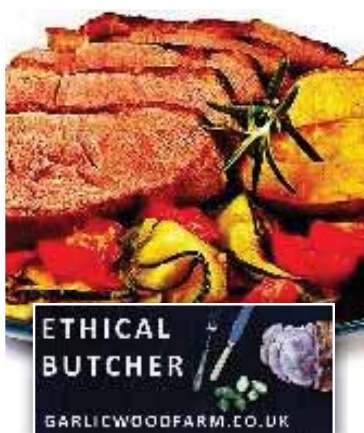
Duck is a succulent meat and a little goes a long way. The breast takes on the flavours of this recipe into the skin and fat, making this a delightful dish for any occasion. Serves 2.

INGREDIENTS

85g hoisin sauce	1 tbsp fresh garlic,
3 cloves garlic, crushed	finely chopped
1/2 tsp five spice powder	1 1/2 tbsp olive oil
2 tbsp soy sauce	3 courgettes, cut
1 tbsp sugar	into chunks
1 tbsp white wine vinegar	1 pepper, cut into
2 tbsp sake	coarse squares
2 duck breast, with fat scored	1 tbsp soy sauce
For the sauté	Roasted black
1 tbsp fresh ginger, finely	sesame seeds

METHOD

- 1) Mix the hoisin, garlic, five spice powder, soy sauce, sugar, vinegar and sake together. Marinate the duck in the mixture for around four hours.
- 2) Roast the duck breasts in the oven at 200C / Gas 6, on a rack, for 25-30 minutes. Allow to rest for 5-10 minutes, then slice.
- 3) To make the sauté, fry the ginger and garlic in the oil until aromatic. Add the vegetables and continue to fry until still crisp but tender. Add the soy sauce and stir for 1 minute. Remove from the flame and sprinkle with sesame seeds before serving with the duck.

**Russell Grant**

Britain's celebrity astrologer

**Aries** Mar 21 - Apr 20

You will be trying different methods or a different experience and this makes you wonder whether you have the right tools to carry out a task. There may be a need to put in a request for new tools to help expand your range of capabilities.

0905 789 3701****Taurus** Apr 21 - May 21

Someone in a position of authority will be pushing you to get a job finished. You're finding the pressure they are putting on you annoying. Share your views and band together with colleagues to find a solution to recent problems.

0905 789 3702****Gemini** May 22 - June 21

When you've been busy with responsibilities outside the home, jobs about the house have been neglected. You're doing your best but you only have the one pair of hands and that's why it is time to ask for more help when you need it.

0905 789 3703****Libra** Sep 24 - Oct 23

You may not have any logical explanations about why you feel a certain way but you can't ignore your feelings. You are in touch with your spiritual and emotional self and it doesn't matter what anyone says, you will heed your intuition.

0905 789 3707****Scorpio** Oct 24 - Nov 22

If you can't drum up any interest for a project then pull out before it begins. A colleague will see this as their chance to demonstrate their abilities. You can understand why others are keen but you aren't likely to get very much out of this.

0905 789 3708****Sagittarius** Nov 23 - Dec 21

A looming deadline is on your mind. Jobs that are urgent cannot be left any longer even though an older relative seems to think you can drop everything whenever they need you. The sooner you get these jobs out of the way, the better.

0905 789 3709**

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**Cancer** June 22 - July 23

Financial figures don't seem to add up. Ask a relative who always seems to keep on top of their finances for help. It could be that you've missed something quite obvious and the more you looked at it, the less it stood out as being wrong.

0905 789 3704****Leo** July 24 - Aug 23

Your boss will be amazed to see how eager you are to throw yourself into tasks you've never been keen on. Impress them with your enthusiasm. You have heard there will be a chance of promotion and you want this job with all your heart.

0905 789 3705****Virgo** Aug 24 - Sep 23

Your strong feelings about a workplace issue will lead you to make your views known whenever you get the chance. At the same time, there are other ways to look at this issue and it is important you listen to colleagues too.

0905 789 3706****Capricorn** Dec 22 - Jan 20

A young relative is full of ideas about how to make money or improve their lifestyle. You have heard it all before but it could be worth hearing them out. Their new ideas could be good ones as they've injected a little fun into these plans too.

0905 789 3710****Aquarius** Jan 21 - Feb 19

You're full of energy and ready to take on anything. Travel will bring you a lot of satisfaction when this is just what you need. You've always needed an occasional change of scenery to be happy. The more variety you can fit into your day, the better.

0905 789 3711****Pisces** Feb 20 - Mar 20

You're alert and quick to spot a good job or money-making opportunity. You will be glad you acted quickly and are feeling pleased with yourself. You're always courteous with others but aren't gullible and know how to protect your interests.

0905 789 3712**

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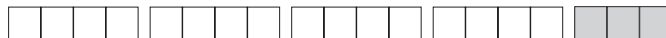
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F	F	X	D	F	P	D	G	H	F	G	F	D	T	H	F	H	D	G	H	H
T	G	C	G	F	P	F	F	F	R	X	C	F	G	J	S	G	F	T	Y	Y
G	H	V	C	D	L	D	G	G	F	D	C	G	F	H	E	P	G	Y	U	U
J	D	B	V	F	E	S	H	S	D	F	V	R	D	G	R	E	H	H	Y	I
H	F	V	C	G	D	A	F	G	P	E	A	R	C	F	T	A	Y	G	H	U
G	G	C	X	Z	X	S	D	F	G	V	B	S	V	D	G	C	H	H	H	J
F	V	X	Z	F	F	G	F	X	C	V	C	D	B	R	H	H	G	G	G	H
B	C	Z	X	C	V	F	G	T	G	F	C	X	H	T	Y	G	F	V	H	G
A	X	X	C	F	R	T	G	F	C	V	B	V	C	Y	U	F	D	B	G	T
N	Z	Z	X	K	I	W	I	H	J	H	Y	T	R	O	R	A	N	G	E	Y
A	X	G	G	H	N	B	V	F	V	C	X	D	F	G	D	G	H	R	R	H
N	C	H	Z	X	F	G	T	Y	G	H	J	H	B	V	C	H	D	T	F	G
A	H	G	Z	X	C	G	H	Y	G	B	V	X	C	V	V	B	F	Y	G	V
F	G	Z	X	D	F	R	T	Y	G	H	J	H	K	T	Y	G	H	R	H	C
G	X	F	G	H	J	A	V	O	C	A	D	O	Z	X	C	D	E	W	H	D
H	C	Z	X	C	D	S	D	R	T	G	H	J	H	Y	T	G	F	C	V	F
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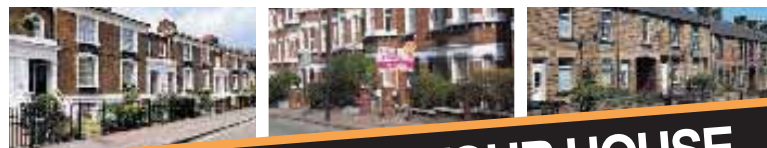
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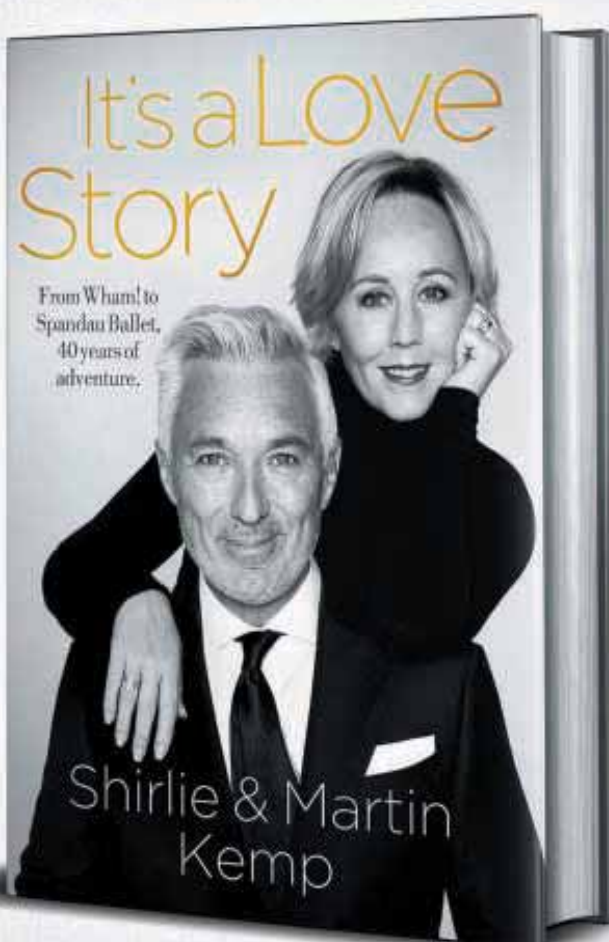
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BP	282¼	
HSBC Holdings	400¼	

POPULAR SHARES ON THE SLIDE		
AstraZeneca	7779	-173
Aviva	343¾	-3¾
Barclays	134¼	-5
BT Group	131½	-1½
GlaxoSmithKline	1400½	-9
Int Consolidated Airlines	139	-1
Lloyds Banking Group	33¼	-1¼
National Grid	876½	-5¾
NatWest Group	147¾	-5¾
Rolls-Royce Holdings	95¼	-1¼
Royal Dutch Shell 'B'	1327½	-3¼
Royal Mail	396	-18
Unilever	4377	-46
Vodafone Group	128¼	-1
Whitbread	2890	-45

WORLD MARKETS		
WALL STREET	30,303.1	▼ -633.8
TOKYO	28635.2	▲ +89.0
HONG KONG	29297.5	▼ -93.7
GERMANY	13620.5	▼ -250.5
FRANCE	5459.6	▼ -63.9

STERLING VALUE		
Dollar	1.371	▼ -0.003
Yen	142.668	▲ +0.331
Euro	1.132	▲ +0.002

DOLLAR VALUE		
Dollar/Yen	104.098	▲ +0.4774
Dollar/Euro	0.826	▲ +0.0035

COMMODITIES		
GOLD(\$)	1846.00	
KRUGERRAND(£)	1346.17	
SILVER(pence)	1852.22	
BRENT CRUDE(\$)	56.01	

OTHER INDICATORS		
Base rate	0.10%	
Halifax mortgage rate	3.99%	
Retail Price Index	+1.2% (CPI +0.6%)	
House price index	+4.7%	
Unemployment	1,692,000	

Digital Look

TOURIST'S POUND

Australia	1.72 dollar
Canada	1.68 dollar
China	8.23 renminbi
Czech Rep.	27.39 koruna
Denmark	7.98 krone
Eurozone	1.11 euro
Hong Kong	10.01 dollar
Hungary	377.77 forint
Israel	4.19 shekel
Japan	135.41 yen
Kenya	139.60 shilling
Mexico	25.89 peso
New Zealand	1.83 dollar
Norway	11.25 krone
Poland	4.85 zloty
Saudi Arabia	4.87 riyal
South Africa	19.85 rand
Sweden	10.86 krona
Switzerland	1.18 franc
Thailand	38.76 baht
Turkey	9.33 lira
United States	1.35 dollar

Bleak outlook as empty shops hit a record high

By **Graham Hiscott**

RETAIL has suffered the sharpest rise in property vacancies since records began, according to the Royal Institution of Chartered Surveyors.

It said 78 per cent of landlords had reported a fall in demand for retail premises during the fourth quarter – and described the outlook for the UK retail sector as “bleak”.

Retail's collapse in demand – triggered by the pandemic – is mirrored in the office space sector.

With millions of Britons working from home, demand for office space has plummeted, down 63 per cent during the last three months of 2019.

RICS said the last time leasable office space was so readily available was after the global financial crisis.

Setback

The only area of the commercial property market doing well, it said, is industrial spaces. Forty-one per cent said they had seen increased demand.

That market has been particularly strong due to the extraordinary demand for online retail.

Tarrant Parsons, RICS economist, said: “With the UK economy facing a further setback towards the end of last year, hampered by a renewed tightening in restrictions, it is unsurprising that conditions remain challenging across portions of the commercial real estate market.”

“Both the office and retail sectors continue to see occupier and investor demand diminish, with expectations for rents and capital values remaining deeply negative for the time being.”

He added that landlords are increasingly offering incentive packages

CAR PRODUCTION AT LOWEST SINCE THE 1980s



Brakes are on...motor making has slumped 30 per cent due to pandemic woes

CAR production in the UK last year crashed to its lowest level since 1984, figures out today reveal, writes **Graham Hiscott**.

The pandemic and the run up to Brexit triggered a near 30 per cent slump in output, said the Society of Motor Manufacturers and Traders.

Just 920,928 vehicles rolled off production lines – about 380,000 fewer than in 2019. The 2020 low compares with 1.7 million in 2016.

It is way down on the 1972 peak of 1.91 million. Mike Hawes, SMMT chief executive, said: “These figures, the

worst in a generation, reflect the devastating impact of the pandemic.

“Lockdowns are depressing demand, shuttering plants and threatening lives and livelihoods.”

Production is only estimated to recover to one million cars this year, not helped by the planned closure of Honda's Swindon plant.

Mr Hawes said the UK would struggle to hit the 2016 high again.

More than eight out of 10 UK-made cars were exported, with half going to the EU. Nissan's Sunderland-made Qashqai topped the list.

to tenants in both the office and retail space sectors.

Yesterday, the British Retail Consortium said shop prices dropped 2.2 per cent in January, compared to 1.8 per cent last month.

Helen Dickinson, chief executive, said

post-Christmas sales and the national lockdown had helped nudge non-food prices down.

The ongoing price war between the so-called Big Four supermarkets and the German discounters Aldi and Lidl has also kept a lid on food prices.

Poundland is quids in

POUNDLAND enjoyed a rise in festive sales after being allowed to stay open during lockdown.

Owner Pepco Group said sales rose by 2.4 per cent over the three months to the end of December.

This was despite bosses choosing to temporarily close some of the shops, even though they were classed as essential retailers.

However, Pepco's wider group sales fell by 2.1 per cent, due to enforced store closures across Europe.

● Sales at sofa chain ScS have risen by 13.9 per cent to £182.3million in the past six months.

Boost for rural 4G

VODAFONE, O2 and Three have teamed up to build 222 4G mobile phone masts in rural areas.

Work will begin this year and is scheduled to be completed by 2024.

Scotland will have 124 new sites, 54 in England, Wales 33, with 11 in Northern Ireland.

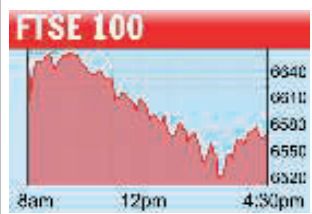
It is the first stage of the £1billion Shared Rural Network, which aims to guarantee coverage to 280,000 premises and approximately 10,000 miles of road.

The trio of operators claim their move will “virtually eliminate” partial “not spots”.

