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WEDNESDAY, MARCH 5, 2025

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CHELTENHAM: P7



**FREE
PUZZLE
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INSIDE



BEAVERS OUT NOW!

PAGE 9

TRUMP DEPUTY'S VILE SLUR ON BRIT HEROES

● Vance slams
us as 'random
country who
haven't fought
a war in 40yrs'

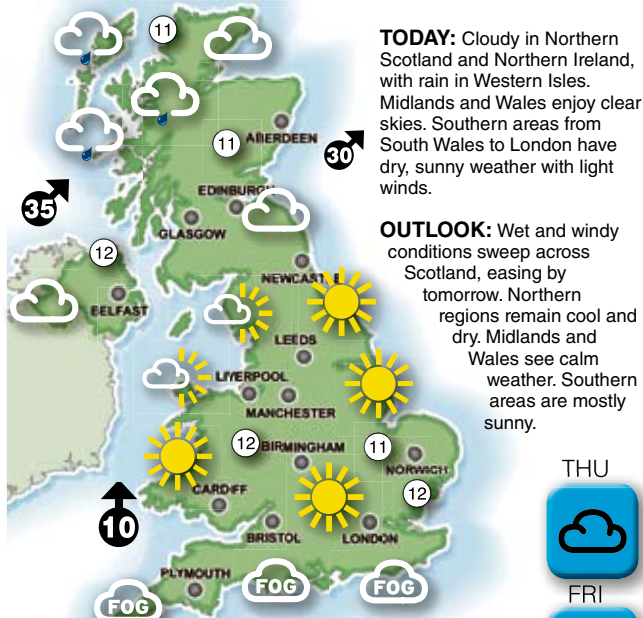
● But 636 of
our troops died
in Afghanistan
& Iraq, fighting
alongside US..



■ by JAMES CAVEN
US Vice President JD Vance has proved he's as big a moron as his Orange Manbaby boss by grievously insulting Britain's heroic troops. Full story: Pages 4-5

JD DUNCE

TODAY'S WEATHER



AIR QUALITY			
Air pollution levels Low (1) Very high (10) uk-air.defra.gov.uk			
Highlands	2	North Wales	3
North East Scotland	2	West Midlands	3
Central Scotland	2	East Midlands	3
Scottish Borders	2	South Wales	4
Northern Ireland	2	South West	5
North West & Mersey	3	South East	5
North East	3	Eastern	3
Yorkshire & Humber	2	Greater London	5



CORRECTIONS & COMPLAINTS

ipso Regulated

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THE HEALTH LOTTERY

Big Win numbers Tuesday, March 4	07 11 19 29 47	01
Big Win numbers Saturday, March 1	09 11 16 23 49	07
Big Win numbers Friday, February 28	14 35 40 47 48	25
Big Win numbers Thursday, February 27	12 27 34 42 49	33
Big Win numbers Wednesday, February 26	17 18 20 29 36	35

2ND CHANCE DRAW, TUESDAY, MARCH 4: 06, 11, 24, 27, 40
2ND CHANCE DRAW, SATURDAY, MARCH 1: 05, 06, 21, 26, 45
ALL OR NOTHING, TUESDAY, MARCH 4:
4, 6, 7, 8, 9, 13, 14, 16, 17, 19, 20, 23



NATIONAL LOTTERY

SATURDAY, MARCH 1

Two winners share £3.8m. Tonight's jackpot is £2m.

LOTTO 06 11 14 19 41 43 53

EURO 15 20 29 35 42 02 09

MILLIONAIRE MAKER: MCBT27736

SET FOR LIFE, MONDAY, MARCH 3: 22, 25, 28, 35, 47 LIFE BALL: 04
THUNDERBALL, TUESDAY, MARCH 4: 17, 25, 28, 34, 38 T'BALL: 01

SEX PIC LAW BID: COURT 'COSTS'

POSSESSION of non-consensual intimate images should be made a criminal offence like child porn, MPs say.

The parliamentary Women and Equalities Committee also wants platforms which host material to be blocked.

Chair Sarah Owen said: "NCII can circulate online years after the image was first posted. While many sites will eventually remove the content when prompted, 10% do not."

RECORD crown court delays are deepening the trauma of victims and making many feel justice is "out of reach".

A report into how victims are hit by the backlog found nearly half had a trial date pushed back at least once.

The backlog in cases has almost doubled in five years to more than 73,000 cases. Victims Commissioner Baroness Newlove said: "Justice should never come at such a cost."



Picture: HUMPHREY NEWMAR

Farmer fight

FARMERS hit the streets of London again to protest over inheritance tax changes. Protesters, along with tractors and harvesters, marched from Whitehall towards Parliament. They were warned by police not to take more than the pre-agreed

number of farm vehicles after last month's rally caused traffic jams. Labour is pressing ahead with a plan to cap inheritance tax relief for agricultural land and assets at £1million, which is set to come into force next April.



16 YEAR OLD SHOT DEAD

Neighbour heard '3 bangs'

A **TEENAGE** boy died yesterday after being shot.

Police were called in the middle of the afternoon to reports of a gunshot.

The 16-year-old was pronounced dead at the scene, despite the efforts of paramedics from London Ambulance Service and London's Air Ambulance.

No arrests have been made following the incident near Stockwell Tube station in the south of the capital.

A local resident said: "I was on a Zoom call and thinking, 'Why are these kids

■ by JAMES CAVEN

shouting?' They were chasing each other. I heard one shout, 'You better stop! And another replied, 'F*** off, no.'

"Then I heard three bangs."

A police statement said officers are working to identify the teenager and contact his next of kin. Cordons remain in place as they carry out inquiries.

Supt Gabriel Cameron added: "This is a shocking incident. We'll work around the clock to identify those responsible."

james.caven@dailystar.co.uk



INVESTIGATION: Police at scene



STAR ROLE: Reeves

Keanu's 5th Wick 'unlikely'

KEANU Reeves says a fifth John Wick movie is unlikely to happen.

The 60-year-old had played the assassin from the eponymous 2014 film until the character's death in 2023's John Wick: Chapter 4.

In an interview with ComicBook.com, he said: "You know, the character's dead. He died in John Wick: Chapter 4."

When The Matrix star was pressed on whether there was a plan to resurrect John Wick in the future, Reeves insisted: "Right now? Right now there isn't."



OSCARS: Host Conan

O'Brien in 2026 job offer

THE Oscars organisers "really hope" Conan O'Brien returns to host in 2026.

The comic, 61, fronted this year's Academy Awards and Walt Disney TV's Rob Mills said working with him had been "a joy and a privilege".

He said: "I know we would love to have him back. I don't know if this counts as an official offer, but I really hope he wants to come back."

"It was a joy and a privilege, and probably the only sort of methadone I could have for not being able to do the show with Jimmy Kimmel."

OZZY OSCAR

Isabella

Picture: JEANY SAVAGE



★ **SHOWING** us what really is great about America, here's surf fan Isabella.

★ The 24-year-old - who's actually from Bristol - fancies her chances in Hollywood.

★ She says: "My all-time dream would be to be in a Baywatch movie. If you're looking for a Pammie, here I am!"

DAILY STAR
FANCY BEING A PAGE 3 GIRL?
WANT to be one of our fabulous Daily Star Page 3 girls? Send your bikini picture to jeany savage@yahoo.co.uk



HANDS ON: Ozzy with iconic statuette

ROCK LEGEND IS READY TO GO FOR GOLD

■ by KATE NELSON
ROCKER Ozzy Osbourne is gagging to win an Oscar.

The Brummie singer dreams of getting his hands on a gold statuette - but admits it won't be for acting.

He ruled himself out of a lead movie role because nobody can decipher his accent. Prince of Darkness Oz reckons he could win for songwriting like pal Sir Elton John, 77, instead.

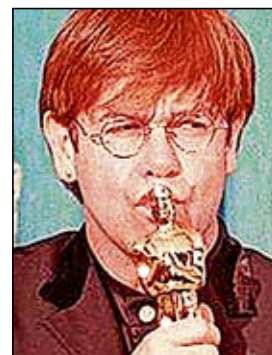
Ozzy, 76, said: "I am not a f***ing good actor. You can't understand me when I'm talking let alone when I'm f***ing acting."

He confessed his life-long desire on his Sirius XM show, saying it's the only award he still craves.

The icon, who returned to live in the UK last year, said: "Once you get an Oscar, you've done it. Elton John got one for a song."

"I still want to carry on. I am not ready to throw in the towel. I have more songs in me."

Ozzy admitted he sometimes forgets how many awards he has, adding: "It



WINNER: Sir Elton

was crazy for a while." His farewell gig with Black Sabbath in Birmingham's Villa Park on July 5 sold out in just 10 minutes.

The Star Says: Page 6
kate.nelson@dailystar.co.uk

Pete's early work



SUPERSTAR DJ Pete Tong says he is too old now to perform past midnight.

The Ibiza icon, who used to gig all hours of the night, tries not to work too late now he is 64.

He said: "I've got to keep doing something creative and DJing, what I tend to do now is try and DJ before midnight."

"That's my big thing, I love DJing kind of sunset to 11 or 12."

VICE PRES INSULTS UK'S 636

FURY AT



BOOST: Chancellor

Reeves pledge on arms

RACHEL Reeves has vowed to slash red tape to make it easier for the Government to buy military equipment.

The Chancellor said she wants to "fire up Britain's industrial base" to step up arms production.

She claimed the issue has been "ducked and dodged" by governments for too long.

Her remarks follow PM Sir Keir Starmer's pledge to boost defence spending to 2.5% of GDP from April 2027.

Ms Reeves said: "I am proud of our manufacturing sector, and the opportunities it creates.

"For too long politicians of all stripes have ducked and dodged the decisions needed to fire up Britain's industrial base and unleash its potential to keep the country safe.

"We're changing that by increasing defence spending and making defence a cornerstone of our industrial strategy to create jobs, drive growth and meet emerging global threats head on."

Her plans include reviewing "single source" contract rules, which govern most defence deals, in order to speed up delivery.

Feast for POWs in Ukraine

RUSSIAN soldiers are enjoying the best food they have ever had - while being held as prisoners of war in Ukraine.

Captured troops in the largest of five POW camps are also given new clothes, shoes and fresh toiletries, plus top medical care.

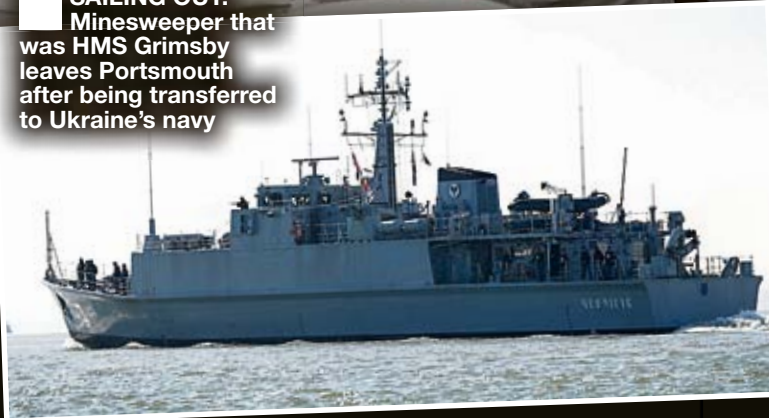
Their conditions are in stark contrast to Ukrainian soldiers held in Russia, who have been castrated.

Petro Yatsenko, of Ukraine's Headquarters for the Treatment of Prisoners of War, said: "We keep them healthy for the next trade."

THE ULTIMATE SACRIFICE:
Coffins of Brit marines killed in Afghanistan



SAILING OUT:
Minesweeper that was HMS Grimsby leaves Portsmouth after being transferred to Ukraine's navy



Helen Maguire BEM MP @helenmaguiremp

JD Vance is erasing the hundreds of British troops who gave their lives in Iraq + Afghanistan from history.

Six of my own regiment, the Royal Military Police, didn't return home from Iraq.

This is a sinister attempt to deny that reality. Vance has demeaned his office.

'ARMS BAN GREEN LIGHT FOR PUTIN'

DONALD Trump was accused of "hanging Ukrainians out to dry" after his shock decision to axe US military aid.

The Orange Manbaby threw his toys out of the pram again following his White House rant at Volodymyr Zelensky.

The US President's decision will hit deliveries of ammunition, vehicles, and other vital equipment.

It includes weapons that were on the way to Ukraine to help in the war with Mad Vlad Putin's Russian invaders.

The US-based group Razom for Ukraine, which advocates for the country, said: "President Trump is hanging Ukrainians out to dry and

■ by JAMES CAVEN

giving Russia the green light to continue marching west."

The weapons ban followed Trump's attack on the Ukrainian president for saying the end of the war with Russia is "very, very far away".

One American official said: "The Ukrainians didn't think we were serious. We had to make a demonstration."

The decision is a major blow for PM Keir Starmer, who had vowed that a "coalition of the willing" would come together to lead a viable peace plan.

European leaders have said that "we are in an era of rearmament" as they vowed to "step up" defence spending.

james.caven@dailystar.co.uk

IRAQ AND AFGHAN WAR DEAD

JD DRANTS



IN CHARGE: Orange Manbaby

Don's No2 comments 'shameful'

by JAMES CAVEN

JD Vance was last night accused of "insulting" the 636 British personnel killed in Afghanistan and Iraq after claiming our forces hadn't fought for decades.

America's "dunce" Vice-President was branded "shameful" and a "clown" for seemingly dismissing the UK's contribution to the conflicts in the 2000s.

He had said a US stake in Ukraine's economy was a "better security guarantee than 20,000 troops from some random country that hasn't fought a war in 30 or 40 years".

Vance later insisted he did not "even mention the UK or France". But they are the only nations so far committed to the idea of policing a peace deal between Ukraine and Mad Vlad Russia.

Veterans and MPs hit back. Former Labour defence minister Lord Beamish called the comments "very hurtful" and shadow defence secretary James Cartledge called them deeply disrespectful.

The Star Says: Page 6

james.caven@dailystar.co.uk

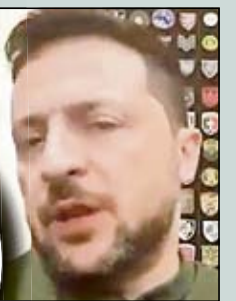
**ARE TRUMP AND VANCE THE
WORLD'S BIGGEST CLOWNS?**

<https://tinyurl.com/dailystartrumpvote>

IN FIRING
LINE: JD
Vance later
backtracked on
his comments

DUNCE

RANDOM
COUNTRY THAT
HASN'T FOUGHT
A WAR IN
30 YEARS



REGRET: President

Zel: I'll sign the US deal

ZELENSKY said that the Oval Office bust-up with Donald Trump was "regrettable", and that "it is time to make things right".

He also said he is ready to sign the US deal on its rare-earth minerals – saying Ukraine "needs peace, not endless war".

The war leader said yesterday: "Our meeting in Washington, at the White House on Friday, did not go the way it was supposed to be. It is regrettable that it happened this way."

"It is time to make things right. We would like future cooperation and communication to be constructive."

Trump is calling for Ukraine to hand over 50% of future proceeds from mineral resources, oil and gas – without any security guarantees.

Zelensky added: "Regarding the agreement on minerals and security, Ukraine is ready to sign it in any time and in any convenient format. I truly hope it will work effectively."

Yanks in dash to join Brits

AMERICANS want to become Brits now Trump is back in the White House.

The number seeking UK citizenship has hit record levels since the Orange Manbaby's return.

Experts say a spike was seen after Trump won re-election in early November, with immigration lawyers having to deal with unprecedented applications.

More than 6,100 US citizens had applied by the end of December 2024 – an all-time high after figures started being recorded 20 years ago. The number is a massive 26% increase on those in 2023.

Elena Hinchin, partner at law firm Farrer & Co, said: "We've definitely seen more interest in citizenship from the US."

Picture: CHIP SOMDEVILLA/GETTY

JD Vance
@JDVance

This is absurdly dishonest.

I don't even mention the UK or France in the clip, both of whom have fought bravely alongside the US over the last 20 years, and beyond.

Larry the Cat
@Number10cat

Vance is a tubby middle manager who thinks he's a tough guy. More than 600 UK service personnel were killed in the Iraq and Afghanistan conflicts alongside their American counterparts. Perhaps Vance remembers taking pictures of some of them while he was "serving" as a journalist, rather than fighting alongside them.

Ben Hodges
@generalben

Should make for interesting table conversation when VP Vance's boss goes to "some random Country" and has dinner with King Charles, whose son fought in one of those wars with us.

Deborah Meaden
@DeborahMeaden

Well that is quite some slap in the face for all those who British Soldiers who fought alongside their close Allies when they were needed... he really is a very nasty piece of work isn't he?



DAILY STAR Says

Vance the VP-brain

WE don't mind laughing at ourselves in this country.

Unlike the oh-so-serious "patriotic" Americans, we are often self-deprecating or happy to enjoy gags at our expense.

But when some idiot insults those who have died for their country on the battlefield, that's another matter.

J D Vance seems hell-bent on stealing Trump's crown as "thickest man in the White House".

He referred to Britain as "some random country that hasn't fought a war in 30 or 40 years".

Not only is it enormously insulting and disrespectful.

But it's factually incorrect and deliberately misleading.

For the record, 636 brave Brits died fighting alongside Americans in the Iraq war, which ended in 2011, and the Afghanistan war, which ended in 2021.

This isn't just some knuckle dragger writing on the internet.

It's the Vice President of the United States.

He should be getting his facts straight, showing more respect and stopping acting like a bellend!

Auntie's bloopers

THE BBC is so good at saying sorry these days you'd suspect it's spending all of our money on apology training courses.

Nearly every day its head honchos are wheeled out to dish out some sort of mea culpa for one of its giant cock-ups.

Yesterday alone it was forced to apologise over its controversial Gaza documentary before squirming over scandals involving some of its stars including Huw Edwards and Gregg Wallace.

If any other organisation was involved in such endless damaging drama, it would be toast.

But because of the Beeb's unique privileged position on the British landscape, it is allowed to limp on again and again.

Clearly there are huge problems from top to tail within Auntie.

Yet when was the last time the buck stopped at the top?

Oz honour

OZZY Osbourne says he wants to win an Oscar.

*We've heard of things more bats**t crazy to be fair!*

GOOD SPORTS HIT BY BIZARRE KO BLOWS



★ **DARTS ace Martin Schindler** was hurt this weekend when an arrow got stuck in his foot, as the Daily Star revealed yesterday. The 28-year-old, right, came a cropper when the missile

bounced off a board at the UK Open. But he's not the first sports personality to suffer an unusual accident.

★ Here **MEG JORSH** looks at some of the bizarre ways athletes have been injured...



1 Fast bowler Jofra Archer cut his finger in 2021 when a fish tank smashed while he was trying to clean it in the bath. He needed surgery to remove a piece of glass.

2 Ex-Man United midfielder Darren Fletcher was knocked out in 2008 when a toilet door fell on him at Old Trafford. He had stitches for a gaping head wound.

3 Former Chelsea keeper Dave Beasant managed to rule himself out for eight weeks in 1993 when he dropped a massive jar of salad cream on his foot.

4 Tennis star Serena Williams was on the sidelines for months in 2010 after slashing her foot on a bottle. It had been left in a doorway in Munich, Germany.

5 Basketball legend Michael Jordan missed most of the 1999 season after slicing his finger on a cigar cutter in the Bahamas. He had an op to fix a severed tendon.

6 Former Man United stopper Alex Stepney was so enraged by his teammates at a 1975 clash with Birmingham, he screamed at them until he dislocated his jaw.

7 Darren Barnard, a former Barnsley midfielder, tore a knee ligament in 1999 when he slipped on a puddle of puppy urine in his kitchen. He needed five months off to recover.

8 Tennis player Kim Clijsters turned her ankle in 2011 while she was dancing barefoot at her cousin's wedding. A fellow guest then trod on her toe.

9 Former Dundee striker Derek Lyle missed his team's Scottish Cup quarter-final game when he fell through a glass coffee table in 2012. He needed 16 stitches for cuts to his stomach.

10 Golf legend Bobby Cruickshank was on his way to winning the US



FLOORED: McGrath. Above, Jordan and Cruickshank, right

Open in 1934 when he nailed a tricky shot and threw his club in the air to celebrate. It came crashing down on his head, leaving a gaping wound.

11 Norwegian defender Svein Grondalen had to sit out a World Cup qualifier in 1974 when he bumped into a moose on a jog.

12 Aussie cricketer Glenn McGrath tore a ligament in his ankle when he stood on a loose ball during a warm-up for the 2005 Ashes at Edgbaston.

13 Ex-Rangers defender Kirk Broadfoot was treated for

burns in 2009 when a poached egg exploded in his face. He was having a close look after cooking it in the microwave.

14 During his Leeds days in 2001, Rio Ferdinand managed to injure his knee watching telly. Spending hours with his foot up on a coffee table left him with a tendon strain.

15 Striker Darius Vassell, then playing for Aston Villa, tried to treat a swollen toe in 2002 by drilling through the nail to relieve some pressure. He ended up with a nasty infection.



THE BRAINBOX

BRAINS OF BRITAIN

We asked the panel for a classical musician:

- 1 Mozart
- 2 Nigel Kennedy
- 3 Beethoven
- 4 Andre Previn/Preview
- 5 Yehudi Menuhin
- 6 Bach
- 7 Luciano Pavarotti
- 8 Chopin
- 9 Yo-Yo Ma, Billie Holiday, Pete Tong, Sir Simon Rattle, Andre Rieu, Vanessa-Mae, Katherine Jenkins, Handel, Puccini, Vivaldi, Brahms & Liszt

- 1** Which sitcom legend provided the voice of Dangermouse in the original 1980s cartoon?
- 2** Who beat Manchester United to win the Champions League final at Wembley in 2011?

- 3** Who is the musician featured in the picture?
- 4** Which boring country recently banned people from drinking fish?
- 5** How many times has Lewis Hamilton been Formula 1 world champion?

ASK US ANOTHER

Text DSTAR with your question and name to 63333. Cost 50p + network rate

ANSWERS:

(1) Sir David Jason; (2) Sir Shane MacGowan; (3) Barcelona; (4) Belgium; (5) Seven.



IN THE DRUNK TANK: Singer

It's swim Kardashian

★ **KIM** Kardashian shows off her curves in some teeny-weeny bikinis on the beach.

The 44-year-old reality TV star modelled the skimpy briefs, including a leopard-print two-piece, which are part of her new line of SKIMS swimwear.

■ **by ISOBEL DICKINSON**
Kim told her 357million fans on Instagram: "Coming March 6: New Swim Shop."

★ "Three years after its breakout launch, the game-changing swim that started it all is back to break the internet (again)."



CHANGE: Plastic fence

Tech to cut nag deaths

TOP horse racing festivals in the UK are set to be the safest ever - thanks to AI.

The Jockey Club has deployed a racing robot - dubbed the "clip-bot" - which will use algorithms to process "obstacle risk analysis" from the likes of Cheltenham and Aintree.

Boffins have now identified the most dangerous fences - and changed them from wood to soft plastic.

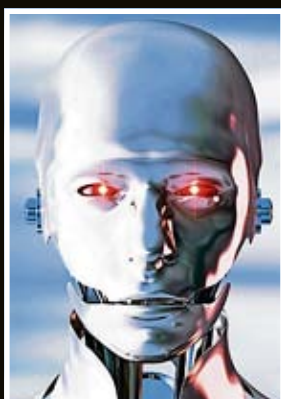
Joely Hartley, of The Jockey Club, said: "Data analysis has led to several changes within the sport."

FACT OF

THERE are over 3.4million industrial robots in the world today. That works out as one bot to every 71 humans in manufacturing jobs.

THE DAY

Doc Robot can predict your fall..



DANGER: Psycho bot

'20% CHANCE' OF DROID-AGEDDON

ELON Musk has predicted there's a 20% chance of "annihilation" at the hands of psycho chatbots.

The billionaire said he believed AI would be smarter than any human being within the next year or two.

The X owner said: "The proba-

bility of a good outcome is like 80% likely.

"So in a way, the cup is 80% full. There's only 20% chance of annihilation."

WILL SCARY PSYCHO CHATBOTS KILL US ALL?

<https://tinyurl.com/dailystarrobotvote>



PAIN: Emergencies are a strain on hospitals

ROLL OUT FOR AI SOFTWARE

AN artificial intelligence platform to predict when an elderly person is likely to fall is set to be rolled out nationwide.

It comes after pilots of the technology, developed by Cera, found it can predict falls with 97% accuracy.

Dr Ben Maruthappu, founder of Cera, said: "Our technology is saving lives by preventing these health emergencies from happening - reducing avoidable hospitalisations, freeing up beds in wards, and drastically easing pressures on the healthcare system."

Cera is a private company but the majority of its business is providing care on behalf of the NHS and local authorities.

Its Fall Prevention AI platform takes information about patients logged by carers on a smartphone app and assesses their risk of having a fall.

Dr Vin Diwakar, national director of transformation at NHS England, said: "We know falls are

■ **by STORM NEWTON**

the leading cause of hospital admissions in older people, causing untold suffering, costing the NHS around £2billion.

"So this new software has the potential to be a real game-changer in the way we can predict, prevent and treat people in the community."

The software will also be used to detect symptoms of winter illnesses like Covid-19, flu, RSV, and norovirus to allow care teams to intervene.

[news@dailystar.co.uk](https://news.dailystar.co.uk)

‘Lynx’ is spotted in forest

A WALKER reckons he spotted a lynx in a forest. The member of the public reported the big cat in Newton Stuart, Dumfries and Galloway, last week. A police spokesman said: “We are aware of a possible sighting of a lynx in woodland. Officers are working to establish the full circumstances.” Several lynx were released illegally in the Cairngorms in January.

BUNDLE OF JOY FOR GRAMPS



★ CROONER Rod Stewart is a grandad again as his son Liam welcomes his second child. A cute snap shared online shows Liam’s wife Nicole cradling newborn Elsie alongside their son, Louie. ★ The pictures are captioned: “Elsie Skylar Stewart. Our little sweet pea born 03/02/25.” Rod, 80, has eight children including Liam, 30, and now four grandkids.



£5 MEAL DEAL

BURGER

Cheeseburger

OR

Mayo Chicken

SIDE

Medium Fries

BONUS SIDE

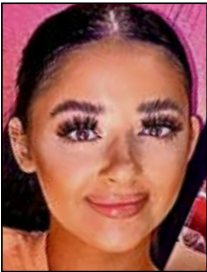
4 Chicken McNuggets®

DRINK

Medium Soft Drink

Hunt girl scream on door cam EX ‘RAPED’ & SHOT DEAD

■ by JERRY LAWTON, Chief Reporter
JURORS heard the final desperate screams of a BBC horse racing star’s family as they were murdered by a crossbow killer.
Kyle Clifford went on the killing spree at Louise Hunt’s home after she ended their relationship. He stabbed to death Louise’s mum Carol, 61, the wife of racing commentator John Hunt. He later went on to tie up Louise, 25, with rope he bought earlier, allegedly rape her, and then kill her and her sister Hannah, 28, with the crossbow last July.
The victims’ screams were captured by a doorbell camera at their home in Bushey, Herts.
At Cambridge Crown Court Clifford, 26, is being tried in his absence for raping Louise after he admitted the three murders.
The trial continues.



KILLED: Louise



CCTV: Clifford buying rope before murders

Served from 11am. Not available on delivery. Deal includes a choice of Medium carbonated soft drink and side. Drink upgrade fees may apply. Please check kiosk or ask in-restaurant for details. Participating restaurants only. Subject to availability. © 2025 McDonald’s

jerry.lawton@dailystar.co.uk



PAIN: Kate with Payne

Liam's love set to talk

LIAM Payne's girlfriend is set to give her first TV interview since his death to Lorraine Kelly today.

The former 1D star died last October at the age of 31, after falling from a hotel balcony in Argentina.

Kate Cassidy, 25, had been staying with Payne in the South American nation's capital Buenos Aires, but flew back to America before his fatal accident.

And she was due to discuss Payne's "struggles" on today's Lorraine show on ITV and reveal the "poignant" reason for backing the show's new campaign.

Lorraine said: "We are launching a campaign dedicated to destigmatising the conversation around mental health."

WORD OF

LIBERATION: The state of being freed. Ask a beaver.

THE DAY



SORRY: Lucas & Millie

Matt in apology to Millie

COMEDIAN Matt Lucas has apologised to Stranger Things actress Millie Bobby Brown for comparing her to Vicky Pollard.

He used a catchphrase from the Little Britain character alongside photographs of Millie on X.

Lucas, 50, wrote "no but yeah but", used by delinquent teenager Pollard alongside pics of Millie, 21, out in LA wearing hoop earrings and a pink top.

The apology from Lucas, in response to an Instagram post from Brown, said: "Dear Millie, I was mortified when the press wrote that I 'slammed' you, firstly because that's not my style, and secondly because I think you're brilliant."

VIVE BEAVER



GNAW BARRIER: Beavers will be let free to roam again

Dam fine day for furry pals who can run free in the wild

BEAVERS will be put back into the wild in just a few days in a "landmark" moment for British nature.

Until now they have only been allowed to live in enclosures over fears they would fell trees and waterlog farms.

But the protected animals, hunted to near-extinction 400 years ago, will run free on Purbeck Heaths in Dorset.

Stuart Otway, of Natural England, said: "The beaver's

■ by KATE NELSON

ability to transform and revitalise our degraded landscape is extraordinary."

The 8,231-acre site, run by the National Trust, is the largest area of lowland heath managed as a single nature reserve in England.

Anyone wanting to release the mammals must obtain a licence and submit a beaver

management plan. But some are nervous about their impact and fear crops such as carrots and potatoes could be damaged.

John Varley, of Devon-based farm managers Clinton Devon Estates, said: "We've seen farmland flooded, and properties flooded, and people's trees in their gardens felled."

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Picture: PA

Becks is a flippin' master

★ DAVID Beckham has a flipping good time making pancakes with daughter Harper.

The footie icon, 49, posted a clip on Instagram of the 13-year-old dropping one of her Shrove Tuesday treats on the floor.

★ David joked: "Boys Harper made you a pancake," referring to his sons.

Meanwhile, clergy and staff from Ripon Cathedral, North Yorks, top, enjoyed a pancake race while the Ashbourne Shrovetide footie match also kicked off in Derbys, below.



Pictures: GETTY IMAGES

FRY-DAY FEELING: David's a whizz but Harper, above, dropped hers

Petrol price revving up

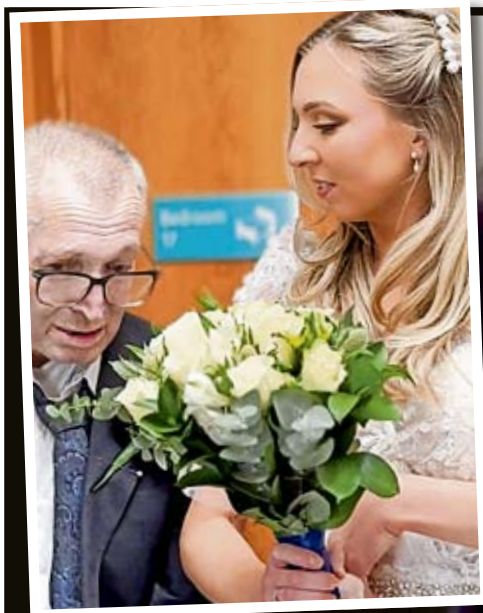
PETROL prices have reached a six-month high.

The RAC said the average price of a litre of petrol rose by 0.65p in February to 139.65p. It blamed higher wholesale costs earlier in the year.

Road to hell fine windfall

A STREET has seen a staggering 4,000-plus parking tickets in the last year.

Reading Council, which employs cars with CCTV cameras, issued the £35 fines on vehicles left on the town's Oxford Road.



Pictures: ST GILES HOSPICE/SWNS

Father's pride

★ A BRIDE planned her wedding in less than 24 hours so her dying dad could walk her down the aisle.

Maurice Haynes, 69, inset, is being cared for at St Giles Hospice in Whittington, Staffs, after he was diagnosed with

■ by IMOGEN HOWSE

cancer in October. So Hannah Haynes and partner Josh, both 29, above, converted the hospice chapel into a beautiful venue.

★ Hannah, of nearby Cannock, said: "It didn't matter where it was, so long as he was there."

It's game over for Jermaine

FOOTIE PUNDIT'S SPLIT

■ BY BEKKA BARNARD

JERMAINE Jenas's wife has announced she is splitting from the former Match Of The Day pundit.

Ellie Penfold said on social media she "never imagined I would have to share something so personal with the public".

She said: "After 16 years and 4 wonderful children, Jermaine and I have decided to part ways. "We will remain friends and continue to co-parent."

It comes just months after Jermaine, 42, was removed from the presenting teams at both the BBC's MOTD and The One Show following complaints about workplace conduct.



'STILL FRIENDS': The pair

LOTTO

7 millionaires made last week!

will you be the next millionaire?

Scan to Play





FLYING KICK: Cantona

'Kung fu boots' net £6k

A PAIR of Eric Cantona's footie boots – believed to have been worn by the Man Utd hero during his infamous kung fu kick – fetched £6,500 at auction.

The Frenchman, 58, gave the Nike Tiempo Premier boots to a young fan in 1995 – the same year he was banned for kicking a supporter in the chest during United's game at Crystal Palace.

The signed boots with a stud missing were given to a fan at the United training ground.

The faded black boots were sold at the Graham Budd sports memorabilia auction in Wellingborough, Northants, yesterday.



Lunchtime is fun time

RECKON you're a quiz supremo, or just want to waste time at work? Every weekday the Daily Star will bring you a fun quiz to make lunchtime less boring.

Monday's a personality test, and on Tuesday you get to fill in the headline. Wednesday is name that footballer while on Thursday we challenge you to match the mugshot to the crime. To finish the week Friday is our big pub quiz.

Head to dailystar.co.uk and see if you can beat our brain teasers.



Scan me

FOUR-FLU ILLNESS

BRITS are being struck down by 'forever flu', with it 'not unlikely' to get a cold, flu, RSV and Covid in quick succession, says expert Prof Anthony Staines.

BBC boss shocked by stars' 'abuse of power'



HUGE LOSS FOR DOLLY

★ COUNTRY music superstar Dolly Parton has paid tribute to her husband Carl Dean after he died aged 82.

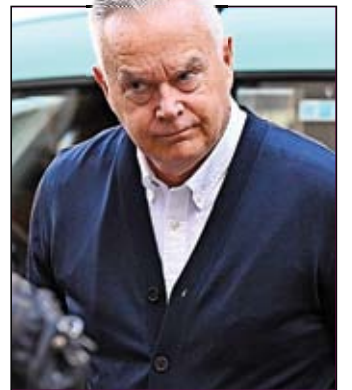
The pair met outside a laundrette in 1964 when she was 18. They married two years later in 1966 in

Ringgold, Georgia. In a post on X, Dolly, 79, said: "Carl and I spent many wonderful years together.

★ "Words can't do justice to the love we shared for over 60 years. Thank you for your prayers and sympathy."



Pictures: DOLLY PARTON



'NOT RIGHT': Huw Edwards

'DISGRACED EDWARDS WON'T GIVE CASH BACK'

■ by ISOBEL DICKINSON
BBC bosses have blasted star presenters for "abusing their power".

Chairman Samir Shah told MPs no talent is "untouchable" or "bigger than the BBC". He said he had been shocked by allegations about the behaviour of a string of ex-presenters.

It came as he discussed the series of reviews by the BBC into the conduct of former stars including Huw Edwards, Russell Brand and Tim Westwood.

He told a Commons Culture, Media and Sport Committee panel: "What I wasn't expecting was this procession of men abusing their power."

BBC director general Tim Davie added: "This abuse of power, we want to finish it."

Dr Shah, right, also revealed disgraced newsreader Edwards had not handed back more than £200,000 in salary earned after being arrested for having indecent images of children. He was given a suspended jail term in September.

Dr Shah said: "It's not right. He's taking licence fee-payers' money."

Mr Davie said he is expecting a review into complaints against former MasterChef host Gregg Wallace to come back within "weeks not months".

Wallace's lawyers have said "it is entirely false that he engages in behaviour of a sexually harassing nature".

Russell Brand has also denied any wrongdoing.