++ THE FTSE 100 THE FTSE 100 THE FTSE 100 ++

COMPANY	CLOSE	±	52 WEEK HIGH	52 WEEK LOW
3i Group	1125½	-30½	1202	597½
A.B. Foods	2185	-17	2708	1607½
Admiral Group	2969	+30	3029	1887
Anglo American	2354½	-156	2823	1091½
Antofagasta	1430	-43½	1588½	612
Ashted Group	3650½	-80	3832	1300
AstraZeneca	7779	-173	9320	6221
Aveva Group	3720½	-179	4263½	2283
Aviva	343¾	-3¾	412¾	211
BAE Systems	476½	+6½	669	397
Barclays	134¼	-5	181¼	80¼
Barrat Development	675	-8½	878½	364¼
Berkeley Grp Hldgs	4300	-135	5474	3131
BHP Billiton	2058	-50½	2221½	939¼
BP	282¼		484¼	193½
British AmerTob	2783½	+50	3481½	2382
British Land	464½	+22½	587¼	313¼
BT Group	131½	-1½	175¼	97¾
Bunzl	2405	+2	2603	1277
Burberry Group	1733	+13½	2041	1085
Coca-Cola HBC	2160	-92	2883	1494
Compass Group	1370½	-10	1990	1002
CRH	3051	-80	3504	1574
Croda International	6404	-176	6660	4070
DCC	5652	-80	7204	3878
Diageo	2853	-59½	3202	2200
DS Smith	363¼	-12	409¼	252¼
Ervaz	491	-25	525	203½
Experian Group	2583½	-31	3171	1882
Ferguson	8600	-242	9458	4086
Fresnillo	924	-138½	1357½	527
GlaxoSmithKline	1400½	-9	1815	1291½
Glencore	237¼	-17¼	285	112½
GVC Holdings	1224½	-49	1475	323¾
Halma	2556½	-17	2612	1667
Hargreaves Lansdown	1788	+106	1879½	1158
Hikma	2430	-41	2695	1701½

COMPANY	CLOSE	±	52 WEEK HIGH	52 WEEK LOW
HSBC Holdings	400¼		595½	283¼
Imperial Brands	1577½	-48	1953¼	1219
Informa	499½	-7¼	820	354½
InterContinental Htl	4585	+3	5121	2385½
Intermediate Cap.Grp	1692	-64	1877	559½
Intertek Group	5652	+24	6440	4164
Intl Consolidated Airlines	139	-1	425¼	91
John David Group	762¼	-31	883¼	293¼
Johnson Matthey	3010½	+7	3127	1683½
Kingfisher	274¼	+½	321½	124
Land Securities	639	+17	995¼	489
Legal & General	250	-7¼	318½	138½
Lloyds Banking Grp	33¼	-1¼	58	24
London Stock Ex.	8670	-738	9324	5806
M&G	178	-5¼	252½	86½
Melrose	164½	-2½	248½	74¼
Mondi	1746	-64	1886½	1183
Morrison (Wm)	185¼	+½	199¼	161¼
National Grid	876½	-5¼	1067½	799¼
NatWest Group	147¾	-5¼	228¼	93¼
Next	8036	+156	8168	3390



COMPANY	CLOSE	±	52 WEEK HIGH	52 WEEK LOW
Ocado	2883	+96	2895	1064
Paddy Power Betfair	13780	-320	16030	5512
Pearson	867¼	+106½	909	423½
Pennon Group	969	+1¼	1202½	933¼
Persimmon	2641	-35	3298	1534½
Phoenix Group	690	-3½	803	467½
Polymetal Intl.	1580	-69½	2050	1039½
Prudential	1341	-31½	1506	710¼
Reckitt Benckiser	6434	+58	7960	5150
Reed Elsevier	1857	-14½	2099	1482½
Rentokil Initial	505¼	-13	571	340
Rightmove	611½	-13¼	701¼	400
Rio Tinto	5734	-175	6310	2968
Rolls-Royce Group	95¼	-1¼	239¼	39
RSA Insurance Grp	676	-1¼	680	327
Ryl Dutch Shell 'A'	1396½	+3¼	2149	900
Ryl Dutch Shell 'B'	1327½	-3¼	2154½	866½
Sage Group	618½	+8¼	794¼	534¼
Sainsbury (J)	253	+1½	263	175
Schroders	3441	-29	3561	2098
Smiths Mortgage	1271	-25	1306	468½
SECRG	3648½	-22¼	393¼	659½
Severn Trent	2368	+1	2696	2034
Smith & Nephew	1613	-22	1979	1152½
Smiths Group	1415	-50½	1769½	814½
Spirax-Sarco	11390	-205	11915	7710
SSE	1466½	-53	1686½	1072½
St James's Place	1193	+11½	1213¼	660
Standard Chartered	448½	-11¼	662	336¼
Standard Life	309¼	+1¼	330¼	174
Taylor Wimpey	151½	-3	236¼	99¼
Tesco	245	+1½	257½	203
Unilever	4377	-46	4892	3726
United Utilities	945½	+1¼	1061	763½
Vodafone Group	128¼	-1	156¼	98
Whitbread	2890	-45	4141	1808½
WPP Group	775¼	+1¼	989	483¼

MARKET REPORT

EDUCATION group **Pearson** was the biggest climber among main market shares yesterday, closing almost 14 per cent higher at 867.8p per share.

Pearson shares were in high demand despite a lack of news about it. A number of hedge funds are betting its share price will fall. But market whispers suggest retail traders are buying the stock in a bid to derail the hedge fund effort.

Two other big risers were shopping centre owner **Hammerson** and cinema chain **Cineworld**, both fighting for life over the virus. Hammerson gained 2.52p or 12.4 per cent to close at 22.8p, while Cineworld finished at 80.4p, a 9.9 per cent gain.

Electricals group **AO World** saw the biggest drop in the FTSE 250, down 27p or 8.3 per cent at 300p. The biggest loser of the day was mining group **Fresnillo**, down 13 per cent to 924p.

The FTSE 100 finished the day down 86.6 points at 6,567.4.

+ BG + Barclays + BT + Centrica + Dixons Carphone + First Group + HSBC + Kingfisher + Marks & Spencer + Next + Prudential + Rolls-Royce + Sainsbury's + Tesco + Unilever + Vodafone + Whitbread + WPP

SHARES AT A GLANCE

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Aerospace & Defence				
Avon Rubber	3110	-20	4625	2050
Babcock International	214	-31	614	196
BAE Systems	4761	+61	699	397
Chemring Group	2911	-41	310	1677
Meggitt	389	-101	681	21
OneGroup	301	-61	387	236
Rolls-Royce Group	95	-14	239	39
Senior	95	169	424	
Ultra Electronics	1977	-4	2490	1515
Alternative Energy				
Porvair	557	-1	786	395
Banks				
Barclays	134	-5	181	80
Boo Santander	216	-10	332	138
Close Brothers	1420	-16	1476	926
CYBG	128	-2	191	54
HSBC Holdings	4004	595	283	
Investec	188	-14	452	127
Lloyds Banking Grp	33	-14	58	24
Metro Bank	117	-4	229	98
NatWest Group	1474	-54	228	93
Standard Chartered	4484	-114	662	336
Beverages				
Barr (AG)	496	-31	627	371
Britec	7614	-5	945	602
Coca-Cola HBC	2160	-92	2883	1494
Diageo	2853	-59	3202	2200
Chemicals				
Cardio	20	-3	23	34
Croda International	6404	-176	6660	4070
Elements	1104	+4	132	184
Johnson Matthey	3010	+7	3127	1683
Synthomer	426	-5	455	193
Treant	910	-2	958	310
Victrex	2410	-16	2452	1786
Construction & Materials				
Balfour Beatty	273	-1	293	189
Clarke T.	881	-13	132	73
CRH	3051	-80	3504	1574
Dialight	251	-9	340	160
Galiford Try	1254	-2	190	70
Gleeson (MJ)	720	-12	984	518
Keller Group	766	+1	871	445
Kier Group	77	-14	149	43
Kingspan Grp	5062	-234	7151	3447
Marshall	628	-17	854	519
Morgan Sindal	1508	-16	1970	1030
Severfield-Rowen	70	+1	93	51
SIG	29	-34	90	16
Smart (J) & Co.	122	-13	124	108
Tyman	350	-2	364	134
Electricity				
Drax Group	362	-61	397	126
SSE	1466	-53	1686	1072
Electronic & Electrical Equipment				
Acal	686	-28	748	378
Halma	2556	-17	2612	1667
Morgan Crucible	283	-6	320	178
Orford Instruments	1974	-56	2085	955
Renshaw	5995	-180	6225	2276
Spectris	3061	-2	3110	2132
TT Electronics	204	-2	269	143
XP Power	5260	-60	5470	2130
Equity Investment Instruments				
Aberdeen All Asia	782	+21	810	476
Aberdeen Asian Smi	1210	-20	1250	722
Aberforth Smi Co.	1192	-4	1476	614
Acom Income	306	-8	411	215
Advance Divdg Fund	720	-173	737	435
Albion Tech & Gen. VCT	64	79	64	
Albion VCT	64	71	62	
Alliance Trust	882	-11	925	544
Artemis Alpha	354	-21	413	206
Aurora Inv. Tst.	203	-4	235	136
AVI Global Tst.	858	-12	887	497
Baillie Gifford Japan	1012	-6	1116	532
Baillie Gifford Shin Nip.	247	-3	270	109
Bankers Inv. Tst.	1092	-14	1136	695
Baronsmead VCT2	74	76	58	
BH Global VCT	1880	+35	2020	1495
BH Global USD	1470	-71	1540	1124
BH Macro GBP	3280	-20	3700	2580
Biotech Growth Trust	1600	-52	1702	710
BlackRock Mining	528	-27	591	219
Blue Planet Int'l Tst.	243	243	36	21
Bluecrest AllBlue	243	243	36	21
Bluebeam All VCT2	33	33	29	
British Assets Tst.	96	115	69	
Brunner Inv. Tst.	842	-28	920	532
Caledonia Inv.	2695	-65	3140	1936
City Natural Res. Yld.	121	-61	138	50
City Of London	362	-5	437	279
Dunedin Int'l Tst.	315	-6	366	209
Dunedin Income	290	-6	307	188
Edin Wide Inv.	390	-5	399	312
Edin Drgn Tst.	562	-5	756	311
Edin Inv. Tst.	538	-8	615	347
Edin US Tracker	234	-5	310	195
Edinburgh VCT	451	-12	524	372
Electra Private Eq.	268	+1	379	125
European Ass Tst.	1164	-134	1224	62
F&C Cap Inc.	280	-5	356	193
F&C Inv Tst.	768	-10	814	474
F&C Smaller Cos.	1404	-4	149	78
F&C US Smaller Companies	132	-37	131	63

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
International Pers Fin.	80	-2	179	32
JP Group	94	-3	111	43
Jupiter Fund Man.	2911	-74	4114	164
Liontrust Asset Man.	1245	-15	1450	700
London Stock Ex.	8670	-378	9324	5806
Lonfin	341	-41	411	31
Man Group	1471	-51	1621	961
Paragon Group	4761	-61	537	238
Provident Financial	256	+5	491	144
Rathbone Brothers	1586	-10	1996	1230
S & U	2180	-10	2500	1430
Schroders	3441	-29	3561	2098
Schroders NV	2325	-35	2635	1478
St James's Place	1193	+11	12134	660
Standard Life	309	+1	3304	174
Tullett Prebon	2204	+41	404	188
Walker Crips Group	27	+1	29	19
Fixed Line Telecommunications				
BT Group	1311	-11	175	974
TalkTalk	981	-14	122	691
Telecom Plus	1328	-16	1550	981
Food & Drug Retailers				
Greggs	2080	+16	2442	1119
Morrison (Wm)	185	+34	1994	1614
Occado	2883	-96	2895	1034
Sainsbury (J)	253	+11	263	175

Tesco	245	+11	257	203
Food Producers				
A.B. Foods	2185	-17	2708	1607
Anglo-Eastern	597	+5	670	336
Carr's Milling	134	-14	158	88
Cranwick	3430	+28	4076	2922
Devro	178	+4	185	126
Glanbia	9074	-21	10113	678
Greencore Group	1211	-8	252	891
Kerry Grp 'A' Shs	10169	+97	11097	8172
Premier Foods	94	-21	110	181
REA Holdings	56	+1	179	45
Tate & Lyle	661	-91	804	530
Unilever	4377	-46	4892	326
Forestry & Paper				
Centrica	511	+21	881	304
National Grid	8761	-54	10671	7991
Pennon Group	969	+14	1022	9334
Svensen Trent	2368	+1	2696	2034
United Utilities	945	+14	1061	783
General Industrials				
Bund.	2405	-2	2603	1277
DS Smith	3631	-12	4094	252
Goodwin	3025	-40	3580	1810
Melrose	1641	-21	2481	741
Mondi	1746	-64	1886	1183
Smiths Group	1415	-50	1691	814
General Retailers				
Brown (N) Group	62	-1	89	10
Cathays	585	-42	625	250
Dignity	575	-19	736	216
Dixons Carphone	110	-1	143	60
Dunelm	1163	+22	1561	659
Findel	289	299	314	
French Connection	101	-14	331	141
Halfords Group	2781	+81	2991	514
Howden Joinery	662	-18	732	400
John David Group	762	-31	883	293
Kingfisher	2741	+1	3211	144
Lookers				
Marks & Spencer	148	+41	186	85
Mothcare	12	-14	16	4
Next	8036	+156	8168	3390
Pendragon	131	+4	16	5
Pets At Home	417	+24	442	195
RM Group	230	-40	292	110
Sports Direct	433	+84	503	182
Ted Baker	108	+34	282	66
Tops Tiles	661	+34	81	61
Travis Perkins	1381	-23	1720	650

COMPANY	CLOSE	+/-	52 WEEK HIGH	52 WEEK LOW
Centamin Egypt	1134	-4	232	941
Fresnillo	924	-138	1357	527
Gem Diamonds	481	-214	681	23
Glencore	2374	-174	285	1121
Hochschild Mining	193	-12	317	92
Komare Res.	408	-7	415	169
London & Ass. Prop.	9	20	71	
Petra Diamonds	1	94	1	
Petropavlovsk	30	-1	394	154
Polymetal Intl.	1580	-69	2050	1039
Rio Tinto	5734	-175	6310	2968
Mobile Telecommunications				
Vodafone Group	1281	-1	1564	98
Nonequity Investment Instruments				
Oryx Int. Gwth.	1465	1490	630	
Rights & Shs Inc.	2140	+35	2350	1452
Nonlife Insurance				
Admiral Group	2969	+30	3029	1887
Beazley Group	3181	-74	6061	2931
Direct Line Insurance	3054	-74	348	2274
Hiscox	956	-34	1360	666
Landshare	700	-18	506	528
RSA Insurance Grp	676	-114	680	327
Oil & Gas Producers				
BP	2821	484	193	
Cain Energy	176	-4	2124	604
Enquest	124	26	71	
Gulf Keystone Pet.	134	-2	197	52
JXO Oil & Gas	29	-19	37	134
Premier Oil	1814	-14	108	111
Ryd Dutch Shell 'A'	1396	+314	2149	900
Ryd Dutch Shell 'B'	1327	-31	2154	676
Soco International	1814	-4	147	101
Tullow Oil	271	-34	53	71
Oil Equipment, Services & Distribution				
Oilfield Services	203	+24	331	122
John Wood Group	2824	+114	4214	135
Lamprell	67	+34	694	7
Petrolac	1234	+1214	3714	103
Personal Goods				
Burberry Group	1733	+13	2041	1085
PZ Cussons	240	+11	260	161
Supergroup	2124	+24	400	70
Pharmaceuticals & Biotechnology				
AstraZeneca	7779	-173	9320	6221
Genus	4736	+84	4782	2650
GlaxoSmithKline	14004	-9	1815	12914
Hikma	2430	-41	2695	1701
Oxford Biomedica	985	-4	1048	400
Real Estate Investment & Services				
Boat (Henry)	273	-12	338	185
Capital & Regional	62	-114	241	35
Cardiff Property	1750	1775	1700	
CLS Holdings	213	-11	282	160
Development Sec.	814	+4	1884	511
Foxtons	534	-114	95	311
Grainger	289	-54	338	207
Harworth Group	121	+5	153	864
Helical Bar	383	-9	526	243
Mountview Est.	11550	-200	12750	8750
Panther Secs	185	-10	350	175
Raven Russia	26	+6	50	234
Rightmove	6111	+1314	7014	400
Savills	1068	+8	1258	651
St. Modwen Prop.	381	+9	530	300
UK Commercial Prop.	651	+1	87	49
Wynnys Prop.	565	625	565	
Real Estate Investment Trusts				
Big Yellow Group	1120	+12	1240	697
British Land	4644	+224	5874	3134
Capital & Counties	140	+71	251	99
Derwent London	3168	-34	4282	2360
F&C Commercial	774	+121	1114	431
Great Portland Est.	6444	+181	966	543
Hammerston	224	+21	1174	15
Highcroft Int.	695	947	610	
Land Securities	639	+17	954	489
London & Stamford Prop.	227	-1	242	137
Mckay Secs.	200	278	153	
Primary Health	1494	+34	165	1264
SEGRO	9644	-224	993	659
Shafesbury	557	+15	903	420
Town Centre	117	232	811	
Unit Group	949	-101	1339	634
Workspace Group	724	1307	482	
Software & Computer Services				
Aveva Group	3720	-179	42634	2283

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*UK market data, Jan 2019 - Dec 2019 (by sales volume), when tested on carpet and hard floor according to IEC 62885-2:2016 clauses 5.2 and 5.3. Tested in Boost Mode. **UK market data, Jan 2019 - Dec 2019 (by sales volume), when tested on carpet according to IEC 62885-2:2016 clause 5.3. Tested in Boost Mode. For further information email claimsinfo@vax.co.uk †Tested in standard power mode on hard floor, with floor brush switched off. ΔTested according to IEC 62885-2:2016 clause 5.7 and 5.9. Orders before 5pm Monday-Friday will be next day delivery. Outside of these times, orders will be despatched next working day. Offer only while stocks last.

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Racing

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Cahors out to make her experience count

CAHORS (1.40, nap) is fancied to put her course experience to good use in the Betway Novice Stakes at Southwell.

Anthony Carson's filly was a surprise 22-1 winner of a maiden race at the track last time.

Third on the fibresand on her debut, she put in a professional performance to score by a length and a quarter.

Six furlongs should not be a problem given her running style, plus key opponents Whittle Le Woods and Tashbeeh are untested on the surface.

TOWN PARKS (3.10, treble) is up to taking Wetherby's feature Follow RacingTV On Twitter Handicap Chase, if the meeting

By The Scout
(Chris Goulding)

passes a morning inspection. The ten-year-old has been in good form this season, winning at Hereford off a mark of 129 before finishing third at Carlisle.

Rated a workable 131, Kerry Lee's runner should appreciate this flatter track with Richard Johnson, left, taking the reins.

The four-time champion jockey has won or been placed on almost 50 per cent of his rides for the yard over the past five seasons.

Johnson can double up in the Watch Racing TV In Stunning HD EBF 'National Hunt' Novices' Hurdle on the Tom Lacey-trained UNOHU (3.45, nb).



ALL RIGHT: Allaho was an impressive winner Thurles

SMART ALLAHO IN RYANAIR BID

ALLAHO moved a step closer to a Cheltenham Festival showdown with stablemate Min by winning at Thurles yesterday.

Paul Townend let the 10-11 favourite bowl along in the Horse & Jockey Hotel Chase, as another Willie Mullins-trained runner, Elimay, joined him at the final fence.

The market leader, however, pulled away for a three-length triumph. Allaho is Paddy Power's 5-1 joint-favourite (from 6-1) for the Ryanair Chase, alongside 2020 hero Min.

"He (Allaho) is making progress, and I think he will improve into the spring – which is the time of year you want to

By Melissa Jones

improve in," Mullins said. "I'm looking forward to his next run, and he'll probably go straight to Cheltenham."

Mullins and Townend doubled up in Grade Two company with Coolmore N.H. Sires Kew Gardens Irish EBF Mares Novice Chase heroine Colreevy (4-5f).

A trip to Limerick may be next for the unbeaten novice, now the favourite with some firms for the new mares' race.

"We might revise plans, but we'll see – whether or not she has enough experience over fences to go to Cheltenham is another day's work," Mullins said.

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WETHERBY RACINGTV

1.02 JUVENILE HURDLE 4YO
£3,769 (Class 4) 2m (10 declared)
1 P6 AFRICAN SUN (15) Joanne Thomson-Murphy 10-12 E Edge(7) 85
2 BALZAC (F204) (T) E Williams 10-12 C Ring(3) -
3 BENITO T Lacey 10-12 R Johnson -
4 EL JEFE (32) B Ellison 10-12 R Mania -
5 HOMME PUBLIC (98) O Greenall 10-12 S Quinlan +132
6 LANVAL (F98) S England 10-12 J England -
7 MACHIOS (52) K Dalgleish 10-12 B Hughes 104
8 ONE LAST GLANCE T R Grettton 10-12 D Noonan -
9 SOCKS OFF (10) A Kealey 10-12 A Anderson(7) -
10 6C3 WARRANTY (26) (T) M Grettton 10-12 D Jacob 120
BLINKERS: No. 10 TONGUE STRAP: No. 5 CHEEK PIECES: No. 1 HOOD: No. 4.
SP FORECAST: 5-4 Homme Public, 4 Balzac, 6 Warranty, 13-2 Benito, 7 Maches, 16 El Jefe, 25 Socks Off, 33 One Last Glance, Lanval, 100 African Sun.
2020: Tavus 11-4, J Collier 2-1 (J O'Keefe), 8 ran.

1.32 RACINGTV.COM HANDICAP HURDLE £2,794
(5) 2m 3f 154yds (19)
1 23DL-6F BINGO D'OLIVATE (46) (D) J Ewart 10-12 N Moscrop(3) 98
2 BITSWEEETSYMPHONY (77) (T) Sam Allwood 6-11-10 R T Dunne 97
3 663-60 CANDY LOU (62) Joanne Thomson-Murphy 7-11-10 A Thorne(5) 101
4 5-P39 GREAT RAFFLES (37) M Hammond 5-11-9 J Collier 88
5 984-424 NOCTE VOLATUS (60) T Lacey 6-11-8 J Burke 103
6 35-687 BILLY RAY (83) S England 6-11-5 J England 86
7 L3PL-PO TOTO TIMES (37) J Sayer 8-11-3 C O'Farrell 75
8 31L-19 SHIMBA HILLS (25) (D) Mrs L Hill 10-12 T J O'Brien 99
9 485-676 TUMBLING DICE (29) Sue Smith 6-10-12 R Mania 99
10 019L-777 WONDERFUL WOMAN (49) Miss J Foster 10-10-15 Coltherd(3) 95
11 00-5967 LET'S GET AWAY (41) Kerry Lee 6-10-11 J Burke 95
12 513-784 SNOWED IN (25) Mrs B Butterworth 12-10-11 S Quinlan 95
13 748-014 MY STRONG MAN (33) P Kirby 5-10-10 R Chapman 88
14 377 PARK LANE DANCER (56) J Quinn 4-10-9 Craig Nichol 100
15 212-890 EX SALTANCE (25) M Hammond 7-10-8 A Cawley +104
16 L0-5967 ORSINO (CS) (T) P Bowen 7-10-7 S Bowen 101
17 25L-18 MIDNIGHT ANTICS (44) Jade Colliver 7-10-7 B Hughes 91
18 0P/P4-L FRIENDS IN HEAVEN (21) A Wilson 9-10-4 C Bewley 93
19 R-0PL3 UNIQUE COMPANY (40) (F) Mark Weatherer 6-10-1 A Anderson(7) 97
TONGUE STRAP: Nos. 7, 8, 10, 17 CHEEK PIECES: Nos. 2, 8, 10, 12, 16 HOOD: No. 1.
SP FORECAST: 5 Nocte Volatus, 13-2 Bitswweetsymphony, 10 Midnight Antics, Bingo D'olive, Park Lane Dancer, Unique Company, Tumbling Dice, Snowed In, Orsino, 12 Others.
2020: Pola Chance 4-10-7, David Noonan 7-1 (N Hawke), 11 ran.

GOSSIP FROM THE GALLOPS

Lamborn: Whitlock (123 Fakenham)
Midlands: BLUE HERO (6.30 Newcastle)

Newmarket: WESTERN SYMPHONY (5.25 Newcastle)
North: GABRIEL THE DEVIL (1.10 Southwell)

LINGFIELD: Standard
12.40-CURTIS (C Bennett, 6-11 2nd fav) t. Merew (10-12) Gold Souk (16-1) 3. Hcap 4m. 1/4, hd. (H Morrison; 21 fav Ruby Red Express). Tote: £7.20, pl £2.30, £3.10, £4.10. exacta: £64.30. trifecta: £919.57. trifecta: £653.30. CSF: £65.44.
1.15-ASSIMILATION (L Morris, 15-2) t. United Front (15-2 2nd fav) 2. Sky Defender (3-1) 3. Hcap 4 f. ran. 1/4, E Walker, 11-8 fav. Power Of States). Tote: £190, pl £130, £130, exacta: £23.10, trifecta: £65.30. CSF: £24.80.
1.50-SIR EDWARD ELGAR (R Havlin, 5-4 fav) t. Host (15-8 2nd fav) 2. Expect To Succeed (11-4) 3. 6 ran. nk. 3/4, (J Gosden). Tote: £190, pl £130, £130, exacta: £3.60, trifecta: £54.40. CSF: £9.30.
2.25-INVINCIBLE LARNE (C Shepherd, 3-1 ft fav) t. Tin Hat (9-2) 2. Wiley Post (5-1) 3. Hcap 6 ran. hd. 1/4, (M Quinn; 31 fav Sir Oliver). Tote: £3.10, pl £1.70, £2.90, exacta: £16.60, trifecta: £59.00. CSF: £15.66.
3.00-ALEATORIO (R Kingscote, 6-4 fav) t. Wemyss Point (4-1) 2. Bird For Life (3-1 2nd fav) 3. Hcap 7 ran. 2/1, (Martin Smith). Tote: £2.20, pl £1.60, £2.50, exacta: £7.70, trifecta: £15.33, trifecta: £21.60. CSF: £7.74. Non-runner: Ezanak.
3.35-OUTRAGE (R Kingscote, 6-4 fav) t. Pop Dancer (10-2) 2. Verne Castle (10-3) 3. Hcap 5 ran. nk. ns. (D C Kubler). Tote: £2.00, pl £1.10, £4.40, exacta: £15.70, trifecta: £45.30. CSF: £16.16.
4.05-SUPERCONTANGO (JP Sullivan, 13-2) t. Mahale (4-1) 2. Zen Dancer (11-3) 3. 10 ran. 1/4, ns. (A Watson; 15-8 fav Tributo). Tote: £7.20, pl £1.80, £1.80, exacta: £34.10, trifecta: £243.40. CSF: £33.24.
4.35-OUTRAGE (R Kingscote, 6-4 fav) t. Mount Ida (4-1 2nd fav) 2. Western Victory (12-1) 3. 9 ran. 1/2, (W P Mullins). Tote: £1.50, pl £1.02, £1.40, £2.00, exacta: £4.70, trifecta: £25.40. CSF: £4.74.
12.45-ALLAHO (P Townend, 10-11 fav) t. Elimay (10-3 2nd fav) 2. Annamix (8-3) 7 ran. 3/1, (W P Mullins). Tote: £1.60, pl £1.02, £1.80, exacta: £4.30, trifecta: £16.10. CSF: £4.28.
1.20-ENJOY DALLAN (C J Orr, 2-1 fav) t. Revelyn Pleasure (6-1) 2. Nick Lost (16-1) 3. Hcap 12 ran. 4/1, 7/4, (Clarian Murphy). Tote: £3.20, pl £1.20, £2.20, £4.50, exacta: £18.30, trifecta: £160.37. trifecta: £230.80. CSF: £15.61. Non-runners: Bilbo Bagins, Cup Of Carabelli, Donkey Years, Peaches And Cream.
1.55-TORVGRAPH (J W Kennedy, 9-4 2nd fav) t. Angels Dawn (18-1) 2. Fighter Allen (11-8

JACKPOT: www.totepooliveinfo.com

2.05 JOIN RACING TV TODAY HANDICAP CHASE
£4,289 (4) 3m 45yds (12)
1 48L516 DRAGONFRUIT (37) O Greenall 6-12-2 Ross Turner(5) 112
2 113-914 LADRONNE (30) Tjade Collier 7-11-2 S Quinlan B Post -
3 LPL-84 NORUKI (47) R Potter 11-11-9 W T Kennedy 102
4 3-F3FPL LAST ENCOUNTER (17) S J Davies 11-11-9 J Hamilton 117
5 2-43252 EVENT OF SVILDA (10) M Walford 7-11-6 B Hughes 109
6 P243-54 COUGAR'S GOLD (33) (D) T P Bowen 10-11-6 S Bowen 109
7 LPL-5311 SIGURD (25) (CSO) Miss J Foster 9-11-6 B Hughes 116
8 253-407 THE MANUSCRIPT (56) (D) Jonjo O'Neill 8-11-6 Jonjo O'Neill Jr 109
9 4P-5L22 ABSOLUTELY DYLAN (50) Sue Smith 8-11-6 R Mania 115
10 LPL-77L HIGH COUNSEL (24) G Hamner 12-10-10 A Thorne(5) 109
11 23/43L5 PURCELL'S BRIDGE (320) (D) Mrs R Dobbin 14-10-10 J Murtugh(3) 91
12 P42-864 SMUGGLER'S STASH (31) (D) Mrs R Dobbin 11-10-2 Craig Nichol +119
BLINKERS: Nos. 6, 7 VISOR: No. 12 TONGUE STRAP: Nos. 2, 6, 7 CHEEK PIECES: Nos. 3, 5, 8, 10.
SP FORECAST: 5-2 Sigurd, 3 The Manuscript, 6 Absolutely Dylan, 13-2 Dragonfruit, 7 Event Of Svilda, 8 Ladronne, 14 Cougar's Gold, 25 Smuggler's Stash, 33 Others.
2020: Itamsanliffe 7-11-11, Benjamin Poste 17-2 (Katy Price), 8 ran.

2.37 JOIN RACING TV NOW NOVICES' HANDICAP HDL
£2,794 (5) 3m 26yds (10)
1 L432-41 SARTENE'S SEAFARNSIDE (28) Bert Bevis 8-11-2 G Sheehan 102
2 L/P-5152 DARKSIDEOTFARNISIDE (28) (T) N Mullandall 7-11-2 R T Dunne +106
3 P-5L6 BALLINTOHER BOY (30) C Grant 7-11-10 R Chapman 99
4 3PPL-4P THE VERY THING (50) M Hammond 7-11-7 A Cawley 104
5 0/L3-664 HITMAN FRED (53) R Dobbin 8-11-2 L Murtugh(3) 97
6 766552 FAME AND HOPE (25) (F) G Boanas 6-11-1 B Hughes 103
7 6144 STITCH UP (65) P Kirby 5-10-13 J Williams(7) 92
8 109-75 KILDRUM (33) M Hammond 10-9-10 J Collier 95
9 6343372 LOCH GARMAN ARIS (14) G Hamner 11-10-7 D Burton(5) 109
10 5275-23 EATON MILLER (29) R Potter 9-10-5 B Post -
BLINKERS: No. 6 VISOR: No. 5 TONGUE STRAP: No. 1 CHEEK PIECES: No. 1, 2, 9, 10 HOOD: No. 4.
SP FORECAST: 3 Sartene's Sea, 7-2 Fame And Hope, 4 Darksideotfarniside, 13-2 Eaton Miller, 10 Loch Garmar Aris, Hitman Fred, 14 Stitch Up, The Very Thing, 16 Others.
2020: Jobsonfire 8-11-2, Charlie Price(5) 4-6 Fav (Sam Allwood), 12 ran.

3.10 FOLLOW RACINGTV ON TWITTER H'CAP CHS
£7,018 (3) 2m 3f 85yds (10)
1 2122P-F CHAMPAGNE MYSTERY (41) N Henderson 7-11-12 D Jacob 135
2 4213-8 CHARMANT (61) (CSO) J Ewart 9-11-9 B Hughes 123
3 2251R-K KING'S ODYSSEY (55) (F) E Williams 12-11-1 S Bowen 142
4 12P-01 MAYPOLE CLASS (39) Jonjo O'Neill 7-11-6 Jonjo O'Neill Jr 142
5 51P-213 TOWN PARKS (46) Kerry Lee 10-11-4 R Johnson 143
6 51P-41 ZOLFO (89) (D) Jennie Candlish 9-11-2 S Quinlan -
7 51P-42 FORTIFIED BAY (58) Jennie Candlish 9-11-2 D Noonan 106
8 F33-133 THE PADDY PIE (54) Sue Smith 10-11-1 R Mania +147
10 6390-P3 LAST GOODBYE (30) S England 10-10-12 J England 110
TONGUE STRAP: No. 10 CHEEK PIECES: Nos. 2, 7, 8, 10 HOOD: No. 3.
SP FORECAST: 5-2 Town Parks, 3 Maypole Class, 11-2 The Paddy Pie, 7 Champagne Mystery, 10 Charmant, 12 Zolfo, 14 Fortified Bay, I'm To Blame, 20 Others.
2020: Charmant 8-11-9, Brian Hughes 16-1 (J Ewart), 9 ran.