Dr Shah also called a film about Gaza which featured the son of a Hamas official "a dagger to the heart of the BBC's claim to be impartial".

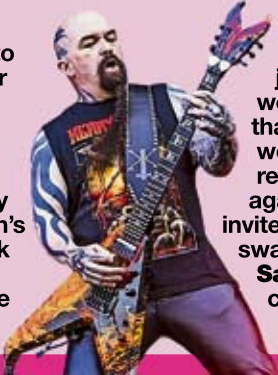
The Star Says: Page 6

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KERRY'S READY TO SLAY IT AGAIN

A MERE six years after their farewell tour, **Slayer** the likes of **Anthrax** and **Hatebreed**. **Slayer's** main man **Kerry King** had vowed just a few weeks ago that the band would never record or tour again, but an invite to play at the swansong **Black Sabbath** gig has changed their minds...

The thrash legends are to headline their biggest-ever UK shows in Cardiff's Blackweir Fields on July 3 and London's Finsbury Park on July 6. They will be joined by



★ **DESPITE** being one of the planet's shiniest stars, Lady Gaga didn't always feel in control of her career. Letting her Poker Face slip, Mother Monster opened up about how she managed to claw her way to the top.



★ In a US interview, Gaga, 38, mused: "I am [now] feeling really confident in myself as a musician, songwriter and producer..." "I know that might sound silly, but it actually took me two decades to become the boss in a way. "Being a woman in music, I was almost always the only woman in the room."

Gaga, whose seventh LP *Mayhem* is out Friday, added: "I had to work hard to maintain my sense of stability and my purpose. I always stuck to my guns."

WIRED

EDWYN Collins has announced his last UK tour. The nine-date Testimonial Tour kicks off at Glasgow's Theatre Royal on September 27 with another gig at The Royal Festival Hall in London.

WORLD

WIRED

SKEPTA unveiled a huge first headliner for his Big Smoke Festival and it's... er, himself. Yep, the rapper tops the bill of the Crystal Palace Bowl bash on August 9.

WORLD



TATE'S CHECK MATE

SHE famously had her new album leaked but **Tate McRae** is suffering with all types of leaks. The Canadian star revealed: "Everything is getting leaked of mine, every song I wrote from when I was 14, or 15 - terrible songs I never thought would see the light of day."

Fortunately Tate had 70 songs to pick from for her latest LP *So Close To What* to ensure those leaks were plugged.

And she adores the prospect of coming over here to play it live because she loves being with her team.

She added: "I am so lucky I have my best friends in my team the whole time. "I'm crying laughing 24/7, that's what makes it really worth it."



Picture: WILL HEATH/NBC/GETTY

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GOT A STORY? Call us on

JAMES CABOOTER'S

RED

with TOM STICHBURY

All week

MACCA: LET'S GET COCKY

THE late Joe Cocker could get into the Rock & Roll Hall Of Fame thanks to a little help from his friends.

Paul McCartney is lobbying for Cocker to be

inducted, writing: "Joe was a great man and a fine singer whose unique style made for some fantastic performances."

"He sang one of our songs, With A Little Help From My

Friends, which was very imaginative.

"I know he would be extremely happy and grateful to find himself where he deserves to be, amongst such illustrious company."



AESPA: THE FOUR FILLERS

WHILE K-pop fans patiently wait for Blackpink to reunite, another quartet have been keeping the choreography fire burning.

This week aespa brought their futuristic SYNK: PARALLEL

LINE show to London's OVO Arena Wembley and had razed-up revellers waving glow sticks to bangers like Supernova, Whiplash and Spicy. In two years I predict they'll be even bigger than their rivals.



★ **ELTON John** has to put his Elton John hat on to play himself!

The Rocket Man is back with a collaborative **Brandi Carlile** LP soon.

★ **Music:** "I don't listen to my old stuff, I listen to what we're doing."

"And then as soon as I've finished, I'm back out of the Elton zone and off we go."

★ After all his success, he still gets nervous: "It never goes away."

"When you play new tracks to people, you still feel the same as you did when I was playing Empty Sky, my first album, to somebody."

★ "It never goes away, nor should it. Fear is the greatest motivator."

A Bank account

BANKS definitely won't be giving up the day job after once playing agony aunt to a fan.

The American regrets giving relationship advice to one devotee with a dilemma on their hands.

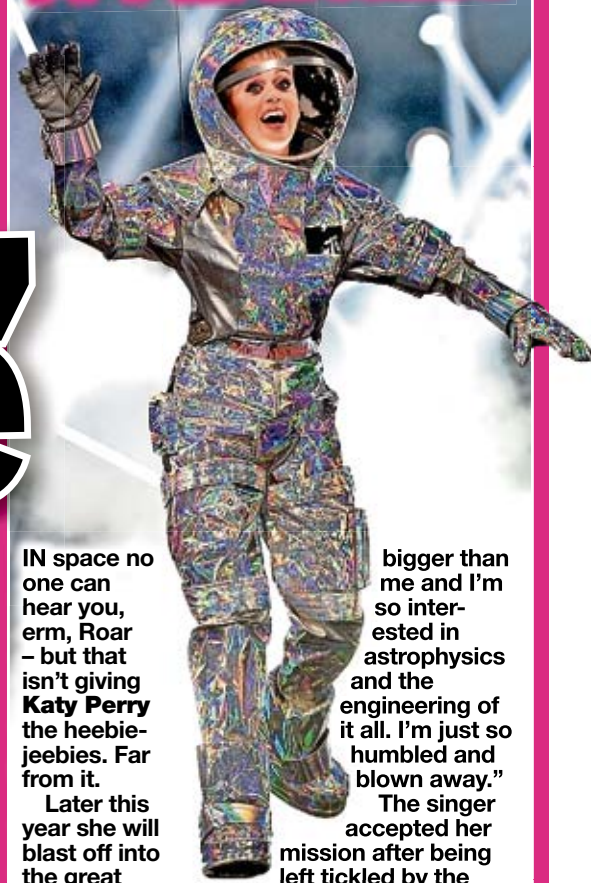
She told me: "I gave out my number... and I got this text from someone, 'This happened with my boyfriend, I don't know what to do'. I typed, 'Ditch that dude'."

"A week later they texted me, 'I did it'. I was like, 'Please say that wasn't for me.' She probably hates me now!"

Back with fifth LP *Off With Her Head*, out now, featuring **Doechii** collab *I Hate Your Ex-Girlfriend*, the 36-year-old clarified the songs aren't that cutting. She added: "[It's about] all those negative voices, anxious thoughts, anything's that holding you... let it go."



FLIGHT AS A FEATHER



IN space no one can hear you, erm, Roar – but that isn't giving **Katy Perry** the heebie-jeebies. Far from it.

Later this year she will blast off into the great unknown as part of an all-female flight on Blue Origin's New Shepard rocket.

Perry, 40, said: "[I want] to explore something way

bigger than me and I'm so interested in astrophysics and the engineering of it all. I'm just so humbled and blown away."

The singer accepted her mission after being left tickled by the aerospace firm's feather emblem. She said: "[My mum's] called me Feather my whole life. I was like, 'What other sign do I need? I was meant to fly!'"

No bad blood, just Brad love

VAMPS BACKING SOLO SUCCESS

BRADLEY Simpson is flying high solo – and he insists there's no bad blood with the rest of the lads.

Spreading his wings, **The Vamps** fave should soar into the top 10 this week with his debut LP *The Panic Years*.

And floppy-haired Brad had the full backing of bandmates **Connor Ball**, **Tristan Evans** and **James McVey** after deciding to go it alone.

He told me: "Every step of the way it's always been we're friends before bandmates. We have a very special bond... we're family at this point."

"I know a lot of other bands who started at a similar time that aren't as

close as we are, and the friendships have just faded away."

What do the boys think of his album? "They said they liked it, so that's good."

"They probably went home and were like, '[It's] s***!'"

Tapping into the rock and indie music he grew up listening to, the 29-year-old unleashes his wilder side on the record.

He said: "What I love about seeing people branch out and do their own thing from a world people know them from is that you really see their personality."

"You see it in artists like **Jade** from **Little Mix**, who's fantastic... I

want[ed] this to feel different to anything I've done."

Vamps fans can breathe a sigh of relief because this is by no means the end – Brad even has a tune titled *The Band's Not Breaking Up*.

He added: "James is working on a solo project, Con is writing a lot, and Tris has just announced the pregnancy [with partner Nikki]."

"There's a lot of life going on. We're not putting any pressure on it. It'll just happen when it happens. I think that's the best way..."

"Naturally at some point we'll get back together, end up writing, [and] if we like it we'll carry on. We all know it's always going to be there."



The trip of the iceberg

THE world's largest and oldest iceberg has run aground.

The nearly one-trillion-tonne berg is stuck on the continental shelf off South Georgia, in the South Atlantic, say boffins.

Met Police staff strike

CIVILIAN staff at the Metropolitan Police are to take strike action in a dispute over flexible working.

The Public and Commercial Services union members will walk out from March 17 to 28.

Crufts pup star age 6



★ MUTT-mad Freddie Osborne is set to become Crufts' youngest competitor – aged just six.

The lad and his smooth fox terrier Penny have qualified for the world-famous dog show at Birmingham's NEC.

★ Freddie, of Bobbington, Staffs, said: "I love Penny because she's not just my dog, she's my best friend."

Pictures: EXPRESS & STAR/SWNS



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CHEL TENHAM SPECIAL



INSIDE FRIDAY'S

DAILY STAR

WHO'S UP FOR A BIG NIGHT IN?

And Brits love telly Tuesday

FORGET a Friday night takeaway and boxset binge – Tuesday is the new big night in.

Evening peak traffic is now higher on a Tuesday than any other night of the week, analysis of broadband use shows.

Experts say it is mainly down to huge televised sporting fixtures on that day.

More than a third of us organise our weeks around watching sports on telly, the Virgin Media O2 figures show.

Separate figures suggest Friday and

■ by AARON TINNEY

Monday are the most common days when people work from home. Analysts say this could explain the Tuesday nights in as they are tired after commuting.

Tuesday traffic is also driven by gamers as it is the most common day of the week for big gaming releases.

Jeanie York, of Virgin Media O2, said the company's study "provides a window into how Brits are spending their evenings".

news@dailystar.co.uk



KILLER: Invasion

Hornets on diet of death

HUNGRY Asian hornets are devouring more than 1,400 different species across Britain and Europe.

Boffins found evidence of hundreds of different types of prey – including bees, wasps, flies, beetles, butterflies, moths and spiders – in the guts of the voracious invasive species.

They say their findings, published in the journal *Science Of The Total Environment*, highlight the “threat” posed by Asian hornets to bees and other native British insects.

Siffraya Pedersen of Exeter University, which carried out the research, said: “Asian hornets are known to prey on honey bees, but until now the full range of their diet hasn’t been tested.”

“The expanding area inhabited by Asian hornets poses an extra threat.”



SPYING: On next door

Curtain twitcher cheek

WE are a nation of curtain twitchers with 3.5million folk peeping out of their windows at neighbours every single day.

Some 6% confess to secretly sneaking a look at what their neighbours are up to on a daily basis.

The main reason we snoop is to “keep tabs” on who is coming and going on the street, although 23% confess to peeping out of “pure nosiness”, a poll found.

One in 20 said they spied on at least one neighbour because they “have a crush on them”, while 9% say they do so to gather gossip.

A spokesman for Hillarys, which ran the poll, said: “The UK is a nation of curtain twitchers, with an alarming number of Brits admitting to spying on their neighbours every single day.”

EIGHT MONTHS OF HAY FEVER MISERY



Pictures: JED CULLEN/DAVE BENNETT/GETTY/DAVE HOGAN/HOGAN MEDIA/REX/SHUTTERSTOCK

CLEANING UP: Danny Dyer mucks about at his film premiere, and with his daughters Sunnie Jo and Dani



SNIFFLES: Allergy hell

Climate change is to blame

by SIAN HEWITT

BRITS are already being battered by hay fever with the misery set to last another eight months.

Sufferers have been warned to expect the “worst year yet” for pollen levels, with boffins blaming climate change for the longer hay fever season.

Pollen hell has already begun for many, who say they can’t stop sneezing now the early spring sunshine has finally arrived.

Max Wiseberg, a hay fever product boss, warned: “Hay fever season has started early this year. The sunny dry conditions have brought out pollen, and it is now building to a peak.”

“It’s early in the year for hay fever and the Met Office pollen forecast hasn’t even begun yet.”

“If it was damp, pollen levels would not rise until later.”

“Tree pollen is absolutely creating problems already and will build to its April peak. Some people will suffer the whole way through to October.”

He said climate change could see issues as early as January in future.

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‘TAKEAWAY THE SHAME’

EMBARRASSED diabetes sufferers are ordering takeaways as they feel “ashamed” to eat in restaurants.

More than one in four living with the illness “feel conscious of eating more food than others”. So they order in meals “to avoid prejudice”.

Healthcare firm Abbott, which carried out the study, said: “By shifting perspectives on the condition, we can enable people to live better, healthier lives.”



He’s a proper Charlie

★ A JOKEY Danny Dyer appears to Hoover up a huge line of cocaine at the London premiere of his new film, *Marching Powder*,

by PIERS EADY yesterday. In the comedy he plays a footie fan who’s pushing 50 but still goes out with his mates, fighting,

taking drugs and getting into trouble with the law.

★ Danny, 47, was joined by daughters Sunnie Jo, 17, and Dani, 28. The film opens on



‘Tarantula’ on the run

A TARANTULA-like spider found in a box of bananas at a supermarket is being hunted by workers. Shocked Waitrose staff saw the critter scuttle away and a search was launched in Christchurch, Dorset.

Earthlings chicken out

BOFFINS of the future will think chickens were the Earth’s “dominant species”. Billions of discarded poultry bones will make them the “signature fossil” from our time, say scientists at Leicester University.

They’re hog wild



SWINES: Boar hit the road

by JERRY LAWTON
A RIDER has been thrown from her horse after being attacked by a wild boar. A mob of the angry grunters were allegedly illegally freed – and are now striking fear into locals. A dog walker had to rescue his pooch from the “lost and hungry” gang a fortnight ago. Now a rider has taken a fall after her nag was spooked by

RIDER FLIPPED AS BOARS RUN RIOT

one of the group. Dee Wilkinson revealed that her pal escaped serious injury. But her mount was left traumatised following the incident in Dartmoor, Devon. She said: “A lot of horse riders are being put off riding out now.

A friend of mine came off her horse as he was frightened by the boar and reacted badly. “It is a big concern for riders as horses are likely to bolt at the sight of wild boars. They are foraging around lost and hungry.” Dartmoor National Park Authority is “working closely with landowners and other agencies to obtain further guidance.”

jerry.lawton@dailystar.co.uk

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Painted lady’s spitting image

Pictures: RILEY LADNER/SWNS

★ RILEY Madison Ladner is the double of a painting by artist Zinaida Serebriakova. The 22-year-old was shocked when someone on TikTok told her about the 1909 artwork “At The Dressing Table”. Riley, from Bay St Louis in

by SEJAL MANDAL
Mississippi, US, said: “It was very chilling, almost unnerving because it was so similar. “I thought it was so cool because I’m a painter. And my husband said you have a nightgown just like that!”

Dearest must be nearest

LONG-distance love is now a thing of the past as lazy Brits can't be bothered to travel more than 10 miles for sex.

A mile or less seems to be the distance most are prepared to go.

Dating app happn has revealed that a new trend is emerging of "short-distance dating."

Stats show 43% of lovers would prefer to find someone nearby, with 48% of those asked only willing to travel within a maximum 10-mile radius for a date.

Researchers say Brits want to find love closer to home to "have more regular sex", because it's safer and less expensive.

THE GOLDEN YEAR

Can you guess the year from these five clues?

Can you guess the year from these five clues?

1. Kerry Katona wins the third series of *I'm A Celebrity*.
2. Britney Spears weds childhood pal Jason Alexander. It lasts 55 hours.
3. Zombie comedy movie *Shaun Of The Dead*, starring Simon Pegg, opens.
4. Man Utd beat Millwall 3-0 to lift the FA Cup at the Millennium Stadium in Wales.
5. Cyclist Chris Hoy wins the first of six Olympic gold medals at the Athens Games.

No Googling! Answer in tomorrow's paper. Yesterday's year: 1969

Our top holiday haunts..

GHOST-hunting Brits are booking weekends away to stay with spooks.

Most of those doing it say they want to boost their own spirits by keeping company with ghouls and are looking for haunted haunts to stay overnight.

Research from Booking.com also found 43% would be happy to sleep in a haunted house as long as "the spirit is friendly".

And one in three are more likely to book a hotel if it's known to be haunted.

A further 19% say they seek out paranormal experiences while away.



Shy girl is eaten alive

★ THE publicity-shy woman's new Netflix lifestyle series has been savaged by critics.

With *Love, Meghan*, Meghan was described by one reviewer as "gormless lifestyle filler". It was also called "so pointless

■ by ANDREW JAMESON it might be the Sussexes' last TV show".

★ Another critic called it "insane" and an "exercise in narcissism". Her shy hubby turns up just once, in the final episode, at a brunch.



Pictures: JAKE ROSENBERG/NETFLIX

McATEER: I WANTED TO KILL MYSELF

Liverpool ace 'had no purpose' after quitting footie

■ by CAMERON WINSTANLEY

JASON McAteer contemplated suicide and felt he "had no purpose" after quitting football.

The former Liverpool midfielder, 53, revealed he still struggles to fill the void left by the game.

Republic of Ireland star Jason, who retired in 2007, said: "I just had no purpose, it was no structure. Days and days and days with nothing to do."

"Just like everything had gone... I don't half miss it. I miss everything about playing. Just running out, just free on a footie pitch."

McAteer revealed he had to "fight myself" not to deliberately crash his car as he drove through a tunnel. He said: "I remember thinking to myself, 'I'm just going to swing the car here and just end it.'"

For emotional support, call the Samaritans' 24-hour helpline on 116 123 or email jo@samaritans.org

news@dailystar.co.uk



Greggs profits up 11%

GREGGS saw a jump in sales and profits in 2024 after it extended its opening hours and raised prices. The chain took £2billion – up 11.3% from 2023. This was partly driven by the opening of about 225 new shops during the year. But chief executive Roisin Currie said: “It’s been a challenging winter and I think we’ll continue to see that for the time being.”

MARY POP-IN



by GEORGE LITHGOW
AN after-school nanny who quit her job after just three hours has successfully sued for unpaid wages.
Ley Tsang had a short induction session with the child’s parents but changed her mind about the job the next day, an employment tribunal was told.
Ms Tsang met the child’s parents using a website called Koru Kids. The

Nanny’s £39 payout after quitting in 3hrs

south London tribunal was told: “That first day was to be an induction day when the mother and her partner showed Ms Tsang their daughter’s school and the route to their house, gave her keys to their house and showed her what was expected of her.”
But after Ms Tsang quit in April

last year, the parents argued she had not actually “undertaken any childcare”, and refused to pay the £39 for the three hours.
Ms Tsang told the tribunal she had “experienced stress” as a result of the case.
The judge ruled the nanny had been instructed to “start on Friday”, the day she was “shown the ropes”, and ordered the parents to pay up.

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me, it’s
dream!

IRINA Shayk
ruffles a few feathers
in a dazzling costume at
the Rio Carnival. The model,
39, was excited to join the
famous party in Brazil. She
wrote: “Pinch me, this is a
dream! I can’t believe this is
real... Rio you have been so
magical! Brazil I am
obsessed with
you!”

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Outfits cost the World..

PARENTS are spending big for World Book Day this year, with nearly £20 per kid going on costumes.

Mums and dads estimate they will spend £19 per child on average - £2 more than they typically spent last year, cashback service Rakuten found.

The event, on Thursday, also appears to bring out a competitive element in some parents, with 22% feeling the need to impress. Some 11% said they spend upwards of £50 per child on costumes.



SCAN ME

WHAT'S UP?

Join our funtastic

DAILY STAR

WhatsApp For news showbiz & contests

Sneezy to avoid viruses

PASSENGERS who cough or sneeze on a train would make over a third of adults switch carriages to escape their germs.

And 57% will go to "great lengths" to avoid viruses, a poll for nasal hygiene brand Sterimar found.

Some 31% admit to sleeping in a separate bed if their partner is poorly.

Dr Zoe Williams, said: "Taking steps like avoiding public transport, carrying hand sanitiser and avoiding people who are unwell can help keep you healthy."

Mouse-to-mouse resuscitation..

TINY CRITTER BRINGS PAL BACK TO LIFE



QUICK THINKING: Mouse performs first-aid treatment

RODENTS have been spotted resuscitating their unconscious pals.

Astonishing footage has captured what appears to be an act of heroism as one mouse is seen gently prying open its partner's mouth and carefully pulling its tongue aside, above.

Alongside this, boffins from California, US, and China observed various other scenes of assistance, including grooming, licking and sniffing, all of which appeared to speed up

■ by CHRISTOPHER BUCKTIN

the revival process. These life-saving behaviours are believed to be triggered by the release of oxytocin, a hormone often associated with social bonding and affection.

"They start with sniffing, and then grooming, and then with a very intensive or physical interaction," explained boffin Li Zhang of Fudan University in Shanghai.

"They really open the mouth of this animal and pull out its tongue."

Chimpanzees have often been seen tending to injured group members, while dolphins push distressed pod-mates to the surface to help them breathe.

But this marks the first time such first-aid behaviour has been observed in creatures as small as mice.

news@dailystar.co.uk

Mammoth mice

SUPER boffs trying to revive the woolly mammoth have made a huge breakthrough - by creating woolly mice.

Eggheads at US biotechnology company Colossal Biosciences have created genetically modified mice and intend to use the same science to "de-extinct" the mammoths. They aim to create woolly elephants by 2028.



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TIPS AND COVERAGE



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DAILY STAR



A son-ic Boom..

★ Boom Supersonic's XB-1 jet – nicknamed the son of Concorde – has been snapped breaking the sound barrier. The US firm, based in Colorado, says specialised Nasa photography showed the shock waves as the aircraft hit the mega speed.

★ Boom Supersonic said: "We nailed it," after the test, which could pave the way for flights from New York to London in an hour-and-a-half.



Pictures: NASA/SWNS

Zero hrs banned

A BAN on zero-hour contracts will apply to agency workers under new laws. They will have to be offered minimum hours. Business Secretary Jonathan Reynolds said: "Every worker should be able to access a contract which reflects the hours they regularly work"

Stab hell of angels

NINE in 10 nurses and midwives say they have been attacked at work. Incidents include being stabbed and punched, the Unison survey found. Boss Christina McAnea said: "No one should be attacked when all they're doing is going to work to care for those in need."

SHRINKFLATION IS GOOD FOR US



Getting less in a bag's 'healthier'

FOOD and drink makers are dressing up shrinkflation as a good thing that will make us less fat. A report warns food giants are marketing "smaller versions of beloved snacks as 'mini' and highlighting their

■ by MARC WALKER size as a consumer benefit". Firms fool shoppers by telling them smaller snacks help with "portion control," said trade journal FoodNavigator. It said: "An added benefit of the trend is that it could help brands recover from the

backlash against 'shrinkflation' by allowing them to reposition smaller pack sizes, originally created to cut costs and protect margins during the peak of inflation, as a benefit for shoppers." Chocolate makers were last month accused of down-

sizing treats without cutting prices. New bags of Revels and Maltesers contain up to 13g less for the same cost. Makers Mars Wrigley said it was finding ways to "absorb the rising costs of raw materials".

**DAILY
STAR****TEXT****MANIACS****TEXT DSTAR to 63333**Text **DSTAR** followed by a space, your comment and name to **63333**. Texts cost 50p plus your usual network operator rate. SP: Spoke. Helpdesk: 0333 202 3390.**UNHAPPY ENDING?:** Cassie

Corrie's lost the plot with spoilers

☐ Unbelievable Jeff. Corrie have just given an advert telling us exactly what happens this week! Saves us all 3 hours & annoys the commercial brk advertisers. We all FF thru the start of Columbo weekends bcoz of this. As Rocky (Enders) wld say "Muppets!" **Soap Fan**

☐ I'm anything but anti-American, but seeing the Oscars always brings the following question to my mind: Why are most Hollywood actors and actresses such insincere and seemingly mentally damaged freaks? **Lee J. Whitehouse, West Midlands**

☐ Football leg end Wayne Rooney is coaching kids in Dubai for up to £8,650 for a family of 4. Who's got that money! Greedy Rooneys. **Ron**

☐ there is one word for the programme repair shop brilliant. Up the blues. **Shaking tool-maker. still shaking.**

☐ Just DL'd Sat BGT. Yorkshire lass Stacey Leadbeater obv the new Susan Boyle. She got bt by Diversity so xpect a 10 a penny acrobat team frm Japan/Vietnam/Thailan/S Korea 2 win. Last time I checked the British Empire hadn't colonised them. **Dido**

☐ Does anyone know why FOUR IN A BED still does Social Distancing when Covid ended 5yrs ago. No other reality prog does this. Weird or wat! **Tom Toon.**

☐ re wendy m what sheltered lives people lead nowadays you wouldn't survive the 70s when people didn't take offence at the slightest thing, love thy neighbour would have snowflakes running for their safe place. **Mr coffee**

☐ I can't get over the fact that the word 'gullible' upside down looks like a dog. **LEO, LEEDS**

Racketeer Manbaby wants profit from pal Vlad's war



Mimi Keene is excellent in Agatha Christie's *Towards Zero*. **Aimez**

☐ Orange Comrade Trump, stopping arms to Ukraine, because Volodymyr Zelensky would not sign for you to help yourself to the minerals, your going to supply arms to Mad Vlad Putin, he overuns Ukraine, you go in & help your self, I can see right through you you son of a b****. **Laurence**

☐ How can anyone doubt that Ukraine wants peace? The problem is that the Trump type of peace will lead to the Ukraine giving up land then giving up the resources under the land. This Trump action will only embolden Putin and Russia, generally considered to be the US's opposition although Trump sees a great 'friend' in Putin. Freedom often comes at a cost but now not a cost for the US economy. Cowardice is free. **Dennis Fitzgerald**

☐ The UKRAINE war isn't about democracy and freedom. They have 21 of 30 critical global MINERALS. Trump knows he is looking at 500 bill US controlled mining rights strong arming ZYY calling in 350 billion aid elbowing out EU /Brussels now wanting an EU / UKE partnership. ZYY wants iron clad security rebuilding UKE from minerals income. 000's of conscripts dying isn't for freedom - it's a war all about money. **Brian Linford Pontefract**

☐ Trump's latest rant, "I won't put up with Zelensky for much longer." President Trump is, "a clear and present danger," to the UK, Europe, and all democratic thinkers. He should be impeached as totally insane. Trump meeting our beloved King Charles is out of the question now. **ANON UK**

☐ When Will The President & Vice President Realise That

Putin Is Only 1 Down From Adolf HITLER? **Steve Sefton Songs**

☐ What a gobs***e Vance is. Bully boy tactics as he attacked Zelensky. What a carry on for the supposed leader of the free world. Ignorant, arrogant and total lies. You seem to forget another bully Putin started this war. You should be ashamed of yourselves. Criticised Zelensky for the fact that he was not wearing suit. Well he did look a whole lot better than Trump orange baby with his massive comb over!!! Vance is emerging as Trumps number two... yes a great big poo which needs flushing. Europe sort yourselves out and buy Ukraines minerals, then sell them to Trump with tariffs of 25%. That should shut the idiot up!!! **Betty Boo**

☐ Vance gloating about how he wound up Zelensky at meeting. Vance needs 2 wear a muzzle in public. **ANGST**

JOKE OF THE DAY

My wife's throwing me out because of my obssetion with South American llamas. I said ok alpaca my bags. **Tony Worksp**

☐ I'm 78. Same age as Donald Tramp. I were bought up proper though. If I speak to people like he do I'd have got my ass tanned. **Sam Arreton**

☐ President Trump is making English the official language of the US although it has always been the defacto language. This will cause difficulties for the many there that have other first languages. Maybe he could lead, by learning the language fully as shown by the Covfefe tweet. **Dennis Fitzgerald**

☐ so now Nigel Farage is backing Trump and blaming Zelensky for the White House charade. Why doesn't he resign here and go to America little poodle. **Dex**

☐ Great Labour lovie guest on nana show Saturday shoot down in flames he said trump was basically a TV host - nana (Akua, GB News) said we'll zelensky was a stand up comedian ha ha ha he didn't know what to say well said nana balanced argument not they are right and that's it. **EAST LONDON S PURSI**

☐ Why don't gb news change their name to 'ukraine news?', it's all they ever talk about. click, off. **Dave from coppull**

☐ i'd like to see Blue Ghost lunar lander send back pictures of original apollo landing sites...or are they really there at all? **Jimi Peters DISS**

SNAP HAPPY



True Brit has a snooze

SEND us your photos of anything you like - it can be you with a top celeb, some funny looking food, a fantastic view, or maybe your artistic side is coming out? Email with details of what's going on in the pic, who you are and where you're from.

A lovely meeting of minds. **John**

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WEEDIN' OUT THE PUFFINS

★ **SNAPPER** David Miller looks like a monster from the deep as he tracks puffins. He has a wetsuit covered in seaweed and uses a plastic decoy puffin to get close to the birds off Skomer, an island in west Wales. Dave said: "The

■ **by ANDREW JAMESON** puffins usually dip their heads underwater to scan for prey. ★ "On days when the puffins really accept my presence I have had the odd bird try to step on my camouflaged head, as they've mistaken it for a rock."



Pictures: DAVID MILLER/BECKY TOOB/SOLENT NEWS



Gym boosts sleep

LIFTING weights helps older people beat insomnia, say boffins.

Researchers said: "Exercise that strengthens muscles is the most effective way to enhance sleep quality."

They also found doing aerobic exercise such as brisk walking, cycling or

swimming, or a mix of exercises like aerobic classes and pilates also helped, though it was less effective.

The study by a team at Mahidol University in Bangkok, Thailand, also revealed: "Older people have more significant insomnia than younger people."



Beauty spot raided

MIDDLE-class thieves have dug up flowers for their gardens and logs for their wood burners from a nature reserve.

Volunteers were stunned when they found clumps of snowdrops uprooted from their community space. It is thought they were nicked by someone

for their own garden. It follows the disappearance of piles of logs from the site.

Bob Lord, chairman of the Friends of Ballard Water Meadow, in New Milton, Hants, said: "We are appealing to people to stop this and maybe return what they have stolen."

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SPIRITED BEHAVIOUR

IT'S the green spirit famously quaffed by some of our greatest artists, writers and madmen. Few drinks have the mystery and allure of absinthe – and few have attracted the same level of controversy.

Now, to mark National Absinthe Day, we take a look at how the “Green Fairy” got her fearsome reputation. Here MEG JORSH unearths some fascinating stories from the drink's torrid history...



AN ICON IS BORN

ACCORDING to legend, Dr Pierre Ordinaire invented absinthe as an all-purpose medicine in about 1792. He distilled it from the leaves and flowers of the wormwood shrub, flavoured with aniseed and fennel.

The French doctor, who was living in Switzerland, claimed his 70% proof spirit could treat anything from a fever to digestive issues.

His recipe was eventually sold to Henri-Louis Pernod, who opened one of the first commercial absinthe distilleries in Pontarlier, France, in 1805.

It grew in popularity throughout the 1840s when it was given to French troops fighting in Algeria as a protection against malaria.

By the 1860s, it was so widely consumed in Paris that 5pm was known as “l'heure verte” or “the green hour”.

MUSE IN A BOTTLE



ABSINTHE soon became notorious for causing bizarre behaviour, blackouts and even hallucinations among its admirers.

And it does contain thujone, a psychoactive chemical found naturally in wormwood.

But boffins now believe the drink contains too little thujone to cause any noticeable effect. They say the early absinthe casualties were suffering from the effects of severe alcohol poisoning, caused by drinking 12 to 20 shots a day.

The spirit was adored by bohemian artists and writers, who claimed to be inspired by their booze-induced visions. Fans included French poets Arthur Rimbaud and Charles Baudelaire, as well as Irish wit Oscar Wilde, top left.



R FROM PAST TO MARK NATIONAL ABSINTHE DAY

Green Scary!



SPIRITUAL REVIVAL

DESPITE being outlawed in most of Europe, absinthe was never illegal in the UK.

It began to grow in popularity here during the 1990s, leading to a gradual wave of repeals on the continent.

The French absinthe ban was finally lifted in 2011, after a series of petitions by local distilling firms.

It is now widely accepted as no more or less dangerous than other types of strong alcohol.

PICTURE THIS

THE tippie caused a scandal in the art world in 1859 due to painter Édouard Manet. He shocked the snooty judges at the Salon de Paris exhibition with a portrait of an alcoholic rag picker called *The Absinthe Drinker*, left.

Impressionist Edgar Degas got a similar reaction to his 1876 work *L'Absinthe*, below, now one of his most popular paintings.

A review in London newspaper *The Westminster Gazette* said: "Fine painting it may be, but 'fine art' is a very different thing."

But despite the public's outrage, the drink continued to thrill famous artists.

It has even been blamed for triggering the 1888 breakdown that saw Dutch painter Vincent Van Gogh cut off part of his left ear.



ABSINTHE MINDED

AS tales spread of absinthe-related breakdowns, the spirit became associated with violence and social disorder.

In the 1860s, it was blamed for a flood of committals to Sainte-Anne, Paris – one of France's best-known insane asylums.

Psychiatrist Valentin Magnan, then in charge of the facility, ran experiments in which he found animals

given pure wormwood oil would soon develop seizures. He declared "absinthism" a medical condition that was completely separate from alcoholism.

Between 1867 and 1912, about 1,600 diagnosed sufferers were admitted to the asylum. They were said to experience restlessness, confusion, seizures and auditory and visual hallucinations.



GREEN DEMON

THE murmurs around absinthe reached fever pitch in 1905, when Jean Lanfray committed a horrific string of murders.

The labourer from Commugny, Switzerland, admitted killing his pregnant wife and children in a drunken rage on the afternoon of August 28.

He had knocked back wine, spirits and 2oz of absinthe in a binge that morning.

He then shot himself in the jaw, but eventually recovered and was put on trial for murder.

His lawyers blamed the absinthe, with leading psychologist Dr Albert Mahaim insisting he had suffered from "a classic case of absinthe madness".

Lanfray was found guilty and sentenced to 30 years in prison, but hanged himself just three days into his sentence.

The shocking incident led to absinthe being banned in Switzerland, France and the US.

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HOT TV

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SOAPS: McDonald

Jane in host joy

JANE McDonald is
returning as host of
**The British Soap
Awards**.

The singer admits
bagging the job is a
dream come true.

She said: "I'm
beyond excited as I had
such a ball hosting the
awards last time."

"You all know I love
my soaps, so to be in a
room giving recogni-
tion to all these
wonderful actors and
their fantastic hard
work is simply joyous."

"I can't wait to get
my glittery frock on
and celebrate."

The bash will air on
ITV1 in June.



HOOLIGANS: Tony

Hit after the Bell

TONY Bellew has made
a new podcast about
football hooliganism.

The series will
feature interviews
with people who were
involved in violence
as well as victims.

He said: "What
people misunderstand
about hooliganism is
that it was born out of
frustration."

"What I've learnt is
that these people were
doctors, they were
solicitors, they came
from all different walks
of life, and they go to
these matches and
have fights with other
fans to escape their
day-to-day lives."

Gangster

Presents:
Hooligans will be on
BBC Sounds from
Friday.



CHARL'S GOT THE HUMP

CHARLOTTE Crosby has
been doing plenty of
horsing around for her
latest reality series.

The **Geordie Shore**
legend let cameras follow
her while pregnant with her
second child for the show,
which kicked off last night.

She said: "We went to the
Maldives, my daughter
went to her first dancing
lesson, we went to the
Europe Music Awards and
we had a gender reveal. It's
all on camera."

"There is so much
happening in this series.
Loads of stuff has been
crammed into four
episodes."

"I think there should have
been more episodes."

The series features
appearances from her
former **Geordie Shore**
co-stars Sophie Kasaei,
Kyle Christie and James
Tindale.

Geordie Stories:
Charlotte's New Baby
continues on Tuesday on
Paramount+ and MTV.