3.45-INVINCIBLE SWAGGER (C Noble, 11-4 2nd fav) t. Join Forces (4-1) 2. Under Wraps (4-1) 3. 8 ran. 1/4, 5/1, (L Varian; 85-40 fav Prey For Glory). Tote: £2.70, pl £1.20, £1.40, exacta: £12.00, trifecta: £11.20. CSF: £13.88. Non-runners: Glentworth.

5.15-VIVENCY (D Muscatt, 15-8 fav) t. Perfect Rose (7-2 2nd fav) 2. Parikarma (16-1) 3. Hcap 9 ran. shd. nk. (L Carter). Tote: £2.40, pl £1.20, £1.60, £4.90, exacta: £8.80, trifecta: £77.35, trifecta: £110.20. CSF: £28.14.

5.45-MOONRAE (B Sayette, 13-8 2nd fav) t. Torbellino (11-8 fav) 2. Winifred (33-1) 3. Hcap 4 ran. 1/4, 1/4, (J Gosden). Tote: £2.20, exacta: £3.60, trifecta: £14.30. CSF: £4.09.

6.20-WIN WIN POWER (C Hamner, 11-8 fav) t. Critical Thinking (18-1) 2. Red Jasper (9-2 2nd fav) 3. Hcap 9 ran. hd, nk.

THE SCOUT

1.02 Homme Public 3.10 TOWN PARKS
1.32 Nocte Volatus 3.45 UNOHU (nb)
2.05 Sigurd 4.17 Kappa De Lily
2.37 Fame And Hope

INSPECTION: 8.00AM

3.45 'NATIONAL HUNT' NOVICES' HURDLE
(12)
1 132-12 UNOHU (45) (D) T Lacey 6-11-8 R Johnson +130
2 3-322 BARRICHELLO (31) (F) D McCall 5-11-2 B Hughes 127
3 5758 EARLY MORNING DEW (16) P Niven 5-11-2 C Bewley 86
4 F88P FIRST ILLUSION (17) P Kirby 5-11-2 R Chapman 87
5 7 FUDGE MAN (59) (T) L Russell 5-11-2 B Campbell(3) 109
6 3-3/3 KILDIRM (25) D J Jeffreys 6-11-2 C Deutsch 119
7 3 OCEANS RED (53) O Greenall 6-11-2 S Quinlan -
8 646- ONE FINE MAN (370) J Moffatt 6-11-2 R Day -
9 66 SKIPNESS (54) T Easterby 6-11-2 N Moscrop(3) 72
10 13221-2 TIME LEADER (37) D McCain 7-11-2 T Gillard(7) 104
11 31 WALK WITH KINGS (326) T Easterby 5-11-2 Tom Midgley(7) -
12 31 PUPPETONASTRING (709) T Easterby 6-10-9 J Hamilton -
SP FORECAST: 11-8 Unohu, 6-4 Barricello, 10 Kildrim, One Fine Man, 16 Time Leader, 25 Fudge Man, Oceans Red, 33 Walk With Kings, Puppetonstring, 66 Others.
2020: Stimulating Song 5-11-2, Sean Quinlan 5-2 (M Harris), 9 ran.

4.17 SIXT CAR HIRE MARES' HANDICAP CHASE
(3)
1 2242-L HAUUS IN (61) (T) L Russell 9-11-2 B Campbell(3) 128
2 SL-111 KAPPA DE LILY (16) Miss V Williams 8-11-10 C Deutsch +130
3 73P-331 LEVEROCK LASS (32) (C) T Reed 8-10-10 H Reed(3) 129
CHEEK PIECES: No. 1.
SP FORECAST: 4-11 Kappa De Lily, 3 Leverock Lass, 10 Haul Us In.
2020: No corresponding race.

TRACK FACTS: GOING: Heavy. Left Handed. **TOP TRACK JOCKEY (2016-21):** Brian Hughes 15% Strike rate. **TOP TRACK TRAINER (2016-21):** P Kirby 12% Strike rate. **FIRST TIME:** 102 El Jefe (hd), Homme Public (tonque strap), 132 Billy Ray (wind surgery), Bitswweetsymphony (cheek pieces), 205 Ladronne (tonque strap), 237 Fame And Hope (blinkers). **BEATEN FAVOURITES:** 132 Bitswweetsymphony(hcp hd), Nocte Volatus(hcp hd), 205 Absolutely Dylan(hcp ch), 345 Unohu(hcp hd), LONGEST TRAVELLER: Balzac (102) & King's Odyssey (310) 243 miles. **STABLE SWITCH:** 102 Balzac (ran From E Walker to C Williams; Homme Public (wind surgery), Bitswweetsymphony (cheek pieces), 205 Ladronne (tonque strap), 237 Fame And Hope (blinkers). **345 Oceans Red** (ran From A Owen to O Greenall). **One Fine Man** (ran From N Twiston-Davies to J Moffatt). **Walk With Kings** (ran From W H Easterby to T Easterby).

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) G Boanas 75% (1 wins and 2 places from 4 runners), Mrs L Wadham 75% (12/4), M Johnson 67% (10/218), C Appleby 62% (17/13), M Botti 62% (2/3/8), L Ralph 60% (12/5).
IN-FORM JOCKEYS Fergus Gillard 80% (1 wins and 3 places from 5 runners), Harry Russell 80% (2/2/5), Richard Johnson 62% (2/6/13), Brian Hughes 61% (5/12/28), Paddy Brennan 60% (1/5/10), Clifford Lee 57% (1/3/7).
(R Hammon). Tote: £2.10, pl £1.10, £3.60, £1.70, exacta: £23.50, trifecta: £29.88, trifecta: £130.30. CSF: £30.41.
6.50-PINK JAZZ (A Kirby, 13-2) t. Roller (11-2) 2. Cashel (11-2) 3. Hcap 9 ran. 1/4, 1/4, (S Curran; 31 fav Oud Metha Bridge). Tote: £5.20, pl £1.40, £2.30, £2.00, exacta: £44.30, trifecta: £212.25, trifecta: £205.02. CSF: £42.26.
7.20-SHYACK (O Keenan, 40-1) t. My Law (8-1) t. My Footsteps (9-2 2nd fav) 3. Hcap 13 ran. 1/4, 1/4, (M Cunnitt; 7-2 fav Lady Quickstep). Tote: £5.80, pl £1.90, £3.30, £2.20, exacta: £68.70, trifecta: £180.51, trifecta: £408.60. CSF: £335.98. Non-runner: Momo.
7.50-TURANGA LEE (S Donohoe, 11-1) t. Chocco Star (5-1) 2. Miss Thoughtful (9-1) 3. Hcap 8 ran. 1/4, nk. (J Mackie; 31 fav Lady Quickstep). Tote: £12.40, pl £3.30, £1.80, £3.10, exacta: £77.60, trifecta: £527.23, trifecta: £576.60. CSF: £65.64.
8.20-RAHAM (S W Kelly, 66-1) t. Looking For Carl (10-1) 2. Cincento (2-1) 3. Hcap 13 ran. 3/4, 1/4, (G Deacon). Tote: £82.30, pl £1.70, £2.90, £1.30, exacta: £66.30, trifecta: £1979.77, trifecta: £3357.30. CSF: £637.61. Non-runner: Mi Laddie.
Jackpot: £10,000.00
Placepot: £15.90
(Race 1) 1, 2, 10; (2) 2, 5, 9; (3) 1, 3, 2; (4) 1, 5, 1, 2; (5) 2, 6; (6) 3, 4, 9; Quodpot: £9.70

1. Which Arsenal player was sent off in their 0-0 Premier League draw at Leeds?
2. Which British swimmer beat his own 100m breaststroke record on the final day of the International Swimming League season in Budapest?
3. Whose headed goal gave Wales victory over Republic of Ireland to keep them top of their Nations League group?
4. Who is the women's rugby union world player of the year whose penalty gave England a 25-23 comeback win over France at Twickenham?
5. Which Czech decathlete was the first man to break 9,000 points?
6. Which country hosted the first three Cricket World Cup finals?
7. Which tennis player was the first to win all four major men's singles titles in one year?
8. Which Scottish darts player won the PDC World Championship in 2015 and 2016?
9. Who were the first winners of the Super League, in 1996?
10. Which country won the first of their three Olympic football gold medals in 1952?

10 to tackle
RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: Nicolas Pape, 3 Adam Peaty, 3 David Brooks, 4 Emily Scarratt, 5 Roman Sebry, 6 England, 7 Don Budge, 8 Gary Anderson, 9 St Helens, 10 Hungary.

WORLD OF SPORT

Jo feels so lucky

JO KONTA has admitted she is "very lucky" compared to Heather Watson as the British No1 prepares to leave quarantine before the Australian Open.

Konta has been allowed out of her Melbourne hotel room to practise for five hours a day during a two-week lockdown, which ends tomorrow. But

TENNIS

British No2 Watson, who arrived on a flight on which there was a positive Covid-19 test, has not been allowed out for a fortnight.

"I have been very lucky," said Konta, "Some players have not left their rooms for 12 days now and one is Heather, who I have been checking in with."

BOXING

TYSON FURY and Anthony Joshua have moved closer to their blockbuster heavyweight showdown.

Matchroom chief Eddie Hearn has sent a contract to Bob Arum and Frank Warren for the bout.

It is understood that amendments are due before the weekend.

Hearn said: "We hope to have something signed within the next two weeks."

A changing of the guard



PADRAIG READY FOR NEW RYDER CUP ERA

MAKING THE CUT: Harrington expects to see fresh faces in his team

EUROPE captain Padraig Harrington wants a "seriously big party" at the Ryder Cup in September – but warned not all of the old guard will be on the guest list.

Golf's biggest event was postponed last year because the pandemic prevented a crowd at Whistling Straits.

But the Dubliner said it is now "full steam ahead" for the rescheduled showdown in Wisconsin – and he hopes thousands of fans will be there to create the usual raucous atmosphere.

"There's no doubt there's going to be a Ryder Cup this year within all reason," said Harrington.

"I don't believe there is wiggle room for pushing this back. It's full steam ahead.

"The Ryder Cup will be played and, because of being later in the year, it could be close to normal.

"If it goes ahead with full spectators, it will be a seriously, seriously big party.

"The relief for people to get out there and go to a sporting event of that magnitude will be palpable, and I'm sure the players will appreciate it. That's exactly what I want to see."

The second qualifying event of the year starts at the Omega Dubai

By Neil McLeman

Desert Classic today, with veterans Sergio Garcia, Justin Rose, Francesco Molinari, Ian Poulter, Henrik Stenson and Paul Casey all outside the nine automatic spots.

US skipper Steve Stricker now has six wild-card picks. But Harrington said: "I didn't want any more than three. I believe that players should be given the right to qualify. If you play well, you will make the team.

"As regards to the age of players, yeah, an extra year is going to be a year too far for some of the older guys. There is a little bit of a changing of the guard.

"I am looking forward to seeing a few rookies come through in the next eight months and set themselves out as the new stars.

"There might be half a dozen guys who were stalwarts. Maybe three have moved on and three will make the team, and I might pick one or two of the others."

Harrington has so far named only Robert Karlsson as a vice-captain but Graeme McDowell is set to join his staff, while Lee Westwood and Poulter could also be added to the backroom squad if they do not make the team.

HOW TEAMS WOULD SHAPE UP IF CHOSEN NOW

The European team will comprise the top four on the European points list and top five on the world points list on Sunday, September 12, after the BMW PGA at Wentworth. Padraig Harrington will name his three wild-card picks in the week of Monday, September 13.

EUROPEAN STANDINGS

- 1 Tommy Fleetwood
- 2 Tyrrell Hatton

- 3 Jon Rahm
- 4 Rory McIlroy
- 5 Victor Perez
- 6 Danny Willett
- 7 Matt Fitzpatrick
- 8 Lee Westwood
- 9 Bernd Wiesberger

+3 wild cards

The USA team will come from the top six (previously eight) in the rankings after the second FedEx Cup Playoff event (BMW

Championship). Captain Steve Stricker will name his six wild cards (previously four) after the Tour Championship.

USA STANDINGS

- 1 Dustin Johnson
- 2 Bryson DeChambeau
- 3 Justin Thomas
- 4 Collin Morikawa
- 5 Brooks Koepka
- 6 Xander Schauffele

+6 wild cards

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Picture: DAVID ROGERS



By Alex Spink

OWEN FARRELL has told England fans not to worry that the spine of the team kicking off their Six Nations defence will not have played for two months.

Farrell, Elliot Daly, Jamie George, Maro Itoje and Billy Vunipola play for a Saracens club banished from the Premiership and without a league game until March.

Of that quintet only Vunipola has pulled on a game jersey since England won the Autumn Nations Cup on December 6 – and that was in a club friendly against second-tier Ealing.

Farrell insists he and his pals can hit the ground running when Scotland pitch up at Twickenham on Saturday week.

The Red Rose captain said: “It’s not like we have been sat on a physio bed, we’ve not been injured. We’ve been working hard with pre-season stuff, like running and working in the gym.”

“We have seen it as a massive opportunity to get some good training under our belts as over the past few years we haven’t had much opportunity for a good pre-season.”

England head coach Eddie Jones, right, also expects his Saracens contingent to shake off the rust quickly.

“The Saracens boys have probably over the past five years played six seasons of rugby,” he said.

“For them to actually have a pre-season now is a godsend.”

“They will come back in much better

FEELING CHAMPION

Farrell not concerned by lack of rugby

condition than they’d normally be in at this time of year.”

Factor in the loss to injury of Mako Vunipola, Joe Launchbury and Sam Underhill, and the unavailability of Joe Marler and Kyle Sinckler, though, and Jones’ men face a challenge to pick up where they left off in what he terms the “world’s greatest tournament”. They

checked into their biosecure bubble at St George’s Park yesterday to be greeted by tightened restrictions aimed at minimising the risk of a Covid outbreak.

All meetings will be in an open-sided marquee, for which players have not only been provided with thermal gloves, snoods, hats and blankets, but fire pits, heaters and an outdoor coffee machine. They will undergo twice-weekly testing

and no visitors will be allowed into the environment without proof of a negative test result.

Until the end of the championship, players and staff will only be allowed home during the two fallow weeks.

Jones said: “We’ve got the opportunity to do something special for the country in a time that is so difficult. We’ll make sure we do everything we can to be the best prepared side and put a smile on people’s faces.”

SIX NATIONS WAITS ON FRANCE

FROM BACK PAGE

Government over the spread of the UK strain of Covid-19 have already led to the cancellation of two rounds of European club competitions, and visitors to the country from outside the European Union must spend a week in quarantine.

Six Nations CEO Ben Morel remains confident they will “get the right authorisation” but added: “We are waiting for the final confirmation. Generally elite sport benefits from widespread exemptions

because they have stringent protocols. We are seeking clarification on the specific rules about quarantine exemptions, which would look at entry from the UK, whether it is re-entry for the French teams or entry for the other unions.”

Morel gave assurances that if any match is called off the “primary focus” will be to reschedule rather than cancel.

□ **PREMIERSHIP RUGBY** say that just one member of staff and no players tested positive from the latest round of screening.

education in 2021,” said Lynch, below.

“It will begin in March with workshops delivered to all domestic men and women’s teams as well as England teams.”

“The education we have identified that is required is something we can build from and expand.

“We can’t change yesterday, but we can look forward to tomorrow. We are

much more aware of the issues and want to address them.”

Sussex have one of the most diverse squads in the county game and their chief executive

Rob Andrew said: “We need to make sure that the dressing rooms around our counties and academies are safe and that these issues, which we can’t accept in sport, will be taken seriously and managed properly by those of us in charge.”



SILVER LINING

Farrell says break could benefit him and his pals as he aims to lift the trophy again

THOSE WERE THE DAYS

ON THIS DATE IN SPORTING HISTORY

1911: Henri Rougier won the first Monte Carlo Rally, driving a Turcat-Mery.

1990: In one of the most one-sided Super Bowls, the San Francisco 49ers beat the Denver Broncos 55-10 in New Orleans – a record margin which still stands.

2002: The Prost F1 team, owned by former world champion Alain Prost, were put into liquidation by a French court.

2009: Colin Montgomerie was appointed captain of the European team for the 2010 Ryder Cup at Celtic Manor.

2011: Liverpool agreed a fee with Ajax for Uruguay striker Luis Suarez.