Hunting prey for new series

REALITY show **Hunted**
is set to return for another
series.

Execs are on the lookout for
budding contestants who are
up for going on the run and
trying to evade capture.

Filming on the new episodes
will kick off later this year.

Producers are pulling out all
the stops to make it one of the

SHOW BOSSES WANT BUDDING FUGITIVES

most gripping series yet. Ian
Dunkley, Commissioning
Editor Documentaries &
Factual Entertainment for
Channel 4, said: "It's great to
be returning to one of Channel
4's most popular brands. Expect
thrills, spills and the

latest cutting-edge tech, as
once again the fugitives dis-
cover just how hard it is to es-
cape the investigative skills of a
seasoned team of hunters."

The show's celebrity
spin-off will also be returning
for another series. Producers

are in talks with a string of big
names.

Leon Wilson, CEO of
Shine TV & Zeppotron, said:
"Viewers are in for a treat with
the celebrity version, with an
ace cast of new celeb fugitives
raring to go on the run."



Turn back a page for today's HOT TV news

All programmes are listed in Greenwich Mean Time (GMT).

film ratings

★★★★★ Brilliant
★★★★ Very Good
★★★ Good
★★ Average
★ Bad

(R) Repeat

BBC One

6.00am Breakfast News headlines.
9.30 Morning Live Magazine.
10.45 Crimewatch Live
11.30 Homes Under the Hammer In South Yorkshire, east London and Darlington. (R)
12.15pm Bargain Hunt Danny Sebastian presents the show from Blackpool's newest museum. (R)
1.00 BBC News at One; Weather
2.00 Clean It, Fix It A team of cleaners and DIY experts performs home makeovers.
2.30 Money for Nothing Sarah Moore and Lucy Tiffany upcycle a pair of old lamps. (R)
3.00 Escape to the Country A couple look for a property in the Scottish Highlands. (R)
3.45 Make It at Market Diane and Sam hope to turn their hobbies into businesses.
4.30 Antiques Road Trip Tahmina Ghaffar and David Harper are in Cambridgeshire and Northamptonshire.
5.15 Pointless Quiz show. (R)
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC Two

6.30am Bargain Hunt (R)
7.15 Antiques Road Trip (R)
8.00 Sign Zone: Celebrity Antiques Road Trip (R)
9.00 BBC News Headlines.
11.15 Politics Live The latest stories from Westminster.
1.00pm Impossible Quiz show. (R)
1.45 Bridge of Lies Quiz show. (R)
2.30 The Tournament Quiz, hosted by Alex Scott. (R)
3.15 The Farmers' Country Showdown Two families head to the Mid Devon Show. (R)
3.45 The Great Rift: Africa's Wild Heart Exploring the grasslands of east Africa. (R)
4.45 Designing the Hebrides Banjo Beale is tasked with making over an apothecary on the Isle of Harris. (R)
5.15 Flog It! Items are brought in to Wolverhampton Art Gallery. (R)
6.00 Richard Osman's House of Games Double bill. Jimi Famurewa, Harriet Kemsley, Colin Murray and Sara Pascoe compete; Jimi, Harriet, Colin and Sara compete in their penultimate round of games.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.00 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Tour de Fred: Northern Ireland The latest stage of Fred Sirieix's gastronomic tour takes him to Belfast, where he visits Titanic Belfast and the International Wall.
3.00 Lingo Adil Ray hosts the word game. (R)
3.59 Regional Weather
4.00 Tipping Point Quiz show, hosted by Ben Shephard.
5.00 The Chase Jacob from Hull, Bobbie from Dudley, Ewan from Bolton and Linda from Kent work as a team to take on one of the Chasers.
6.00 Regional News; Weather

Channel 4

6.25am Cheers Triple bill. (R)
7.45 Everybody Loves Raymond Triple bill of the sitcom. (R)
9.10 Frasier Four episodes. (R)
11.10 Ramsay's Kitchen Nightmares USA An Italian restaurant in Pennsylvania run by warring siblings. (R)
12.05pm Channel 4 News
12.10 Sun, Sea and Selling Houses Double bill. (R)
2.10 Countdown Jenny Powell is in Dictionary Corner.
3.00 A Place in the Sun Jean Johansson searches for a holiday home on Spain's Costa Blanca. (R)
4.00 A New Life in the Sun It's opening day for a restaurant in France. (R)
5.00 Four in a Bed Stuart and Amy took the third visit of the week at Tin Can Retreat.
5.30 Come Dine with Me Aodhan hosts a horror-themed party on the third night in Belfast.
6.00 A Place in the Sun Ben Hillman helps Penny and Mark find a holiday home in Granada, Spain.

Channel 5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm Huntley Storm carries on the discussion and takes calls to discuss the biggest stories of the day.
12.45pm GPs: Behind Closed Doors Dr Aireen Abdul-Razak offers medical support to two cyclists. (R)
1.40 5 News at Lunchtime
1.45 Home and Away Rose alerts Remi, Theo and Justin to a noise complaint. (R)
2.15 FILM The Body in the Attic (2023, PG) A wife convinces her lover to move into her attic. After finding his dead body, she fears her husband knows more than he is letting on. Thriller, starring Abigail Hawk. ★★★
4.00 Bargain-Loving Brits in the Sun Mary hosts a fundraising event for a local charity. (R)
5.00 5 News at 5 Headlines.
6.00 Eggheads Double bill. The Pedigree Chums try their luck against the Eggheads; Team Wiki Woo competes. (R) Followed by 5 News Update



9.30pm, **AM I BEING UNREASONABLE?:** Selin Hizli



7pm, **RISHI SUNAK – LESSONS FROM DOWNING...:** Rishi Sunak



4pm, **TIPPING POINT:** Ben Shephard



9pm, **GET MILLIE BLACK:** Joe Dempsie and Tamara Lawrance



8pm, **CHARITY SCAMS: DON'T GET CAUGHT OUT:** Alexis Conran

7

7.00 The One Show With Alex Jones and Clara Amfo.
7.30 EastEnders Nicola finds herself in possession of important information and there's a big fall out between two family members. A fight breaks out at Beale's Eels.

8

8.00 The Repair Shop Experts restore a carved wooden village sign made for the millennium, a handmade organ crafted from cardboard during the First World War, and a shop till that hasn't been used since the 1970s.

9

9.00 Amandaland Anne organises a camping trip to the New Forest, but what should be a wholesome weekend away ends up being a nightmare.
9.30 Am I Being Unreasonable? Sparks fly between Nic and Jen when Ollie shares a revelation.

10

10.00 BBC News at Ten A round-up of today's headlines.
10.30 Regional News; Weather Local news reports.
10.40 UEFA Champions League MOTD Action from the last-16 first-leg matches, including Paris Saint-Germain v Liverpool, PSV Eindhoven v Arsenal, Club Brugge v Aston Villa and Real Madrid v Atletico Madrid. All three remaining English teams in the competition had away games against teams that recorded impressive victories in the play-off stage.

11

11.05 Unspun World with John Simpson The week's major global news stories.
11.35 Israel and the Palestinians: The Road to 7th October The political clashes between Benjamin Netanyahu and Barack Obama. (R)

12

midnight

12.00m't The Six Nations Greatest Moments. A look back at a historic moment at Croke Park in 2007, as Ireland hosted England. Plus, France's record-breaking performance away to the English at Twickenham in 2013. **12.30** Weather for the Week Ahead **12.35-6.00am** BBC News

7.00 Rishi Sunak – Lessons from Downing Street The BBC's journalist Nick Robinson sits down with former UK prime minister Rishi Sunak for the first of a two-part interview to discuss his time in office.

8.00 Great British Menu Chefs from central and the east of England cook mains and desserts that celebrate great Britons of the past for a banquet at the historic Blenheim Palace. Presented by Andi Oliver.

9.00 Surgeons: At the Edge of Life At Edinburgh's Western General Hospital, Consultant Colorectal surgeon Danielle Collins operates on a patient who has an aggressive tumour that has doubled in size in two months.

10.00 The Cockfields Simon and Esther decide to keep their news a secret from his parents. Simon and Sue get into an argument at dinner. Comedy, starring Joe Wilkinson. Last in series.
10.30 Newsnight Headline analysis.

11.05 Unspun World with John Simpson The week's major global news stories.
11.35 Israel and the Palestinians: The Road to 7th October The political clashes between Benjamin Netanyahu and Barack Obama. (R)

12.35am Sign Zone: Great British Menu. Four chefs from Wales cook canapes, starters and fish dishes that celebrate great Britons of the past. Spencer Metzgar, 2022 Great British Menu Champion of Champions, judges. (R) **1.35** Sign Zone: Death in Paradise (R) **2.35-6.30am** This Is BBC Two

6.30 ITV Evening News A round-up of the latest news headlines; Weather
7.30 Emmerdale Drama from the Dales. Jacob has a panic attack at work, Sarah worries that she could be pregnant, and Vanessa feels guilty.

8.00 Coronation Street Kit encourages Daniel to find out who the father is, the Platts puzzle over some odd behaviour, but their questions remain unanswered when Daisy and David are both hit by a car and lie injured in the street.

9.00 NEW A Cruel Love: The Ruth Ellis Story Drama based on real events, telling the story of the last woman to be hanged in the UK. In the first episode, Ruth is arrested after shooting her lover. Lucy Boynton and Toby Jones star.

10.00 ITV News at Ten; Weather The major stories of the day.
10.30 Regional News; Weather
10.45 Peston Political magazine show hosted by Robert Peston, featuring major interviews with MPs, topical guests and cultural figures.

11.40 Made in Britain A look at how the Henry vacuum cleaner is made. Plus, discovering how Stilton cheese is made at an award-winning family-run dairy, with methods passed down through the generations. (R)

12.05am Shop on TV **3.00** War: Would Britain Be Ready? Tonight. Adnan Sarwar reports on an assessment of the UK's defence strategy. (R) **3.25** For the Love of Dogs with Alison Hammond (R) **3.50** Unwind with ITV **5.05-6.00am** Judi Love's Culinary Cruise (R)

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.

8.00 Kirstie and Phil's Love It or List It Kirstie Allsopp heads back to Albrighton in Shropshire to catch up with Jamie Lea and Curtis, a couple who struggled in 2019 to decide whether to renovate or sell their home.

9.00 NEW Get Millie Black Ex-Scotland Yard detective Millie Black returns home to Jamaica, where a missing persons case threatens to blow her world apart. Crime noir thriller, starring Tamara Lawrance and Joe Dempsie.

10.00 Seeking Satoshi: The Mystery Bitcoin Creator Gabriel Gatehouse searches for the anonymous creator of Bitcoin, potentially one of the richest people on the planet, who has not been heard from since 2011.

11.10 24 Hours in A&E Forty-four-year-old Anita is rushed into Queen's after suffering a cardiac arrest. While the team determines why her heart stopped, her mother recounts the difficulties they've contested. (R)

12.10am Super Surgeons: A Chance at Life (R) **1.05** Skinny Jab Scandal: Dispatches (R) **2.00** Ramsay's Hotel Hell (R) **2.45** The Fear Clinic: Face Your Phobia (R) **3.40** Kirstie's Fill Your House for Free (R) **3.55** Kirstie and Phil's Love It or List It (R) **4.50** Location, Location, Location (R) **5.45-6.25am** Countdown

7.00 Shop Smart, Save Money Gaby Roslin and Ortis Deley take a look at coffee machines with three coffee-loving teachers who trial three models, without knowing their brand or price tag; 5 News Update

8.00 Charity Scams: Don't Get Caught Out Alexis Conran and his team take on scammers who target the people trying to make the world a better place – charities, campaigners for good causes, and those who try to support them.

9.00 Prime Suspect: Hunting the Predators Following the crimes of serial catfish, blackmailer and convicted child abuser Anthony Burns, who controls and abuses his victims with deception and threats.

10.30 Casualty 24/7: Every Second Counts A 74-year-old with breathing difficulties is rushed into Barnsley Hospital, and registrar Dr Nick Mani considers placing the patient in a medically-induced coma to stabilise him. (R)

11.30 999: Critical Condition A man is rushed in with head and neck wounds after being attacked with a machete, and as the medics fight to stabilise him, his blood pressure drops and they need to take urgent action. Last in series. (R)

12.30am Friends. The gang celebrates New Year's Eve. (R) **1.00** PlayOJO Live Casino Show **3.00** Friends: double bill (R) **3.50** Happy Campers: The Caravan Park (R) **4.40** Wildlife SOS (R) **5.05** Divine Designs (R) **5.30** Entertainment News on 5 **5.40** Paw Patrol (R) **5.50-6.00am** Pip and Posy (R)

ITV2

Freeview 6

6.00am CITV **9.00** World's Funniest Videos
9.55 Love Bites **12.00noon** Dinner Date
1.00 Deal or No Deal **2.00** Supermarket Sweep **3.00** Charmed **4.00** Gilmore Girls **5.00** Dinner Date. Dating series.
6.00 **Celebrity Catchphrase** With Joe Lycett, Chizzy Akudolu and Nick Knowles.
7.00 **Deal or No Deal** Stephen Mulhern hosts as Ryan takes on the Banker.
8.00 **Ant & Dec's Limitless Win** The duo host as husband and wife team Matt and Hannah take on the money ladder, playing for a truly life-changing cash prize.
9.00 **Hell's Kitchen** The chefs feel the heat when faced with a pasta challenge.
10.00 **Olivia Attwood: Getting Filthy Rich** Olivia finds out how much top earners on the OnlyFans platform can make.
11.05 **Family Guy** Double bill.
12.05am American Dad!. Animated comedy. **1.05** Bob's Burgers **2.05** The Emily Attack Show **2.45** Unwind with ITV **3.00-6.00am** Teleshopping

U&Dave

Freeview 19

6.00am Teleshopping **7.20** Anthony Bourdain: Parts Unknown **8.00** The Force: Behind the Line: four episodes
10.00 American Pickers: Best Of **12.00noon** Storage Hunters UK **2.00** James May's Toy Stories **3.00** Top Gear **5.00** Hairy Bikers' Best of British
6.00 **Rick Stein's Spain** The chef continues his culinary tour by travelling to Castile.
7.00 **Would I Lie to You?** Comedy panel show, with Clare Balding, Rhod Gilbert, Nick Grimshaw and Rob Delaney.
7.40 **Richard Osman's House of Games**
9.00 **QI XL** Sandi Toksvig is joined by Alan Davies, Romesh Ranganathan, Rachel Parris and Richard Osman, who answer questions on the theme of picnics.
10.00 **Have I Got a Bit More News for You**
11.00 **Taskmaster** Mel Giedroyc's good nature is pushed to its limits.
12.00m't Mock the Week **12.40** Would I Lie to You? **2.00** David Mitchell's Outsiders **4.00-6.00am** Teleshopping

E4

Freeview 13

6.00am Hollyoaks **6.55** Rude(ish) Tube Shorts **7.00** Ramsay's Kitchen Nightmares USA **8.00** The Goldbergs **9.00** The Big Bang Theory **10.00** Young Sheldon **11.00** Married at First Sight Australia **12.35pm** The Big Bang Theory **2.00** Young Sheldon **3.00** Modern Family **4.00** The Simpsons **5.00** The Big Bang Theory: triple bill **6.30** The Simpsons
7.00 **Hollyoaks** Jez is jumpy when the police search the allotment.
7.30 **Modern Family** Phil meets his former high-school girlfriend.
8.00 **The Simpsons** Double bill.
9.00 **Married at First Sight Australia** Sierah and Billy find a connection.
10.35 **Gogglebox** TV opinions.
11.35 **First Dates** Dating series.
12.40am Married at First Sight Australia **2.10** Gogglebox. TV opinions. **3.05** Abbott Elementary **3.30** The Goldbergs **4.20** The Neighborhood **4.50-6.00am** Ramsay's Kitchen Nightmares USA

Variations & S4C

WALES As BBC1 except: **1.35-1.45pm** BBC Wales Today **6.30-7.00** BBC Wales Today; Weather **10.30** BBC Wales Today; Weather **10.40** Scrum V Top 5s. Former Wales captain Colin Charvis counts down his all-time top five teammates. **11.10** UEFA Champions League MOTD. Action from the last-16 first-leg matches. **12.30am** The Six Nations Greatest Moments **1.00-6.00am** BBC News

MERIDIAN As ITV1 except: **1.55-2.00pm** ITV News Meridian **6.00-6.30** ITV News Meridian **10.30-10.45pm** ITV News Meridian

CENTRAL As ITV1 except: **1.55-2.00pm** ITV News Central **6.00-6.30** ITV News Central **10.30-10.45pm** ITV News Central

ITV WALES As ITV1 except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales

WEST As ITV1 except: **1.55-2.00pm** ITV News West Country **6.00-6.30** ITV News West Country **10.30-10.45pm** ITV News West Country

ANGLIA As ITV1 except: **1.55-2.00pm** ITV News Anglia **6.00-6.30** ITV News Anglia **10.30-10.45pm** ITV News Anglia

Telly movies

THE LADY FROM SHANGHAI ★★★★★ (1947), Talking Pictures TV, **12.10pm** Adventurous Michael O'Hara takes a job on Arthur Bannister's yacht. He falls for his employer's beautiful wife, Rosalie, but needs money if they're to run away together. He thinks he's found the perfect solution when lawyer Grisby offers him \$5,000 to help him fake his own death. Unfortunately, when Grisby is murdered, Michael becomes the chief suspect and Bannister – who may or may not be the killer – defends him in court.
LIVE AND LET DIE ★★★★★ (1973), ITV4, **9pm** 007 must travel from the streets of Harlem to the Caribbean to stop a drug lord, rescue a beautiful clairvoyant, and fend off the attentions of a voodoo master, a Superfly-style narcotics baron with a hook for a hand. One of Roger Moore's finest outings as Bond was also his first and it ticks all the right boxes.

GB News

F'view 236

6.00am Breakfast with Eamonn and Ellie **9.30** Britain's Newsroom **12.00noon** PMQs Live **1.00** Good Afternoon Britain **3.00** Martin Daubney. Updates.
6.00 **Dewbs & Co** Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.
7.00 **Farage** An action-packed hour of topical discussion and debate.
8.00 **State of the Nation** Join Matt Goodwin for his unique and unmissable take on the day's news.
9.00 **Patrick Christys Tonight** The latest topical discussion and debate.
11.00 **Headliners** An all-star comedy cast take an insightful look at some of tomorrow's headlines tonight.
12.00m't Farage Replay. Topical discussion and debate. **1.00** State of the Nation **2.00** Headliners Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Headliners Replay

More4

Freeview 18

8.55am Kirstie's Vintage Gems **9.15** A Place in the Sun **10.05** A New Life in the Sun **11.05** Find It, Fix It, Flog It **1.05pm** Car S.O.S **2.05** Four in a Bed **4.50** Chateau DIY **5.50** Car S.O.S
6.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1991 Range Rover.
7.55 **Grand Designs** A couple take on an ambitious project to build a bespoke metal home next to an airfield runway.
9.00 **Griff's Great Australian Rail Trip** The latest leg of Griff Rhys Jones' journey begins on The Gold Coast.
10.00 **Car S.O.S** Fuzz and Tim take on one of the most divisive British sports cars ever made – a Triumph TR7.
11.05 **24 Hours in A&E** Lynn is rushed to St George's after collapsing from a brain aneurysm and 30-year-old Lucas has a suspected urinary tract infection.
12.10am 24 Hours in A&E. Documentary. **1.15** Emergency Helicopter Medics **3.25-3.50am** Food Unwrapped

HotTV CHOICE With Mike Ward



Forget that nightly wine or CBD calming gummies, the only thing you need to soothe your soul in midweek is to spend an hour in **THE REPAIR SHOP** (8pm, BBC One).

Its reassuring message that there's all the time in the world to mend a ripped teddy bear or rusty old clock is the absolute antidote to the pace of modern life.

Revel in the quiet industry of the restorers tonight when they tackle more careworn

mementoes like the village sign from Broome in Norfolk brought in by Bev. Her father and brother made it for the millennium celebrations, but now it's so damaged that woodworker Will Kirk has a job making it look presentable. Organ expert David Burville is given the tricky task of restoring a cardboard organ made by Sairah's grandfather in World War I. And Jas brings in a till from his parents' old shop that brings back happy memories once horologist Steve Fletcher manages to prise it open. Reassuring telly at its best.

The sensational story of Ruth Ellis, the last woman to be

hanged in Britain (in 1955), has long been a magnet for dramatists. The latest version of her story, **A CRUEL LOVE: THE RUTH ELLIS STORY** (9pm, ITV1) is a devastating four-part drama about an ambitious woman who survived childhood trauma to become London's youngest club manager, only to be driven to murder by an abusive lover.

The Ipcress File's Lucy Boynton plays a blinder as Ellis, capturing her strength in the face of an unimaginable fate. Toby Jones is equally great as her lawyer, John Bickford, who does much of the unravelling of Ellis's story for the viewer. One to watch.

Follow Mike on Twitter @mikewardontv

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Sport

SKY SPORTS MAIN EVENT

6.00am Sky Sports News. Round-up of the sports news. **7.00** Good Morning Sports Fans

8.30 [LIVE] ICC Champions Trophy Cricket South Africa v New Zealand. Coverage of the second semi-final from Gaddafi Stadium in Lahore. South Africa finished top of Group B ahead of Australia after winning two of their three group matches, with the other being abandoned due to rain.

5.30pm Sports Centre. The day's headlines.

7.00 [LIVE] WSL Chelsea v Leicester City (kick-off 7.30pm). Coverage of the Women's Super League match from Kingsmeadow, as the hosts look for three more important points in their quest for another title. The reverse fixture back in December saw Chelsea drop their first points of the season, as they needed a 77th-minute equaliser from Wieke Kaptein to secure a 1-1 draw at King Power Stadium.

10.00 Natasha Jonas: Off Limits. Documentary.

10.30 [LIVE] Tennis The Indian Wells Open.

2.00-6.00am [LIVE] Tennis The Indian Wells Open.

SKY SPORTS CRICKET

6.00am Best of ICC WT20. Highlights. **6.30** ICC Champions Trophy Cricket. Highlights.

8.30 [LIVE] ICC Champions Trophy Cricket South Africa v New Zealand. rage of the second semi-final from Gaddafi Stadium in Lahore.

5.30pm Best of ICC WT20 **6.00** ICC Champions Trophy Cricket **10.00** IPL **11.00** ICC Champions Trophy Cricket **1.00am** WPL **4.40** Best of Sky Cricket **4.50** Ashes Greats **5.00-6.00am** IPL

SKY SPORTS FOOTBALL

6.00am Championship Retro **8.45** EFL Greatest Games **10.00** EFL Cup Highlights **11.00** SPFL Special: Celtic's Invincibles **12.00noon** EFL **2.00** Bundesliga Highlights Show **3.00** EFL Highlights **4.15** Scottish Premiership **4.30** SPFL **5.00** WSL **5.30** EFL Highlights **6.30** WSL

7.00 [LIVE] WSL Chelsea v Leicester City (kick-off 7.30pm). Coverage of the Women's Super League match from Kingsmeadow.

10.00 EFL Greatest Games **10.10** EFL Greatest Games **10.20** EFL Greatest Games **10.30** EFL Highlights **10.45** EFL Highlights **11.00** EFL Highlights **12.00m't** WSL **12.30** EFL **1.30** EFL Play-off Final League 1 **15/16** **2.30** EFL Play-off Final League 2 **15/16** **3.30** EFL **3.45** EFL Greatest Games **4.00-6.00am** EFL Cup Retro

SKY SPORTS GOLF

6.00am LPGA Tour Golf **11.00** Ladies European Tour Golf **12.00noon** On the Road **1.00** TGL **3.00** Ladies European Tour Golf **4.00** On the Road with Iona Stephen **5.00** PGA Tour Golf

6.00 PGA Tour **6.30** Golf's Greatest Holes **7.00** TGL **9.00** On the Road with Iona Stephen **10.00** The Players Championship **10.30** Golf's Greatest Holes **11.00** PGA Tour Golf

12.00m't DP World Tour Golf **12.30** PGA Tour **1.00** LPGA Tour Golf **2.00-6.00am** PGA Tour Golf

TNT SPORTS 1

6.30am [LIVE] Snooker World Grand Prix Coverage from the third session of the first round.

9.00 Premier League Stories **9.30** Crouchy and Cole **10.00** Superbike Rewind **10.15** MotoGP Rewind **10.30** Women's Cycling Pro Series **11.30** Men's Cycling Pro Series

1.30pm [LIVE] Men's Cycling Pro Series The Laigueglia Trophy. Coverage of the one-day race.

3.30 MotoGP **4.30** MotoGP Chequered Flag **5.30** Superbike Rewind **5.45** Serie A – Full Impact

6.15 Under the Lights **6.30** What I Wore

7.00 [LIVE] UEFA Champions League Paris Saint-Germain v Liverpool (kick-off 8.00pm). Coverage of the last-16 first-leg match.

10.30 UEFA Champions League Highlights **11.30** Snooker World Grand Prix **1.30am** MotoGP

2.30 [LIVE] NBA Coverage of Milwaukee Bucks v Dallas Mavericks (Tip-off 2.30am).

5.00 Discovery Golf **5.30** MotoGP Rewind **5.45-6.00am** TNT Sports Reload

TNT SPORTS 2

9.00am TNT Sports Cricket Reload **9.15** Isuzu A-League Highlights **9.45** Ninja A-League Women Highlights **10.15** Women's One-Day International Cricket **11.15** MotoGP Rewind

11.30 [LIVE] Snooker World Grand Prix Coverage from the fourth session of the first round of the tournament, which takes place in Hong Kong.

3.30pm UEFA Europa League & Conference League Magazine. Highlights. **4.30** UEFA Champions League Highlights Show

5.00 [LIVE] UEFA Champions League Feyenoord v Inter Milan (kick-off 5.45pm).

8.00 [LIVE] UEFA Champions League Bayern Munich v Bayer Leverkusen (kick-off 8.00pm). Coverage of the last-16 first-leg match.

10.00 MotoGP Highlights **11.00** Fight Week **11.45** UFC Countdown **12.45am** TNT Sports Reload

1.00 Fishing: On the Bank **2.00** Men's Cycling Pro Series **3.00** Women's One-Day International Cricket **4.00** MotoGP Highlights

5.00-9.00am [LIVE] Snooker World Grand Prix Coverage from the first session of the second round of the tournament, which takes place at Kai Tak Sports Park in Hong Kong.

BEST OF THE REST – LIVE SPORT

7.00pm-6.00am [LIVE] Tennis The Indian Wells Open. Coverage of day one of the WTA 1000 and ATP 1000 event. (Sky Sports +)

Entertainment & Factual

BBC THREE Freeview 23

7.00pm Zen Motoring **7.15** Top Gear **8.15** The Catch Up **8.20** Ghosts US **9.00** Zara McDermott: Disordered Eating **10.00** Disclosure: Kids on the Psychiatric Ward **11.00** Normal People **12.00m't** Boot Dreams: Now or Never **1.00** Top Gear **2.00** Disclosure: Kids on the Psychiatric Ward **3.00-4.00am** Boot Dreams: Now or Never

BBC FOUR Freeview 9

7.00pm Climbing Great Buildings **7.30** Who Do You Think You Are? USA **8.00** Himalaya with Michael Palin **9.00** Being Bridget Jones **10.00** The Ruth Ellis Files: A Very British Crime Story **11.00** Fairies – Play of the Week **12.05am** Monitor **12.50** Climbing Great Buildings **1.20** Who Do You Think You Are? USA **1.50** Lee Miller: A Life on the Front Line **2.50-3.50am** Himalaya with Michael Palin

5USA Freeview 21

9.00am NCIS **9.55** Entertainment News on 5 **10.00** NCIS **12.00noon** Law & Order **12.55** Entertainment News on 5 **1.00** Law & Order **6.00** NCIS **9.00** Criminal Minds **11.00** Law & Order: Special Victims Unit **2.50am** The Good Wife **3.35-4.00am** Car Pound Cops

ITV3 Freeview 10

6.00am Classic Emmerdale **7.00** Classic Coronation Street **8.10** Inspector Morse **10.35** The Royal **11.40** Heartbeat **1.40pm** Classic Emmerdale **2.40** Classic Coronation Street **3.40** Inspector Morse. Drama. **5.55** Heartbeat **8.00** Grace **10.00** Endeavour **12.00m't** Trial & Retribution **1.15** Never the Twain **1.45-2.30am** Unwind with ITV

ITV4 Freeview 26

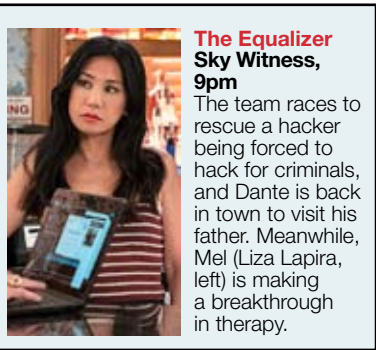
6.00am Minder **7.00** The Sweeney **8.00** Robin of Sherwood **9.15** Magnum, PI **10.15** Kojak **11.20** BattleBots **12.30pm** Robin of Sherwood **1.35** Magnum, PI **2.40** Kojak **3.45** Minder **4.50** The Sweeney **6.00** Beat the Chasers **7.00** The Motorbike Show **8.00** British Rally Championship **9.00** [FILM] Live and Let Die (1973/PG) ★★★★★ **11.40** All Elite Wrestling: Collision **1.35am** Dark Side of the Ring **2.25-3.00am** Unwind with ITV

REALLY Freeview 17

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Salvage Hunters **10.00** Money for Nothing **12.00noon** Escape to the Country **2.00** Antiques Road Trip **5.00** The Yorkshire Auction House **7.00** Antiques Road Trip **9.00** Body Bizarre **11.00** Dr Pimple Popper **12.00m't** Help! My House Is Haunted **2.00** Teleshopping **4.00-6.00am** Salvage Hunters

SKY ARTS Freeview 36

6.00am George Balanchine's The Nutcracker **7.50** Watercolour Challenge **8.50** Tales of the Unexpected **9.55** Alfred Hitchcock Presents **11.00** Discovering: Charles Bronson **12.00noon** Watercolour Challenge **1.00** Tales of the Unexpected **2.00** Charles Hazlewood: Beethoven & Me **3.00** Discovering: Peter O'Toole **4.00** Portrait Artist of the Year 2021 **5.00** Tales of the Unexpected **6.00** Artist of the Year: Masterclass **7.00** The Alfred Hitchcock Hour **8.00** Landscape Artist of the Year **9.00** Artist of the Year: Masterclass **10.00** Bill Bailey's



The Equalizer Sky Witness, 9pm

The team races to rescue a hacker being forced to hack for criminals, and Dante is back in town to visit his father. Meanwhile, Mel (Liza Lapira, left) is making a breakthrough in therapy.

Master Crafters: The Next Generation **11.00** Guy Garvey: From the Vaults **12.00m't** Classic Albums **1.00** Bowie: The Man Who Changed the World **3.00** David Bowie and Marc Bolan: Urban Myths **3.30** Mick Jagger and Princess Margaret: Urban Myths **4.00** Skinner & Mina's Literary Road Trip: Pope & Swift **5.00-6.00am** Auction

U&GOLD

7.05am Last of the Summer Wine **8.25** The Green Green Grass **9.00** On the Up **9.40** Are You Being Served? **10.20** Still Open All Hours **11.00** Last of the Summer Wine **12.20pm** The Green Green Grass **1.00** On the Up **1.40** Dad's Army **2.20** Still Open All Hours **3.00** Are You Being Served? **3.40** Last of the Summer Wine **5.00** On the Up **5.40** The Green Green Grass **6.20** Are You Being Served? **7.00** Still Open All Hours **7.40** Dad's Army **9.00** Gavin & Stacey **10.20** The Fast Show **11.00** Bottom **11.40** Inside No 9 **12.20am** Here We Go **1.00** Gavin & Stacey **1.35** The Fast Show **2.20** Bottom **2.55** Inside No 9 **3.25-4.00am** Alma's Not Normal

U&YESTERDAY Freeview 27

6.10am Antiques Roadshow **8.00** World War Weird **9.00** WW2 – Battles for Europe **10.00** Secrets of the London Underground **12.00noon** Mediterranean with Simon Reeve **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** World War Weird **5.00** WW2 – Battles for Europe **6.00** Antiques Roadshow **7.00** The Boat That Guy Built **8.00** Great Coastal Railway Journeys **9.00** Great Canal Journeys **10.00** Bangers & Cash **11.00** Find It, Fix It, Flog It **12.00m't** Mediterranean with Simon Reeve **1.00-3.00am** The Architecture of the Railways Built

U&ALIBI

7.15am Murdoch Mysteries **9.00** Father Brown **10.00** The Doctor Blake Mysteries **11.00** Hudson & Rex **12.00noon** The Mentalist **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** The Doctor Blake Mysteries **5.00** Hudson & Rex **6.00** Father Brown **7.00** The Mentalist **8.00** White Collar **9.00 [NEW]** Miss Scarlet **10.00** Death in Paradise **11.00** The Mentalist **12.00m't** White Collar **1.00** Elementary **1.55** So Help Me Todd **2.50-4.00am** Murdoch Mysteries

SKY MAX

6.00am Hawaii Five-0 **8.00** The Flash **9.00** Stargate SG-1 **11.00** Supergirl **12.00noon** The Flash **1.00** Hawaii Five-0 **3.00** NCIS: Los Angeles **4.00** Magnum P.I. **5.00** Supergirl **6.00**

Radio

CHOICE

Drama: Shandyland Radio 4, 2.15pm

Siobhan Finneran, Sophie Cox and Pearce Qui star in Gareth Farr's drama. From the moment she was born on Christmas Eve 2002, Amy's fate is inextricably linked with that of the local pub her family owns. As she grows, the cracks break wide open and the foundations of the pub start to shake.