2012: The FA cancelled the traditional pre-match handshakes between Chelsea and QPR in light of the racism row surrounding John Terry and Anton Ferdinand.

2017: Serena Williams won the Australian Open singles with victory over her sister Venus in the final for her 23rd Grand Slam title, an Open-era record, beating Steffi Graf’s mark of 22.

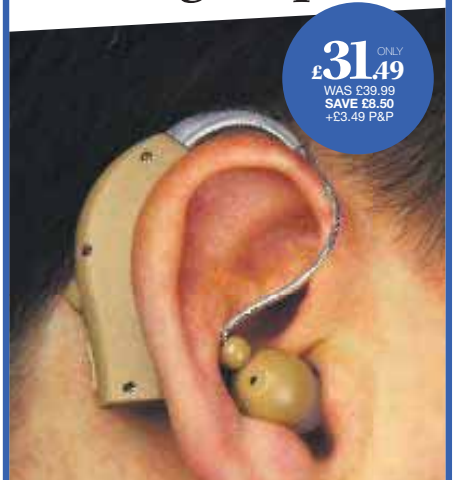
DEAL: Luis Suarez left Ajax for Anfield



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Cricket aims to tackle racism

FROM BACK PAGE

but there was enough information from the 173 players who responded for the education programme to be established, not least because nearly half of the incidences of racism have come from fellow players.

The programme will be run by the EW Group and will sit alongside the PCA's anti-corruption and personal welfare education on topics such as drugs and gambling. “The EW Group will deliver a programme of

education in 2021,” said Lynch, below.

“It will begin in March with workshops delivered to all domestic men and women’s teams as well as England teams.”

“The education we have identified that is required is something we can build from and expand.

“We can’t change yesterday, but we can look forward to tomorrow. We are

much more aware of the issues and want to address them.”

Sussex have one of the most diverse squads in the county game and their chief executive

Rob Andrew said: “We need to make sure that the dressing rooms around our counties and academies are safe and that these issues, which we can’t accept in sport, will be taken seriously and managed properly by those of us in charge.”

SPORT IN BRIEF

Premier League	
BRIGHTON (0).....0	FULHAM (0).....0
BURNLEY (0).....3	ASTON VILLA (1).....2
Mee 52	Watkins 14
McNeil 76	Grealish 68
Wood 79	
CHELSEA (0).....0	WOLVES (0).....0
EVERTON (1).....1	LEICESTER (0).....1
Rodriguez 30	Tielemans 67
MAN UTD (0).....1	SHEFF UTD (1).....2
Maguire 64	Bryan 23
	Burke 74
FA WOMEN'S SUPER LEAGUE	
ASTON VILLA (0).....0	CHELSEA (2).....4
Sky Bet Championship	
BARNSLY (1).....2	CARDIFF (0).....2
Andersen 20	Ojo 58
Woodrow 52	Moore 68
COVENTRY (0).....2	SHEFF WED (0).....0
Gyokeres 57	
Allen 90	
MIDDLESBRO (0).....0	ROTHERHAM (1).....3
	Crooks 43
	Smith 79 (pen)
	Giles 90
SWANSEA (0).....1	BRENTFORD (0).....1
Hourihane 78	Fosu 74

Norwich.....25	16	5	4	35	21	53
Swansea.....25	13	8	4	30	14	47
Watford.....26	13	8	5	30	18	47
Brentford.....24	12	9	3	38	22	45
Reading.....25	13	5	7	37	28	44
Bournemouth.....23	11	9	5	38	21	42
Middlesbrough.....26	11	6	9	30	24	39
Bristol City.....25	12	3	10	27	27	39
Stoke.....26	9	10	7	31	28	37
Blackburn.....25	10	6	9	40	28	36
Preston North End.....26	11	3	12	31	33	36
Barnsley.....26	10	5	11	29	34	35
Luton.....25	9	6	10	21	27	33
Huddersfield.....26	9	4	13	29	37	31
Cardiff.....25	8	6	11	32	30	30
Millwall.....25	6	12	7	21	24	30
Coventry.....25	7	8	10	24	34	29
QPR.....25	6	9	10	23	31	27
Birmingham.....25	6	8	11	18	30	26
Nottingham Forest.....25	6	7	12	20	29	25
Derby.....25	6	7	12	16	25	25
Rotherham.....23	6	5	12	26	32	23
Sheff Wed.....24	6	7	11	15	25	19
Wycombe.....23	3	6	14	16	35	15

Scottish Premiership	
CELTIC (1).....2	HAMILTON (0).....0
Griffiths 12	
Edouard 48	
DUNDEE UTD (0).....1	ST MIRREN (3).....5
Harkes 54	Shaughnessy 30
	McGrath 42 (p), 45 (p)
	Connolly 80, Dennis 85

HIBERNIAN (0).....0	RANGERS (0).....1						
Morelos 51							
LIVINGSTON (0).....2	KILMARNOCK (0).....0						
Kabia 89, Pitman 90							
ROSS CUNY (1).....1	MOTHERWELL (0).....2						
Shaw 14	Cole 51, Mugabi 72						
ST JOHNSTONE (0).....0	ABERDEEN (0).....0						
P	W	D	L	F	A	Pts	
Rangers	26	23	3	0	66	7	72
Celtic	23	14	7	2	50	18	49
Aberdeen	24	12	7	5	31	24	43
Hibernian	25	11	7	7	33	25	40
Livingston	24	10	5	9	32	29	35
Dundee Utd	25	6	10	9	20	34	28
St Mirren	22	7	5	10	21	25	26
Kilmarnock	24	7	3	14	24	30	24
St Johnstone	25	5	9	11	22	33	24
Motherwell	24	5	7	12	21	36	22
Ross County	26	5	5	16	19	50	20
Hamilton	24	5	4	15	21	49	19

Scottish Championship

P	W	D	L	F	A	Pts	
Hearts	13	10	0	3	39	17	30
Dunfermline	12	5	6	1	20	13	21
Dundee	12	5	5	2	23	20	21
South	11	4	3	4	24	17	18
Muth	11	3	4	4	24	17	18
Ayr	12	3	5	4	16	16	14
Green of South.	13	4	2	7	19	30	14
Inverness C.T.	10	3	4	3	17	14	13
Alloa	12	2	8	12	22	32	12
Aberpath	12	1	4	7	8	18	7

Hearts.....	13	10	0	3	39	17	30
Dunfermline.....	12	5	6	1	20	13	21
Dundee.....	12	5	2	23	21	21	20
Raith.....	11	5	3	3	24	17	18
Morton.....	13	4	5	4	13	17	17
Ayr.....	12	3	5	4	16	16	14
Queen of South.....	13	4	2	7	19	30	14
Inverness CT.....	10	3	4	3	17	14	13
Alloa.....	12	2	2	8	12	28	8
Arbroath.....	12	1	4	7	8	18	7

MORTON (1).....	2	INVERNESS CT (2) 2					
Vanarama National Lge							
MAIDENHEAD (1).....	4	YEOVIL (1).....	2				
NOTTS CO (0).....	2	SOLIHL M (0).....	0				
	P	W	D	L	F	A	Pts
Truro.....	19	12	4	3	38	17	40
Sutton Utd.....	16	9	4	3	28	16	31
Hartlepool.....	18	9	3	6	26	20	30
Altrincham.....	20	8	6	6	24	22	30
Stockport County.....	16	8	4	4	25	17	28
FC Halifax.....	19	7	6	6	30	22	27
Notts County.....	16	8	3	5	21	13	27
Maidenhead Utd.....	16	8	3	5	25	23	27
Solihull Moors.....	15	8	1	6	20	15	25
Boreham Wood.....	16	6	4	18	12	24	24
Wrexham.....	17	7	3	7	21	19	24
Aldershot.....	18	7	3	8	26	27	24
Chesterfield.....	17	7	2	8	28	21	23
Bromley.....	16	6	5	5	26	21	23
Eastleigh.....	16	6	5	5	24	19	23
Woking.....	18	6	5	7	22	20	23
Dag & Red.....	17	6	3	8	14	21	21
Wealdstone.....	18	6	3	9	26	39	21
King's Lynn Town.....	16	5	3	8	21	34	18
Yeovil.....	18	4	5	7	22	28	17
Weymouth.....	18	4	3	11	20	31	15
Dover.....	14	3	1	10	11	32	10
Barnet.....	16	2	3	11	13	40	9

TODAY'S DIARY

Premier League

Tottenham v Liverpool (8pm)

TODAY'S DIARY

Premier League

Tottenham v Liverpool (8pm).....

HAVOC: Raya fails to stop Hourihane's free-kick



HOURIHANE IS A BIG HIT

Ten-man Swans rescue point

CONOR HOURIHANE'S wicked free-kick took 10-man Swansea back into the Championship top two.

SWANSEA

1

BRENTFORD

1

By James Candy

The Swans looked dead and buried after Tariqe Fosu-Henry headed the Bees in front moments after Kyle Naughton saw red.

But the on-loan Aston Villa star and some heroic defending revived Steve Cooper's side to keep them ahead of Brentford in the race for the Premier League.

Swansea head coach Cooper said: "The red card, whether it is or not, I'm not sure. I'm certainly not complaining about it at the moment."

"We went 1-0 down and showed great character to get back into the game."

This clash between these high-flying promotion contenders had all the makings of a Championship classic, but it took 70 minutes to catch fire.

Brentford received a boost when Naughton, above, was shown his second yellow card for a late challenge on Sergi Canos.

They made their man advantage count five minutes later when Henrik Dalsgaard found Fosu

unmarked for the substitute to head home from six yards.

But the 10 men of Swansea fought back quickly to equalise.

David Raya failed to punch Hourihane's whipped free-kick away and had to watch on as the ball eluded everyone in the box and found the corner of the net.

The Swansea players laid their bodies on the line to deny a late barrage of Brentford pressure.

Bees head coach Thomas Frank said: "Of course, when it is 11 versus 10 you

have to go on and win but that is why football is such a beautiful game. There are such small margins. It is two points dropped."

SWANSEA (3-5-2): Woodman 6; Guehi 7, Cabango 8, Naughton 6, Roberts 6, Fulton 7, Grimes 6, Hourihane 7, Bidwell 5; Lowe 6 (Manning 91, 6), Ayew 5. **Goal:** Hourihane 78. **Sent off:** Naughton 69.

BRENTFORD (4-2-3-1): Raya 6; Dalsgaard 7, Sorensen 6, Pincock 8, Henry 7, Jensen 7, Dasilva 8; Mbeumo 6 (Fosu-Henry 56, 6), Janell 7 (Ghoddos 86, 6), Canos 6 (Forss 77, 6); Toney 7. **Goal:** Fosu-Henry 74.



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COVENTRY 2 SHEFF WEDS 0

VIKTOR GYOKERES scored the first goal in a Coventry home game in more than five and a half hours to add to managerless Wednesday's woes.

The on-loan Brighton striker was on hand to finish in the 57th minute before substitute Jamie Allen's late clincher on the day Paul Cook turned down the Owls job.

It leaves Wednesday second from bottom and six points from safety.

BARNSLY 2 CARDIFF 2

MICK MCCARTHY made a swift impact as his new Cardiff team came from two down to grab a point after six straight defeats.

Barnsley went in front when centre-half Mads Andersen headed home Dominik Frieser's cross.

It was two when Cauley Woodrow netted his 11th goal of the season, heading in Alex Mowatt's free-kick.

But Sheyi Ojo diverted sub Josh Murphy's effort into the net and Kieffer Moore headed the leveller.

MIDD'BRO 0 ROTHERHAM 3

MIDDLESBROUGH went down to a third home defeat in 12 days.

Boro boss Neil Warnock's former club Rotherham boosted their survival prospects as Matt Crooks volleyed the visitors ahead from the edge of the box.

Michael Smith scored his fifth goal in seven games with a penalty after Michael Ihiekwe was fouled. And debutant Ryan Giles, 21 last Tuesday, netted the third.

Picture: SHAUN BOTTERILL

TOTTENHAM V LIVERPOOL

8PM, BT SPORT
By Chris McKenna

HARRY KANE has been told he could have a statue outside Tottenham's stadium one day if he fires them to a trophy.

Former Spurs frontman Peter Crouch believes winning silverware with the club would mean "10 times" as much to Kane as doing it elsewhere.

Kane will hope to boost Spurs' chance of a Premier League title bid by beating Liverpool tonight.

But many believe he may have to go elsewhere to win silverware.

"Sometimes the grass isn't always greener," said Crouch. "If you win something at Tottenham, it is going to mean 10 times more than going to Real Madrid and winning something."

"He's a top player and he deserves the best so nobody can begrudge him anything if he wants to move."

"But I just feel like if he thinks there's a chance of winning something at Tottenham it would mean far

CROUCH: TOTTENHAM GLORY WOULD MEAN MOST TO KANE

more to him. At Tottenham, if he finishes there or he manages to win something there, they'll have a statue built for him, wouldn't they?"

Crouch, below, was at Tottenham between 2009 and 2011 when Kane was starting to train with the first team.

And he has been delighted to see the striker continue to improve, with 14 assists so far this season, along with 19 goals.

"It has been magnificent to see him evolve," said Crouch. "I wouldn't say he

burst on the scene and we all went, 'Wow', but he always used to score in every game in training."

"The way he has worked on his game and improved it, he's a manager's dream."

"Any young player should look up to someone like him."

"He is so two-footed - you can see he has worked on that - good in the air, and then he has adapted his game again."

LINE-UPS

TOTTENHAM (4-2-3-1)

Lloris; Aurier, Sanchez, Alderweireld, Reguilon; Sissoko, Hojbjerg; Son, Ndombele, Bergwijn; Kane.

LIVERPOOL (4-3-3)

Alisson; Alexander-Arnold, Fabinho, Matip, Robertson; Oxlade-Chamberlain, Henderson, Wijnaldum; Salah, Firmino, Mane.

KICK-OFF: 8pm. TV: BT Sport

He is dropping into those little holes and it is almost Teddy Sheringham-like.

"Then there's rapid passes into Son Heung-Min and spraying 60-yard cross-field passes, but he's still getting the goals. He is one of the best strikers in Europe, without a doubt."

Crouch will have an interested eye on tonight's clash given he also had a successful spell at Anfield, and still believes Jurgen Klopp's side can defend their title.

He added: "I had Liverpool at the start of the season. I think Man City would be favourites now but I will stick with Liverpool."

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Harry will get a statue if he wins with Spurs



A CLUB LEGEND
Kane would cement his hero status even further if he won silverware with Spurs

KLOPP FIRED UP AND READY TO FIGHT

FROM BACK PAGE

to be perfect to win. It's about being the team we want to be and that's the one team nobody wants to play against."

"We will fight, we will fight the circumstance, we will fight the situation, we will fight tomorrow night, that is what we will do - we have the chance to be that team [against Spurs], then on Sunday. Then again and again."

Liverpool have endured five Premier League games without a win - their worst run under Klopp - scoring only once in those matches.

He knows it is one of his biggest challenges since

arriving at Anfield in 2015, especially as he concedes there is little chance of landing the centre-half he desperately needs before the transfer window closes on Monday.

Asked if there will be signings, he replied: "No, not really. I would not say absolutely 100 per cent no, but I don't expect anything to be honest."

But Klopp is adamant he is ready for the tests ahead, even that of another five months with only one semi-fit senior centre-half in Joel Matip.

He said: "A challenge is good. I don't think my life should always be perfect. If something goes wrong, we have to work on it."

Klopp has held several meetings with the players in which he has tried

to get their situation in perspective and focus on the football, even amid the global pandemic.

He said: "Of course there are much more serious problems out there but when we are on the pitch the only problem we can solve is the football problem. We focus on the chance to sort it out. We think we can sort it."

Jose Mourinho has begged referee Martin Atkinson and fourth official Kevin Friend to act if Klopp indulges in more touchline histrionics tonight.

When the clubs met in December, the Spurs boss complained about the German's behaviour.

Mourinho said yesterday: "I just hope the referee and fourth official act the way they have to act."

Auba explains his Gunners absence

PIERRE-EMERICK Aubameyang has cleared up his mystery absence from the cup and league games against Southampton.

Mikel Arteta dedicated the 3-1 Premier League win to his captain.

The striker said: "My mother is going through some health issues and I had to be there for her."

"She is already much better and I'm more than grateful to

By Matthew Dunn

the doctors and nurses helping her."