BBC RADIO 4

FM 92.4-94.6MHz 6.00am Today **9.00** More or Less **9.30** Word of God **10.00** Woman's Hour **11.00** File on 4 Investigates **11.45** Book of the Week: My Dear Kabul by Writers in the Paranda Group **12.00noon** News **12.04** You and Yours **12.57** Weather **1.00** The World at One **1.45** Assume Nothing: Killer Dust **2.00** The Archers **2.15** Drama: Shandyland **3.00** The Law Show **3.30** Staying Cool **4.00** The Media Show **5.00** PM **5.57** Weather **6.00** News **6.30** Alexei Sayle's Imaginary Sandwich Bar **7.00** The Archers **7.15** Front Row **8.00** The Moral Maze **9.00** The Life Scientific. Doynne Farmer talks to Jim Al-Khalili about making sense of chaos. **9.30** Inside Health **10.00** The World Tonight **10.45** The Jura Affair **11.00** Bunk Bed **11.15** Jamie MacDonald: Life on the Blink **11.30** Today in Parliament **12.00m't** News **12.30** Book of the Week: My Dear Kabul by Writers in

BBC RADIO 1

97.6-99.8MHz 6.58am Newsbeat **7.00** Radio 1 Breakfast with Greg James **10.30** Newsbeat **10.33** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Jerry and Emil : The Relatable Game **3.30** Newsbeat **3.33** Going Home with Vick, Katie and Jamie on Radio 1 **5.45** Newsbeat **6.00** Radio 1's New Music Show with Jack Saunders **8.00** Radio 1's Future Pop with Jodie Bryant **10.00** Radio 1's Power Down Playlist with Sian Eleri **11.00** Benji B **1.00am** Radio 1 Dance Presents **2.00** Radio 1 Anthems **4.00** Radio 1 Pop Anthems **5.00-6.58am** Radio 1 Early Breakfast

BBC RADIO 2

88-91MHz 6.30am The Scott Mills Breakfast Show **9.30** Vernon Kay **12.00noon** Jeremy Vine **2.00** Trevor Nelson **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whaley's Shiny Happy Playlist **7.30** Jo Whaley **9.00** The Folk Show with Mark Radcliffe **10.00** The Good Groove with DJ Spoony **12.00m't** OJ Borg **3.00** Sounds of the 90s with Fearnie Cotton **4.00-6.30am** Jason Mohammad

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.30** Essential Classics **1.00pm** Classical Live **3.00** Choral Evensong **4.00** Composer of the Week: Ravel **5.00** In Tune **7.00** Classical Mixtape **7.30** Radio 3 in Concert **9.45** The Essay: Women at the Keyboard **10.00** Night Tracks **11.30** 'Round Midnight **12.30-6.30am** Through the Night

Stargate SG-1 **8.00** An Idiot Abroad **9.00** Rob Beckett's Smart TV **9.50** Hacks **11.10** Strike Back: Vengeance **12.10am** The Force: Manchester **1.10** Road Wars **3.10** NCIS: Los Angeles **4.05** Magnum P.I. **5.00-6.00am** Highway Patrol

SKY ATLANTIC

6.00am Urban Secrets **8.00** True Blood **10.00** Six Feet Under **12.20pm** Game of Thrones **1.25** Big Love **3.35** True Blood **5.40** Six Feet Under **7.50** Game of Thrones **9.00** The White Lotus **10.10** Homicide: Life on the Street **11.10** Gangs of London **12.10am** Succession **2.35** Band of Brothers **3.55** Game of Thrones **5.00-6.00am** The Guest Wing

SKY WITNESS

6.00am Stop, Search, Seize **7.00** Motorway Patrol **8.00** Border Patrol **9.00** Border Security USA **10.00** Border Security: America's Front Line **11.00** New Amsterdam **12.00noon** The Good Doctor **1.00** The Cleaning Lady **2.00** Chicago Fire **3.00** Stop, Search, Seize **4.00** Nothing to Declare **8.00** Matlock **9.00** The Equalizer **10.00** Elsbeth **11.00** The Rookie **12.00m't** Law & Order: Organized Crime **1.00** FBI: Most Wanted **2.00** The Good Doctor **3.00** The Rookie: Feds **4.00** Highway Patrol **5.00-6.00am** Road Wars

SKY COMEDY

8.00am Avenue 5 **9.10** The Connors **10.10** Vice Principals **11.25** Eastbound & Down **12.35pm** Curb Your Enthusiasm **1.55** Vice Principals **3.10** Eastbound & Down **4.25** Avenue 5 **5.40** The Office (US) **6.40** The Connors **7.40** Curb Your Enthusiasm **9.00** Entourage: double bill **10.05** Micky Flanagan – An' Another Fing Live. A stand-up show recorded at London's O2 Arena. **11.50** The Tonight Show Starring Jimmy Fallon **12.50am** Sex and the City **2.20** Mr Mayor **3.15** Eastbound & Down **4.25-5.00am** Avenue 5

DISCOVERY

6.00am How It's Made: Dream Cars **7.00** Building Off the Grid **9.00** Bitchin' Rides **11.00** Wheeler Dealers **1.00pm** Alaska: Homestead Rescue **3.00** Gold Rush: Parker's Trail **5.00** Deadliest Catch **6.00** Wheeler Dealers **7.00** Salvage Hunters **8.00** Kindig Customs **9.00** Gold Divers **10.00** America's Backyard Gold **12.00m't** Street Outlaws: Memphis **1.00** Gold Divers **2.00** America's Backyard Gold **3.00** Texas Metal **4.00-5.00am** Moonshiners

NATIONAL GEOGRAPHIC

8.00am Food Factory **9.00** Air Crash Investigation: Special Report **10.00** World War II: Secrets from Above **11.00** Nazi Megastructures: Battle Ready **12.00noon** Car S.O.S **1.00** Colossal Machines **2.00** Air Crash Investigation **3.00** Hurricane Apocalypse: Drain the Oceans **4.00** Nazi Megastructures **5.00** Car S.O.S **7.00** Air Crash Investigation **8.00** Titanic: Case Closed. Tim Malton explains his theory about the cruise liner's demise. **10.00** No Taste Like Home with Antoni Porowski. Antoni helps Aekwafina to reconnect with her mother's Korean heritage. **11.00** Air Crash Investigation **1.00am** Mysterious Islands **2.00** Made in a Day **2.30** Abandoned **3.20** Food Factory **4.10-5.00am** Trials of the Wild

Movies

FILM4

11.00am The Colditz Story (1954/U) Second World War drama, with John Mills. ★★★★★

1.00pm The Cockleshell Heroes (1955/U) Drama, with Jose Ferrer. ★★★★★

3.00 Comanche Station (1960/PG) Western, starring Randolph Scott. ★★★★★

4.35 Jubal (1956/PG) Western, starring Glenn Ford and Ernest Borgnine. ★★★★★

6.40 Jumanji: Welcome to the Jungle (2017/12) Fantasy action comedy, starring Dwayne Johnson and Karen Gillan. ★★★★★

9.00 Nightmare Alley (2021/15) A manipulative carnival worker joins forces with a female psychiatrist who is even more dangerous than he is. Thriller, with Bradley Cooper. ★★★★★

11.55 Ready or Not (2019/18) Comedy horror, starring Samara Weaving. ★★★★★

1.45-3.55am The Oath (2016/15) Icelandic thriller, starring Baltasar Kormakur. ★★★

SKY CINEMA PREMIERE

6.50am Rob Peace (2024/15) Drama, starring Jay Will and Chiwetel Ejiofor. ★★★★★

8.55 Thelma (2024/12) See 6.15pm. ★★★★★

10.40 Black Dog (2024/12) See 9.45pm. ★★★

12.40pm Fight or Flight (2022/15) Action thriller, starring Josh Hartnett. ★★★

2.30 The Bikeriders (2023/15) Drama, starring Tom Hardy and Jodie Comer. ★★★★★

4.30 The Garfield Movie (2024/U) Animated adventure, featuring the voices of Chris Pratt and Samuel L Jackson. ★★★★★

6.15 Thelma (2024/12) Comedy, starring June Squibb and Fred Hechinger. ★★★★★

8.00 Fight or Flight (2024/15) Action thriller, starring Josh Hartnett. ★★★

9.45 Black Dog (2024/12) Drama, starring Eddie Peng and Tong Liya. ★★★★★

11.45 MaXXXine (2024/18) Thriller, starring Mia Goth and Lily Collins. ★★★★★

1.35am A Place Called Silence (2024/15) Thriller, starring Eric Wang. ★★★

3.45 Fight or Flight (2024/15) See 8.00pm. ★★★★★

5.30-7.25am The Line (2023/15) Drama, starring Alex Wolff and Lewis Pullman. ★★★

SKY CINEMA DRAMA

6.15pm Lady Bird (2017/15) Comedy, with Saoirse Ronan and Laurie Metcalf. ★★★★★

8.00 One Life (2023/12) Months before the Second World War, a London stockbroker attempts to rescue children from Nazi-occupied Czechoslovakia. Drama, starring Anthony Hopkins. ★★★★★

10.00 She Came To Me (2023/15) Comedy, with Anne Hathaway. ★★★

11.50 Miranda's Victim (2023/15) Drama, with Emily VanCamp and Abigail Breslin. ★★★★★

2.05am The Man with the Answers (2021/12) Drama, with Vasilis Magoulitis. ★★★★★

3.40 The Shamrock Spitfire (2024/12) Drama, with Shane O'Regan. ★★★

5.40-7.25am Drift (2023/15) Drama, with Cynthia Erivo and Alia Shawkat. ★★★★★

SKY CINEMA KIDS BOOKS

4.00pm The BFG (2016/PG) Fantasy adventure, starring Mark Rylance. ★★★★★

6.00 The NeverEnding Story (1984/U) Fantasy adventure, starring Barret Oliver. ★★★★★

7.50 Angus, Thongs and Perfect Snogging (2008/12) Comedy drama, starring Georgia Groome and Alan Davies. ★★★★★

9.45 The Portable Door (2023/PG) Fantasy adventure, starring Christoph Waltz. ★★★★★

11.55 Bicentennial Man (1999/PG) Sci-fi drama, starring Robin Williams. ★★

2.15am Harriet the Spy (1984/U) Family comedy, starring Michelle Trachtenberg and Vanessa Lee Chester. ★★★★★

4.05-6.00am The Tiger Rising (2022/PG) Family drama, starring Dennis Quaid. ★★★

TALKING PICTURES TV

4.35pm The Life and Legend of Wyatt Earp

5.10 The Texan 1950s Western series.

5.45 Night Was Our Friend (1951/PG) Drama, starring Michael Gough. ★★

7.00 Z Cars Vintage police drama.

8.00 Manhunt Second World War drama.

9.05 Maigret The inspector sets a trap.

11.00 In Suspicious Circumstances

12.05am Maigret Drama.

1.10 Love, Cheat and Steal (1995/18) Thriller, starring John Lithgow. ★★

3.15 Port of New York (1949/PG) Drama, starring Yul Brynner and Scott Brady. ★★

4.55-5.30am Four Star Theatre

GREAT! MOVIES

5.00pm Lost Letter Mysteries: Lost Without You (2016/PG) Mystery, starring Eric Mabius and Kristin Booth. ★★

7.00 Sue Thomas: FBEye

9.00 Max Payne (2008/15) Action thriller, starring Mark Wahlberg and Mila Kunis. ★★★★★

11.10pm The Expatriate (2012/15) Action thriller, starring Aaron Eckhart. ★★★★★

1.25am Escape Plan: The Extractors (2019/15) Action thriller, starring Sylvester Stallone and Dave Bautista. ★★★★★

4.00-6.00am Nanny's Killer Scandal (2018/15) Thriller, starring AnaSofia Bianchi. ★★★★★

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JUST JANE



**JANE O'GORMAN SOLVES
YOUR PROBLEMS TODAY
... AND EVERY DAY**

Life is a perfect disaster

I LIKE everything to be perfect. Perfect home, perfect food, perfect appearance.

But I feel as though life is getting on top of me. As well as working hard and running a home, I deal with all sorts of family problems from my demanding parents and troubled sister.

Sometimes I'm still up at midnight ironing, cleaning and sorting out everyone else's issues.

I have a friend who lives by the coast. Occasionally I go and stay with her to clear my head but then I'm accused of being selfish and neglectful.

JANE SAYS: *Never let anyone tell you you're selfish.*

I understand your desire for everything to be perfect but we live in an imperfect world.

Frequently we must drop a few balls to survive.

You've got to start putting your needs first or you'll burn out. No one can keep up this level of work.

Speak to your GP and explain the stress you're under. But it's also up to you to start saying "no".

Level with your partner and family. Explain everything is about to change.

They may be strong willed and demanding but you must be stronger.

The Widow's Fire is burning inside

2 MONTHS SINCE MY WIFE DIED

THEY'RE saying it's too soon for me to love again.

But I'm burning with "Widow's Fire". I'm so sexually frustrated and ready for action I could burst.

My wife died a couple of months ago, but we'd been sleeping in separate beds for two years.

I did my duty and nursed her, but she and I both agreed that our marriage effectively ended back in December 2023 when she admitted that she'd never stopped loving her first boyfriend and only married me to please her controlling parents.

Her final days were hell, but I stood by her and gave her a good send off. Now I'm ready to get on with my life, yet too many voices are screaming in my ear. My sisters say they'll never speak to me again if I join hook-up apps.

Older relatives are telling me that I can't date again for a year "out of respect". Even my mates are urging me to "cool it".

But why should I? My bed has been cold for too long, now I'm ready for some heat.

I'm a fit bloke. I can't stop fantasising about all the beautiful women out there.

If I'm honest there's already someone I fancy. She was my late wife's best friend. She came round to see me after the funeral,



Picture posed by models

MOVING ON: His wife died recently but he is ready to start living again with new love

and we spent some emotional hours remembering old times.

She likes me and I fancy her. I feel no guilt because my late wife said she wanted me to love again.

Only others aren't so accepting of my new situation. The other day my ex-mother-in-law accused me of being "selfish and inappropriate". Surely my new life is for living and embracing?

Why should I be made to feel guilty for having natural urges?

JANE SAYS: *You supported your late wife. You were there for her during the difficult times and she gave her blessing for you to love again.*

The fact that you've found companionship with her friend is wonderful.

As long as you're sure that your new friend is genuine and trustworthy and isn't after money or property and isn't taking advantage of you, then why shouldn't you dip your toe in the dating pond?

You mustn't feel guilty for moving on because none of us knows what lies around the corner. Keep talking to your family and friends and explain that this new relationship doesn't take anything away from your late wife's memory. Would they

rather that you were lost and lonely forever? I admit that your new relationship has developed very quickly. Who knows? It may not even go the distance, but at least you have love and company during these difficult days.

Check out Cruse Bereavement Care (cruse.org.uk) if you ever need support and encourage other family members to do the same. Make the point that you have no desire to hurt or insult anyone. We're all different and there's no right or wrong time to move on and love again.

Divided in half we fall

MY girlfriend is obsessed with equality.

Every bill is split 50/50. If we visit my parents one weekend, we must see hers the next, etc.

I live with my brother while she's in a flat share. Again, she demands I spend exactly half of my time in her bed but this doesn't suit me.

Her flat is noisy, and the shower is dodgy. We can't even have sex there because the walls are so thin.

I start work at 6am and my job is 15 miles from her place.

Staying with her is stressful and inconvenient yet she refuses to give an inch.

JANE SAYS: *Your girlfriend loves having you by her side but what about your mental and physical limits?*

She needs to hear that staying at her flat is messing with your head and your energy levels.

A new solution needs to be found. Is she willing to move to be nearer to you? Could you get somewhere different together?

Look at your options because this relationship is in danger of boiling over. What about give and take?



JANE'S FAB ADVICE LINES

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Turn your woman on

09057893406

Stressed out?

09057893407

Stay together

09057893408

Hate your body?

09057893409

Jealousy hell

WRITE to Just Jane, Daily Star, One Canada Square, London E14 5AP or email jane.o'gorman@dailystar.co.uk
Please note that Jane cannot respond to individual letters and not all problems will be published.

His woman has no time for me

MY new daughter-in-law can't stand the sight of me. The minute I arrive for a visit, she goes out. I'm left to walk the four dogs and tidy up, while my son plays video games.

She uses my presence as an excuse to do her own thing. That's not fair, is it? She clearly bad mouths me too because my son is very tight-lipped and guarded.

JANE SAYS: *Tell your son and daughter-in-law that an important conversation is overdue. They can't view you as some kind of willing workhorse.*

If you annoy her in some way, then she needs to spit it out. Equally, your son can't simply zone out, because he's not a toddler. Insist on a fresh start or would they prefer it if you didn't visit at all?

PHOTO CASEBOOK

SHE JUST WON'T LET GO

DAY 3

1 Jenny remembers how it was



2 Jenny feels sorry for Sarah



3



4



CONTINUES TOMORROW

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ARIES

March 21 to April 20

THERE'S an uplifting atmosphere in work. Exciting prospects are being discussed and this brings the potential for promotions. You aren't the only one who will benefit from new developments. It won't be difficult to keep your focus on the positives.

Call one of my dedicated astrologers on **0905 789 3801****



GEMINI

May 22 to June 21

YOU'RE experiencing a mix of hopefulness and the temptation to give up. The thought of working with a new team makes you anxious. Ignore this as by late afternoon you will wonder what you were so worried about.

Call one of my dedicated astrologers on **0905 789 3803****



LEO

July 24 to August 23

YOUR partner seems to be spending money too freely. You feel they are being lavish and wasteful but before you voice your concerns, take a moment to reflect. You might remember a time when you were careless with your cash but they stood by you.

Call one of my dedicated astrologers on **0905 789 3805****



TAURUS

April 21 to May 21

YOU are keen on the idea of organising your finances to give you long-term security. If you have been anticipating the repayment of a debt but wondering whether the borrower would keep their promise, expect to receive it soon.

Call one of my dedicated astrologers on **0905 789 3802****



CANCER

June 22 to July 23

KEEPING a cheerful outlook will draw wonderful opportunities to you. Creative and artistic pursuits will thrive especially when you are sharing these with friends. Your intuition and imagination are at their peak. You will also see financial gains soon.

Call one of my dedicated astrologers on **0905 789 3804****



VIRGO

August 24 to September 23

YOUR intuition is sharp and you can rely on your instincts. You can visualise the consequences of decisions and actions. Activities with people from different cultures will keep your mood bright and hopeful.

Call one of my dedicated astrologers on **0905 789 3806****

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LIBRA

September 24 to October 23

A NEW romance or friendship appears to hold a lot of promise. Although it doesn't seem to be a passionate love story, it will have the potential to boost your social life and gain you access to some of the most exciting events in your area.

Call one of my dedicated astrologers on **0905 789 3807****



SAGITTARIUS

November 23 to December 21

YOU are showing compassion and generosity to those around you. Your warm nature, charisma, and great sense of humour will attract people who share your values. With your lively wit, you have the ability to uplift others when they are feeling low.

Call one of my dedicated astrologers on **0905 789 3809****



AQUARIUS

January 21 to February 19

A NEW phase is starting to emerge. This will bring with it some exciting ideas. Your curiosity is also heightened and this could lead to opportunities like a new role in communications or the chance to pursue further education.

Call one of my dedicated astrologers on **0905 789 3811****



SCORPIO

October 24 to November 22

OBSTACLES that have been hindering your financial progress can now be cleared away. You can anticipate a brighter future ahead. Your income will gradually increase and thanks to your careful planning, expenses should stay relatively stable.

Call one of my dedicated astrologers on **0905 789 3808****



CAPRICORN

December 22 to January 20

FAMILY matters take centre stage. Get ready to devote more time and focus to this area. After giving it some thought, you will be fully supportive of decisions relating to home improvements, renovations or even relocating.

Call one of my dedicated astrologers on **0905 789 3810****



PISCES

February 20 to March 20

YOU've always been creative but turning a hobby into a job seems to be taking away some of the enjoyment you once found in it. At the same time, it's hard to resist the opportunity to earn some extra money through utilising your skills.

Call one of my dedicated astrologers on **0905 789 3812****

**Calls cost 80p per minute plus your telephone company's network access charge – maximum of five minutes duration. You must be over 18 and have the bill payer's permission. Service Provider: Spoke. Helpline: 0333 202 3390

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EXCLUSIVE

by JAMES MOORE

KIMBERLY Hart-Simpson will take part in the London Marathon – and says it has already transformed both her physical and mental health.

The ex-Corrie star, 37, who played Nicky Wheatley in the ITV soap, is training hard for the 26.2mile event in the capital on April 27.

She says: "I'm in the best possible physical shape that I've ever been in."

Kimberly is currently doing three runs a week, mixing up short and long runs, as well as two training sessions at home or in the gym for her muscle strength.

She says: "I've always been into fitness, but I didn't used to think running was for me."

"I remember I used to get on the treadmill and try and do 5k. Five minutes in, I'd feel I wasn't enjoying it."

"Sometimes treadmills are not inspiring, but for me, running outside, in nature, is."

"I only started running properly last summer, to train for a half marathon, which I did in October. Now I'm in the swing of training for the London Marathon. I'm using an app to plan my runs."

And Kimberly has seen multiple benefits from taking up the activity.

She says: "As I started running, I thought, 'This is amazing.' I started to feel the benefit, not knowing I'd have the love for the road. I had no idea."

"There have been physical and mental benefits. It's really changed my mental health. It's how euphoric you feel afterwards."

"On the road you've got no distractions, it's just you with a lovely podcast or a playlist. That's the one time there's nobody trying to ask something of you."

"I've significantly changed in body shape from this."

"I think that's quite noticeable online, a lot of people have commented on it."

"You do something new to your body and it reacts."

Taking up running has also helped Kim think differently about her nutrition.

She says: "It's getting me to think about what's important in general, not just for this marathon but even beyond that."

"I want to fuel myself better, and I've bought my first ever cookbook!" Kimberly's typi-

FIGHTING FIT: Hart-Simpson in training. Right, with Emma



cal diet now involves omelettes, chicken sausages with sweet potatoes or salmon with broccoli, carrots and spinach.

During long runs she will keep going with Jelly Babies and gels.

She adds: "I am not cutting out the things I enjoy. It's about getting the other things in my body as well."

Kimberly is running the London Marathon to raise funds for the British Heart Foundation, inspired by her older sister Emma's diagnosis with a heart condition called cardiomyopathy a few years ago.

It is a disease of the heart muscle which affects the organ's ability to pump blood round the body.

Emma, who works in the care sector, is now on medication.

Kimberly explains: "She was in hospital for a long time."

"And eventually they came to a diagnosis. But now she's living a full life, while maintaining everything she needs to do to keep her on track. She's found her rhythm with it."

The star hopes her new-found love of running will keep her own ticker in tip-top condition.

She says: "As you get older things change. I'm more aware of looking after myself."

When it comes to taking up running, she recommends getting a good pair of shoes and hitting the road with pals.

She adds: "It is daunting. I used to think, 'Why would you do that, it seems insane, that'll never be me,' but the fact that I'm doing it suggests an element of surprise."

"I didn't think it was possible."

Kimberly is running the London Marathon for the British Heart Foundation to raise money for lifesaving research. To sponsor her, visit bit.ly/kimberly-hart-simpson



WEIGHT LIFT: Brain

What's **GOOD** for you..

BRAIN TRAINER:

Exercise is not only good for your physical health, it could even boost your memory. Researchers at University College London found people who do more activity than usual end up performing better on recall tests the next day.

APPY-DAYS:

Runners can now get expert-based health advice on everything from hydration and nutrition from a new app called Race Ready, launched by the Matthew Good Foundation in association with World Athletics.



BEDTIME: Sleep

What's **BAD** for you..

KIP CRISIS:

Half of Brits keep waking up in the night, according to a new Kalms poll. Sleep expert and physiologist Dr Nerina Ramlakhan said: "Develop calming bedtime rituals, such as reading a book, taking a warm bath or practising relaxation techniques."

AI...EH? Brits are increasingly using AI like ChatGPT for health tips, according to research by Ocado and Holland & Barrett. But more than half of us feel overwhelmed by the often conflicting advice online.

PUZZLE FACTOR

ALPHAPUZZLE™



*HELPLINE: 0333 202 3390 (9AM – 5.30PM)
SERVICE PROVIDER: SPOKE

PATHFINDER

Beginning with the top highlighted letter, follow a continuous path to find 16 JOHNNY DEPP FILMS. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

R	A	L	O	N	D	L	A	A	C	R	Y	T	H	E
A	O	I	W	N	E	R	N	F	T	O	N	I	T	L
N	G	C	E	I	P	U	D	E	L	O	E	E	R	I
C	O	C	A	N	O	E	O	T	A	C	W	D	E	B
H	O	I	T	I	M	C	N	C	H	O	O	P	U	B
O	C	X	E	M	E	T	H	E	S	D	O	W	I	L
L	F	R	O	N	I	D	N	A	L	E	L	O	C	E
A	T	H	M	C	H	L	I	E	P	E	L	M	E	N
G	E	E	L	L	A	R	N	A	Y	H	O	I	N	D
A	V	S	N	I	G	N	D	R	A	D	N	E	I	I
S	D	A	L	O	E	I	L	O	E	O	I	S	F	N
N	O	B	R	C	D	H	T	A	F	W	W	T	N	G
N	I	E	A	S	W	A	I	D	E	S	R	E	E	V
D	N	R	O	I	C	R	R	S	P	E	C	N	A	E
S	A	H	S	S	S	D	B	E	R	O	C	D	L	R

	17		9		21		14				16			
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	11		4		8		9		17		26			
11	16	20	3		8	22	3	4	23	4	17	18		
	26				20		4		9		12			
16	17	13	13	4	3		1	4	15	22	4	18		
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14	15	16	17	18	19	20	21	22	23	24	25	26

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

EACH grid number in Alphapuzzle® 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 Time:** 22 minutes **Clue:** Respect shown by publication in tool.

EXTRA LETTER CLUES:
0905 817 2648*

Hear up to six Extra Letters. Deduct two minutes from today's Target Time for each clue letter heard.

Full Solution: 0907 181 2594*

*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for 6 extra clues to your mobile, text DSALPHA to 64343.

Texts cost £1 plus your standard network rate.

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YESTERDAY'S SOLUTION

Across: Escapism, Origin, Zombie, Feather, Smock, Lynx, Due (clue), Did, Mace, Medic, Teatime, Unjust, Rueful, Thickset.

Down: Squatter, Storm, Dowager, Prickle, Malt, Fanfare, Move, Demonic, Egghead, Issue, Narcotic.

SUDOKU

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

FILL the grid so that every column, row and 3x3 square includes all the digits from 1 to 9.

LEVEL: Difficult, 26 Mins

YESTERDAY'S SOLUTION

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

Extra clues: 0901 322 5606 *Calls cost 75p plus your telephone company's network access charge.

Today's Solution: 0907 181 2616 *Calls cost 80p per minute plus your telephone company's network access charge.

YESTERDAY'S SOLUTION

KRISS KROSS

R	O	A	D	S	I	D	E	Y	H	U
I	L			N	N			A	W	L
L		P	R	E	C	I	O	U	S	E
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A	I	D		T	P					
L				E	O	U	T	L	I	N
				S	N	A	N	N	Y	

Answers in tomorrow's **DAILY STAR**

TWO-WAY TEASER

CALL 0907 181 2623 FOR TODAY'S SOLUTION

*Calls cost 80p per minute plus your telephone company's network access charge.

TWO sets of clues but the answers are the same...

CRYPTIC CLUES ACROSS

- 7 Soldier finds location of hanger-on (8)
- 8 Dig quietly with a stick (4)
- 9 Somehow entrap a guardian (6)
- 10 Medic caught in entrance (6)
- 11 The Romans' champion (4)
- 12 Recall concerning affiliate (8)
- 14 Taken notes following new chants (8)
- 18 Not far from one argument (4)
- 20 Puts out, or in a trance (6)
- 22 Go off fellow and steer away (6)
- 23 Spoken of morality (4)
- 24 Fashionable to fold or raise (8)

DOWN

- 1 Friend and expert in building (6)
- 2 Fear boot being worn without socks (8)
- 3 Beer makes one resentful (6)
- 4 Models work, but not often (6)
- 5 The picture contains a long story (4)
- 6 Elk has right to be gloomy (6)
- 13 Church houses one member of the clergy (8)
- 15 Mother's character (6)

- 16 That woman got married to object to monk (6)
- 17 Failing to change sides (6)
- 19 Opposed to some poetry (6)
- 21 Sick, following pressure of medication (4)

QUICK CLUES ACROSS

- 7 Blood-sucker (8)
- 8 Poke (4)
- 9 Mother or father (6)
- 10 Medical practitioner (6)
- 11 Object of worship (4)
- 12 Bring to mind (8)
- 14 Grabbed (8)

- 18 Close, intimate (4)
- 20 Semi-conscious state (6)
- 22 Rot, decay (6)
- 23 Verbal (4)
- 24 Grow (8)

DOWN

- 1 Royal residence (6)
- 2 Without shoes or socks (8)
- 3 Sour, sharp (6)
- 4 Infrequently (6)
- 5 On a grand scale (4)
- 6 Sullen (6)
- 13 Government member (8)
- 15 Wildlife (6)
- 16 Recluse (6)
- 17 Flaw, imperfection (6)
- 19 Against (6)
- 21 Tablet (4)

	1		2		3		4		5		6	
7									8			
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14	15					16		17		18		19
20			21					22				
23						24						

ANSWERS IN TOMORROW'S PAPER

SUNDAY
TIMES
BESTSELLER

THE RADFORDS

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and proud of it'*

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PAPERBACK

THE SUNDAY TIMES BESTSELLER

THE RADFORDS MAKING LIFE COUNT

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Heart
Noel



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FAMILY
STORY IN
BRITAIN

AS SEEN
ON TV

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RECYCLING PAPER



Test your knowledge

1. Can paper be recycled for ever?
Yes ☐ No ☐
2. Does recycled paper need new fibres?
Yes ☐ No ☐
3. How much recovered paper do newspapers contain?
100% ☐ 49% ☐ 80.6% ☐
4. How is the raw material in your newspaper sourced?
Economically ☐ Responsibly ☐
5. What should you do with your newspapers?
Burn them ☐ Recycle them ☐

To find out more about recycling newspapers contact:
The Newsprint & Newspaper Industry Environmental Action Group (NNIEAG)
on 01793 889637 or www.nnieag.org.uk

Issued by the Newsprint & Newspaper Industry Environmental Action Group



Answers: 1. No - the fibres get worn out. 2. Yes - always. 3. 80.6% 4. Responsibly - both recovered fibres and virgin pulp. 5. Recycle them - of course! The more you do, the more we can increase our use of recovered material in your daily paper.

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11 FANTASTIC PAGES OF StarSport START WITH HORSERACING

Georges pool their resources

TOM GEORGE is preparing to welcome Cheltenham Festival hope Il Est Francois to his Gloucestershire base, as he dreams of watching his son Noel strike at the showpiece meeting with his pair of French raiders.

While many overseas contenders will set up base at the racecourse stables, Il Est Francois will have the advantage of some home comforts by residing at the George family's Down Farm.

Both Galileo – not to be confused with Aidan O'Brien's Derby hero – and Summerville Boy have struck at Prestbury Park's flagship event for George, but this time around the baton

■ by JASON HEAVEY has firmly passed to his son and his quest to break his own Festival duck.

Noel George and training partner Amanda Zetterholm have leading claims in the opening day Fred Winter with Stencil, but most eyes will be



focused on their King George runner-up who is likely to contest Thursday's Ryanair Chase.

"We're looking forward to seeing Il Est Francois here next week and it is a big team effort," said George Snr (above). "You can't get better than your son doing it and I get a bigger buzz out of him winning races than myself really."

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peternaughtontips

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Helpline: 0333 202 3390

LINGFIELD sky sports racing

GOING: STANDARD

JACKPOT AND PLACEPOT FIRST SIX RACES

1.40	APPRENTICE HANDICAP	Class 6 1m 4f (9 runners) £3,140
1 (7)	2-62 GREEN TEAM (32)(G)(P) Williams 6 10 2..... Warren Fentiman 68	
2 (8)	-334 CERULEAN SUMMER (15)(A) D Cunha 4 9 13..... D S O'Sullivan 67	
3 (9)	610/ DONALD LLEWELLYN (413)(D,A) G & J Moore 8 9 13..... Ashley Lewis (7) -	
4 (5)	-332 DAARIS (15)(A,G)(B) K Frost 6 9 12..... Alfie Redman (5) 66	
5 (3)	40-1 THURSDAY (46)(G) S Dow 5 9 12..... Oliver Carmichael (3) ★70	
6 (1)	154/ TARA ITI (419)(S) James Owen 7 9 8..... Mr Mason Paetel (5) -	
7 (2)	23-6 FULLFORWARD (51)(D,G,S) M Madgwick 5 9 3..... F Daly 69	
8 (4)	600 ABSTRACT (21)(CD,A)(P*) A Carroll 7 8 11..... M Slater (7) 58	
9 (6)	6-14 SHY NALA (21) G Margaron 4 8 10..... Lillie Dingle (7) 54	

LONG HANDICAP: Abstract 8-10, Shy Nala 8-9.
Star Betting: 9-4 Daaris, 3 Green Team, 5 Tara Iti, 11-2 Cerulean Summer, 8 Donald Llewellyn, 10 Fullforward, 20 others.
2024: Tortured Soul 4 9 10, Jack Doughty 13-8 Fav (A Carroll), drawn (5), 11 ran.

STARFORM: GREEN TEAM DANGER: Daaris

2.12	RESTRICTED MAIDEN STAKES (DIV 1)	Class 5 1m (9 runners) £3,942
1 (7)	TATMEEN(H*) L Dace 4 10 2..... J Haynes -	
2 (2)	0 SKIMMING ALONG (35) D Steele 4 9 12..... R Clutterbuck 52	
3 (9)	5-4 ABSOLUTELY NOT (13) A Watson 4 9 7..... Laura Coughlan (3) 49	
4 (4)	L-BANNAN (105) Williams 3 8 12..... C Bishop -	
5 (5)	L-SHABU SHABU (172) J Ferguson 3 8 12..... D Muscutt 40	
6 (2)	520 BIG SIP (145) A Balding 3 8 10..... O Murphy ★76	
7 (3)	5 BEINY THE BOUNCER (22) J Channon 3 8 12..... E Creatore ★66	
8 (8)	2 ILL GIVE IT A GO (21) James Owen 3 8 5..... S D Bowen 67	
9 (1)	FANTASMIC Jack Jones 3 8 3..... Jack Doughty (3) -	

Star Betting: 1-2 Big Sip, 7-2 I'll Give It A Go, 6 Absolutely Not, 14 Fantasmic, 33 Shabu Shabu, 50 others.
2024: Princess In Rome 3 8 7, Tyler Heard (3) 15-2 (M Bell), drawn (12), 12 ran.

STARFORM: BIG SIP DANGER: I'll Give It A Go

2.42	RESTRICTED MAIDEN STAKES (DIV 2)	Class 5 1m (8 runners) £3,942
1 (7)	MONTY BEAU H Palmer 4 10 2..... J Hart -	
2 (4)	0 GUINNESS LAD (21)(H) N Mulholland 5 9 12..... Millie Wonnacott (5) 45	
3 (1)	05- LIGHTENING MANN (22) J Channon 3 8 12..... E Creatore ★66	
4 (3)	1 RUPERT THE PRINCE (44) P Butler 3 8 12..... D Keenan -	
5 (6)	40 FRANCIS DRAKE (11)(T) S & E Crisford 3 8 10..... H Davies 55	
6 (8)	0-5 DIOS DE LA GUERRA (14) S Dow 3 8 8..... Josephine Gordon 61	
7 (5)	3 LUNANOVA (64)(H) A Perrett 3 8 5..... J Haynes 57	
8 (2)	00-SHARMA D'AMOUR (155) D Coakley 3 8 3..... T Heard 50	

Star Betting: 2 Lightening Mann, 3 Monty Beau, Lunanova, 6 Francis Drake, 7 Dios De La Guerra, 33 Sharma D'amour, 66 Rupert The Prince, Guinness Lad.
2024: No corresponding race.
STARFORM: LIGHTENING MANN DANGER: Francis Drake

3.12	30 IN FREE BETS WITH BETUK HANDICAP	Class 5 6f (5 runners) £3,716
1 (1)	412L ROSENPUR (9)(A)(H) J Candlish 5 9 9..... Warren Fentiman (7) ★77	
2 (2)	03-1 WATERMELON SUGAR (26)(CD2,D4,A,G,S) C Banham 6 9 8	
3 (3)	43-6 PROFIT AND LOSS (11)(D5,F,G)(T) G Baker 6 9 6..... T Marquand 76	
4 (5)	344 HARRY BROWN (17)(CD2,A,G)(B) P Crate 5 9 2..... S W Kelly 75	
5 (4)	L04- OKAMI (112)(C,D,A)(P) Mrs L Morgan 5 9 0..... R Havlin 72	

Star Betting: 11-10 Watermelon Sugar, 11-4 Harry Brown, 11-2 Rosenpur, 7 Profit And Loss, 10 Okami.
2024: No corresponding race.
STARFORM: PROFIT AND LOSS DANGER: Watermelon Sugar

YESTERDAY'S RESULTS

★ **IN-FORM Billy Loughnane rattled in another double at Newcastle yesterday, winning on Nivoko (10-3) for Michael Herrington and, in the following race, Buzz Box (2-1 fav) for Bryan Smart.**

NEWCASTLE

1.50: 1. MARKET HOUSE (S D Bowen 3-1); 2. Media Mogul (2-1 fav); 3. Letmeseeethcolts (11-2). hd, 3/4l. 6 ran. James Owen. Tote: £4.00; pl £2.00, £1.70. Exacta: £11.80. Trifecta: £35.00. CSF: £9.60.

2.22: 1. MANTON ROAD (L Morris 3-1 fav); 2. Bantz (5-1); 3. Harry Palmer (16-5). 7/4l. 5l. 10 ran. G Kellaway. Tote: £4.00; pl £1.50, £2.00, £1.50. Exacta: £15.10. Trifecta: £50.98. Trifecta: £69.60. CSF: £17.77.

2.52: 1. BERKSHIRE WHISPER (Jason Watson 3-1); 2. Rainbow Nebula (10-3); 3. Noble Victory (10-11 fav). 2/4l. nk. 4 ran. A Balding. Tote: £4.00;

Exacta: £11.70. Trifecta: £11.30. CSF: £12.40.

3.22: 1. NIKOVO (Billy Loughnane 10-3); 2. Enola Grey (11-1); 3. William Dewhurst (3-1). 5-2 fav Brewing. nk, 2l. 7 ran. M Herrington. Tote: £4.40; pl £2.20, £4.70. Exacta: £37.70. Trifecta: £131.80. CSF: £36.91.

3.52: 1. BUZZ BOX (Billy Loughnane 2-1 fav); 2. Monks Dream (5-2); 3. Glory Fighter (12-1). 1/4l. 2l. 8 ran. B Smart. Tote: £3.00; pl £1.10, £1.30, £2.90. Exacta: £9.30. Trifecta: £45.74. Trifecta: £52.70. CSF: £7.24.

4.22: 1. HARRY DID (Kaiya Fraser 2-1 fav); 2. Westmorian (13-2); 3. Roaring Ralph (9-2). 1/4l. 8 ran. Harry Eustace. Tote: £3.00; pl £1.10, £2.30, £1.70. Exacta: £16.50. Trifecta: £52.31. Trifecta: £72.40. CSF: £15.71.

4.52: 1. PALLAS LORD (C Rodriguez 4-1); 2. Odd Socks Havana (11-2); 3. Commander Crouch (9-2). 9-4 fav Wyvern. nk, nk. 7 ran. D Whillans. Tote: £5.10; pl £2.30, £2.30. Exacta: £26.10. Trifecta: £122.30. CSF: £25.75.

QUADPOT: £46.70
PLACEPOT: £101.50

MARKET RASEN

2.05: 1. FAIRLAWN FLYER (S Fenelon 5-1); 2. Concetto (3-1 fav); 3. Giovanni Change (13-2). 6l. 3/4l. 7 ran. P & M Bowen. Tote: £6.00; pl £2.50;

£2.00. Exacta: £21.30. Trifecta: £93.00. CSF: £20.58.

2.35: 1. WELLINGTON ARCH (Jonjo O'Neill Jr 2-15 fav); 2. Fidendum (10-1); 3. Indemnity (5-1). 2/4l. 4/4l. 7 ran. J & A O'Neill. Tote: £1.14; pl £1.10, £2.70. Exacta: £2.50. Trifecta: £4.40. CSF: £3.31.

3.05: 1. MOONSET (C O'Farrell 10-11 fav); 2. Hestdancing Spirit (20-1); 3. Mohawk Chief (7-2). nk, nk. 6 ran. N Mulholland. Tote: £1.91; pl £1.20, £6.50. Exacta: £16.90. Trifecta: £56.20. CSF: £19.56.

3.35: 1. AUTUMN RETURN (J Hamilton 16-1); 2. Jar Du Desert (9-2); 3. River Robe (14-1). 11-4 fav Hold Up La Colmine. 3l. 1/4l. 7 ran. Jeff Jefferson. Tote: £17.00; pl £5.80, £2.50. Exacta: £67.10. Trifecta: £438.00. CSF: £79.39.

4.05: 1. GLEN ROAD (P J Kavanagh 16-1); 2. Wa Wa (11-2); 3. Shengai Enki (13-2). 2-1 fav Nollardor. 3/4l. nk. 10 ran. J Parkinson & S Smith. Tote: £18.90; pl £3.70, £2.10, £1.70. Exacta: £157.80. Trifecta: £642.21. Trifecta: £967.50. CSF: £101.56. NR: Foreverwaking.

4.40: 1. HOMME D'UN SOIR (J Bowen 9-2); 2. Denemeth (9-4); 3. Rumoursareflying (13-8 fav). nk, 8l. 4 ran. Billy Abrahamian. Tote: £5.50; Exacta: £14.50. Trifecta: £22.60. CSF: £14.58. NR: Alto Alto.

5.15: 1. COURT CIAN (Murray Dodd 9-2); 2. Holokea (9-4 jfav); 3. Got Your Back (25-1). 9-4 jfav Jubilant. 3l. nk. 6 ran. S Edmunds. Tote: £6.00; pl £2.20, £1.50. Exacta: £15.60. Trifecta: £143.40. CSF: £15.15. NR: Coastal Rock.

QUADPOT: £1,295.90
PLACEPOT: £3,289.10

SOUTHWELL

4.30: 1. WEST TYRONE (T Eaves 15-8 fav); 2. Antiquity (3-1); 3. Crest Of Light (9-4). 1/4l. 3/4l. 8 ran. K Ryan. Tote: £2.88; pl £1.10, £1.30, £1.10. Exacta: £8.60. Trifecta: £12.41. Trifecta: £15.60. CSF: £7.79.

5.00: 1. SPEC OF LIGHT (Rossa Ryan 6-5 fav); 2. Appleblossomwhite (15-2); 3. Minelone (6-1). hd, ns. 8 ran. D Loughnane. Tote: £2.20; pl £1.10, £1.50, £1.80. Exacta: £9.00. Trifecta: £41.05. Trifecta: £48.90. CSF: £11.51.

5.30: 1. MASHAM MOOR (A Brookes 9-1); 2. Fifty Sent (7-1); 3. Mr Slicker (16-1). 4-1 jfav Alice's Impact, 4-1 jfav Aspire To Glory. ns, 1l. 12 ran. S G West. Tote: £10.00; pl £2.70, £2.60, £4.80. Exacta: £77.90. Trifecta: £807.00. CSF: £71.04.

6.00: 1. SHAW PARK (K O'Neill 9-2 jfav); 2. Rich Rhythm (9-2 jfav); 3. Alreet Cha (11-1). nk, nk. 12 ran. S Dixon. Tote: £6.00; pl £2.00, £1.90, £3.40. Exacta: £37.70. Trifecta: £222.07. Trifecta: £279.40. CSF: £25.47.

6.30: 1. WONDER (Dylan Hogan 11-10 fav); 2. Tradesman (7-1); 3. Vaguely Royal (13-2). hd, 8/4l. 3 ran. J Fanshawe. Tote: £1.77; Exacta: £3.00. Trifecta: £3.00. CSF: £2.89. NR: Haaland. Haaland! Rule 4 applies to All Bets, deduct 30p in the pound.

7.00: 1. BISS ATTITUDE (C Bishop 5-1); 2. Hiya Maite (10-3); 3. Existent (11-4 fav). nk, 1/4l. 7 ran. J Channon. Tote: £6.00; pl £2.80, £1.80. Exacta: £23.40. Trifecta: £69.50. CSF: £22.21.

7.30: 1. TURQUINO (C Hutchinson 11-10 fav); 2. De Ville (7-2); 3. Bajan Blue (3-1). 2/4l. 1/4l. 8 ran. A Balding. Tote: £2.10; pl £1.10, £1.30, £1.20. Exacta: £5.60. Trifecta: £18.50. CSF: £5.78.

8.00: 1. HIGH COURT JUDGE (H Crouch 7-2); 2. Detroit Lion (12-1); 3. Con Te Partiro (7-1). 13-8 fav Mr Nugget. 2/4l. ns. 8 ran. James Owen. Tote: £4.50; pl £1.20, £3.30, £2.20. Exacta: £51.00. Trifecta: £279.11. Trifecta: £306.40. CSF: £44.33.

8.30: 1. SPORTINGSILVERMINE (H Crouch 2-1); 2. Gozo (6-4 fav); 3. Aiming High (4-1). nk, nk. 7 ran. James Owen. Tote: £3.00; pl £1.50, £1.30. Exacta: £4.90. Trifecta: £9.39. Trifecta: £13.50. CSF: £5.30. NR: Cloudside Rock.

JACKPOT: £2,481.30
QUADPOT: £63.70
PLACEPOT: £63.70

TRACKFACTS (AW) Left-handed all-weather Polytrack of 1m 2f, 2f run-in. (Turf) Left-handed undulating course of 1m 4f, 3f run-in, races up to 7f are run on the straight course. Stalls today 5f & 1m Outside; Remainder Inside.

TOP TRAINERS (with runners) A Balding 62 winners, (20.3% strike rate), +£54.66, A Carroll 61, (10.9%), -£104.58, A Watson 50, (17.6%), -£38.17, G & J Moore 49, (12.4%), -£121.18, W Haggas 42, (24.6%), -£47.78, S & E Crisford 40, (27.2%), +£13.45.

TOP JOCKEYS (with mounts) Jack Mitchell 69 winners, (18.4% strike rate), -£3.48, Robert Havlin 59, (15.9%), -£14.25, Oisin Murphy 54, (20.9%), +£1.20, Daniel Muscutt 51, (11.9%), -£1.00, Tom Marquand 48, (15.0%), +£17.67.

4.42	HANDICAP	Class 5 5f (8 runners) £3,716
1 (6)	L-62 ECCLESIASTICAL (9)(D6,A,G,S) T Davidson 8 9 9..... J Hart ★80	
2 (7)	6131 COOLAGH MAGIC (17)(CD2,C3,D,A)(T,V) A Carson 9 9 6..... Jack Doughty (3) 76	

3 (4)	-436 HARB (17)(CD2,D2,A,G,S) P Crate 6 9 6..... S W Kelly 78	
4 (5)	3-25 RECON MISSION (26)(CD,D3,A,G,S) A Carroll 9 9 5..... C Bishop 79	
5 (3)	L-14 MICK'S SPIRIT (17)(CD7,D,A)(V) C Allen 7 9 5..... D Keenan 76	
6 (2)	34L ZOLA POWER (160)(D,A)(T) R Cowell 4 9 5..... Billy Loughnane 34	
7 (8)	2501 THE DEFANT (2)(CD3,D7,A,G)(P,T) L Dace 9 9 3(4ex)..... Ashley Lewis (7) 75	
8 (1)	01-4 UNAVAILABLE (31)(CD,C2,A)(P,T) C Banham 4 8 10..... J Haynes 77	

Star Betting: 2 Coolagh Magic, 5-2 Ecclesiastical, 8 Unavailable, Recon Mission, Harb, 10 Mick's Spirit, 14 The Defiant, 16 Zola Power.

2024: No corresponding race.
STARFORM: MICK'S SPIRIT DANGER: Coolagh Magic

5.17	HANDICAP	Class 6 3YO 1m 2f (8 runners) £3,140
1 (2)	6501 SONIC PIONEER (9)(A) Jack Morland 10 1(6ex)..... D Muscutt 62	
2 (5)	060 CURRAHEE (125) S Pearce 9 7..... Kaiya Fraser (3) 63	
3 (6)	-344 FLAINE (9)(A)(P,T) D Loughnane 9 5..... C Planas (3) 66	
4 (3)	0L-2 ALL COST (21)(BF)(P) Martin Dunne 9 5..... D Keenan 64	
5 (1)	L-05 ITSGOTTOTEBUFN (16)(P) J S Moore 9 4..... C Bishop 64	
6 (8)	-212 BACKER BILK (9)(CD,A) J S Best 9 4..... Billy Loughnane ★67	
7 (4)	-310 PERFECT PAROLE (21)(A)(T) T Ward 8 13..... T Marquand 65	
8 (7)	-505 LEADING STAR GIRL (21) M Usher 8 9..... Alicia Perkins (7) 61	

Star Betting: 9-4 Sonic Pioneer, 5-2 Backer Bilk, 3 All Cost, 8 Perfect Parole, 12 Currahee, 16 Flaime, 20 Itsgottotefun, 33 Leading Star Girl.
2024: Mamalouka 8 12, Kieran Shoemark 7-1 (Miss A Murphy), drawn (5), 7 ran.

STARFORM: BACKER BILK DANGER: Perfect Parole

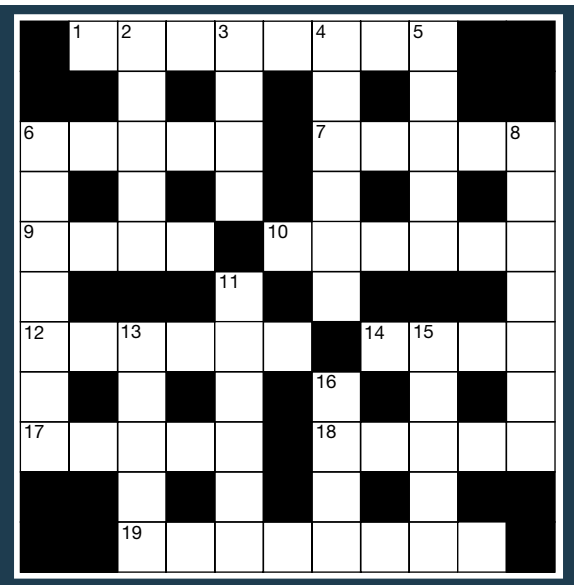
KEY TO THE CARDS: our racecards are designed to give you a better, easier to understand guide to the runners. Brackets after the racecard number indicate the draw in Flat races. In the form figures, an 'L' indicates the horse finished in last place and a # indicates Bumper form. Figures in brackets after each horse's name indicate the number of days since the horse last ran. (C) indicates a course winner, (D) indicates a winner over the same distance as today's race. (B) or (V) indicates that the horse wears blinkers or a visor. (T) indicates that the horse wears a tongue strap. * indicates if wearing blinkers or visor for first time. (P) indicates that the horse is wearing a Cheek Piece. (BF) stands for beaten favourite. (F) is winner on firm going. (G) on good going, (S) on soft going and (A) on the all weather. The figures in the last column after the jockey's name is an exclusive Clockform rating giving a guide to the horse's chance. The highest figure denotes the top rated, which is also pinpointed by a ★.

5 FOR FUN

- Which England Women pair made 128 and 126 respectively in the 1st innings of the Test against South Africa Women in Bloemfontein in 2024?
 - Who scored two tries for Leicester in the 2024-25 Investec Champions Cup home win over Sharks?
 - Which F1 team has Valterri Bottas rejoined as a reserve driver for 2025?
 - Who topped the 2024-25 EFL Championship on Christmas Day?
 - Which Charlie Hammond mount won the 2024 Welsh Grand National?
- ANSWERS: Page 45

SPORTWORD

- | ACROSS | DOWN |
|---|--|
| 1. Equestrian sport comprising cross-country, dressage and showjumping (8) | 2. See 14 Across. |
| 6 and 7 Across. Pakistan opener who made 131 in the 2nd innings of the 2nd Test against West Indies in Bridgetown in 2000 (5,5) | 3. Juventude, 2010-13 PSG, February-June, 2015 West Ham United and 2019-21 Fluminense midfielder (4) |
| 7. See 6 Across. | 4. UK runner; 1981 Berlin Marathon men's race winner (3,3) |
| 9 and 11 Down. New Zealand bowler who took 7-39 in the 1st Test against West Indies in Wellington in 2017 (4,6) | 5. Brad, Atlanta United, 2006-21 United States, 2008-16 Aston Villa and 2016-17 Middlesbrough goalkeeper (5) |
| 10. Jim, 2005-09, 2011-13 and 2016-21 Stockport County manager (6) | 6 and 16 Down. Italy and Benetton Rugby centre; 2021 Test debutant against France (7,4) |
| 12. Rafael, Real Salt Lake, 2012 Brazil and 2019-22 Reading goalkeeper (6) | 8. 1956-58 and 1961-63 Millwall manager (3,4) |
| 14 and 2 Down. 2016-24 Surrey bowler who took 8-61 and 6-78 against Notts in the 2019 County Championship at Trent Bridge (4,5) | 11. See 9 Across. |
| 17. Nick, 2006 Australian PGA Championship winner (5) | 13. 2024-25 Ligue 1 club coached by Eric Roy (5) |
| 18. Athletics race with baton exchanges (5) | 15. 2024 Allsvenskan champions; 1979 European Cup Final runners-up to Nottingham Forest (5) |
| 19. British Superbike Championship circuit in Hampshire (8) | 16. See 6 Down. |
- Call 0907 181 2622 for today's solution. Calls cost 80p per min plus your telephone company's network access charge. SP: Spoke, 0333 202 3390. Turn to Page 45 for yesterday's answers.



KEMPTON

Racing TV

TRACKFACTS Right-handed Polytrack all-weather course. 1m round with tight turns and a 3f run-in. Stalls today inside. **TOP TRAINERS** (with runners) A Balding 92 winners, (15.7% strike rate), -£49.80, R Varian 67, (23.3%), -£37.68, R Beckett 54, (17.9%), -£42.37, R Hannon 53, (10.5%), -£152.08. **TOP JOCKEYS** (with mounts) David Probert 94 winners, (12.3% strike rate), -£39.93, Rossa Ryan 73, (14.0%), -£97.46, Hollie Doyle 71, (12.8%), -£126.98.

4.22 RESTRICTED MAIDEN STAKES

Class 5 1m 4f (12 runners) £4,320

1 (6)	REGAL RIVER (J42) J Camacho 4 9 9.....	Jason Watson	—
2 (9)	6 BIG TAKE (16) H Palmer 3 8 6.....	S Osborne	51
3(10)	L GODSTONE (40) T Ward 3 8 6.....	H Doyle	12
4 (3)	0- JOHN T (84) J Portman 3 8 6.....	N Currie	41
5 (4)	6-2 NOBLEMAN (60)(BF) A Balding 3 8 6.....	H Turner	66
6 (2)	L THACAN (61) M Pattinson 3 8 4.....	Molly Gunn (7)	—
7 (12)	L JACK LANGLEY (21) S Dow 3 8 4.....	Anna Gibson (7)	—
8 (13)	233 ONE HORSE TOWN (7)(P) Harry Derham 3 8 4.....	K O'Neill	★73
9 (7)	ROMAN LANDINGS H Morrison 3 8 4.....	A Farragher	—
10(11)	ROMMIE THE MIRACLE C Johnston 3 8 3.....	A Mullen	—
11 (8)	0 GOOD SHOT (21) A Balding 3 8 2.....	Isabelle Chalmers (7)	46
12 (5)	3 LA TRINITE (44) M Murphy 3 8 2.....	L Morris	65

Star Betting: 7-4 One Horse Town, 7-2 Nobleman, 4 Rommie The Miracle, 8 Regal River, 12 La Trinite, Roman Landings, 6 Good Shot, 20 Big Take, Godstone, 50 others.

2024: Brodie's Boy 3 8 4, Kieran O'Neill 11-2 (F Brennan), drawn (10), 12 ran.

STARFORM: NOBLEMAN **DANGER:** Rommie The Miracle

4.55 UNIBET ZERO% MISSION HANDICAP

Class 5 3YO 6f (12 runners) £4,187

1(10)	320- BEAUTIFUL THINGS (133) M Attwater 9 9.....	P Bradley	75
2(12)	240 HORUS (4)(D,A) Michael Keady 9 9.....	Taryn Langley (7)	74
3 (4)	4-56 MACDONIAN (49) S & E Crisford 9 9.....	Liam Wright (5)	76
4 (7)	4-1 TOUGHLY (49)(D,A) Ollie Sangster 9 9.....	T Whelan	74
5 (3)	442- HANDLE WITH CARE (181) M Botti 9 8.....	H Doyle	69
6 (5)	5-15 BLUE ANTHEM (18)(BFA) G Boughy 9 7.....	B Sayette	75
7 (8)	LL0- THE FEMININE URGE (121)(D,G)(P) G Scott 9 7.....	C Shepherd	73
8 (4)	535- KODI FIRE (103) C Hills 9 7.....	Jason Watson	74
9 (6)	1-24 FORO ROMANO (34) M Botti 9 6.....	M Ghiani	74
10(11)	40-1 THE THAMES LADY (26)(D,A) R Hughes 9 5.....	F Marsh	74
11 (1)	0-1-3 EARLY RELEASE (17)(D,A) P Evans 9 3.....	Rossa Ryan	73
12 (9)	620 PRINANA RAMA (18)(D,A,G) P Evans 9 2.....	G Downing	★77

Star Betting: 7-2 The Thames Lady, 5 Toughly, 6 Macdonian, 7 Handle With Care, Blue Anthem, 8 Horus, 10 Early Release, 12 Kodi Fire, 14 others.

2024: No corresponding race.

STARFORM: TOUGHLY 7-1 (9-0) Tracked leaders out wide, led entering final furlong, ridden and ran on well, won at Southwell 6f (5) in Jan beating Star Zia (9-0) by 3/4l, 10 ran.

Blue Anthem 2-1fav (9-12) Prominent on inner, pushed along over 2f out, ridden over 1f out, soon no impression, weakened inside final furlong, 5th of 8, 7l behind Ventura Dream (9-6) at Southwell 1m 3yo hcp 0-65 (6) in Feb.

The Thames Lady 6-1 (9-7) Close 3rd out wide, went 2nd halfway, led turning in, clear over 1f out, ran on well, won at Lingfield 6f 3yo hcp 0-65 (6) pol in Feb beating Psychodrama (9-9) by 1l, 8 ran.

Macedonian 4-1 (9-7) Held up off the pace in last trio, pushed along over 2f out, not clear run and switched right inside final 2f, hung right then switched back left and plugged on inside final furlong, 6th of 9, 6l behind Coul Angel (9-7) at Kempton 6f nov stk (5) pol in Jan.

Handle With Care 11-4 (9-2) Tracked leaders, took keen hold, headway between horses over 2f out, soon driven, ran on well final furlong, claimed 2nd final strides, not reach winner, 2nd of 11, 3/4l behind Queue Dos (8-11) at Wolverhampton 6f 2yo mdn fl (5) in Sep.

STARFORM: TOUGHLY **DANGER:** Blue Anthem

CATTERICK

Racing TV

GOING: GOOD

PLACEPOT FIRST SIX RACES

TRACKFACTS A left-handed oval track of 1m 2f, eight fences per circuit and a run-in of about 280 yards. Races over 2m and 3m 330 yards start on a chute, a fence being jumped on the 2m course before joining the main course.

2.25 RACING TO SCHOOL CLAIMING HURDLE

Class 4 (8 flights) 2m (7 runners) £4,357

1	11F COLLINGHAM (27)(CD,D4,G,S) A Watson 7 12 0.....	Miss B Hampson (3)	118
2	1L46 MATCHLESS (36)(CD,D3,G,S)(P) J Candlish 7 12 0.....	Sean Quinlan	★121
3	02P3 HONNEUR D'AJONC (33)(G,S)(V) James Owen 8 11 12.....	C Pritchard	★119
4	68S- LAWMAINS BLIS (F30)(T) J Candlish 7 11 10.....	R Chapman	—
5	3-LP FUSAIN (22)(D,G)(T) P Neville 10 11 7.....	B Hughes	—
6	LLPL JAKE STEVENS (23)(B,T) P Neville 7 11 7.....	Lee Edwards	72
7	0LL5 SIMPLY RED (F8)(G,S)(P,T) B Ellison 7 11 3.....	William Maggs (5)	109

Star Betting: 2 Collingham, 5-2 Honneur D'AJonc, 11-4 Matchless, 7 Fusain, 12 Simply Red, 25 others.

2024: Believe Jack 7 11 7, Lewis Stones(3) 13-2 (O Murphy), 6 ran.

STARFORM: HONNEUR D'AJONC **DANGER:** Collingham

2.55 RACINGTV.COM MARES' NOVICES' HURDLE

Class 4 (8 flights) 2m (5 runners) £4,357

1	461 ASSORDA (47)(S)(T*) Paula Smith 5 11 7.....	Emma Smith-Chaston (3)	—
2	0-41 MAGICAL ANNIE (32)(D,S)(T) F O'Brien 6 11 7.....	K Woods	★121
3	0 CARRIGEEN ARDISIA (36) N Kent 5 11 0.....	C Hammond	—
4	14S3 UOKHUN (25)(T) T Eastery 7 11 0.....	J Hamilton	113
5	SHARONA (F487) J Bedi 4 10 4.....	N Mescrop	—

Star Betting: 5-6 Magical Annie, 3 Assorda, 9-2 Uokhun, 14 Sharona, 16 Carrigeen Ardisia.

2024: Sweet Fantasy 5 11 7, Mr Alex Chadwick(7) 3-1 (James Owen), 6 ran.

STARFORM: MAGICAL ANNIE **DANGER:** Assorda

3.25 HANDICAP CHASE

Class 5 (12 fences) 2m (4 runners) £4,225

1	2L53 BENY NAHAR ROAD (11)(H,T) H Hogarth 6 12 0.....	J Hamilton	107
2	U561 TREATY BOY (6)(CD,S)(T) W Colthard 6 11 7.....	S Withered	★108
3	0PFL MCGRATH FROM CLUNE (13)(H,R,T) T Grettton 6 11 6.....	D Noonan	95
4	3610 ENSDEL DU PERCHE (20)(CD,G,S) Mrs Stella Barclay 11 10 5.....	William Maggs (5)	106

Star Betting: 1-2 Treaty Boy, 11-4 Beny Nahar Road, 6 Ensdel Du Perche, 20 McGrath From Clune.

2024: Chase A Fortune 6 11 13, Tom Midgley(3) 5-2 (C Grant), 8 ran.

STARFORM: TREATY BOY **DANGER:** Ensdel Du Perche

WHO'S HOT, WHO'S NOT

TERRIFIC TRAINERS: (Most wins last 14 days) Harry Derham 8; James Owen 7; I Williams 5; A Balding 4; G & J Moore 4; J Channon 4; J Parkinson 3; S Smith 4; H Palmer 3; M Murphy 3; S & E Crisford 3; Alice Haynes 3.

SUFFERING STABLES: (Runners since last win) Paula Smith 87; M Pattinson 78; P Butler 44; N Kent 43; G Margaron 41; B Ellison 40; E Dunlop 34; D F Davis 34; N Sanderson 31; C Cox 25; S C Williams 21; J Boyle 20.

HOT JOCKS: (Most wins last 14 days) B Loughnane 9; George Wood 8; Rossa Ryan 7; Osin Murphy 5; Daniel Muscutt 5; Mr Derek O'Connor 5; S D Bowen 4; Hector Crouch 4; Mr Edward Vaughan 4; Nicola Currie 3.

RIDE OUT OF LUCK: (Rides since last win) Joshua Thompson 58; Laura Pearson 56; Connor Pallas 51; Jamie Spencer 46; Saffie Osborne 41; Liam Wright 40; Callum Pritchard 38.

BEST EACH-WAY

ARTICIAN (7.30 Kempton) may not be the consistent sort but she loves this track, being a four-time course winner, with the latest success for her coming in January. Place claims at a big price are most attractive.

HEAVEY'S NAP

ALMOSH'HER (8.30 Kempton) has made a promising start to his career, winning at Southwell on debut before sticking to his task well when a runner-up at this course last time, so he is taken to double his tally.

STARFORM TREBLE

NAP: RAJEKO (3.42 Lingfield)
NB: MAGICAL ANNIE (2.55 Catterick)
TREBLE: MONTRACHET GIRL (5.30 Kempton)

JASON HEAVEY

One Horse Town	4.22	La Trinite
Early Release (nb)	4.55	Kodi Fire
Too Sweet	5.30	Montrachet Girl
Lady Manzor	6.00	Naughty Eyes
Tronido	6.30	Starshiba (nb)
Ben Y Bryn	7.00	Ben Y Bryn
Patch's Bond	7.30	Tadreeb
Supreme King	8.00	Grenham Bay
Almosh'her (nap)	8.30	Almosh'her

GOING: STANDARD TO SLOW

PLACEPOT FIRST SIX RACES

5.30 HANDICAP (DIV 1)

Class 5 3YO 7f (9 runners) £4,187

1 (5)	5-1 BLUE ECLIPSE (48)(D,A) Alice Haynes 9 9.....	K O'Neill	72
2 (1)	4-41 MONTRACHET GIRL (21)(D,A)(H) R Varian 9 9.....	A Keesley	77
3 (2)	23-3 SOLDIERS STAR (55)(BF) H Palmer 9 7.....	J P Spencer	79
4 (6)	50-2 TOO SWEET (11) Raphael Freire 9 6.....	David Egan	72
5 (8)	3-10 DISTANT RUMBLE (35)(C,A) R Teal 9 6.....	G Bass (3)	79
6 (7)	26-5 OLIVIA JANE (28)(H) C Cox 9 4.....	D Probert	77
7 (4)	2-35 BLUE EMPRESS (36) A Watson 9 3.....	H Doyle	79
8 (3)	123- MAIDS HEAD (107) M Botti 9 2.....	B Sayette	80
9 (9)	L-65 PACKETOFBISCUITS (23)(B) Sir M Prescott 9 1.....	L Morris	★81

Star Betting: 3 Montrachet Girl, 4 Soldiers Star, 9-2 Too Sweet, 7 Olivia Jane, Blue Eclipse, 10 Maids Head, 12 others.

2024: No corresponding race.

STARFORM: MONTRACHET GIRL **DANGER:** Blue Eclipse

6.00 HANDICAP (DIV 2)

Class 5 3YO 7f (9 runners) £4,187

1 (2)	13-2 NAUGHTY EYES (42)(A) G Boughy 9 9.....	T Jakes (5)	77
2 (9)	242 POLITICAL POWER (9) Charlie Clover 9 8.....	David Egan	78
3 (8)	231 THIS FARH (26)(D,A) D Loughnane 9 6.....	Laura Pearson	77
4 (1)	2L-5 NEW CHARTER (56) R Hannon 9 6.....	Tyrese Cameron (7)	78
5 (7)	316 EASILY CONVINCED (21)(D,A)(P) M Botti 9 4.....	M Ghiani	79
6 (4)	0-1 LADY MANZOR (42)(D,A) A Perrett 9 4.....	Jack Dace (7)	80
7 (5)	544- VALSHARAH (119) C Hills 9 2.....	Jason Watson	78
8 (6)	56-0 NOBLE PHOENIX (12)(P) A Balding 9 1.....	R Hornby	79
9 (3)	452 INVINCIBLE MELODY (30)(BF)(B) R Beckett 9 1.....	Rossa Ryan	★81

Star Betting: 3 This Farh, 9-2 Invincible Melody, 5 Naughty Eyes, 6 Political Power, Lady Manzor, 10 Valsharah, Easily Convinced, 14 New Charter, 20 Noble Phoenix.

2024: No corresponding race.

STARFORM: INVINCIBLE MELODY **DANGER:** Lady Manzor

6.30 HANDICAP (DIV 1)

Class 5 7f (8 runners) £4,187

1 (4)	641- ERNIE'S VALENTINE (73)(C2,D,A,G) J Boyle 6 9 9.....	F Marsh	81
2 (5)	345 LESSAY (11)(CD,A)(B) E Dunlop 4 9 8.....	Rossa Ryan	★86
3 (6)	060 REVOLUTIONISE (21)(CD2,C,D6,A,G) S C Williams 9 9 8.....	M Ghiani	83
4 (8)	504 STARSHIBA (22)(CD,D2,A)(V) Jack Morland 8 9 7.....	C Shepherd	81
5 (1)	1134 CITY CYCLONE (21)(D3,A) A Carroll 5 9 4.....	W Carson	85
6 (3)	30-0 TRONIDO (23)(CD,D,A) S Dow 4 9 1.....	P Bradley	84
7 (2)	LDL SOAR ABOVE (22)(CD3,C5,A,G) J Butler 10 9 0.....	David Egan	83
8 (7)	244/ FAT GLADIATOR (709)(CD,A)(H) G Baker 6 9 10.....	H Doyle	—

Star Betting: 3 Starshiba, 7-2 Ernie's Valentine, 4 Lessay, 6 City Cyclone, 8 Fat Gladiator, 10 Tronido, 12 Revolutionise, 14 Soar Above.

2024: No corresponding race.

STARFORM: ERNIE'S VALENTINE **DANGER:** Lessay

STAR TIP

7.00 HANDICAP (DIV 2)

Class 5 7f (8 runners) £4,187

1 (3)	50-6 PORT ROAD (44) S Dow 4 9 9.....	P Bradley	83
2 (6)	1/52 BEN Y BRYN (21)(A) C Hills 4 9 8.....	Jason Watson	82
3 (8)	252- VINCE LOMBARDI (73)(G,S)(P,T) S Spencer 6 9 7.....	Dale Swift	82
4 (7)	02-0 DAKOTA POWER (25)(D2,A,S) R Teal 6 9 6.....	J Leavy (3)	82
5 (4)	4313 ENPASSANT (11)(CD,D,A,S)(T) S C Williams 4 9 2.....	Rossa Ryan	★84
6 (2)	114 TEA SEA (16)(BF,D2,A)(B) A Carroll 5 9 2.....	W Carson	82
7 (5)	4-65 AL ANTHEM (21)(C,A)(T) J Fanshawe 6 8 13.....	Molly Gunn (7)	82
8 (1)	10-0 ROYAL JET (21)(D,S) A Carroll 5 8 9.....	D Probert	82

Star Betting: 3 Ben Y Bryn, 7-2 Tea Sea, 4 Vince Lombardi, 5 Enpassant, 7 Al Anthem, 10 Dakota Power, 12 Port Road, 33 Royal Jet.

2024: No corresponding race.

STARFORM: ENPASSANT **DANGER:** Ben Y Bryn

7.30 HANDICAP

Class 4 1m (14 runners) £6,281

1 (4)	00L- GUNLOCK (104)(D,A)(H*,T*) Michael Keady 5 9 11.....	K Shoemark	77
2 (8)	L-21 MR BALOO (11)(CD,C,D,A,G) R Hannan 4 9 11.....	J Leavy (3)	87
3 (1)	1114 TADREEB (26)(BFA,G) B Millman 7 9 9.....	O Searle (5)	86
4 (2)	05-L DINGLE (18)(BF,D2,A) J Camacho 7 9 8.....	Jason Watson	86
5 (15)	1115 GAILEY MUSICAL (13)(BF,CD2,A) P Evans 4 9 8.....	Rossa Ryan	84
6 (10)	21-2 PATCH'S BOND (40)(BF,CD,A) P Phelan 4 9 7.....	P Bradley	87
7 (9)	13-4 MORE THAN A FEELIN (21)(CD,A)(H) Alice Haynes 4 9 6.....	K O'Neill	87
8 (5)	0-40 CAVALRY CALL (17)(D,G)(H) S & E Crisford 4 9 5.....	D Probert	88
9 (3)	0-16 ARCTICIAN (21)(C4,A)(H) S Dow 7 9 5.....	L Morris	87
10(13)	0-L0 RHYTHM N ROCK (14)(CD,A,S) J Butler 7 9 5.....	David Egan	★90
11 (7)	52/L JOYCEAN WAY (61)(B) G & J Moore 4 9 3.....	T P Quessly	—
12 (6)	21L- HE'S GOT GAME (265)(BF,D,G)(H,T) H Palmer 4 9 3.....	J P Spencer	83
13(11)	L2-L FORESEEN (42)(D,S) A Carroll 4 9 2.....	W Carson	86
14(12)	3-35 PORT ERIN (11)(CD,D2,A,S) A Carroll 5 8 12.....	H Doyle	89

Star Betting: 4 Mr Baloo, 5 Patch's Bond, 6 He's Got Game, 7 Tadreeb, 8 Gailey Musical, 10 More Than A Feelin, 12 Cavalry Call, Port Erin, Dingle, 14 others.

2024: No corresponding race.

STARFORM: ARTICIAN **DANGER:** Mr Baloo

8.00 HANDICAP

Class 4 6f (11 runners) £6,281

1(10)	1-61 REBEL EMPIRE (53)(D3,A)(T) R Hannan 4 9 11.....	J Leavy (3)	87
2 (5)	6-11 SHALLOW (14)(CD2,D2,A) R Spencer 4 9 8.....	G Wood	87
3 (2)	4-62 SUPREME KING (14)(D2,A,S) P Evans 5 9 7.....	Rossa Ryan	89
4 (3)	010- ABBEY HEIGHTS (265)(D3,A,G) D & C Kubler 7 9 7.....	J P Spencer	89
5 (8)	35-0 PERENNIAL (61)(G)(H,T) S C Williams 4 9 5.....	M Ghiani	88
6 (4)	L14L DASHING HARRY (11)(CD,A,S) James Horton 4 9 4.....	A Farragher	90
7 (7)	353 ULTRAMARINE (7)(C2,D,A) P Evans 6 9 3.....	G Downing	88
8 (6)	316 GREENHAM BAY (14)(BF,CD4,D,A,S)(B) A Balding 5 9 3.....	Jason Watson	89
9 (9)	224 NOGO'S DREAM (46)(A) R Hughes 5 9 1.....	F Marsh	89
10(11)	00L- DARK DREAMER (151)(CD,D,A,S) M Murphy 4 9 0.....	C Shepherd	★91
11 (1)	56-0 FOUR ADAM (17)(CD,A,G,S) B Millman 7 8 8.....	S Osborne	89

Star Betting: 4 Shallow, 9-2 Rebel Empire, 5 Supreme King, 6 Nogo's Dream, Grenham Bay, 10 Ultramarine, Abbey Heights, 14 Dashing Harry, 20 others.