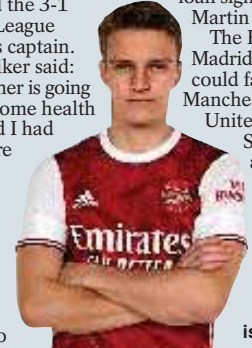
Arsenal have handed Mesut Ozil's No 11 shirt straight to new loan signing

Martin Odegaard.

The Real Madrid midfielder could face Manchester United on

Saturday after finalising his move to the Emirates.

FRESH FACE: Odegaard is on board



MOYES EXTENSION

DAVID MOYES will agree a new, long-term contract at West Ham in the summer - but still has 18 months to run on his current deal.

A 3-2 win at Crystal Palace on Tuesday night took the Hammers into the top four.

There has been a widely-held belief Moyes's contract has just six months left to run.

But it is automatically extended by another year if West Ham stay in the Premier League this season, which is now a given.

DARREN LEWIS

Big Sam's lock-in lays it on the line

SAM ALLARDYCE has told his stunned West Brom players they could have just two games to save themselves.

Allardyce, below, locked his players in the dressing room for an hour following his side's 5-0 thrashing by Manchester City.

He told them bluntly the next 180 minutes against fellow strugglers Fulham and Sheffield United could dictate their fate - and any less than four points could really put

By Dave Armitage

them behind the black ball in their bid to escape relegation.

Big Sam gave them yesterday off to try to get mentally and physically refreshed. But they were left in no doubt that two defeats are unthinkable.

He said: "A few home truths needed to be said."

Allardyce wants two new players and Galatasaray striker Mbaye Diagne looks set to come in on loan.



PITCH BATTLE: Mourinho has clashed with Klopp this term

FOOTBALL LATEST

● DERBY are resigned to losing 16-year-old Kaide Gordon to champions Liverpool. The forward made his senior debut in December.

● SHEFFIELD UNITED will reject any bid by Derby to sign club captain Billy Sharp, 34, this month.

● BURNLEY are being priced out of a move for Everton's Jonjoe Kenny. They are not willing to pay Everton's £10m asking price and want to take the 23-year-old on loan

with a view to signing him permanently in the summer.

● STOKE defender Tom Edwards, 22, has agreed to join MLS side New York Red Bulls on loan until the end of the season.

● BARCELONA believe they have won the battle to sign Eric Garcia but will wait until the summer to get their man. The Spanish side tried to sign the Manchester City defender, 20, this month but could not agree a deal.

OLE FALLS TO

HERO: Wood celebrates winning strike

Clarets have the Wood over Villa as they storm home

STUNNED Dean Smith claimed Aston Villa threw away three points after they were mugged by Burnley at Turf Moor.

Villa blew the lead twice as the Clarets capitalised on slack defending to score three times in 27 second-half minutes.

And the Villa boss said: "The word I have used is disbelief. I've just said to the players we have thrown three points away with really poor defending with basic errors."

"At half-time we should have had the game won."

"Performance-wise, we should have won the game comfortably but they have because of our lapses in concentration in the way we defended hopeful balls into the box."

Victory continues Burnley's great run following their league win at Liverpool and cup victory over Fulham.

Boss Sean Dyche said: "We never lack resilience or belief. I thought Villa were excellent in the first half – by far the better team."

"We stayed in it and at half-time I said that I didn't think they would be as strong and that we could do miles better. There was no shouting or screaming. "We got on the front foot and we've never lacked the mentality to do what we need to do to win."

Villa felt they should have had a hatful and Burnley struggled against the skill and movement of Ollie Watkins, Jack Grealish, Ross Barkley and Bertrand Traore in the

BURNLEY 3 ASTON VILLA 2
By David Anderson

first half. Villa opened the scoring in the 14th minute when Grealish fed the overlapping Matt Targett and his low cross from the left was deftly turned home by Watkins.

Nick Pope denied Villa repeatedly and the England goalkeeper saved from Grealish, and Watkins and Barkley hit the face of the crossbar.

Burnley were transformed after half-time and equalised in the 52nd minute. Chris Wood won a corner on the left and former Villa midfielder Ashley Westwood swung in the set-piece for the unmarked Ben Mee to head home from inside the six-yard box.

Villa retook the lead midway the half and it was Grealish, left, who did the damage. He ran at the Burnley defence before feeding Douglas Luiz, who centred for Grealish to slide the ball home and register his seventh goal and 10th assist of the campaign.

Burnley levelled again in the 76th minute when Dwight McNeil's angled drive beat everyone.

They then bagged the winner three minutes later when McNeil crossed for Wood to head home.

BURNLEY (4-2-3-1): Pope 7; Lowton 6; Tarkowski 6; Mee 7; Pieters 6; Brady 6 (Gudmundsson 60, 6), Westwood 7, Brownhill 5 (Cork 46, 7), McNeil 7; Wood 7, Rodriguez 6 (Vydra 75, 6). **Goals:** Mee 52, McNeil 76, Wood 79.

ASTON VILLA (4-2-3-1): Martinez 5; Cash 6; Konsa 5; Mings 6; Targett 6; Luiz 6 (Davis 89, 6), McGinn 7; Traore 7, Trezeguet 83, 6), Barkley 7 (El Ghazi 83, 6), Grealish 8; Watkins 7. **Goals:** Watkins 14, Grealish 68.

Burke makes it an unlucky 13 for United

MANCHESTER UTD 1
SHEFFIELD UTD 2

By Gideon Brooks

THERE seems no accounting for this mixed-up season.

Given the chance to go top with a win against a side nailed on for relegation and with the worst points tally at the halfway stage in Premier League history, United fluffed their lines.

Goals from Kean Bryan and Oliver Burke delivered only a second win of the season for the seemingly doomed Blades and Wilder, below.

For United, who had equalised through Harry Maguire, this was the end of a 13-match unbeaten run stretching back to November 1. If Ole Gunnar Solskjaer needed proof there are no easy games in this division here it was.

Sheffield were tenacious and courageous and ended a winless run away from home that stretched back to February 1.

United had their foot firmly on the Blades' throats for much of the first half, keeping Wilder's side pinned on the back foot, probing away looking for a break in the lines.

Yet for all their pressure, it was the visitors who carved out the clearest chance in the opening quarter, Billy Sharp picked out with a first time ball from John Fleck on 17 minutes only for the striker to hit his shot too close to David De Gea's legs.

United had few clear chances for all their possession and swagger. Marcus Rashford pulled Aaron Wan-Bissaka's cutback wide and Mason



Greenwood had a shot blocked by Ethan Ampadu. Aside from that they found Sheffield United's hard-working back lines difficult to break down.

United will have been disappointed to concede from a set piece, and particularly given Fleck's corner should have been dealt with either by Axel

Tuanzebe or De Gea. Instead of either centre-half or goalkeeper getting head or hand to a ball swung in from the right to around four yards out, it was Bryan who timed his jump, glancing in off the back post.

It was an eighth goal United have conceded from a set piece this season. Just four teams have a

worse record. They responded with their own corner routine, Anthony Martial turning the ball in only for Harry Maguire to be penalised for roughing up Aaron Ramsdale.

The Blades were good value for their lead at half time.

But United have built a decent reputation for holding their nerve and have come back from a first goal deficit to rescue 21 points in nine matches already before last



DENIED: Lewis Dunk thwarts Ruben Loftus-Cheek

Areola ensures Seagulls

ALPHONSE AREOLA made two great saves to see Brighton fail to win at home again on the day they posted losses of £67 million.

Graham Potter's side remain five points clear of 18th-placed Fulham after a second goalless draw between these two relegation candidates in six weeks.

The sides have promising English managers and a neat passing style but also shared a lack of ruthlessness in front of goal.

BRIGHTON 0 FULHAM 0
By Neil McLeman

Fulham's goalkeeper made saves with his legs to keep Leandro Trossard and Neal Maupay when the attackers should have scored.

Man of the match Areola also dominated his area to nullify the home side's threat from set pieces.

Brighton have now gone 14 league games at the Amex Stadium without a victory, while Fulham are on a

BLADE STUNNER

RATINGS
BY GIDEON BROOKS
[express.co.uk/sport](https://www.express.co.uk/sport)



SHOCK NIGHT

Bryan heads in the first and Burke, right, drives home as the Blades make it 2-1



HARRY ON TOP

Maguire challenges Ramsdale, and later, gets the better of him to score

night. Greenwood could have pulled them level just four minutes after the break, Fernandes slicing the Blades open with a neat pass only for the young striker to pull his right-foot shot wide of the far post.

Fernandes set the tone for the fightback, tearing around the field, chasing every cause, lost or not.

A free-kick from Fernandes five yards outside the area went off the wall and into the stands, but the Blades' relief was brief. From the

subsequent corner Maguire timed his run beautifully, bulleting home Telles's centre from 10 yards out.

United were stunned in the 74th minute when a failure to clear their lines saw them fall behind again.

De Gea had an opportunity to put the ball into the stands but picked out Oliver Norwood with a weak clearance.

After a series of passes the ball fell to Oliver Burke, his shot took a big deflection off Tuanzebe and past the Spaniard.

left frustrated with only a point on day of losses

dismal run of 11 games in all competitions without a win.

Before the Seagulls' 18th game of the pandemic without a full crowd, chief executive Paul Barber reported yesterday that £25m of the losses were due to the crisis - and selling stars would be a solution if the club does return to the Championship after four years in the top flight.

Scott Parker wisely insisted in the build-up that last night's game

and Saturday's visit to the Hawthorns were not the "be-all and end-all" of their first season back in the Premier League - and they still have a game in hand on Brighton.

Trossard spurned his golden opportunity after only 15 minutes. Joel Veltman released Maupay and his ball found the Belgian 10 yards out, but his shot lacked conviction.

Fulham's best chances of a dire first half were a long-range effort

from Ola Aina and a shot wide from Ivan Cavaleiro.

Brighton dominated second-half possession without reward.

Maupay had two chances to score in rare highlights after the break. Alexis Mac Allister flicked on a quickly-taken free kick but the former Brentford striker shot over from the edge of the box after 70 minutes.

And after a fine flowing move, Areola saved from his fellow

Frenchman after a low Veltman cross - while Aina blocked Solly March's follow-up shot.

Fulham almost nicked it in the final seconds, but Seagulls captain Dunk cleared off the line from Ruben Loftus-Cheek.

BRIGHTON (3-4-2-1): Sanchez 6; White 6; Dunk 7; Webster 6; Veltman 7; Bissouma 6; Gross 7; March 6; Trossard 5; Mac Allister 6 (Propper 83); Maupay 6.
FULHAM (3-5-2): Areola 8; Aina 7; Tosin 7; Anderson 7; Tete 6 (Bryan 78); Loftus-Cheek 5; Reed 5 (Lemina 66 6); Zambo Anguissa 5; Decordova-Reid 6; Cavaleiro 6 (Mitrovic 78); Lookman 6.



STAR MAN: Areola

MAN UTD (4-2-3-1)	
De Gea	5
Wan-Bissaka	7
Tuanzebe	5
Maguire (GOAL 64)	6
Telles	6
Pogba	6
Matic	5
Greenwood	6
Fernandes	8
Rashford	5
Martial	5

SUBS	
Cavani (Greenwood 66)	
Shaw (Telles 82)	
Van de Beek (Tuanzebe 83)	

SHEFFIELD UTD (3-5-2)	
Ramsdale	5
Basham	6
Jagiela	7
Bryan (GOAL 23)	7
Baldock	6
Lundstram	6
Norwood	6
Fleck	8
Ampadu	7
McGoldrick	7
Sharp	6

SUBS	
Bogle (Bryan 53)	5
Burke (Sharp 70) (GOAL 74)	7
Brewster (McGoldrick 80)	

MAN UTD v SHEFF UTD	
76	POSSESSION % 24
4	SHOTS ON TARGET 3
5	SHOTS OFF TARGET 1
7	BLOCKED SHOTS 1
7	CORNERS 2
10	FOULS 12
1	YELLOW CARDS 1
0	RED CARDS 0
Source: Opta	



MAN OF THE MATCH

Fleck - Pulled the strings in midfield for the visitors

PAST 5 MEETINGS

Sheff Utd	2	Man Utd	3
Man Utd	3	Sheff Utd	0
Sheff Utd	3	Man Utd	3
Man Utd	1	Sheff Utd	0
Man Utd	2	Sheff Utd	0

NEXT 5 MATCHES

Manchester United			
Jan 30	Arsenal	(A)	PL
Feb 2	Saints	(H)	PL
Feb 8	Everton	(H)	PL
Feb 10	West Ham	(H)	FAC
Feb 13	West Brom	(A)	PL
Sheffield United			
Jan 30	Man City	(A)	PL
Feb 2	West Brom	(H)	PL
Feb 6	Chelsea	(H)	PL
Feb 10	Bristol C	(H)	FAC
Feb 13	West Ham	(A)	PL

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JITTERY JORDAN: Pickford is distraught after his blunder let in equaliser

Another Pickford howler proves costly for Carlo as Everton hopes slip away

JUST as it looked like James Rodriguez's goal would secure a Everton victory, a mistake from Jordan Pickford cost them.

Yet it was nothing short of what Leicester deserved, even if it was a gift from the Toffees keeper.

Rodriguez's first-half strike was worthy of winning any game. And this would have been a huge three points in the race for Champions League qualification.

But with 23 minutes to go, Youri Tielemans fired a low shot.

It had pace, it was a slippery surface and Pickford knows he should have saved it.

Instead, it squirmed through the England No1's hands, leaving more questions to be asked about him as his error stopped Everton from bursting into the top four – and above neighbours Liverpool.

Boss Carlo Ancelotti says European football is the aim but this was a chance to show they can crash the Champions League party.

Brendan Rodgers will be happy, even though he will probably feel his Leicester side deserved more from this game.

He was certainly wondering how they fell behind on the half hour.

It was a bolt from the blue against the run of play and left the Foxes stunned.

James was initially believed to be an acquisition in the region of £20m last summer – which would still have been fine business for the former Real Madrid midfielder.

But the fact they got him for nothing, which was revealed earlier this month, makes it a steal when you see him do this. Rodgers will not be happy about the defending as

EVERTON 1 LEICESTER 1
By Chris McKenna

James was given an age to pick his spot, after Wesley Fonfana failed to deal with his first effort.

The Colombian pinged his effort from 20 yards and it gave Kasper Schmeichel no chance as it hit the post and then the net for his first goal since October.

Despite their early possession, James Maddison clipping the bar from distance was Leicester's only real chance of the half.

It would have been as fine a goal as Rodriguez's if it had gone in.

Leicester lost their way a little after the opening goal.

It led to Schmeichel bellowing out a rather frank message of "**** sake we are better than this".

He was right.

Rodgers' words in the dressing room may have been even stronger.

Dominic Calvert-Lewin almost gave the Foxes a way back into the game after the break with a header that flew just past his own goal.

Defender James Justin also fired wide soon after when he was left in space.

Everton were starting to drop deep as the match wore on and Leicester flooded forward.

And Ancelotti's men got their deserved equaliser in the 67th minute when the ball fell to Tielemans and his low shot went in.

EVERTON (4-3-3): Pickford 5; Holgate 6 (Iwobi 80), Keane 7, Mina 6, Godfrey 7; Gomes 6, Davies 6, Richardson 7, James (Sigurdsson 85) 7, Digne 6, Calvert-Lewin 6 (Coleman 89). **Goal:** James 30.

LEICESTER (4-2-3-1): Schmeichel 7; Castagne 6, Fofana 6, Evans 7 (Soyuncu 77), Justin 7; Ndidi 6 (Mendy 42, 6), Tielemans 7; Albrighton 6 (Under 68, 6), Maddison 7, Barnes 7; Perez 6. **Goal:** Tielemans 67.

EVERTON v LEICESTER		
35	POSSESSION %	65
2	SHOTS ON TARGET	5
4	SHOTS OFF TARGET	3
2	BLOCKED SHOTS	10
5	CORNERS	11
12	FOULS	10
1	YELLOW CARDS	1
0	RED CARDS	0
Source: Opta		

MASON'S HINT FOR DOUBTING THOMAS

Mount on too late to lift ponderous Blues

CHELSEA

0

WOLVES

0

By Matthew Dunn

MASON MOUNT swung in the final corner and Kai Havertz nodded powerfully goalwards.

It was blocked by a head, maybe even Cesar Azpilicueta's.

Nobody seemed to know quite what to do, so referee Andrew Madley blew the final whistle.

It ended a muddled first game for Thomas Tuchel and left Chelsea fans scratching their heads as much as ever.

"Why drop Mason Mount?" was probably the main question.

The eight-minute cameo the energetic substitute was given marked the only period the Blues posed any sort of threat.

And was that really Callum Hudson-Odoi being told to play as a wing-back?

Chelsea looked just like a team bereft of a strategy, having been forced to play for a new regime after only an hour-long practice session the night before.

The opening 45 minutes was one for the statstots, who could delight in calculating the Blues played more passes than any other top-flight team this season.

Sadly, they were passes in the Mastermind sense – the only thing to do when you have not got a clue what the answer is.

It was a shame because the new manager had delivered such a positive pre-match promise.

"We will attack and play brave football," said Tuchel.

TUCH AND GO: Sub Mount receives a Tuchel pep talk



"We'll play for scoring and creating chances."

Perhaps his team did not hear him. Perhaps the language problems run deeper than being able to tell Germans how to score in their native tongue.

Hudson-Odoi – the only academy graduate to make it into what Tuchel admitted was a deliberately "experienced" first line-up – tried his best wide on the right.

But too much of the possession around him was overly careful or just plain backwards.

It was not until the 42nd minute that either goalkeeper was called into action, and even then it came from a set-piece.

Antonio Rudiger's header was firm from Hakim Ziyech's free-kick and Rui Patricio did well to

keep it out. The second half was marginally better but Jorginho, in particular, was showing too much reluctance to shoot and the final Chelsea passes were not finding a man.

In the 71st minute it almost went completely wrong for Tuchel when Pedro Neto held off the home defence to dink the ball onto Edouard Mendy's crossbar and behind.

Struggling to get the bravery he wanted from his players, Tuchel tried to introduce some with fresh tactics.

He brought on Christian Pulisic and Tammy Abraham and re-deployed Hudson-Odoi on the left wing.

With eight minutes to go, Mount came on and the young England midfielder immediately



SITTING IT OUT
England youngsters James, Abraham and Mount look on as Tuchel gives out orders

RATINGS

BY MATTHEW DUNN

[express.co.uk/sport](https://www.express.co.uk/sport)

CHELSEA (3-4-2-1)

Mendy	6
Azpilicueta	6
Thiago Silva	6
Rudiger	6
Chilwell	7
Kovacic	6
Jorginho	7
Hudson-Odoi	8
Havertz	6
Ziyech	5
Giroud	6

SUBS

Pulisic (Chilwell 77)	
Mount (Ziyech 82)	
Abraham (Giroud 77)	

WOLVES (3-4-3)

Patricio	7
Boly	6
Coady	7
Kilman	6
Semedo	6
Dendoncker	7
Neves	6
Ait-Nouri	5
Traore	7
Podence	6
Neto	7

SUBS

Hoever (Ait-Nouri 45)	6
Moutinho (Traore 90)	
Jose (Podence 72)	

CHELSEA v WOLVES

79	POSSESSION %	21
5	SHOTS ON TARGET	0
5	SHOTS OFF TARGET	4
4	BLOCKED SHOTS	0
14	CORNERS	1
14	FOULS	7
1	YELLOW CARDS	1
0	RED CARDS	0

Source: Opta



GOLDEN GATES...

Some desperate defending by Wolves denies Hudson-Odoi, left, and Giroud



MAN OF THE MATCH

Hudson-Odoi - Impressed new boss with his energy

forced a corner. This was the final push for Chelsea.

Hudson-Odoi, bombing forward, then hit a deflected shot that Patricio palmed away.

Mount broke through the Wolves defence, rode a challenge he could possibly have earned a penalty from and nearly forced an own goal with his cross.

But, at the other end, Hudson-Odoi had to back-track to deny Willian Jose an excellent chance.

Ultimately, it was those two youngsters leading Chelsea out of their bewilderment. Perhaps all they need is a manager willing to give them their head?

They certainly gave Tuchel plenty to think about in the coming days.

And, dare it be said, Roman Abramovich too.

HOW THEY STAND

	P	W	D	L	F	A	Pts
Man City	19	12	5	2	36	13	41
Man Utd	20	12	4	4	37	27	40
Leicester	20	12	3	5	36	22	39
West Ham	20	10	5	5	30	24	35
Liverpool	19	9	7	3	37	22	34
Tottenham	18	9	6	3	33	17	33
Everton	18	10	3	5	29	22	33
Chelsea	20	8	6	6	33	23	30
Arsenal	20	9	3	8	26	20	30
Aston Villa	18	9	2	7	33	21	29
Southampton	19	8	5	6	27	24	29
Leeds	19	8	2	9	32	35	26
Wolves	20	6	5	9	21	29	23
Crystal Palace	20	6	5	9	24	36	23
Burnley	19	6	4	9	13	24	22
Newcastle	20	5	4	11	19	34	19
Brighton	20	3	9	8	22	29	18
Fulham	19	2	7	10	15	27	13
West Brom	20	2	5	13	15	48	11
Sheff Utd	20	2	2	16	12	33	8

Tuchel: We must keep our focus

FROM BACK PAGE

be realistic and see that there are a lot of places and points between us and fourth.

"If we don't lose focus, the points will follow. But, for now, there is no other approach than doing it step by step.

"If this is the starting point, I am looking forward to where it will end up.

"There is no room for disappointment, no room for doubts. We were brave, we had courage and we played as a team. I enjoyed it a lot because I was very happy with the intensity, the

attitude, energy and quality of my team.

"We had a very good training session yesterday, 21 guys who were totally awake, to try to do what we are doing. But I didn't expect it to be on this level from one training and two meetings. It gives me a good feeling for the future."

Callum Hudson-Odoi was the stand-out performer for Chelsea, and Tuchel added: "Callum was the key with his speed and confidence."

Wolves manager Nuno Espirito Santo made no apology about being the

party-pooper last night. He said: "There was no party, for anybody. A football match is no party, it is a very serious thing.

"I am proud, everything starts from there. We were a compact team, organised, bodies in front of the ball, doing everything to prevent Chelsea. We had chances but can do better.

"I am happy with the way the boys committed to the idea. We had a couple of chances but that will come because the commitment is there. This is a starting point."

PAST 5 MEETINGS

Wolves	2	Chelsea	1
Chelsea	2	Wolves	0
Wolves	2	Chelsea	5
Chelsea	1	Wolves	1
Wolves	2	Chelsea	1

NEXT 5 MATCHES

Chelsea				
Jan 31	Burnley	(H)	PL	
Feb 4	Tottenham	(A)	PL	
Feb 6	Sheff Utd	(A)	PL	
Feb 10	Barnsley	(A)	FAC	
Feb 15	Newcastle	(H)	PL	
Wolves				
Jan 30	C Palace	(A)	PL	
Feb 2	Arsenal	(H)	PL	
Feb 7	Leicester	(H)	PL	
Feb 10	Saints	(H)	FAC	
Feb 13	Saints	(A)	PL	

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KLOPP'S FIRED UP



JURGEN KLOPP says his players must "be really annoying and fight, fight, fight" to make Liverpool once more the team everyone hates playing. The Reds manager insists he is relishing the challenge of putting things right after a disastrous January, with a call for players, staff and fans to join him in turning things around. Liverpool go to Tottenham tonight and

By David Maddock

Klopp, left, said: "The more negative things are thought or said about us, yeah it helps."

"We can create that common fighting spirit again. Now we can show how strong we are. I am in it, and whoever wants to follow, they are welcome."

"The main reason I love this game so much is that I didn't have

TURN TO PAGE 55, COLUMN 1

Doubt over Six Nations

By Alex Spink

SIX NATIONS organisers are in the dark as to whether the French Government will allow the championship to go ahead as planned.

The tournament kicks off on Saturday week with France already having been given the green light to travel to Italy for their opening game.

But chiefs are still awaiting a decision from the French authorities on Les Bleus' other games. The concerns of the French

TURN TO P53, COL 2

CHELSEA 0 WOLVES 0



BURNLEY 3 ASTON VILLA 2
BRIGHTON 0 FULHAM 0
EVERTON 1 LEICESTER CITY 1

TUCHEL: I'LL RISE TO EURO CHALLENGE

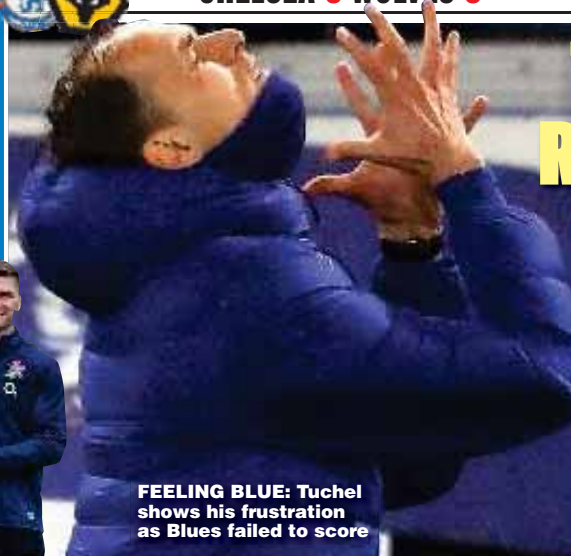
By Matthew Dunn

THOMAS TUCHEL is ready for the challenge of leading Chelsea to a Champions League spot this season despite his first game with the Blues ending in a goalless draw.

A point leaves Chelsea in eighth place with Roman Abramovich expecting a top-four finish after sacking Frank Lampard on Monday.

But Tucher said: "When you sign for Chelsea you sign for the expectation for titles and winning trophies. At the same time we have to

TURN TO PAGE 59, COLUMN 3



FEELING BLUE: Tuchel shows his frustration as Blues failed to score

'Cricket has race issues'

By Dean Wilson

EVERY professional cricketer in England will be required to undergo anti-discrimination education following a damning survey on racism in the game.

The Professional Cricketers' Association and the ECB are working together on equality, diversity and inclusion after a game-wide survey of players was ignored by more than 400 of the 600 it was sent to.

"The game has an issue we need to address here," said PCA chief executive Rob Lynch. "Education is the obvious first step in our approach."

The lack of responses is a source of frustration at the PCA

TURN TO PAGE 53, COLUMN 1



MAN UNITED

1



2

SHEFFIELD UTD



JOY AND DESPAIR: Oli Burke scores and, right, celebrates as Solskjaer, above, looks on glumly



OLI SINKS OLE

Blades derail Solskjaer's title charge

By Simon Bird

OLE GUNNAR SOLSKJAER was stunned as Oli Burke fired rock bottom Sheffield United to victory at Old Trafford.

Burke's first Premier League goal left title hopefuls Manchester United a point behind neighbours and league leaders City.

MATCH REPORT: PAGES: 56-7

Published by Reach PLC, Daily Express, One Canada Square, London E14 5AP. Printed by West Ferry Printers Ltd, Unit A & B, Kingston Road, Luton LU2 0TA. JPMedia Printing Ltd, Outgoing Lane, Donnington, Sheffield, S25 39E. D C Thomson, 80 Kingsway East, Dundee DD4 6SL. Independent News & Media, 124-144 Royal Avenue, Belfast BT1 1TB. Thomson Impression SL, Avenida de Alemania 12, 28821 Coslada, Madrid Spain. Deposito Legal no. 10-39496. T.F. Print SA, Tenerife. EUROPRINT SA, Zone Aeropole avenue Jean Mermoz 8 6404 GOSSELIES. The Daily Express adheres to the ethical and professional standards of the publishing industry as set out in the Editor's Code of Practice.

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Solution tomorrow

Puzzles

QUIZWORD

ACROSS

- 6 and 8 Down** Jazz saxophonist and composer born in Fort Worth, Texas in 1930 (7,7)
- 7** The Sea of --- is that part of the Pacific Ocean east of North Korea (5)
- 9** Black Sea port and resort (5)
- 10** Vikram, India-born England ODI cricketer who captained Worcestershire 2005-10 (7)
- 12** Actress whose film roles include Solitaire in Live And Let Die (4,7)
- 14** Two consecutive illegal serves in tennis resulting in the server losing a point (6,5)
- 18** Bluish-white metallic element whose symbol is Cd (7)
- 19** River in N Italy that flows to the Adriatic via Verona (5)
- 21** Edward, English composer of the oratorio The Dream Of Gerontius (5)
- 22** River that flows through Riga, Latvia into the Baltic Sea (7)

- 4 and 15** 1988 Mira Nair film that was a Best Foreign Language Film Oscar nominee (6,6)
- 5** Medieval form of trombone (7)
- 8** See 6 Across
- 11** The customs union formed by Luxembourg, the Netherlands and Belgium in 1948 (7)
- 13** Georges, French painter whose works include the 1891 oil The Way To Calvary (7)
- 15** See 4
- 16** Lake in NW Russia that drains through the River Neva into the Gulf of Finland (6)
- 17** Genus of plants to which the century plant of tropical America belongs (5)
- 20** Coloured bird of the crow family, Garrulus glandarius (3)

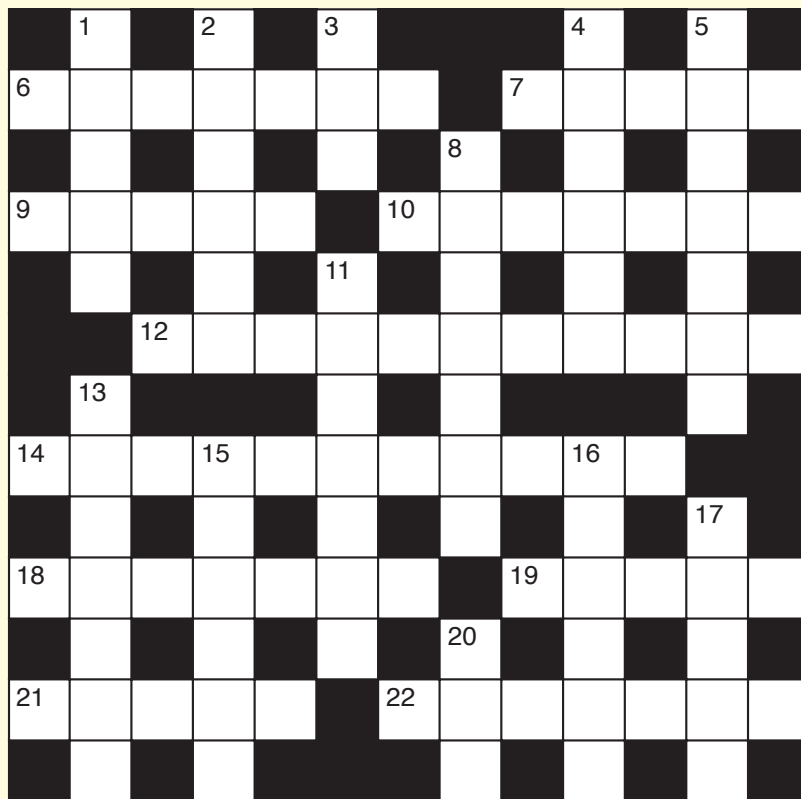
Solution tomorrow

DOWN

- 1** A nymph of the woods in Greek mythology (5)
- 2** In Greek mythology, the goddess of the hearth and its fire (6)
- 3** Hirobumi, former Japanese Prime Minister assassinated in 1909 (3)

Stuck on the puzzle? Call
0905 789 4190
to hear individual clues or
the full solution

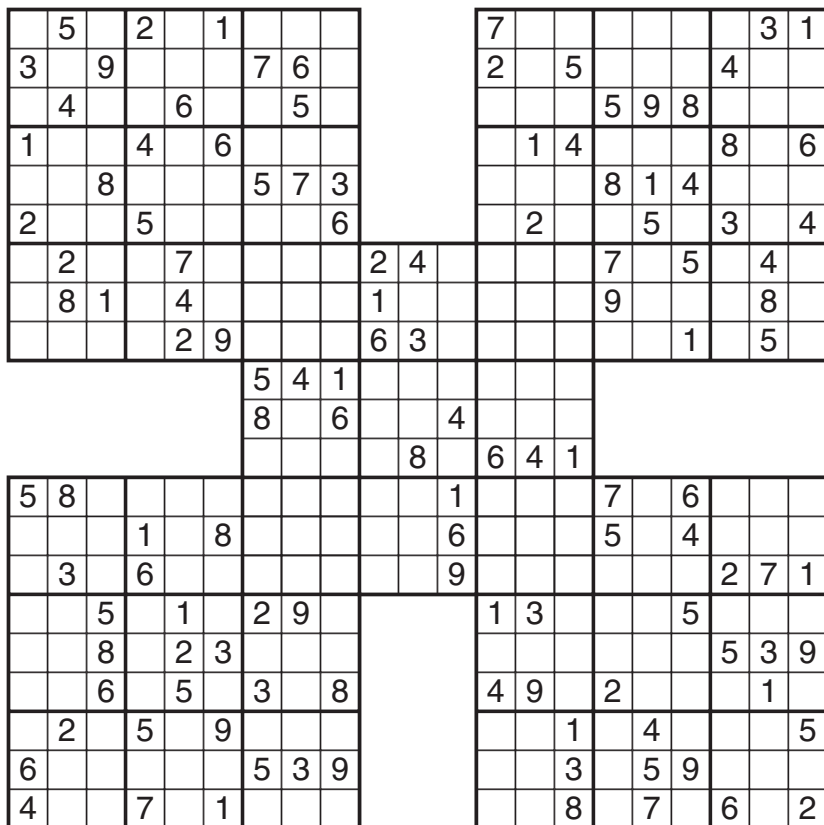
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SAMURAI SUDOKU

In Samurai Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.