2024: No corresponding race.

STARFORM: GREENHAM BAY **DANGER:** Shallow

8.30 HANDICAP

Class 3 1m 4f (7 runners) £8,246

4	(7)	1-2	ALMOOSH (H) (44)(D,G) C Felleaves 4 9 9.....	K Shernack	88
5	(7)	7355	ARQBOB (11)(G) L Wadham 7 9 6.....	D Probert	★98
5	(5)	424	GAASSEE (25)(CD,D,A,G,S)(T) Jack Morland 7 9 6.....	C Shepherd	94
5	(4)	-044	OSLO (J109)(A) P O'Brien 8 12.....	J Levy (3)	95
7	(6)	05-1	BUXTED TOE (21)(CD2,D4,A,G)(P) I Williams 7 8 7.....	K O'Neill	91

LONG HANDICAP: Buxted Toe 8-6.

Star Betting: 15-8 Almoosh'her, 9-2 Buxted Toe, 5 Victory Shout, 7 Gaassee, Haku, 8 Arqbob, 10 Oslo.

2024: No corresponding race.

STARFORM: GAASSEE DANGER: Victory Shout



RUGBY UNION



Jamie's Root back

STUMPED: George says he was gutted to lose the England captaincy



AXED SKIPPER CAN GO LIKE JOE

JAMIE GEORGE has revealed his bounce back from losing the England captaincy was inspired by Joe Root doing the same in cricket.

George was unceremoniously dumped as captain by Steve Borthwick in January, in favour of Maro Itoje, over a coffee in a St Albans cafe.

The hooker missed the Ireland opener with a calf injury but has since produced turbo-charged performances in the Six Nations wins over France and Scotland.

He thought his international days could be done but will claim his 100th cap, against Italy on Sunday.

George, a big cricket fan, said he had been inspired by Root's rise from Ashes humiliation and resignation from the captaincy in 2022 to topping the world Test batting rankings by 2024.

George said: "It hurt. I was gutted and I felt like I had a lot more to give. "When I was reflecting on it I took inspiration from Joe Root. I look at him now and the freedom he has and the way he

by ADAM HATHAWAY

has kicked on to become the best batsman in the world arguably.

"That is hugely inspiring and I see that as the sort of trajectory I aspire to be on.

"It has freed him up and allowed him to play even better. That is how I would love it to be and I am feeling a bit of that.

"I saw it a little bit with Chris Robshaw post the 2015 World Cup but he wasn't around for too much longer after that.

"The injury came at a weird time before the first game whilst all of it was going on. I was watching that Ireland game desperate to be involved and that is when you know. I wanted to be able to help. That will be the case as long as I lace my boots up."

Borthwick completely blindsided George with his decision just days before he was due to announce his Six Nations squad.

But George has shown he is not done over the past couple of weeks and is eyeing a Lions spot this summer and the 2027 World Cup.

The 34-year-old added: "I wasn't expecting it but I understood it. I want to play for England as long as I can, the World Cup is definitely an ambition of mine and I would love to put my name in the hat for another Lions tour."

Curry Azz a warning

by ADAM HATHAWAY

TOM CURRY has warned England not to underestimate Italy despite their 73-24 pummelling by the French last time out.

England have not lost to the Italians since the Six Nations started in 2000, the only scalp the Azzurri have not claimed.

They limped past them 27-24 in Rome last year and a defeat at Twickenham on Sunday would derail England's tournament.

This time they are expected to put Italy to the sword but flanker Curry (inset) insists Italy are a decent outfit despite that French thrashing.

Curry said: "The scoreline didn't reflect the game.

"The most dangerous thing is just that they are a very good team. "I don't think that

changes because of one scoreline against a French team who can be very dangerous too.

"The Six Nations is constantly changing.

"It's such a fast-moving tournament and with a two-week break between games, they can change things very quickly."



- Catterick K - Kempton	Ben Y Bryn	K 7.00	Collingham	C 2.25	Ecclesiastical	L 4.42	Fusain	C 2.25	<div>TODAY'S ABC</div>	McGrath From Clune	C 3.25	Perennial	K 8.00	Rehill Relic	C 4.30	Shot Of Love	L 4.12	This Farh	K 6.00	
- L - Lingfield	Benny The Bouncer	L 2.12	Coolagh Magic	L 4.42	Edgewell	C 3.55	Gaassee	K 8.30		Mick's Spirit	L 4.42	Perfect Parole	L 5.17	Revolutionise	K 6.30	Shy Nala	L 1.40	Thursday	L 1.40	
Abbey Heights	K 8.00	Beny Nahar Road	C 3.25	Coral Blue	C 3.55	Enola Holmes	L 3.42	Gaiety Musical		K 7.30	Montchrest Girt	K 5.30	Piranha Rama	K 4.55	Rhythm N Rock	K 7.30	Simply Red	C 2.25	Too Sweet	K 5.30
Absolutely Not	L 2.12	Big Sip	L 2.12	Currahee	L 5.17	Enpassant	K 7.00	Global Warning		L 4.12	Monty Beau	L 2.42	Political Power	K 6.00	Ridin Solo	C 3.55	Skimming Along	L 2.12	Toughly	K 4.55
Abstract	L 1.40	Big Take	K 4.22	Daaris	L 1.40	Ensel Du Perche	C 3.25	Godstone		K 4.22	Hostile Hotelier	C 3.55	Lady Manzor	K 6.00	More Than A Feelin	K 7.30	Soar Above	K 6.30	Treaty Boy	C 3.25
Al Ameen	K 7.00	Blue Anthem	K 4.55	Dakota Power	K 7.00	Ernie's Valentine	K 6.30	Good Shot		K 4.22	I'll Give It A Go	L 2.12	Lahire	C 4.30	Mr Baloo	K 7.30	Soldiers Star	K 5.30	Triggers	L 4.12
All Cost	L 5.17	Blue Eclipse	K 5.30	Dance In The Storm	L 3.42	Eva's Oskar	C 5.00	Green Team		L 1.40	Invincible Melody	K 6.00	Land Lover	L 4.12	Naughty Eyes	K 6.00	Sonic Pioneer	L 5.17	Tronido	K 6.30
Almoh'sher	K 8.30	Blue Empress	K 5.30	Dark Dreamer	K 8.00	Evenwood Sonofagun	C 4.30	Grenham Bay		K 8.00	Ithacan	K 4.22	Lawmans Blis	C 2.25	New Charter	K 6.00	Starshipa	K 6.30	Unavailable	K 6.00
Arctician	K 7.30	Born In The West	C 4.30	Dashing Harry	K 8.00	Fantasmic	L 2.12	Guinness Lad		L 2.42	Itsgottobefun	L 5.17	Leading Star Girl	L 5.17	Noble Phoenix	K 6.00	Starshine	K 6.30	Ultramarine	K 8.00
Arqoob	K 8.30	Bountiful	L 3.42	Didero Vallis	C 5.00	Fat Gladiator	K 6.30	Gunlock		K 7.30	Jack Langley	K 4.22	Lessay	K 6.30	Nobleman	K 4.22	Starshipa	K 6.30	Ukhnuk	C 2.55
Ashford Hill	L 4.12	Buxted Too	K 8.30	Dingle	K 7.30	Fat Harry	C 4.30	Haku	K 8.30	Jack Stevens	C 2.25	Lightening Mann	L 2.42	Okami's Dream	K 6.00	Starshipa	K 6.30	Ukhnuk	C 2.55	
Ask A Honey Bee	C 5.00	Cabelleroso	L 3.42	Dios De La Guerra	L 2.42	Flaine	L 5.17	Handle With Care	K 4.55	John T	K 4.22	Lone Star	C 4.30	Okami	K 4.22	Starshipa	K 6.30	Ukhnuk	C 2.55	
Assorda	C 2.55	Captain Tommy	C 5.00	Distant Rumble	K 5.30	Foreseen	K 7.30	Harb	L 4.42	Joycean Way	K 7.30	Lunafano	L 2.42	Olivia Jane	K 5.30	Starshipa	K 6.30	Ukhnuk	C 2.55	
Backer Bilk	L 5.17	Carrigean Ardisia	C 2.55	Donald Llewellyn	L 1.40	Foro Romano	K 4.55	Harry Brown	L 3.12	Kitaro Kich	L 4.12	Macedonian	K 4.55	One Horse Town	K 4.22	Starshipa	K 6.30	Ukhnuk	C 2.55	
Balkotic	C 3.55	Cavalry Call	K 7.30	Eagles Gold	C 4.30	Four Adays	K 8.00	He's Got Game	K 7.30	Kodi Fire	K 4.55	Magical Annie	C 2.55	Oslo	K 6.30	Starshipa	K 6.30	Ukhnuk	C 2.55	
Bannan	L 2.12	Cerulean Summer	L 1.40	Early Release	K 4.55	Francis Drake	L 2.42	Honneur D'Ajone	C 2.25	Kondratiev Wave	L 4.12	Maidie Head	K 5.30	Patchetofbiscuits	K 5.30	Starshipa	K 6.30	Ukhnuk	C 2.55	
Beautiful Things	K 4.55	City Cyclone	K 6.30	Easily Convinced	K 6.00	Fullforward	L 1.40	Horus	K 4.55	La Trinite	K 4.22	Matchless	C 2.25	Patch's Bond	K 7.30	Starshipa	K 6.30	Ukhnuk	C 2.55	

TODAY'S ABC

GREYHOUNDS

MONMORE

11.01 AZTEC EMPIRE (nap) (4)...	Elderberry Fire (6)
11.18 WHISKY TRADER (1).....	Aloe Jo (5)
11.34 LACKEN DOT (nb) (1).....	Parsnip (4)
11.52 KILARA COCO (4).....	Trubbys Star (3)
12.09 GLENSIDE FLO (2).....	Elderberry Love (1)
12.26 BALLYMAC BABE (2).....	Hugos Bosh (1)
12.42 AERO ZANZIBAR (1).....	Haggies Girl (6)
12.59 EXCITED (2).....	Trubbys Cal (4)
1.17 SWIFT EDEN (4).....	Winterfield Trix (3)
1.33 RELENTLESS ROSE (2).....	Drumdoit Man (4)
1.51 BOBSLEIGH RETURN (3).....	Blue Jazz (2)
2.07 BUNNY GIRL (3).....	Holycross Fusion (1)

HOVE

2.23 YOUNG JENNY (1).....	Clairkeith Rayna (6)
2.41 WATSONS AVENUE (1).....	Opposite Opinion (2)
3.01 SMURFEVER (2).....	Turna Tina (3)
3.19 BURROW HOFFA (4).....	Tomahurra Summer (1)
3.38 JESSE GEE JAMES (3).....	Unanimous Madam (1)
3.57 PARADISE HAILEY (1).....	Stheno (3)
4.16 ITS NOT WORKING (nap) (1).....	Cutabovetherest (5)
4.34 RISING AMBER (2).....	Kilkenny Millie (3)
4.53 RENEGADEMISTRESS (2).....	Sticksandstones (3)
5.12 SPORTING PEGASUS (nb) (1).....	Szuszi (4)
5.31 ANTIGUA FIFI (1).....	Farout Cian (4)
5.49 JESS AGAIN (1).....	Tribby Dads Hat (5)

SUNDERLAND

2.36 RAVENS GIRL (4).....	Corbrack Amigo (1)
2.54 QUICKSTEP HOBAN (nb) (2).....	Hallie Cashout (6)
3.13 FINLEYS BULLY (1).....	Annadown King (5)
3.32 CASCADE PHOENIX (1).....	Powerful Penny (2)
3.51 LONGRANGE RAPID (4).....	Neon Grange (3)
4.09 GALLANT QUEEN (4).....	Headford Birdie (5)
4.28 GROUP GOLDIE LOX (1).....	Finleys Saviour (2)
4.47 AUTUMN TIME (3).....	Fearmore Sheila (5)
5.06 HIGH ST STAG (5).....	Watchhall Annie (4)
5.24 DACHEEKYONE (nap) (4).....	Makeit Colonel (5)
5.43 DE BLACK SWALLOW (1).....	Honest And Frank (3)

NOTTINGHAM

11.09 MAIZIES SMILE (4).....	Senahel Spottie (3)
11.27 SWIFT SATISFY (nb) (5).....	Leelad (4)
11.43 RUDHEATH ROSE (1).....	Petite Alfie (3)
12.01 PEERLESS PERCY (6).....	Coney Blah Blah (4)
12.18 PRINCES LEGACY (1).....	Sherry Cream (3)
12.34 SONNYS GIRL (4).....	Headford Babs (3)
12.51 MULL OF KINTYRE (nap) (2).....	Loxleys Troy (5)
1.08 NEAVES NOODLE (6).....	Burrow Cent (3)
1.26 BURROW FANCY (1).....	Meldrums Star (2)
1.42 MILLROAD HEIDI (5).....	Kellies Jewel (6)
1.59 HONEYGAR ELLIE (5).....	Harlequin Jaytee (6)
2.14 AGHABURREN FUSE (5).....	Platinum Honey (2)

NEWCASTLE

2.29 CROOKS DREAMER (4).....	Blackhouse Flock (5)
2.48 BLACKHOUSE FINN (1).....	Coopers Richie (3)
3.07 BRAMBLE CAT (1).....	Watermill Aurora (3)
3.26 HIGHVIEW ANDREW (5).....	Alnwick Marty (3)
3.44 BRAMBLE PASHA (nap) (2).....	Aegis Jud (5)
4.03 WATERMILL WENDY (nb) (4).....	Carneys Emma (1)
4.22 HEY DUKE (6).....	Alnwick Hawk (3)
4.41 ALNLUCK PICKLE (1).....	Emers Tyson (2)
4.59 BABS BRANDY (3).....	A Bit Of Savana (5)
5.18 HIGHVIEW CUTIE (1).....	Watermill Luca (5)
5.37 ALNLUCK ARWYN (1).....	Coppice Thomas (4)
5.56 FABULOUS ADRIANA (4).....	Alnwick Harry (3)

YARMOUTH

6.14 LISNAKILL OXO (4).....	Taken Back (2)
6.31 FULL CONTROL (5).....	Farneys Voinnie (1)
6.48 GOOD REX (6).....	Roman Razzle (3)
7.06 DARBYS FAYE (nb) (5).....	Cloughtaney Emma (3)
7.22 STASHINESWEETIE (6).....	Drumdoit Plumey (2)
7.39 KEREIGHT SAL (4).....	Moaning Dolce (5)
7.56 ADAMANT OLAF (5).....	Comeintomyoffice (6)
8.13 BALLYMAC JULIA (3).....	Ballygloss Maxie (1)
8.31 LOVERLY JUBLEY (nap) (1).....	Adamant Kyle (5)
8.47 DE ENFORCER (4).....	Swift Carlo (1)
9.04 MOANING ROSSI (3).....	Kereight Fraud (6)
9.23 CHELMS CHRIS (2).....	Kereight John (6)

BAGS WINNERS AND PRICES

MONMORE

2.29: Swift Youngster (3) 11-10 fav, Noduff Sahara (6) 7-2, bf: £66.29, tri: (3-6-1) £0.00. 2.48: Swift Quarter (6) 11-4, Radical Eclipse (3) 9-2, bf: £18.83, tri: (6-3-2) £75.73. 3.07: Zenga (2) 7-1, Jonis Taxi (4) 11-4, bf: £36.21, tri: (2-4-3) £0.00. 3.26: Rachel You Go (4) 3-1, Swift Jenkins (1) 11-4 jt-fav, NR: Whisky Rocky (res), bf: £13.67, tri: (4-1-2) £0.00. 3.44: Dizzy Lizzie (5) 6-4 fav, Tabule (2) 15-8, bf: £5.52, tri: (5-2-4) £11.15. 4.03: Drumdoit Koda (3) 3-10 fav, Dashgrovelalachi (5) 7-2, bf: £2.33, tri: (3-5-1) £0.00. 4.22: Blue Wolf (2) 15-8 fav, Prestons Pride (1) 9-4, bf: £7.31, tri: (3-1-2) £23.54. 4.41: Birchgrove Ace (4) 5-2, Tromora Fifi (1) 5-1, bf: £18.00, tri: (4-1-5) £67.12. 4.59: Tree Top Copper (5) 10-3, Whisky Glasses (6) 9-2, bf: £20.96, tri: (5-6-3) £56.68. 5.18: Bruin (6) 7-1, Aero Dignity (4) 10-1, NR: Yama Nightmare (res), bf: £9.19, tri: (6-4-2) £223.65. 5.37: Jives Mohawk (3) 11-4, Sporting Queen (4) 3-1, bf: £13.36, tri: (3-4-6) £30.10. 5.56: Swift Zappy (3) 7-2, Blarney Castle (4) 2-1 fav, bf: £13.78, tri: (3-4-6) £35.92.
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NEWCASTLE

11.09: Droopys Clare (3) 15-8, Another Biro (1) 7-4 fav, bf: £5.92, tri: (3-1-2) £23.54. 11.27: Halo Molly (6) 2-1, Jords Little Ivy (2) 9-2, bf: £13.62, tri: (6-2-4) £35.85. 11.43: Alnwick Turbo (6) 11-4, Footfield Scar (4) 4-1, bf: £17.23, tri: (6-4-5) £63.61. 12.01: Blackhouse Sam (5) 9-2, Bramble Shadow (6) 7-4 fav, bf: £17.08, tri: (5-6-4) £95.70. 12.18: Bramble Emerald (2) 9-4, Moanteen Tango (6) 11-4, bf: £11.53, tri: (2-6-5) £58.13. 12.34: Turn On Phrase (2) 6-1, Blackhousewalton (6) 11-4, bf: £30.33, tri: (2-6-3) £94.74. 12.51: Croaghill Alice (5) 10-3, Tea Please (2) 7-1, bf: £35.80, tri: (5-2-6) £79.04. 1.08: Revolution (5) 6-4 fav, Megan On Fire (6) 7-2, bf: £7.84, tri: (5-6-2) £25.55. 1.26: More Snooze Time (1) 2-1, A Bit of Noah (2) 7-1, bf: £16.17, tri: (1-2-5) £72.43. 1.42: My Uncle Bill (6) 11-4 fav, My Bentley Boy (4) 7-1, bf: £25.47, tri: (6-4-5) £69.64. 1.59: Elemore Poppy (6) 7-4 fav, Bramble Harvey (3) 4-1, bf: £10.33, tri: (6-3-4) £26.63. 2.14: Links Manower (6) 5-2, Hazelfield Julie (4) 15-8 fav, bf: £9.32, tri: (6-4-1) £21.47.

PERRY BARR

2.36: Seattle Sonic (1) 7-4 fav, Easy Alpha (6) 4-1, NR: Amys Star (res), bf: £10.27, tri: (1-6-4) £0.00. 2.54: Barnagrange Jan (4) 10-3, Drahbeg Dancer (5) 11-4, bf: £16.15, tri: (4-5-2) £43.93. 3.13: Swift Zilch (4) 7-2, Antigua Lumiere (1) 3-1, bf: £17.98, tri: (4-1-3) £0.00. 3.32: Kerabelle Daisy (4) 10-3, Porthall Tandon (1) 10-11 fav, bf: £8.60, tri: (4-1-2) £46.77. 3.51: Radiant Style (3) 7-2, Midlife Bullet (2) 5-1, bf: £24.46, tri: (3-2-1) £54.62. 4.09: Taffy Gwennllian (2) 8-1, Amka Jax (3) 6-4 fav, bf: £30.54, tri: (2-3-6) £59.10. 4.28: Tommys Dancer (2) 10-3, Swift Frock (4) 10-1,

NR: Knock Voodoo (res), bf: £39.73, tri: (2-4-5) £0.00. 4.47: Swift American (4) 7-2, Shortwood Nancy (1) 4-7 fav, bf: £7.46, tri: (4-1-5) £24.61. 5.06: Ardmayle Realta (3) 2-1, Mercia Brida (1) 9-1, bf: £21.76, tri: (3-1-2) £30.30. 5.24: Bullseye Bob (3) 11-8 fav, Freedom Heart (6) 4-1, NR: Glenduff Laurita (res), , Burrow Eske (res), bf: £8.57, tri: (3-6-2) £0.00. 5.43: Walkabout Fizz (1) 7-1, Headford Mike (2) 9-1, bf: £66.72, tri: (1-2-5) £146.78. 6.02: Sahara Domino (1) 7-1, Society Paddy (5) 7-2, bf: £48.15, tri: (1-5-6) £243.08.

ROMFORD

2.23: Swabys Roman (6) 13-8 fav, Butts Blossom (2) 12-1, bf: £24.57, tri: (6-2-3) £83.46. 2.41: Springhill Super (1) 10-3, Vinegarhill Lar (3) 6-4 fav, bf: £11.03, tri: (1-3-5) £30.40. 3.01: Bubby Pestana (6) 1-2 fav, Jeopardy Neptune (4) 7-1, bf: £6.12, tri: (6-4-2) £0.00. 3.19: Jeopardy Dream (4) 16-1, Bonfire Bull (1) 3-1, bf: £82.00, tri: (4-1-2) £194.05. 3.38: Seville Slayer (2) 8-1, Missing Years (3) 10-11 fav, bf: £24.46, tri: (2-3-4) £70.84. 3.57: Kingdom Hero (3) 10-3, Le Fou (5) 6-1, bf: £28.81, tri: (3-5-1) £134.03. 4.16: Young Endova (2) 15-8, Pantone Alley (1) 6-4 fav, bf: £5.71, tri: (2-1-3) £23.00. 4.34: Rusheen Joe (1) 11-4, Mohawkmo (2) 9-2, bf: £18.20, tri: (1-2-6) £0.00. 4.53: Innfield Melody (4) 11-4, Rathmehhan Breda (5) 6-1, bf: £23.38, tri: (4-5-1) £66.77. 5.12: Mucho Macho Jess (6) 2-1, Slow Paws (5) 3-1, bf: £9.47, tri: (6-5-2) £25.70. 5.31: Pin Position (1) 5-1, Puttfor Mim (4) 10-3, bf: £28.63, tri: (1-4-2) £0.00. 5.49: Droopys Swanky (6) 3-1, Dads Little Plum (4) 9-2, bf: £22.10, tri: (6-4-2) £50.77.

SHEFFIELD

11.01: Lightfoot Odie (6) 2-1 fav, Lady Bella (2) 10-3, bf: £10.46, tri: (6-2-3) £23.61. 11.18: Yuppie Love (2) 9-2, Tullymurry Decoy (1) 3-1, bf: £21.67, tri: (4-1-6) £81.89. 11.34: Barnside Taylor (4) 4-1, Libbys Promise (3) 16-1, bf: £58.98, tri: (4-3-6) £240.87. 11.52: Sundance Ken (3) 7-4, Rathcoole Honey (1) 14-1, bf: £27.01, tri: (3-1-2) £93.62. 12.09: Drumdoit Nana (1) 3-1, Divastar (5) 10-3, bf: £17.19, tri: (1-5-6) £39.83. 12.26: Drumdoit Dot (2) 9-4, Flyers Maverick (5) 2-1 fav, bf: £9.49, tri: (2-5-3) £29.27. 12.42: Turbine Torin (3) 8-1, Russanda Penny (5) 8-1, bf: £88.71, tri: (3-5-1) £214.63. 12.59: Groovy Ella (5) 6-5 fav, Bomber Battle (1) 4-1, NR: Sporting Patriot (res), bf: £7.90, tri: (5-1-6) £0.00. 1.17: Russanda Lexi (6) 4-1, Crystal Bruno (2) 7-1, bf: £40.51, tri: (6-2-1) £86.64. 1.33: Headford Madame (6) 3-1, Dernville Lady (4) 4-1, bf: £18.50, tri: (6-4-5) £48.47. 1.51: Slaneyside Friend (2) 5-1, Swift Hostile (3) 2-1 fav, bf: £20.53, tri: (2-3-1) £0.00. 2.07: Marcianos Punch (3) 6-1, Classy Queen (2) 5-6 fav, bf: £16.04, tri: (3-2-4) £34.77.

PERRY BARR (SKY SPORTS)

6.08 (A8) 480m	1 4535 Silverhill Duke (r) ro.....	29.27
	2 5555 Shortwood Storm (r) ep.....	29.64
	3 6422 PORTHALL COCO (wd fw).....	29.73
	4 4363 Rosstemple Jaxi (md ro).....	29.57
	5 2633 Ardmayle Mian (wd ep).....	29.69
	6 5264 Drumcrow Andi (wd ro).....	29.93
	Star betting: 9-4 Silverhill Duke, 3 Porthall Coco, 10-3 Rosstemple Jaxi, 9-2 Ardmayle Mian, 11-2 Shortwood Storm, 8 Drumcrow Andi.	

1	2314	CASEYS WONDERSAM (ep r)	29.16	1	1512	Star
2	6224	Mercia Stiorra (md ep)	29.25	2	531	Shark, A
3	4566	Caseys Ferret (md ep)	28.97	3	2131	Georgi,
4	4116	Amka Wolf (md ep)	29.42	4	5425	Star
5	5414	Rapido Beat (wd ep)	29.21	5	621	Star
6	6261	Mercia Eadith (wd fw)	29.42	6	3251	Star
Star betting: 3 Caseys Wondersam, Caseys Ferret, 10-3 Rapido Beat, 9-2 Mercia Stiorra, 5 Amka Wolf, Mercia Eadith.						

BOXING

EXCLUSIVE

■ by CHRIS MCKENNA

NATASHA JONAS was standing in Champs Camp when boxing greatness walked into the Moss Side gym in Manchester.

Not that the Liverpool welterweight needed extra motivation for her clash with Lauren Price in a world-title unification this Friday.

The 40-year-old was already fired up to beat the Welsh woman to prove those wrong – including her promoter Ben Shalom – that this is a passing of the torch moment from the older generation to the new one in a fight with Tokyo gold medallist Price.

She also wants to help trainer Joe Gallagher stay positive after his bombshell news that he has stage four cancer in both his liver and bowel.

But one Monday morning in training camp, boxing icon Roberto Duran arrived at the famous gym.

The four-weight world champion and hero of the Four Kings era of the sport was there to oversee Saudi protegee Mohammed Alakel.

But Hands of Stone was too much of a boxing fanatic to ignore Jonas and her other gym mates as she prepares for this Friday's Royal Albert Hall clash.

"It was a bit surreal," said Jonas. "Joe had mentioned he may come at some point, predominantly to train with Mo."

"When we saw him on that Monday morning at first I was like, 'Is it?' Then it obviously was. He stayed and watch every single one of us spar, every single one of us train for every session, he would give advice."

"When I say something to my daughter she is like, 'Whatever,' because I'm the mum. If it is someone on TV saying it, or someone on YouTube saying it, she's like, 'Wow.'"

"That's a bit like me with Roberto Duran. I think Joe is annoyed about that because he has been saying some of the stuff from day one."

But when boxing royalty is present, it means you can't slack off. Jonas trained in front

JONAS BONUS

Natasha boosted by visit of Duran

of Duran in Manchester and also in Saudi recently.

"His history, his knowledge, his era, he had to come through all styles," said Jonas. "It was good to feed off his knowledge."

Jonas' long-term trainer Gallagher dropped the huge news last month that he is in a huge fight of his own with cancer but the highly successful Manchester-based coach refuses to slow down.

"Everyone feeds off everyone in the gym," said Jonas.

"The way he goes on about it is carry on regardless, 100 per cent focused – and we have to do the same."

■ Watch Jonas v Price live on Sky Sports Main Event on Friday from 7pm



JOE JOYCE will face former amateur foe Filip Hrgovic on April 5 after Dillian Whyte pulled out of their Manchester clash.

Whyte has cited a finger issue as the reason for his withdrawal but Joyce's promoters Queensberry have moved swiftly to bring in a replacement. Hrgovic (left) has agreed to step in for

Hrgovic the new choice for Joyce

■ by CHRIS MCKENNA

what will be his first fight since a brutal defeat by Daniel Dubois in June.

Joyce will also come into the clash on the back of a loss after his shock defeat by Derek Chisora last year. The pair met in the World

Series of Boxing in 2013 over five rounds, Joyce winning on points at York Hall.

They both competed at the Rio 2016 Olympic Games with Tony Yoka beating them on the way to gold.

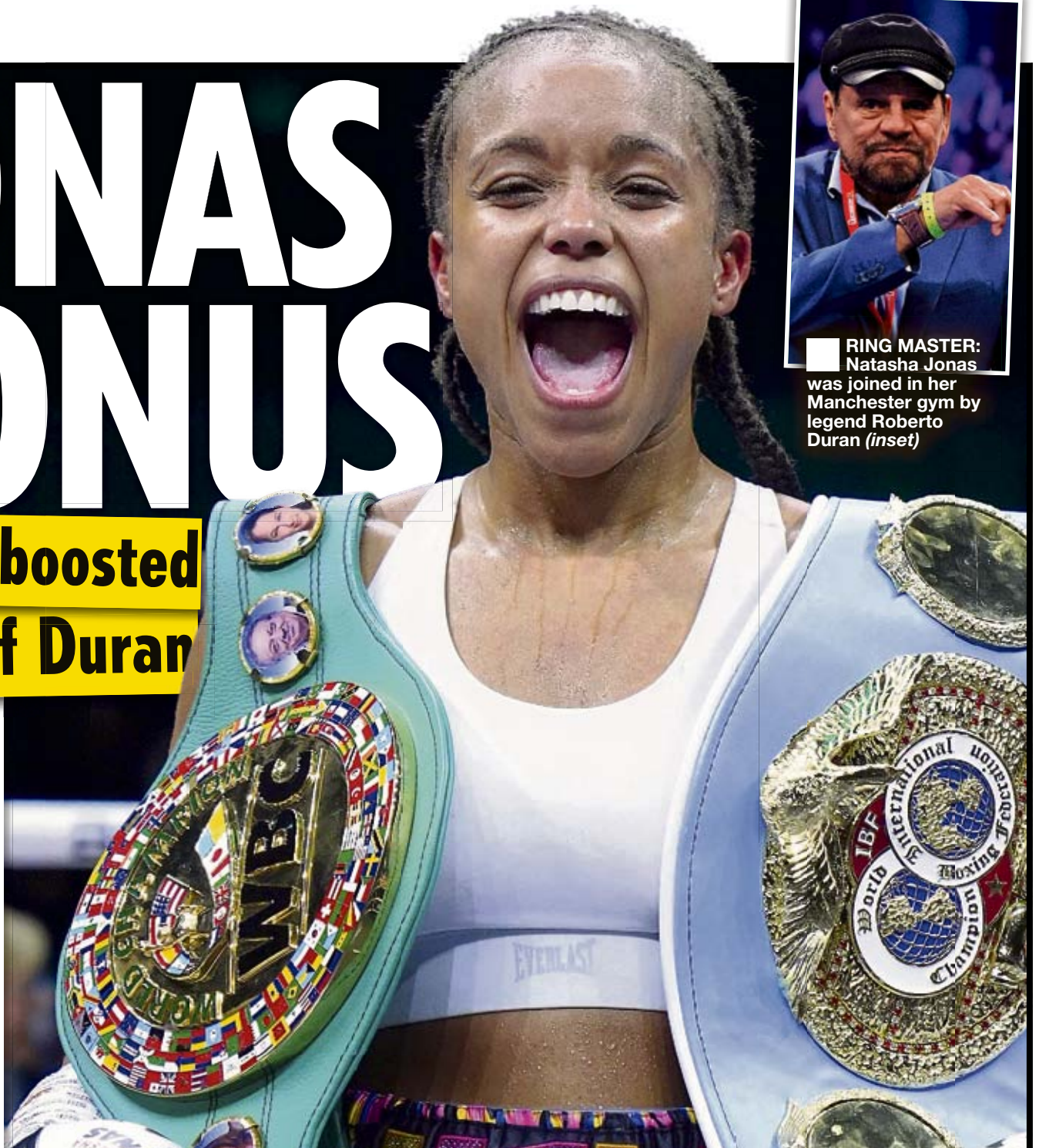
Joyce got silver and Hrgovic bronze. Queensberry

said in a statement: "Due to a hand injury, Dillian Whyte will not be able to compete on the April 5 show."

The event is at the Co-Op Live and is due to be promoter Frank Warren's first show on streaming channel DAZN.



RING MASTER: Natasha Jonas was joined in her Manchester gym by legend Roberto Duran (inset)



SALFORD CAP BACK ON

SALFORD have been hit with another salary cap sanction ahead of Friday's Super League trip to Castleford.

The RFL has reimposed a £1.2m squad limit after the club failed to meet a deadline to deliver its February payroll to players and staff by yesterday lunchtime.

Delays in finalising a takeover deal led Salford to field a squad of youth team players for their opening match of the season at

■ by MARK STANFORTH
St Helens, which they lost by a competition record 82-0.

Salford's players are yet to return to full training in protest at non-payment of wages raising doubt whether Friday's fixture will go ahead.

In a statement, the club issued a "sincere apology" to fans, adding: "Salford Red Devils can confirm that the club will be under the restriction of a sustainability cap. This

is due to the delay of funding following the takeover with funds currently pending regulatory clearance.

"CEO Chris Irwin and the new ownership will meet with the Special Measures Committee and RL Commercial tomorrow morning."

Salford's players and staff were due to have been paid on Thursday and the club blamed the delay on standard money-laundering protocols.

Rahul has final word

■ CRICKET

KL RAHUL smashed a match-winning six to send India through to the Champions Trophy final.

Chasing 265 to beat Australia, Rahul's unbeaten 42 added to Virat Kohli's 84 as India won the semi-final with 11 balls to spare.

Aussie captain Steve Smith top-scored for his team with 73 but their total was never enough.

India will face South Africa or New Zealand clash in the final.

STAR SHORTS

Max can easily go

■ FORMULA 1

RED BULL have been warned Max Verstappen (right) will have an "easy" decision to quit if they fail to hit the ground running in 2026.

Johnny Herbert said: "The relationship Red Bull have had with Honda has ended. From 2026 it's a different scenario with Ford."



Em wants Coco pop

■ TENNIS

EMMA RADUCANU will meet Grand Slam champion Coco Gauff if she wins her Indian Wells opener against Moyuka Uchijima today.

Raducanu is returning to action at the two-week WTA 1000 event for what will be her first match since being emotionally shaken up by a spectator at the Dubai Tennis Championships.

Former champion Cam Norrie takes on Italy's Luca Nardi.

Ryan's looking on Bright side

RYAN YATES led from the front as Nottingham Forest booked an FA Cup quarter-final slot.

Now the Forest captain is itching for a chance to march his team out at Wembley by keeping their dream alive when they face Brighton at the end of the month in the last eight.

Keeper Matz Sels proved the hero in the penalty shoot-out win over Ipswich on Monday night but it was Yates who headed home the second-half equaliser.

"We were pushing for the winner, made some attacking subs but we couldn't quite get the winner," said Yates (inset). "Selsy

■ by KEITH WEBSTER managed to get the win for us but credit to the lads, the penalties were so good.

"I'm delighted to get another goal, but I'm really happy we've been able to squeeze through.

"It's going to be a really good game (against Brighton), they've been in incredible form but we know with what's at stake, we have to give it everything."

Manager Nuno Espirito Santo said: "The penalties were so good and the players did their jobs.

"It's so good to proceed in the FA Cup for the club. It's massive for us."



ENZO MILAN RAID

■ by PAUL BROWN

CHELSEA are lining up a double raid on AC Milan for Rafael Leao and Tijjani Reijnders.

Scouts have watched both players in action and Chelsea have enquired about their availability.

Boss Enzo Maresca wants to freshen up his squad next season and is willing to sell players to make room for new recruits.

Portugal forward Leao, 25, is under contract until 2028 but would be interested in a summer move.

Holland midfielder Reijnders (inset) has attracted attention from clubs around Europe after a breakout season in Milan.



Iraola: City was tough as it gets

BOURNEMOUTH boss Andoni Iraola admitted his side could hardly have had a tougher FA Cup quarter-final draw.

But the Spaniard is ready to fight to try to upset Manchester City for the second time this season.

Iraola (below) can look back with pride on a 2-1 victory when City visited the Vitality Stadium in November.

But he said: "We've not been very lucky. Probably there was only one worse (draw), that was City away. At

■ by DARREN WELLS least we play them at home.

"It's a big challenge for us but a big opportunity to give our best and see if it's enough to be in the semi-finals.

"We have had a nice result against them but now will be more difficult. When City smell a title, normally they are pretty good so we need to be pretty good also.

Bournemouth has never arrived in the semi-final.

"It's a challenge we have and a big opportunity to play in Wembley."



SERIOUSLY football



CHAMPIONS LEAGUE LAST

HIGH JOE



AIR WE GO: Mo Salah having a laugh in training yesterday

HANDS ON: Jota and Van Dijk have a friendly tussle ahead of the big game

LAST 16 1st leg

PSG v LIVERPOOL

PSG (4-3-3): Donnarumma; Hakimi, Marquinhos, Pacheco, Mendes; Joao Neves, Vitinha, Ruiz; Barcola, Dembele, Kvaratskhelia.

LIVERPOOL (4-2-3-1): Alisson; Alexander-Arnold, Konate, Van Dijk, Robertson; Gravenberch, Mac Allister; Salah, Szoboszlai, Diaz; Jota.

8pm, live on TNT Sports Ref: Davide Massa (Italy)

'Fighter jets' to be let Luis

LUIS ENRIQUE admits Paris St-Germain fear the "fighter jets" from Liverpool ahead of what he predicts will be one of the best matches in Europe.

The PSG head coach is concerned about the pace of the Reds' attack in the first leg tonight. Liverpool arrived in the French capital last night with Cody Gakpo a doubt after he missed training on Merseyside earlier in the day.

But the Reds still have Mo Salah, Luis Diaz and Diogo Jota among their options.

"Liverpool has one of the best counter-attacks in Europe so we will try to keep the ball and be careful not to suffer too much from transitions," said Enrique (inset). "They have three fighter jets in attack and it's not easy to stop these fighter jets."

Salah is certainly flying this season with 30 goals and 22 assists in all competitions.

"We are facing the team that has played the best football in

■ by CHRIS McKENNA the group stage," said Enrique. "They were the most consistent side.

"Arne Slot has done a great job. He has created a near-perfect team."

Enrique conceded that Liverpool may have the slight edge even though PSG are on a 22-game unbeaten run.

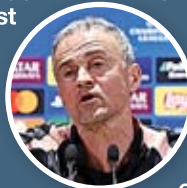
The Ligue 1 giants have won their last 10 games with an eye-watering 40 goals scored in a successfully reshaped attack since Kylian Mbappe's departure to Real Madrid.

January signing Khvicha Kvaratskhelia and Bradley Barcola are expected to play alongside Ousmane Dembele up front.

Enrique added: "It's difficult for our opponents to play at Parc des Princes with the pressure.

"The atmosphere is extraordinary and I hope we can profit from it.

"On paper it is one of the best matches you can watch in Europe."



HAVING A BALL: Slot is looking forward to a 'great fixture'

16

SILVER

Focused Arne plays it cool in bid to follow Fagan heroics

ARNE SLOT is not one for comparisons with Liverpool legends it seems.

Nor is he one to get carried away with their season so far.

So it was not surprising for him to almost completely ignore a question about how he could follow in the footsteps of Kop icon Joe Fagan and lead the Reds to league, European Cup and League Cup glory in his first season.

He had no interest in thinking his Reds outfit are already the best team in Europe.

The focus is on progressing from the last 16 against an in-form PSG side over two legs rather than dreaming of being immortalised like Fagan, who like Slot following Jurgen Klopp, took over from another icon in Bob Paisley.

Yet it is hard to get away from the feeling that something special is happening.

They lead the Premier League by 13 points and are in the Carabao Cup final. They topped the revamped league system in Europe, too.

That had PSG boss Luis Enrique calling them the best side in Europe on the eve of this first-leg fixture in Paris.

But Slot does not believe they can be considered the best unless they go all the way and win the trophy in May.

"It's a nice compliment to get, but the best team in Europe has to win the Champions League," said Slot.

"But we are far away from that, starting with a very difficult game against PSG and then all the difficult ones that are coming up because we have seen the draw."

"The best team in Europe at the moment is still Real Madrid as they won this

■ from CHRIS McKENNA in Paris

competition last season. Someone else can say something different but, for us, we first have to win it before we can say it."

Liverpool have beaten Real this season in the league stage and also overcame Bayer Leverkusen.

Yet now they are in the business end of the competition and they face a PSG side which finished low down the table in the league stage but are now in red-hot form.

Enrique's side are on a 22-game unbeaten run since a 1-0 loss at Bayern Munich in late November.

It doesn't seem quite fair that Liverpool topped the league stage yet get handed such a draw.

But Slot said: "We could only have faced two: Benfica or PSG."

"Although I like Benfica a lot, everyone who has watched football in the last few months could have told you that maybe we would have preferred to play Benfica instead of PSG. But this is also a great fixture to play."

SLOT

From Back Page would blame him if his side failed to win the title after a 2-2 draw with Everton last month.

Slot was shown a red card, given a two-game ban and handed a £70,000 fine, as Oliver claimed the Dutchman said: "If we don't win the league, I'll f***ing blame you."

The Reds head coach disputed the language in his response but did not argue that he said "f***ing disgrace" at one of the assistant referees.

Ahead of tonight's Champions League last-16 tie with PSG, Slot said: "What I said also in the written report and I can say it one more time."

"The moment it happened I was quite emotional for everything that happened in the last seven or eight minutes and maybe the whole game."

"I chose to go on the pitch instead of staying calm, staying inside then talking to Michael."

"Now I don't have the same emotions any more."

"So I think I should set a better example than I set back then and don't go into the situation again."

FIRST TIMER:
Joe Fagan with
the European Cup

BRENT A COB

There's no holding our Harry back



RACIST? NO WAY, JOSE

JOSE MOURINHO is a lot of things; arrogant, egotistical, sulky, bitter, paranoid, and allergic to all things Luke Shaw. But racist? What a load of rot.

With all the sense of Man Utd spending over £100m on Rasmus Hojlund and Joshua Zirkzee, Galatasaray accused the Special One of racism because he said their players were "jumping around like monkeys" during last week's

draw with Fenerbahce.

If you hear that and immediately think, "Oh, he must be talking about the brown players,"

it's you with the bigotry problem.

Besides, calling Mourinho racist is like calling Joey

Barton a flat-eather - why invent nonsense when there are already 101 perfectly good reasons to think he's an arse?



RED CARD FOR CLICHES

I'M sick to death of football commentary being as simplistic and unanalytical as that mind-numbing podcast Gary Lineker hosts.

This shouldn't need saying, but when a shot sails over the bar, it isn't always because the player was "leaning back". When a spot-kick is converted, it isn't always "a great penalty". And when a goal is scored, it isn't always "poor defending".

I don't need every incident microscopically scrutinised like Jimmy Carr's tax returns, and the fact that most of them just trot out tired platitudes for 90 minutes is about as unforgivable as Anthony Gordon's latest haircut.

BOEHLY BALLS-UP

THE anti-Todd Boehly protest Chelsea fans staged outside Stamford Bridge was a bigger embarrassment than Frank Lampard's second spell as manager at the club.

They were chanting "You greedy b*stards" at owners who've spent over £1bn on new players in under three years. Dumb or what?

I get it. It's hard not to be fed up when you're a bit crap. I mean, why else do

you think every Premier League ref looks permanently miserable? But if you're going to moan, at least make it make sense.

All those bozos - half of whom probably chanted

"We've got our Chelsea back" in

October - did was paint themselves as fickle, knee-jerk morons... or, as talkSPORT likes to call them, 'pundits'.



X@HarryBrent

**SERIOUSLY
football**



CHAMPIONS LEAGUE LAST 16



CLARET AND TWO: Esteve taps in Burnley's second

CLARETS IN MAXIME OVERDRIVE

by JOSHUA PECK



BURNLEY kept up the pressure on Sheffield United as Josh Brownhill and Maxime Esteve fired Scott Parker's high-flyers to a 2-1 win in Cardiff.

Brownhill put the visitors ahead after 19 minutes with a smart, cushioned right-foot finish from eight yards, converting Hannibal Mejbri's cross from the left.

Cardiff were almost level 10 minutes later as Callum O'Dowda set up Yousef Saleh, only to see his shot come back off a post.

Zian Flemming should have done better for the Clarets with a header and from a quick break, Jaidon Anthony blasted over.

But Burnley's pressure was starting to tell and five minutes from the interval, they doubled their lead as Esteve converted from Flemming's knock down.

Any thoughts of an easy three points however, were soon extinguished when Saleh pulled one back when he buried a header in the top right corner from Joel Bagan's cross, but Burnley saw out the second half to narrow the gap to automatic promotion to two points.

Hull pushed themselves five points clear of the drop with a 2-0 win over struggling Plymouth.

Gustavo Puerta gave Plymouth an early warning with a header just over the top.

He also had another header smartly saved by Conor Hazard, who also thwarted Sean McLoughlin.

Plymouth's resistance was broken three minutes into the second half when Joe Gelhardt lashed home.

Hull beat the offside trap after an hour and Joao Pedro squared for Abu Kamara to tap home.

Two second-half goals means **Bristol City** are only out of the play-off picture on goal difference as they won 2-0 at Millwall.

The Robins took the lead early in the second half as Zak Vynner (*inset*) was left with a tap-in and Harry Cornick also finished from close range seven minutes from time.

Preston and **Swansea** drew 0-0.

REDEEM COME TRUE

All's forgiven as Mings the marvellous makes up for howler

TYRONE MINGS returned to the scene of his greatest embarrassment – and redeemed himself.

The England international pulled off a miraculous second-half goal-line clearance, laying the platform for a smash and grab victory.

Mings somehow diverted Hans Vanaken's header away from goal, at the same end of the Jan Breydel Stadium where he had unwittingly caused Aston Villa's downfall four months ago.

Back then he picked up a ball, handing the Black and Blues a match-winning penalty.

With the game in the balance last night, his intervention kept Unai Emery's side on level terms before an own goal and a Marco Asensio penalty allowed Villa fans to start dreaming of a spot in the last eight.

But this was an example of Villa's squad's strength as much as anything else as, after a bright start, they had again struggled for answers.

As the game entered its final quarter, Emery was clearly tired of what was playing out in front of him.

He made four substitutions breathing fresh life into his side all over the pitch.

And when any manager can bring on the likes of Asensio and Jacob Ramsey from the bench, it is bound to have a positive effect. Emery is a specialist in European football and he read the script to perfection.

His changes ultimately paid off and Villa are within sight of a quarter-final date with Liverpool or Paris St-Germain.

They will first have to complete the job next week at Villa Park.

And they cannot take Brugge lightly. Nicky Hayden's side defeated Atalanta home and away for the right to reach this round of 16.

They did enough to suggest it will be a competitive evening although, with two defeats in their last 23 matches on their own patch, Villa will be overwhelming favourites.

Their night could hardly have got off to a

from NEIL MOXLEY in Bruges



better start. There were fewer than three minutes on the clock when Youri Tielemans pumped a free-kick into the area, slightly on an angle from outside the centre circle.

Mings, whose name was cheered ironically by the home support when the teams were read out, nodded the ball down.

Leon Bailey (*inset*) gambled correctly and pulled away from his marker, side-footing crisply into the bottom corner from 12 yards.

But Brugge have something about them and drew level with a fine effort soon after. Ardon Jashari switched play from one flank to the other, his crossfield pass finding Christos Tzolis who had worked himself the wrong side of stand-in right-back Axel Disasi.

Maxim De Cuyper galloped up from left-back to collect his pass and fire a left-foot shot across Villa keeper Emi Martinez.

Then came Mings' moment – the slightest of touches changing the course of the outcome.

The benefits were seen in the last 10 minutes. Morgan Rogers' cross from the right was poked past his own keeper by Brandon Mechele.

With Brugge reeling from the injustice of it all, they conceded a third in the dying seconds.

It was a tired challenge by Tzolis on Matty Cash – the full-back was going away from goal – that allowed Asensio to fire home from 12 yards.

CLUB BRUGGE (4-2-3-1): Mignolet 6; Sabbe 6 (Skoras 90), Mechele 6, Ordóñez 7, De Cuyper 7; Onyedika 7 (Vetlesen 90), Jashari 8; Talbi 6 (Siquet 85), Vanaken 6, Tzolis 7; Jutgla 6 (Nilsson 84).

ASTON VILLA (4-2-3-1): Martinez 6; Konsa 6, Disasi 5 (Cash 64, 6), MINGS 8, Digne 6; McGinn 6 (Ramsey 64, 5), Tielemans 6; Bailey 6 (Kamara 64, 5), Rogers 6, Rashford 5 (Asensio 64, 6); Watkins 5 (Bogarde 90).

REFEREE: J Pinheiro (Por) 7.

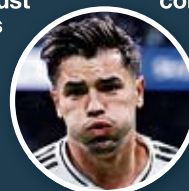
REAL MADRID take a priceless one-goal advantage across town for the second leg next Wednesday after a high-quality derby against Atletico.

They took just three minutes and 26 seconds to open the scoring through two pieces of magic.

Federico Valverde split the Atletico defence with a superb 35-yard pass

BRAHIM ROUND-UP

down the right channel. Rodrygo collected on the edge of the box, moved inside and unleashed a sublime curling finish from 14 yards. Not to be outdone, Julian Alvarez's leveller after 32 minutes took some beating. He chased a harmless-looking ball





BEHIND THE MASK: Mechele nets own goal and (right) Asensio scores



STRANGER MINGS: Tyrone Mings completes a remarkable clearance off the Villa goal-line

HAS REAL IMPACT

down the left, cut inside Eduardo Camavinga and strolled into the box to bend a beauty in off the far post.

Ten minutes into the second half, Real were back in front as Ferland Mendy found Brahim Diaz (*inset*) on the left side of the box.

He jinked his way around three defenders before hitting a daisycutter to the far post to make it

2-1. Borussia Dortmund and Lille shared the spoils in Germany.

Dortmund went ahead midway through the first half as Karim Adeyemi fired a wonderful low strike from 20 yards just inside the left upright.

But midway through the second half Hakon Haraldsson ran onto Jonathan David's through ball to level with his left foot.

From Back Page

sporting disaster and came up trumps. Back in November, the centre-half handled the ball after Emi Martinez kicked it to him, a mistake that gifted Brugge their winning penalty in a 1-0 win.

But Mings' deft touch prevented the hosts from taking the lead with the game in the balance, and two late efforts gave Villa a priceless 3-1 lead to take to Villa Park next week.

Emery said: "Tyrone saved us with one very good action.

"The first experience he had here was not good but today he reacted fantastically.

"He was focused, serious – saving one action that was a goal.

LOOKING UP

Of course, I know the difficulties in football and how we have these experiences. And we have corrected something from the last match we played here."

However, Brugge can count themselves unlucky to be on the receiving end of a 3-1 scoreline, and Villa's boss warned against complacency next week.

He said: "We are not in the quarter-final. There's still another 90 minutes and we're ready in case we need extra time and penalties.

"My aim is to analyse, correct and get better for the next match than the match we played today."

INFORMATION STATION

UEFA Champions Lge Round of 16 First Leg		BROMLEY (1)..... 1		DONCASTER (0).... 0	
B DORTMUND (1) ... 1		LILLE (0) 1		Elverre 10 Att: 2,433	
Adeyemi 22		A Haraldsson 68		CARLISLE (1) (..... 1	
CLUB BRUGGE (1) .. 1		ASTON VILLA (1) .. 3		WALSALL (1) (..... 1	
De Cuyper 12		Bailey 3		Hayden 22	
		Mechele 82 (og)		Allen 7	
		Asensio 88 (pen)		Att: 6,378	
PSV (1) 1		ARSENAL (3) 7		COLCHESTER (0) 1	
Lang 43 (pen)		Timber 18		CHESTERFLD (0) .. 0	
		Nwaneri 21		Gordon 59	
		Merino 31		Att: 3,774	
		Odegaard 47, 73		CREWE (0) (..... 1	
		Trossard 48		FLEETWOOD (2) ... 4	
		Calafiori 85		Long 90	
				Graydon 11	
				Marsh 33	
				Bennett 79	
				Patterson 89	
REAL MADRID (1) .. 2		AT MADRID (1) (..... 1		GRIMSBY (0) (..... 1	
Rodrygo 4		Alvarez 32		Rose 68 (pen)	
Diaz 55				Finley 10	
				Att: 4,854	
Sky Bet Championship				MORECAMBE (1) 1	
CARDIFF (1) 1		BURNLEY (2) 2		AFC WIMB'DN (0) .. 0	
Salech 42		Brownhill 19		Angol 20	
		Esteve 40		Att: 2,488	
		Att: 15,713		NEWPORT (3) (..... 3	
HULL (0) 2		PLYMOUTH (0) 0		GILLINGHAM (0) 1	
Gelhardt 48		Att: 18,772		Kamwa 9, 27, 30	
Kamara 61				Morgan 69	
MILLWALL (0) (..... 0		BRISTOL C (0) (..... 2		Att: 3,396	
		Vyner 53		NOTTS CO (0) (..... 1	
		Cornick 83		Grant 64	
		Att: 12,380		Spence 10	
PRESTON (0) 0		SWANSEA (0) (..... 0		Foley 62	
		Att: 12,838		PORT VALE (0) (..... 0	
				HARROGATE (0) (..... 0	
				Att: 5,107	
				SWINDON (1) (..... 2	
				SALFORD CITY (1) 2	
				Nichols 7	
				Smith 71	
				Adelakun 27	
				N'Mai 72	
				Att: 6,465	
				P	
				W	
				D	
				L	
				F	
				A	
				Pts	
				Walsall	
				Bradford	
				Doncaster	
				Notts County	
				AFC Wimbledon	
				Port Vale	
				Crewe	
				Grimsby	
				Bromley	
				Colchester	
				Salford City	
				Fleetwood	
				Cheltenham	
				Swindon	
				Newport City	
				Chesterfield	
				Barrow	
				MK Dons	
				Gillingham	
				Harrogate Tn	
				Accrington	
				Tranmere	
				Morecambe	
				Carlisle	
				VANARAMA NATIONAL LEAGUE:	
				AFC Fylde 2 Hartlepool 1, Aldershot 0 Dag & Red 0, Barnet 5 Yeovil 0, Boston Utd 0 Oldham 0, Eastleigh 2 Ebbsfleet United 0, FC Halifax 2 Forest Green 1, Maidenhead Utd 3 Braintree Town 3, Rochdale 1 Gateshead 0, Solihull Moors 1 Sutton Utd 1, Southend 2 Woking 2, Tamworth 4 Wealdstone 1, York 1 Altrincham 2.	
				P	
				W	
				D	
				L	
				F	
				A	
				Pts	
				Barnet	
				York	
				Forest Green	
				Gateshead	
				Oldham	
				FC Halifax	
				Altrincham	
				Eastleigh	
				Rochdale	
				Southend	
				Tamworth	
				Yeovil	
				Sutton Utd	
				Hartlepool	
				Solihull Moors	
				Woking	
				Braintree Tn	
				Aldershot	
				Dag & Red	
				AFC Fylde	
				Wealdstone	
				Maidenhead	
				Boston Utd	
				Ebbsfleet	
				WILLIAM HILL SCOTTISH CHAMPIONSHIP:	
				Airdrieonians 0 Falkirk 3, Queen's Park 2 Ayr 3. League 1: Dumbarton 1 Ayrbroath 2. League 2: Stirling Albion 1 Forfar 2.	
				CRICKET	
				ICC CHAMPIONS TROPHY - SEMI FINAL—India v Australia (Dubai): Australia 264 (49.3 overs; S P D Smith 73, A T Carey 61). India 267-6 (48.1 overs; V Kohli 84). India beat Australia by 4 wickets.	
				TODAY'S DIARY	
				UEFA Champions Lge Round of 16 First Leg	
				Bayern Munich v Bayer Leverkusen (8pm) (Live on TNT Sports 2)	
				Benfica v Barcelona (8pm) (Live on TNT Sports 3)	
				Feyenoord v Inter Milan (5.45) (Live on TNT Sports 2)	
				Paris SG v Liverpool (8pm) (Live on TNT Sports 2)	
				Women's Super League: Chelsea v Leicester (7.30), West Ham v Man City (7pm).	
				William Hill Scottish Championship: Livingston v Raith (7.45).	
				CRICKET	
				ICC Champions Trophy - Semi Final: South Africa v New Zealand (Lahore, 9am).	
				ANSWERS	
				YESTERDAY'S SPORTWORD	
				Across: 1 Hoppe; 4 Sally; 7 Inu; 8 Keats; 9 Tanak; 10 Nash; 11 Norman; 14 Hunter; 15 Road; 18 Nurni; 20 Al Ain; 21 New; 22 Senna; 23 Neita. Down: 1 Hakan; 2 Pearson; 3 Eisa; 4 Sutton; 5 Lyn; 6 Yakin; 12 Mbokani; 13 Medina; 14 Hines; 16 Dunga; 17 Dawn; 19 Run.	
				FIVE FOR FUN	
				1 Nat Sciver-Brunt and Maia Bouchier 2 Julian Montoya 3 Mercedes 4 Sheffield United 5 Val Dancer.	



DEAL TALKS: Isak

Ace Alex 'staying in Toon'

■ by IAN MURTAGH

NEWCASTLE will not be forced into selling striker Alexander Isak this summer despite huge interest.

Toon chief executive officer, Darren Eales, has made it clear there will be no repeat of last year's emergency fire sale to avoid a points deduction.

The club is owned by the mega-rich Saudi PIF, but they were forced to sell Elliot Anderson and Yankuba Minteh to comply with PSR regulations.

But with a massive increase in turnover, the alarm bells aren't ringing this year.

Rather than looking to sell Isak, Eales revealed Newcastle will open talks with his representatives.

"We're going to be clear," said Eales.

"He has multi years left but we will have the discussions in terms of a new deal.

"That's something we will approach in the summer."

But Eales warned there would be no summer spending spree.

He said: "Ultimately, we want to be winning the Premier League - but we have to do it within the constraints we have."

UTD

From Back Page

kick-off and hope it will be one of the largest protests against the Americans' running of the club.

Steve Crompton, spokesman for The 1958, said: "The club is slowly dying before our eyes, on and off the pitch, and the blame lies squarely at the current ownership model.

"The club is facing financial armageddon. Debt is the road to ruin.

"Sir Matt Busby would be turning in his grave."

Fans are already angry at ticket price hikes and a separate protest was organised by the Manchester United Supporters' Trust at Sunday's FA Cup defeat to Fulham.

United are languishing in 14th in the Premier League and could miss out on an estimated £100m if they fail to make Europe.

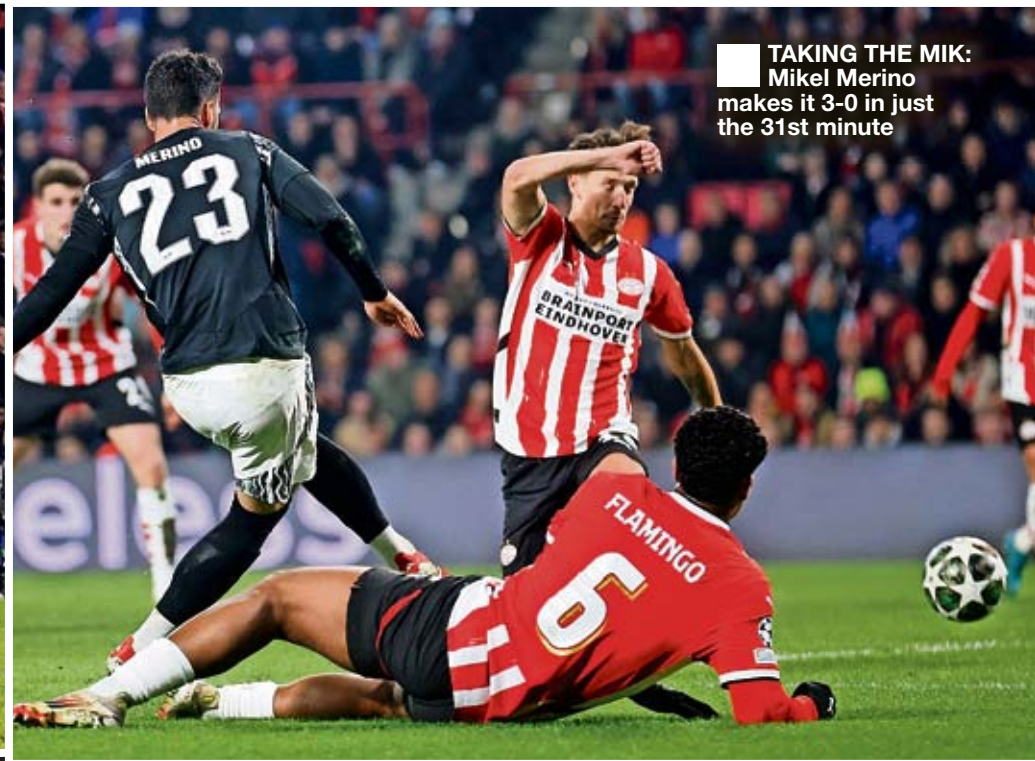
SERIOUSLY
football



CHAMPIONS LEAGUE LAST 16



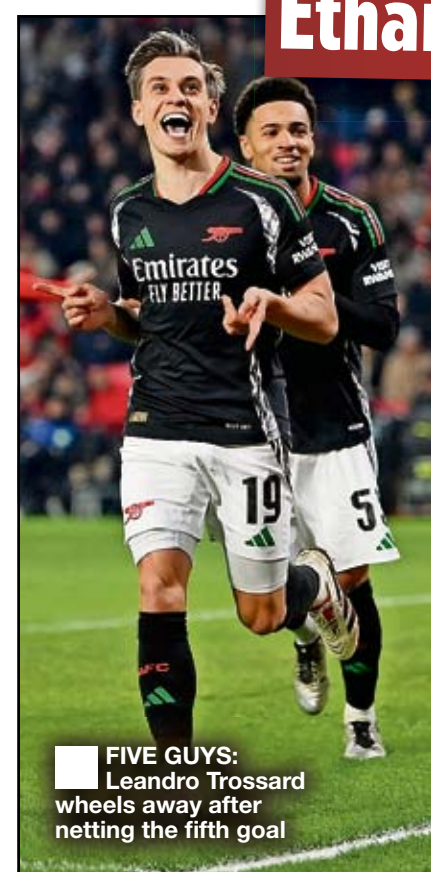
JURRIEN DUTY:
Jurrien Timber
climbs highest to
open the scoring



TAKING THE MIK:
Mikel Merino
makes it 3-0 in just
the 31st minute

NWAN TO REMEMBER

Ethan stars as Gunners get leg over in style



FIVE GUYS:
Leandro Trossard
wheels away after
netting the fifth goal

FROM a team which had forgotten how to score, suddenly they could not stop.

What a fantastic turnaround for Arsenal as they blitzed PSV Eindhoven to as good as book their place in the Champions League quarter finals. They scored seven - yes, seven - and did not even have a fit centre-forward.

Jurrien Timber, Ethan Nwaneri, Mikel Merino, Martin Odegaard (twice), Leandro Trossard and Riccardo Calafiori were on target and, having to failed to score in their previous two league games, Arsenal enjoyed a record away win in this competition.

Nwaneri, at 17 years and 348 days the second youngest Arsenal player to play in a Champions League game, was just superb in an enthralling victory.

Nwaneri glided across the pitch all night, scored and showed he already belongs on Europe's biggest stage.

Odegaard was brilliant as he answered a few critics.

Arsenal were too good, too strong and humiliated PSV. Europe is Mikel Arteta's last chance of silverware this season and they looked determined to

■ from JOHN CROSS in Eindhoven



seize the initiative. The night started with a huge let-off for Arsenal.

Keeper David Raya pushed Ivan Perisic's cross out to Ismael Saibari who smashed the ball against the bar. Ryan Flamingo missed the follow-up.

Arsenal then took full advantage - and never looked back. The opening goal came after 18 minutes. Declan Rice put over a left-foot cross which was headed home by Timber.

Arsenal were transformed. They got a second three minutes later. Myles Lewis-Skelly did some fine work, pulled a ball back for Nwaneri who fired home to become the third youngest scorer in the Champions League knockout stages.

Lewis-Skelly then got very lucky. Booked for a clumsy foul, just a couple of minutes later he tripped PSV's Richard Ledezma and it should have been a second yellow.

But ref Jesus Gil Manzano let him off

and he was replaced by Calafiori soon after.

Arsenal got a third after 31 minutes after a horrible mix-up in the PSV box. Flamingo failed to clear, Merino seized the chance and fired into the bottom far corner. It stood after a lengthy VAR check for offside.

PSV gave themselves brief hope after Thomas Partey made a clumsy challenge at a corner, caught Luuk de Jong and conceded a penalty. Noa Lang smashed it home.

But Arsenal reasserted themselves at the start of the second half. Nwaneri's cross was only palmed out by PSV keeper Walter Benitez and there was Odegaard to smash home.

It got even better. Trossard fired past Benitez for a fifth goal, Odegaard's shot squirmed in and Calafiori slotted a seventh.

PSV EINDHOVEN (4-2-3-1): Benitez 5; Ledezma 5 (Karsdorp 65, 6), Flamingo 4 (Nagalo 46, 5), Boscagli 5 (Obispo 83), Malacia 6; Saibari 6 (Veerman 83), Schouten 5; Til 5, Perisic 6, De Jong 6 (Bakayoko 66, 6); Lang 6.

ARSENAL (4-3-3): Raya 6; Timber 7 (White 77), Saliba 7, Gabriel 7, Lewis-Skelly 6 (Calafiori 35, 7); Partey 6 (Zinchenko 71), Rice 7, ODEGAARD 9; Nwaneri 8 (Sterling 71), Trossard 7, Merino 7 (Tierney 77).

REFEREE: Jesus Gil Manzano (Spa) 7.



TWICE AS NICE:
Ethan Nwaneri
powers home Arsenal's
second goal in Eindhoven

Odds & NODS

IN ASSOCIATION WITH



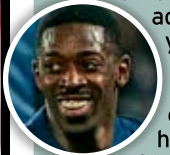
■ by **LEE PHELPS**,
William Hill
spokesperson

I'm expecting a dramatic goal-filled Champions League night, not least at the Parc des Princes.

Liverpool face PSG and I've got four Bet Builder picks and they are both teams to score, Mo Salah to get a goal, Ousmane Dembele at least one shot on target and Nuno Mendes to be carded.

Neither side finds goals hard to come by with the French champions scoring 11 across their games against Brest and Manchester City, and Liverpool liable to concede on the road.

Salah has 30 goals in 39 games in all competitions, so he's always worth adding into your bet builder.



Dembele (inset) has scored 21 goals in 16 games since his Champions League ban in December, so he may well be worth a look at a goal rather than just a shot on target.

And Mendes has been carded against PSV, Bayern Munich and Manchester City in the Champions League this season.

You get a 25 per cent bet builder, by picking three or more selections, at 3/1 or bigger online, plus you've got Impact Sub on your side too.

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TAKE TIME TO THINK

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**UNITED'S
BLACK
SABBATH**

by DAVID ANDERSON

MANCHESTER United fans have been urged to wear black on Sunday in an anti-Glazer protest, as it was claimed "Sir Matt Busby would be turning in his grave" at the club's plight.

The 1958 fan group want supporters to don sombre colours for Sunday's clash with Arsenal at Old Trafford to symbolise how the club is "slowly dying" under the Glazer family's ownership.

The group is organising a march to the stadium ahead of the 4.30pm

Turn to Page 46

PSV EINDHOVEN 1 ARSENAL 7

CHAMPIONS LEAGUE LAST 16,

1st LEG PAGES 46-47



Seven and El

GOAL-CRAZY GUNS SET SIGHTS ON MADRID GIANTS

from JOHN CROSS in Eindhoven

ARSENAL went goal 'Mad' with a record away win in the Champions League.

Mikel Arteta's men annihilated PSV to set up a tasty quarter-final clash with either Real or Atletico Madrid.

Jurrien Timber, Ethan Nwaneri, Mikel Merino, Martin Odegaard (twice), Leandro Trossard and Riccardo Calafiori were all on target as the Dutch side were blitzed in Eindhoven.

After not being able to field a fit striker or score in their previous two games, the Gunners simply blew PSV away to make the second leg a formality and keep their hopes of silverware alive.

Real take a slender lead into their second leg after beating Atletico 2-1 at the Bernabeu.



SCORING SCORING
ARSENAL:
Odegaard and
(inset) Nwaneri
jump for joy

ARNE QUIT REFFING 'N JEFFING...

by CHRIS McKENNA

ARNE SLOT claimed he won't lose his cool again with officials after an alleged X-rated rant landed him a two-game touchline ban in the Premier League.

The Liverpool boss (right) told ref Michael Oliver he

Turn to Page 43



PSG v LIVERPOOL
8pm, TNT Sports

CLUB BRUGGE 1 ASTON VILLA 3

MINGS ARE LOOKING UP

from NEIL MOXLEY in Bruges

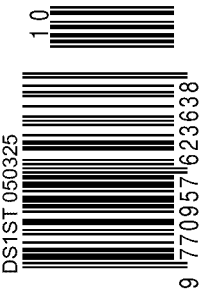
UNAI EMERY paid tribute to Tyrone Mings after his dramatic goal-line clearance gave Aston Villa sight of the Champions League quarter-finals.

Villa's boss singled out the defender (right) as he returned to the scene of his personal

Turn to Page 45



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EIGHT PAGES FULL OF GAMES AND TEASERS

**TRY TO
FIND...**

the bookworm



**PUZZLE
PLANET**

2

PUZZLE
PLANET

THE PICTURE ZONE

WHAT
HAPPENS
NEXT?

What happened next in this picture? A man is relaxing in a large paddling pool in his yard. Choose one of the four options.

Solution next week

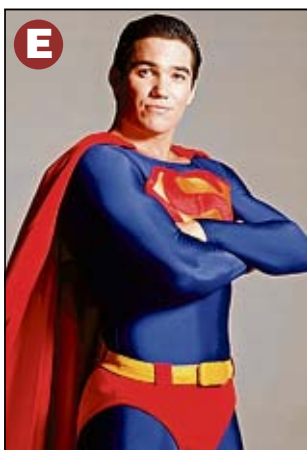
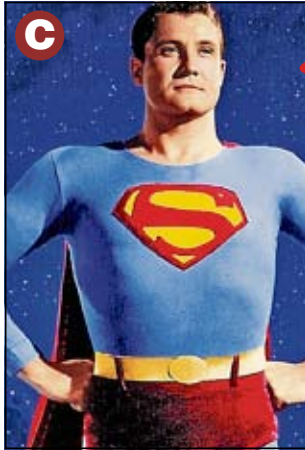
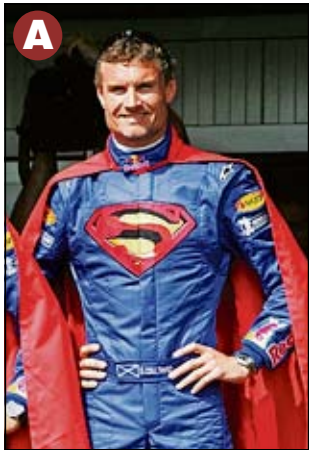
1. The lady walking past dives in, the wave created makes the man spill over the edge and he slides under the car.
2. The lady jumps in and the pool rips, spilling all the water out - which pushes the car off the drive.
3. The man grabs the lady and pulls her into the pool.
4. A cat comes running and jumps in the pool, followed by a dog that's chasing the cat.

SPOT
THE
DIFFERENCEPICTURE
QUIZ

Can you name these celebrity superheroes? Write down your answers below.