Solution tomorrow



WORD BUILDER

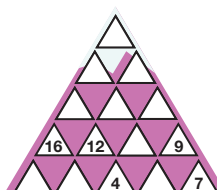
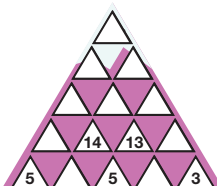
Answer each clue so that every word contains the same letters as the previous word, plus or minus one.

Solution tomorrow

- 1 ☐ ☐ ☐ ☐
- 2 ☐ ☐ ☐ ☐ ☐
- 3 ☐ ☐ ☐ ☐ ☐ ☐
- 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐
- 5 ☐ ☐ ☐ ☐ ☐ ☐
- 6 ☐ ☐ ☐ ☐ ☐
- 7 ☐ ☐ ☐ ☐
- 1 Hot drink
- 2 Domesticated
- 3 Mother
- 4 Affair
- 5 Handle
- 6 Pace
- 7 Pitch

SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



Solution tomorrow

QUIZWORD SAMURAI SUDOKU

Across:

- 1** Zabaglione;
- 7** Huron;
- 8** The Dark;
- 10** Chamonix;
- 11** Mays;
- 13** Justin;
- 15** Napalm;
- 17** Neon;
- 18** The Greek;
- 21** Sea bass;
- 22** Ovet;
- 23** Ken Follett.

Down:

- 1** Zorba;
- 2** Benvolio;
- 3** Gatlin;
- 4** Ibez;
- 5** Niagara;
- 6** Chuck Jones;
- 9** Kiss Me Kate;
- 12** Mangrove;
- 14** Spokane;
- 16** Chisel;
- 19** Ebert;
- 20** Half.

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

SMALL CROSSWORD

- Across:** 1 Optician, 8 Tanner, 9 Erie, 10 Nee, 11 Rights, 13 Pastilles, 15 Florid, 17 Web, 18 So-so, 19 Eulogy, 20 Peter Pan.
- Down:** 1 Overpower, 2 Pariah, 3 Twig, 4 Cartilage, 5 Inns, 6 Annul, 7 Dress down, 12 Geisha, 14 Sable, 15 Foot, 16 Romp.

ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solution tomorrow

WORDSEARCH

F M U S T L O V E D O G S H J
R A Q N W H I T E F A N G S L
A M D O D E F Z Q T M A B N A
N A Z O F E X O A M L V E O S
K R M J G R R G O L Z V S W S
E L C U J S K D I K O A T D I
N E Q U E F P W O H J K I O E
W Y D S J U N U T G C S N G C
E A G H C O E E R O Q W S S O
E N T D R Q E F G P J P H Y M
N D A I R B U D L E O L O B E
I M E P E E O U H U P S W E H
E E R N J A V L A W K W E N O
B J B A L T O R T P Z E A J M
E I G H T B E L O W A Z A I E

Find all the films about dogs listed below in the grid.

Solution tomorrow

A DOG'S PURPOSE ● AIR BUD ● BALTO
BEETHOVEN ● BENJI ● BEST IN SHOW
BOLT ● CUJO ● EIGHT BELOW ● FLUKE
FRANKENWEENIE ● IRON WILL
LASSIE COME HOME ● MARLEY AND ME
MUST LOVE DOGS ● SNOW DOGS
UNDERDOG ● WHITE FANG

YESTERDAY'S SOLUTIONS

QUICK CROSSWORD

Across: 1 Grandiose; 8 Old; 9 Deprivation; 11 Cleanse; 12 Ocean; 13 Skippy; 15 Settee; 17 Evita; 18 Affront; 20 Antagonises; 22 Lot; 23 Maelstrom.
Down: 2 Rue; 3 Deign; 4 Onager; 5 Episode; 6 Contentious; 7 Adornment; 10 Precipitate; 11 Casserole; 14 Phantom; 16 Bangle; 19 Fangs; 21 Ego.

WORDSEARCH

N Y U H C I B E P P C V A P R
R M A L T L Z O I B Z M O E U
K I F W B A R L E Y O P T W O
O L J S V L S L C R O T S E U
V D H V G N A S V K I T T P M
M T S A E Y H G U B N J M L L
R J X R S F F U E T U M H G E
S L E B A L W L A R V H O P S
E A Q D H E S E L A L A E R
T W P C Z F E Z L D P I R E L
J A X F G I K B T Q Y U H B Z
N T I F W Y G R U M Y Z S T S
F E R M E N T A T I O N A J X
X R Y S W Z E H C J J P M K H
T E Y R E W E R B Z S Z W L O

ARROW-WORD

G T R L A C
V A C A T E I N T R O
L L C O P T V
R A S C A L A F I R E
H N U N I R O N
S P E A K S A R E N A
L C C L E A N S A N T I G
P A S T E I N T E N T R U T
T U P R O R B E T S
D I L A T E Y E A S T R A
N I L R E S I S T B U R R
S U R L Y L G U R A N U S
M A Y R I C H D E S N
E I T S Y B I T S Y
B L O T O N E E
A A D I E U A L L
S P I D E R N A S A L
S E L A N D E K E
B E R L I N S H R E D

SUDOKU EASY

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

SUDOKU MEDIUM

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

SUDOKU DIFFICULT

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

BATTLESHIPS



KAKURO

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

KEIJO

3	4	1	2
1	2	3	4
4	1	2	3
2	3	4	1

TARGET

FINALIZED
afield deaf elfin fade fail failed
fain faze fazed fend field fiend
file filed final finale finalize
FINALIZED find fine fined finial
flan flea fled infidel infield leaf
lief life naif

THE ALPHAPUZZLE

Across: Visit, Ratio, Juxtapose, Plug (clue), Knee, Quake, Cog, Out, Epic, Quay, Dim, Asp, Trial, Zinc, Slow, Tangerine, Chewy, Tower.
Down: Topic, Dozen, Judgement, Slug, Cave, Quilt, Tit, Gay, Away, Size, Rap, Rot, Equal, Tusk, Snow, Enjoyable, Fleet, Power.

THE ALPHABEATER

Black squares: 3, 7, 11, 15, 17, 19, 20, 24, 27, 28, 32, 33, 35, 39.
Across: Mirror, Images, Convoy, Flotsam, Unpin, Motif, Uncle, Audited, Verify, Emerge, Zombie.
Down: Macaque, Askew, Minx, Powdered, Enmity, Rays, Fez, Fetid, Rib, Ovum, Joyful, Agnostic, Jive, Psalm, Zephyrs.

CROSS DOUBT

Across: TRACK
Down: MARKS

SUMMIT UP

80 and 77

WORD BUILDER

Ear, Care, React, Tracer, Crate, Acre, Arc

Puzzles

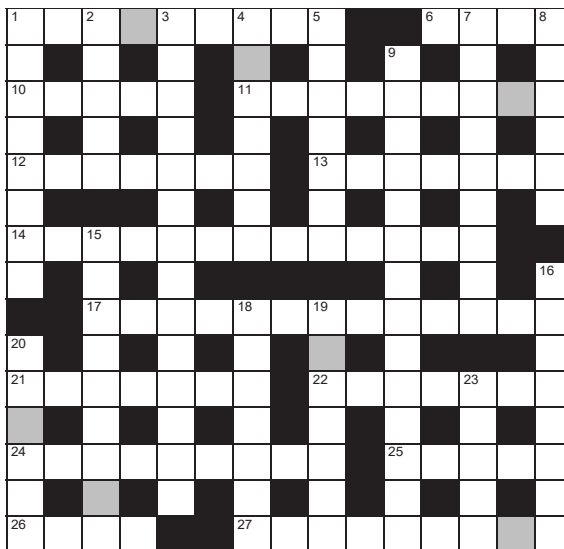
CRUSADER PRIZE CROSSWORD

ACROSS

- 1 Final setback - only one tube left (4,5)
 6 Second woman to get unwanted mail (4)
 10 I had managed switching both for currency (5)
 11 Entire sum confused rebels (9)
 12 Protestant bishop fitting first (7)
 13 Hollywood's first film director shows arrogance (7)
 14 Increase support and gamble more money (5,3,5)
 17 Restrictive layout of antiparticles (13)
 21 A dud pet somehow got modernised (7)
 22 Vessel moving about, having good time (7)
 24 French veto on soup or alternative that's waterproof (9)
 25 Bad flaw circulating around union (5)
 26 We're off to get a jug (4)
 27 Inform about fake nun and journalist having burrowed (9)

DOWN

- 1 Insect badly damaged one road (8)
 2 Joke, American, about dawn (5)
 3 Check position shows roadside amenity (7,7)
 4 Engineers equal to opportunity for revenge (7)
 5 Observes examples of horology (7)
 7 Creep managed to damage model (9)
 8 My rise generated sadness (6)
 9 Covering recording used by electrician (10,4)
 15 Resistance shows deep, manic problem (9)
 16 Ran off and sank (8)
 18 Soldier - traitor - gets code cracked (7)
 19 Trains a different craftsman (7)
 20 Enthusiast doesn't finish cane construction in shade (6)
 23 Leaving a student something to eat (5)



FOR YOUR CHANCE TO WIN

Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call 0904 161 3700 and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **84915**. Calls cost £1.50 plus your telephone company's network access charge. Texts cost £1.50 plus your standard network rate. Lines close at midnight tonight. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, January 28, PO Box 12578, Sutton Coldfield B73 9BT. Entries must be postmarked by January 29 at the latest. SP: Spoke - 0333 202 3390. For any postal enquiries, call helpline number.

● The winner will be the first random correct entry drawn from all entry routes after the closing date of February 4. The Editor's decision is final.

NAME _____

ADDRESS _____

POSTCODE _____

TUESDAY'S SOLUTION

ACROSS: 1 Cape, 3 Vindicated, 9 Nerd, 10 Cloudburst, 11 Youth hostel, 15 Lassitude, 17 Stash, 18 Scoop, 19 Despotism, 20 Nerve centre, 24 Enumerator, 25 Wasp, 26 Fare-dodger, 27 Jest.

DOWN: 1 Candyfloss, 2 Percussion, 4 Igloo, 5 Doubtless, 6 Cobblestone, 7 Term, 8 Date, 12 Hairpin bend, 13 Magistrate, 14 Chamberpot, 16 Underhand, 21 Erode, 22 Leaf, 23 Purr.

Prizeword: Vetting

TARGET



● The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

HOW many words of four letters or more can you make from the letters shown here?

In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in 's' are permitted.

TODAY'S TARGET

Good 11; very good 17; excellent 22 (or more). **Solution tomorrow**

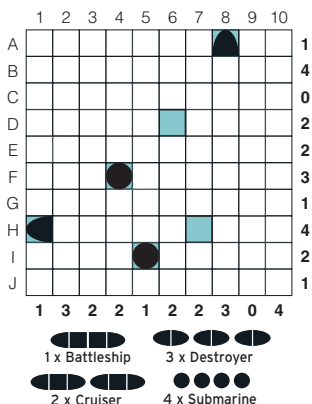
Call **0907 181 2585** for today's Target solution

*Calls cost 80p per minute plus your telephone company's network access charge.

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

Solution tomorrow



THE ALPHABEATER

TARGET TIME:
36 minutes

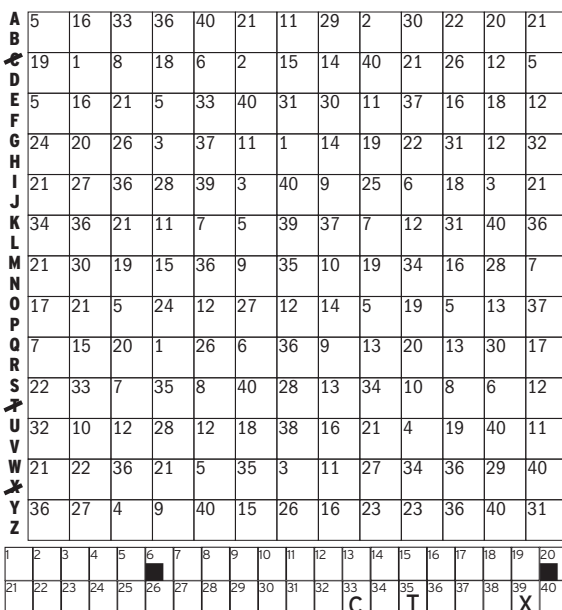
CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down.

Solution tomorrow

Extra letter clues
0907 181 2560
 (Deduct three minutes for each extra clue letter heard)

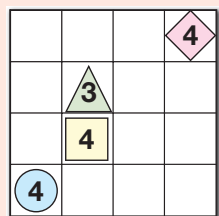
Full solution
0907 181 2558

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● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT** to **84901**. Texts cost £1 plus your usual operator rate

KEIJO



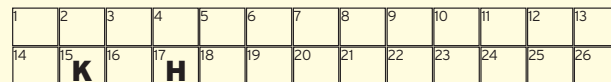
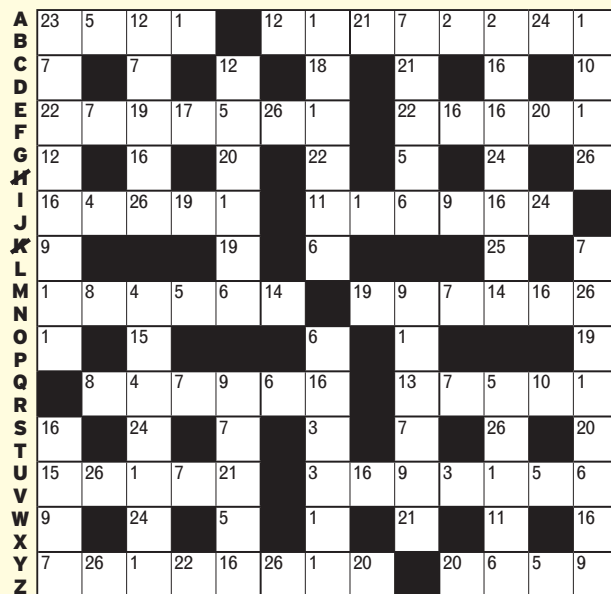
Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column.

Solution tomorrow

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow**

DIFFICULTY: 7/10; **TARGET:** 23 mins; **CLUE:** Desire, say, to make bread.



EXTRA LETTER CLUES: 0907 181 2568 (Hear up to six Extra Letters, deduct two minutes for each clue letter heard) Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **84901**. Texts cost £1 plus normal network operator rate. **FULL SOLUTION: 0907 181 2565;**

ACROSS ONLY: 0907 181 2561; DOWN ONLY: 0907 181 2562.

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THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 63; INTERMEDIATE = 11; ADVANCED = 329.

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