Solution next week

- A
B
C
D
E
F
G
H
I



Spot six differences between the picture of Ava Max on the left and right
Solution next week

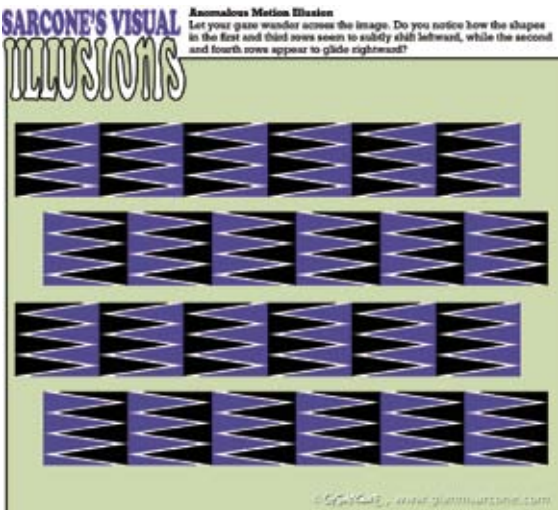
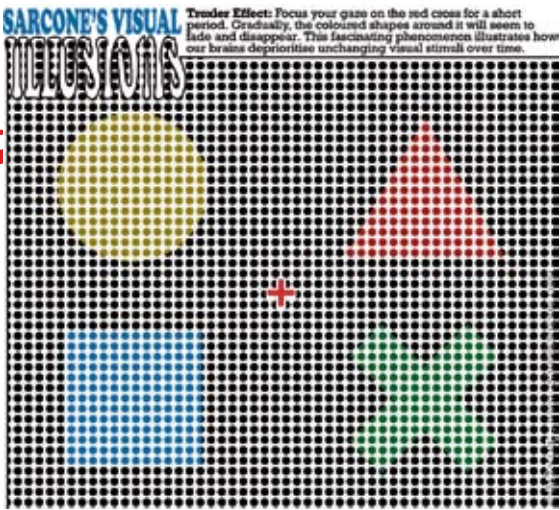


OPTICAL ILLUSION

Look carefully at these two optical illusions.

Can you work out the answer to each one?

Solution next week



MAGIC EYE

Hold the image right up to your nose: it will be blurry. Focus and slowly move the image away from your face. Keep your eyes focused beyond the image, do not focus on the actual image.

The image will start to form a fuzzy 3D shape. Stop here, focusing beyond the image and the 3D shape should appear.
Clue: When will they come home?
Solution next week



SPOT THE BALL

We have removed the football from this picture. Have a bit of fun with your mates - or even a little bet - to see if you can guess which section the ball was in. Using the grid, choose a row (A-M) and a column (1-19). **Solution next week**



THE THINKING ZONE

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions next week**

SUDOKU

EASY

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

MEDIUM

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

DIFFICULT

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

Stuck on today's Sudoku? CALL...
0901 326 1006
For extra clues

*Calls cost 75p plus your telephone company's network access charge.

*Calls cost 80p per minute plus your telephone company's network access charge.

1	25	13	10		16	14	9	13	22	6	17	7
10		24		14		17		17		19		6
15	24	20	14	19		17	11	24	13	22	10	19
10				9		25		23		8		5
8	24	22		3	9	26	14	2	11	14	19	10
		25				22		10		18		13
6	19	8	25	13	11		2	8	6	10	13	22
19		21		23		12				8		
13	4	25	10	24	23	6	13	11		22	24	21
6		26		26		19		25				14
20	8	10	23	26	6	19		20	8	24	19	5
11		19		10		6		10		26		10
22	25	22	14	8	6	24	26		26	10	13	13

1	2	3	4	5	6	7	8	9	10	11	12	13													
14	15	16	17	18	19	20	21	22	23	24	25	26													
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

MEGA ALPHA PUZZLE

Alphapuzzle® tests your logic and word power. Each grid number represents a letter. Each letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Can you beat the Target Time? Call for an Extra Letter Clue if you get stuck. **Solution next week.**
DIFFICULTY: 10/10
TARGET TIME: 30 minutes

Thinking Space

Alphapuzzle® © 2024 Acorn Editorial Ltd
Need help? To hear up to six extra letter clues
CALL: 0905 789 4170*

(Deduct two minutes from target time for each extra letter heard.)
FULL SOLUTION: 0905 789 4183*
*Calls cost 80p per minute plus your telephone company's network access charge.

Alternatively, for six extra clues to your mobile, text ALPHAMEGA to 64343
Texts cost £1 plus your usual network rate.

SMALL X-WORD

1	2	3		4	5		6	
			7					8
9								
10			11			12		
	13							
14					15		16	
		17				18		
19								
20								

ACROSS

- 1 Fire engine (9)
- 7 Unroll, unfold (6)
- 9 Mineral pitch (7)
- 10 Try out (4)
- 12 Star sign (3)
- 13 Cheerful, resilient (7)
- 14 Tree type (3)
- 15 Musical instrument (4)
- 17 Astound (7)
- 19 Peace, tranquillity (6)
- 20 Innocent (9)

DOWN

- 1 Slaughterhouse (8)
- 2 Sit for an artist (4)
- 3 Fruit seed (3)
- 4 No matter what (2,3,4)
- 5 At sea (6)
- 6 Eruct (anag.) (5)
- 8 Panthers (8)
- 11 Drum type (3-3)
- 13 Ring-shaped roll (5)
- 16 Wagers (4)
- 18 General Certificate of Education (3)

Solution next week

Stuck on today's Small X-word? For today's solution call:
0905 7894 185

*Calls cost 80p per minute plus your telephone company's network access charge.



- 1 Which US TV cartoon featured the characters Tommy Pickles, Chuckie and Angelica?
- 2 The Neolithic Rollright stones are located on the border of Warwickshire with which other county?
- 3 15th-century nobleman Richard Neville, nicknamed The Kingmaker, was 16th Earl of where?
- 4 Dhaka is the capital of which Asian country?
- 5 Which Taylor Swift, left, album was reissued in time for Valentine's Day last month?
- 6 Which gaseous element is represented by the letters He?
- 7 Which annual sporting fixture takes place at the All England Club, SW19?
- 8 What nationality was the painter Rembrandt?

PUB QUIZ

Solution next week

- 9 The Orinoco is one of the longest rivers in which continent?
- 10 Dylan Llewellyn and Jon Pointing returned for the third series of which Channel 4 sitcom?
- 11 What word beginning with the letter T describes the clipping of hedges and trees into decorative shapes?
- 12 The Jurassic Coast World Heritage site runs through East Devon and into which other county?
- 13 Thomas Cromwell served as chief adviser to which 16th-

- century English monarch?
- 14 According to the Cole Porter song what do birds, bees, and even educated fleas do?
- 15 Lindsey Coulson recently joined the cast of Waterloo Road, but in which soap did she make her name?
- 16 How many holes are there in a standard ten-pin bowling ball?
- 17 Which US rock band had a 1983 hit with Africa?
- 18 Which private investigator in Raymond Chandler's The Big Sleep was played in the film version by Humphrey Bogart?
- 19 Rachel Zegler and Gal Gadot



- star in which 2025 live action version of a Disney classic?
- 20 What was the name of Downton Abbey writer Julian Fellowes' 2001 period murder mystery film, starring Maggie Smith?
- 21 The name of which type of pasta, similar to spaghetti, comes from the Italian for 'little worms'?
- 22 Which novelist sisters wrote under the pseudonyms Currer, Ellis and Acton Bell?
- 23 Which artist's controversial work My Bed was exhibited at the Tate Gallery in 1999?
- 24 Ed Sheeran, inset, was recently stopped from busking in a street in which South Asian country?

- 25 Which Australian Aboriginal instrument takes the form of a long wooden tube that is blown into to produce a drone?
- 26 What is the common name for the part of the human body known as the tympanum?
- 27 Who released the 1981 hit single In The Air Tonight?
- 28 Bratislava is the capital of which European country, which gained independence in 1993?
- 29 What name is given to a strip of paper twisted once and joined together so that it has one continuous surface?
- 30 Which English band has had hits with Sweet Nothing, Spectrum and You've Got The Love?

CROSS

Alternative name for the biblical commandments of Moses; from Greek, '10 words' (9)
4 French recipient of the 1947 Nobel Prize for Literature; The Immoralist (1902), The Counterfeiters (1925) etc. (5,4)
27 Toothlike projection on the second vertebra of the neck (axis) on which the first (atlas) pivots when rotating the head (8,7)
Member of a Native American people closely allied with the Cheyenne, now living chiefly in Oklahoma and Wyoming (7)
2 In North America, a rule or law enacted by a municipal authority (9)
3 Genus of grasses of the family Poaceae (formerly Gramineae) to which the oats belong (5)
5 Largest living species of bovine mammal, also known as the Indian bison and seladang (4)
6 Large flightless North Atlantic sea bird extinct since the mid 19th century; Pinguinus impennis (5,3)
7 Capital and fourth-largest city of Gambia, formerly (until 1973) called Bathurst (6)
9 Norwegian pop group whose hits include 'Take On Me' (1985) and 'Analogue (All I Want)' (2006) (1-2)
2 Personification of the sun in Roman mythology; counterpart of the Greek Helios (3)
26 Singer who won the 2019 Eurovision Song Contest for the Netherlands with 'Arcade' (6,8)

BIG X-WORD

29 Nahum ____, Irish poet and dramatist who served as Poet Laureate from 1692 to 1715 (4)
30 Imperial dynasty that ruled China from about 1600BC to 1046BC (5)
31 Liquid extract of the tropical African plant Ricinus communis used as a laxative and an industrial lubricant (6,3)
34 Popular music style of the 1950s chiefly played on guitars with improvised percussion instruments such as washboards (7)
35 Second side of a person's personality; Latin, literally 'other I' (5,3)
36 Longest river of the Iberian Peninsula, forming part of the border between Spain and Portugal (5)
37 British Protectorate of SE Africa that achieved independence as Malawi in 1964 (9)
DOWN
2 Hard protective or supporting outer covering of organisms such as insects and crustaceans, typically made of chitin (11)
3 Sergio ____, Italian director of films including A Fistful Of Dollars (1964) and Once Upon A Time In America (1984) (5)
4 See 6 Across
5 Genus of flowering herbs and shrubs, commonly called spurge, that includes poinsettia (9)

6 2019 musical fantasy film starring Mena Massoud, Naomi Scott and Will Smith (7)
7 Standard monetary unit of Indonesia, divided into 100 sen (6)
8 Clyde William ____, US astronomer who discovered the dwarf planet Pluto in 1930 (8)
9 Eldest of the three daughters of Shakespeare's King Lear, married to the Duke of Albany (7)
14 Small faint southern constellation between Hydra and Vela; the Air Pump (6)
15 CGS unit of magnetic flux density, equal to one maxwell per square centimetre (5)
18 Island group in the North Atlantic Ocean forming an autonomous region of Portugal; capital, Ponta Delgada (6)
19 Protagonist of the 1862 Victor Hugo novel Les Misérables (4,7)
21 'How vainly men themselves ____' (Andrew Marvell 'The Garden' (1681) st. 1) (5)
23 1871 novel by US author Louisa May Alcott subtitled Life At Plumfield With Jo's Boys (6,3)
24 Essential oil obtained from the rind of a small Asian orange, used to flavour Earl Grey tea (8)
25 Region under the jurisdiction of a Christian bishop; from Greek, 'administration' (7)
27 See 10 Across
28 Small island of the Inner Hebrides west of Mull and north-east of Iona; site of Fingal's Cave (6)
32 Capital of Bihar state in NE India, on the Ganges River (5)
33 Oldest of the seven Pleiades in Greek mythology; mother, by Zeus, of Hermes (4)

Stuck on the Big X-word? Call 0905 789 4199 to hear today's solutions

*Calls cost 80p per minute plus your telephone company's network access charge.

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 next week

Profession Skin decoration Japanese port Ape Wild cat Jeff pictured Mild curry River route
European principlity
And not
Monotony
Chum Luxurious Historical period Heather
Bridge fees Colourless Verse
Foretaste Faints
Predatory bird Advanced in age Practice, custom Overdone publicity Divide in two Type of whale
Holly pictured Flightless bird Two and a Half US sitcom
Long fishes Agent Complains Drama
Mottle Grain International alphabet
European mountain Happiness Pragmatic sort Relaxation Amazed Lynam, former sports presenter
Zone Beer Rubbed out
Move to music Irritate
Block of paper Rip Observe Spirits Born
From Tianjin, say Dormant That woman Night before Accomplished Sneaky
Flee Channel Finishes Shroud Toy bear

WORD SEARCH

Find all the waterfalls listed below in the grid.
Solution next week

ANGEL
BAATARA GORGE
BAREHIPANI
BASASEACHIC
BRIDAL VEIL
CUQUENAN
DETIAN
DETTIFOSS
HAVASU
IGUAZU
JOG
KAIETEUR
MULTNOMAH
NIAGARA
PALOUSE
PLITVICE
STAUBBACH
SUTHERLAND
VICTORIA
YOSEMITE

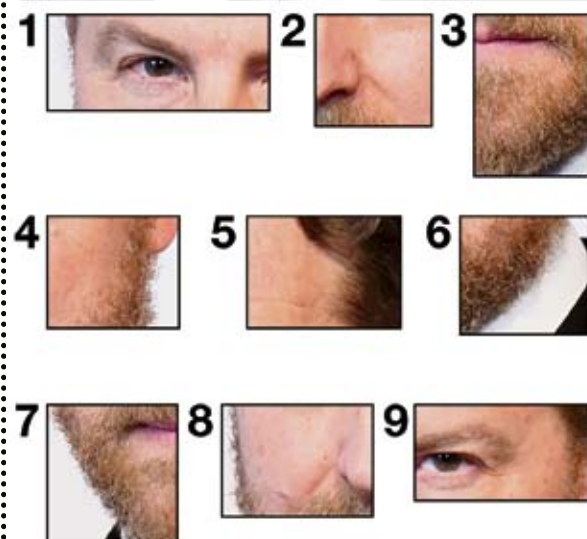
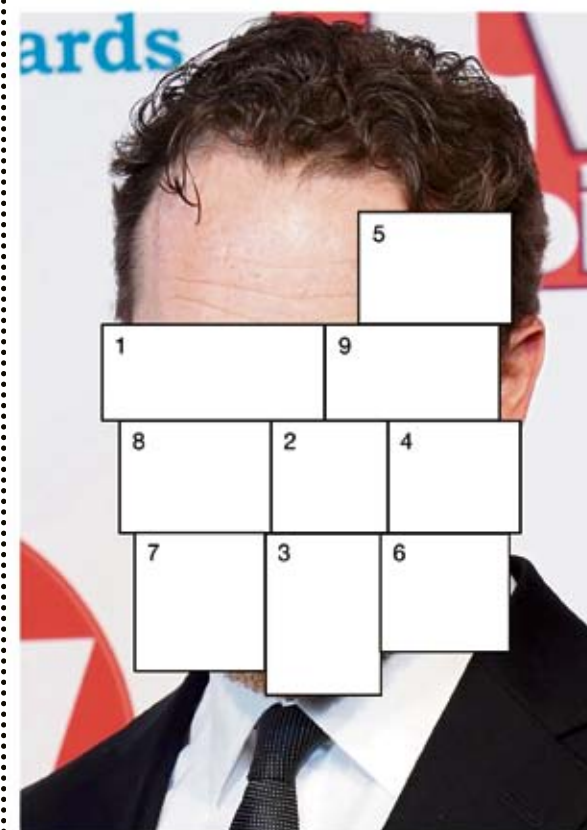
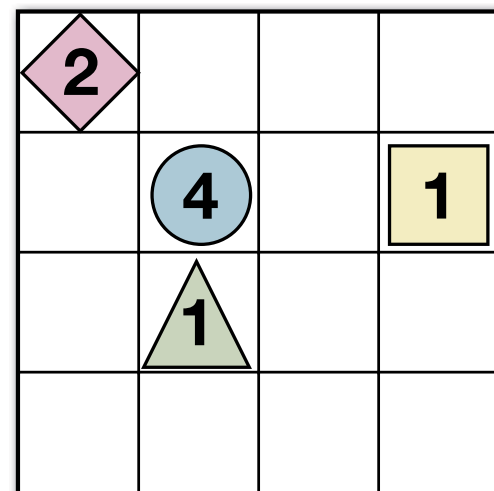
SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?

Solution next week

Service Provider: Spoke Ltd, 0333 202 3390

KELJO



STAR SKETCH

Draw the facial features into the numbered boxes above to reveal the celebrity. Share your pictures on X with #DailyStarSketch

Grab your pencils or pens... use colours if you have them, add textures and patterns and make the picture your own.

COLOUR ME IN

1) If The Beetles beat BABA but not Zed Leppelin, and Zed Leppelin beat The Reeling Stones and BABA, but The Reeling Stones didn't beat BABA or The Beetles, and BABA didn't beat The Beetles... who came where in the Battle of the Tribute Bands?

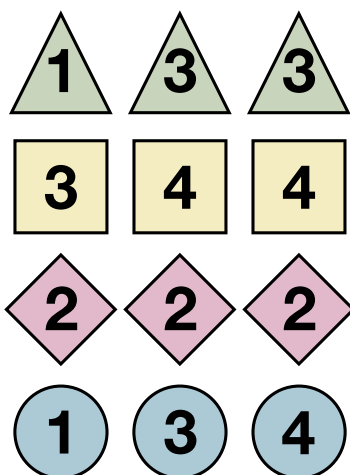
2) Which two words meaning 'chuck' and 'gasp' combine into one meaning 'irreverent'?

3) Find the marsupials in these anagrams:

- a) Oak Organ,
b) Deviant Animals,
c) Mo's Soup.

4) Marjorie is given a step counter and told to walk 5km. Her stride length was set to 60cm but she worked out how to make it a third longer in the settings. Instead of walking, she hits it against her desk so that it counts a step each time. How many times does she need to hit it to add 5km distance 'walked'?

Place the remaining tiles into the grid so that four different numbers and four different shapes appear in each row and column. **Solution next week**



Follow the instructions on the right to make your Barmi Origami.

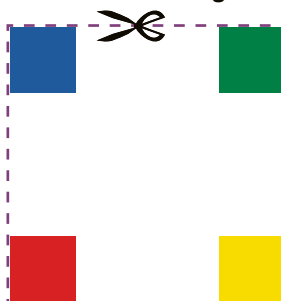
Then once you have made it, find a friend and ask them to pick a colour.

Open the Barmi Origami one way, then the other to spell out the chosen colour (eg: Y E L L O W).

Ask your friend to choose a number, then open the Barmi Origami one way, then the other to count out the number.

Finally, choose a number, lift the flap and read out

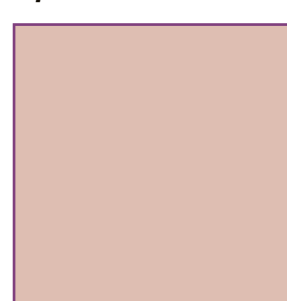
1. Cut out the square at the below right



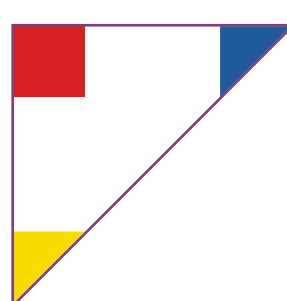
BARMI ORIGAMI

the words. Your friend must carry out the request. Take care if it is a physical challenge!

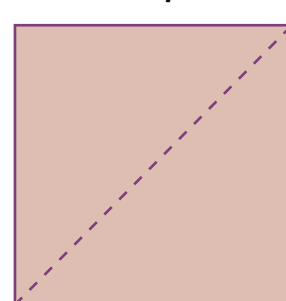
2. Turn over so the colour squares are on the back



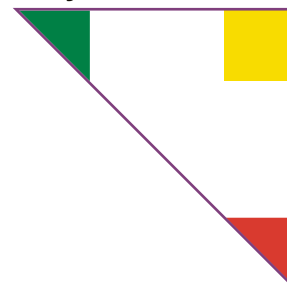
3. Fold in half corner to corner



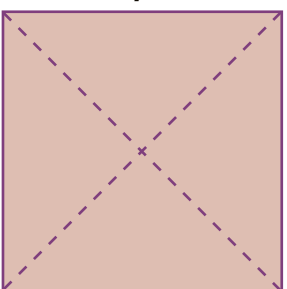
4. Unfold back to a square



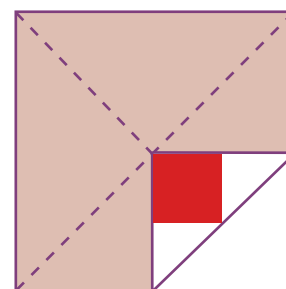
5. Fold the opposite way corner to corner



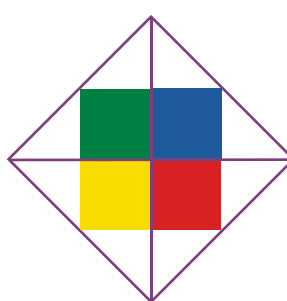
6. Unfold back to a square



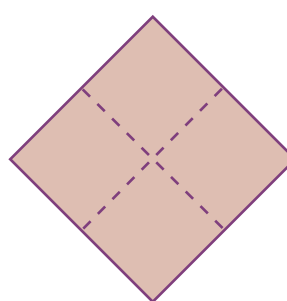
7. Fold a corner to the centre



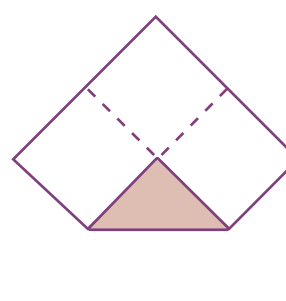
8. Fold the rest of the corners in



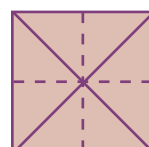
9. Turn over



10. Fold a corner to the centre



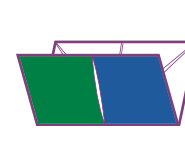
11. Fold the rest of the corners in



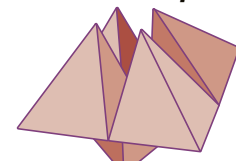
12. Turn over



13. Fold in half



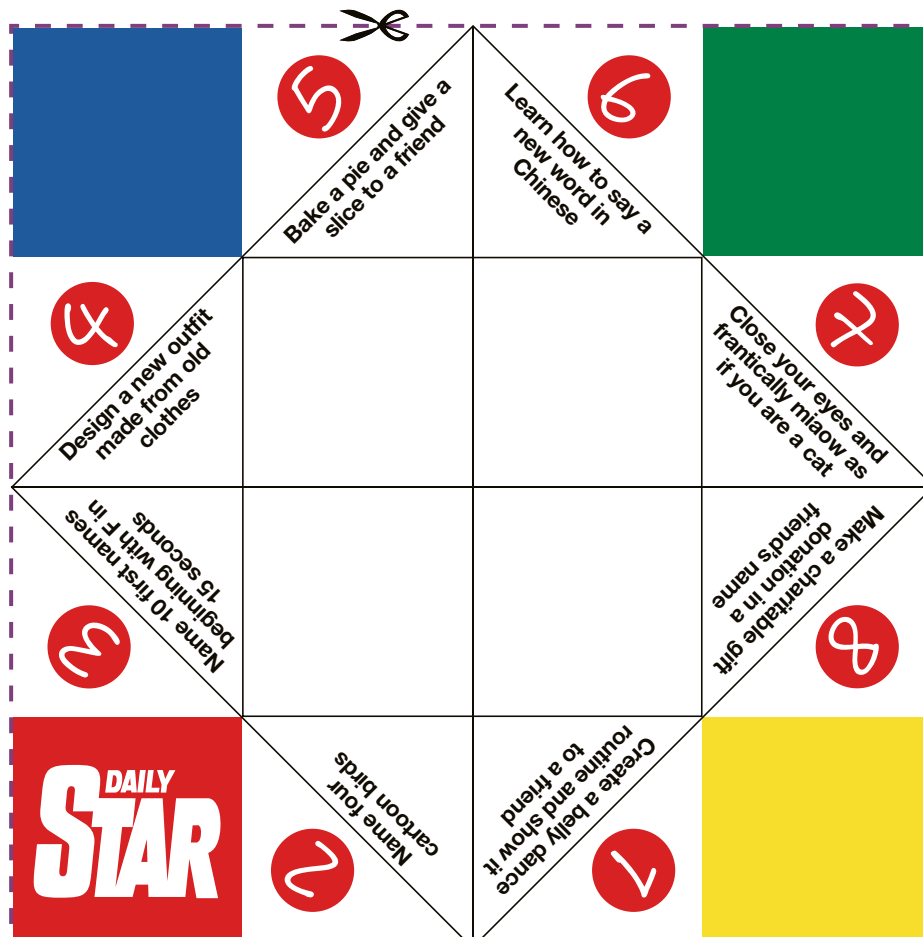
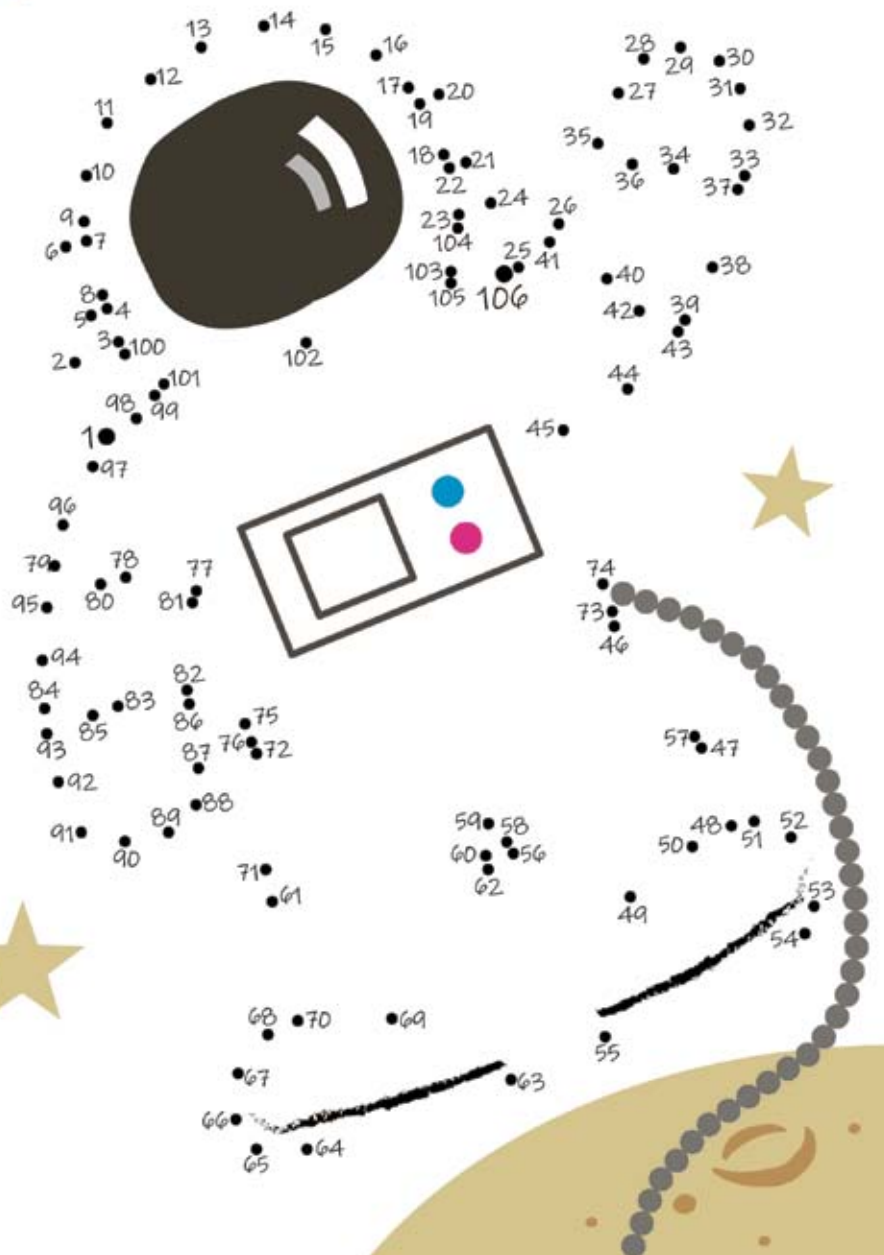
14. Insert fingers making sure the coloured squares are on top



DOT-TO-DOT CHALLENGE

Brush up your fine motor skills by joining up the dots from number 1. Try gliding smoothly from dot to dot without taking your pen or pencil off the paper.

Join the dots to reveal something floating!



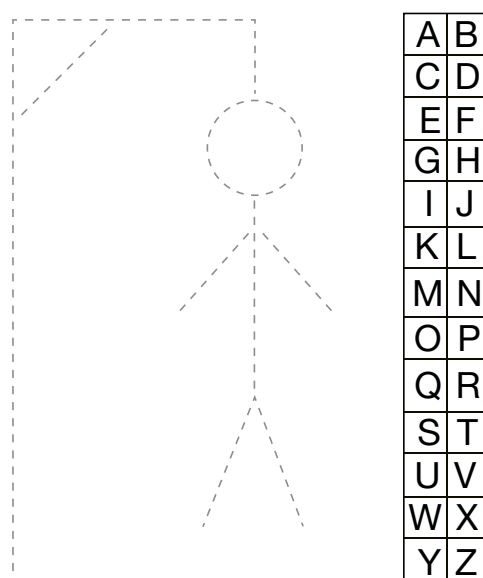
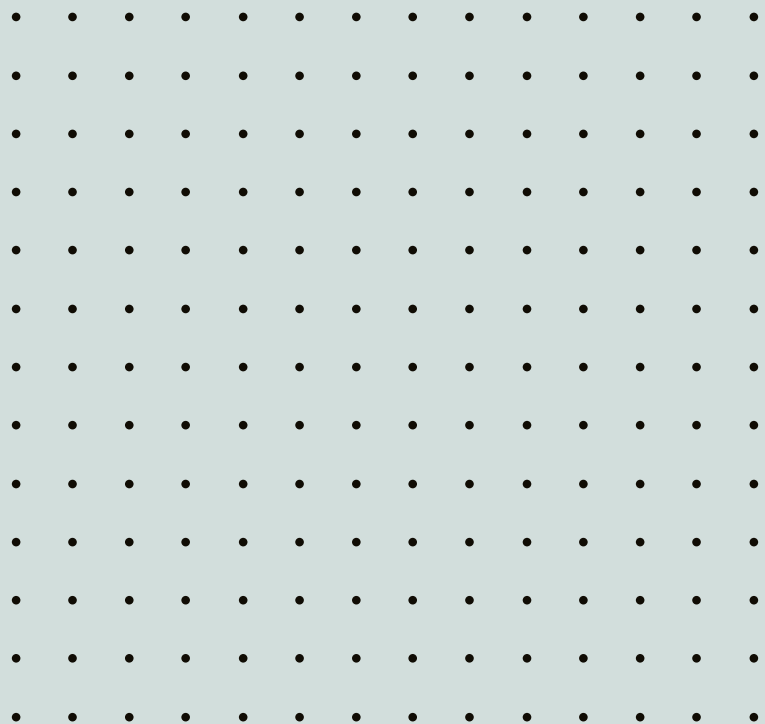
8

PUZZLE PLANET

THE INTERACTIVE ZONE

SQUARES

This game requires two or more players. The first player draws a line from any dot to any vertically or horizontally adjacent dot. The next player does the same, and the players continue to take turns drawing lines in this way. The object of the game is to form a square by joining four dots. When a player draws a line that closes a square, she writes her initials inside the square and gets a bonus turn. When all possible lines have been drawn, the player with the most initialled squares is the winner.

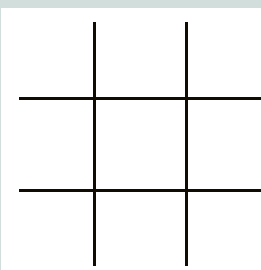
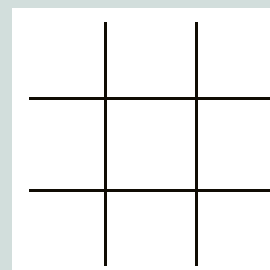
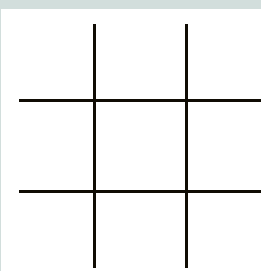
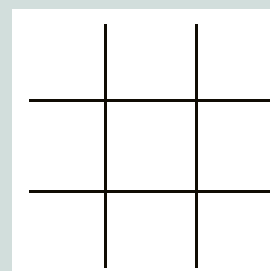
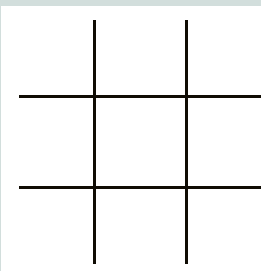


HANGMAN

Think of a comedian, then in the blue box above, draw dashes to represent the number of letters in the name. Then the person you're playing against starts to guess letters. If the letter is in the name, write it on the corresponding dash. If the letter is not in the name then draw a line on the hangman and cross off the letter on the alphabet chart.

NOUGHTS & CROSSES

A game for two people. Each player takes it in turn to place their **X** or **O** into one of the empty squares in the grid. To win the game get three of your symbols in a line horizontally, vertically or diagonally. Take it in turns to start; best of 5.



LAST WEEK'S SOLUTIONS

FIND THE CATERPILLAR



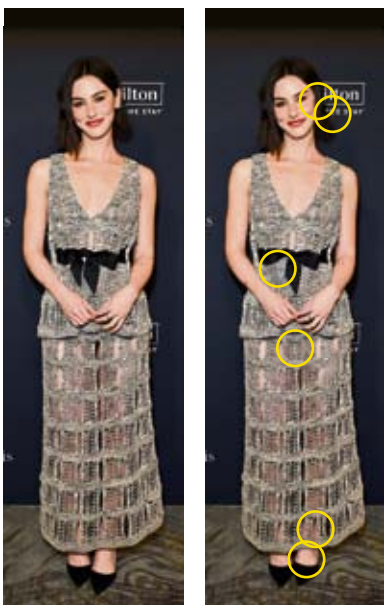
WHAT HAPPENS NEXT

4. He slips sideways off his bike after landing and there is another bike on the floor. He slides onto it and carries on down the hill.

PICTURE QUIZ

A: My Little Pony **B:** Alf
C: Care Bear **D:** Teddy Ruxpin
E: Polly Pocket **F:** Sweet Secrets
G: Glo Worm **H:** Cabbage Patch Kids
I: Pound Puppies

SPOT THE DIFFERENCE



MAGIC EYE PICTURE

A toothbrush

SPOT THE BALL

The ball was in square C 13

SUDOKU

Easy

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

Medium

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

Difficult

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

MEGA ALPHA PUZZLE

Across: Work, Assume, Trellis, Banal, Calm, Paroxysm, Space, Gnome, Conquest, Chef, Level, Rhizome, Glossy, Sage.

Down: Stack, Scald, Overlap, Novel, Kiln, Scruples, Scab, Tsar, Subpoena, Miss, Money, Mahjong, Flame, Offer.

SMALL X-WORD

Across: 1 Get ahead, 8 Danube, 9 EPOS, 10 Dew, 11 Alters, 13 Toadstool, 15 Stupid, 17 Any, 18 Fare, 19 Nestle, 20 Assesses. **Down:** 1 Great Dane, 2 Employ, 3 Trot, 4 Hairstyle, 5 Ends, 6 Audio, 7 Bewilders, 12 Soiree, 14 Abyss, 15 Sits, 16 Pass.

PUB QUIZ

1 Elbow, 2 Mount Vesuvius, 3 Electrolysis, 4 Hand, 5 Cowboy Carter, 6 Barbershop quartet, 7 Tony Hancock, 8 El Dorado, 9 Marlene Dietrich, 10 Leo Woodall, 11 Hippopotamus, 12 Still life, 13 South Carolina, 14 Canonisation, 15 1989,

16 Nick Leeson, 17 Honey, 18 Gin, 19 John Mortimer, 20 Hurry Up Tomorrow, 21 Harvard, 22 John Huston, 23 Hyde Park, 24 Severance, 25 Martin Luther, 26 The Hanging Gardens of Babylon, 27 Auguste Rodin, 28 Nero, 29 Vinegar, 30 Bayeux Tapestry.

BIG X-WORD

Across: 1 Tutankhamun, 6 Balboa, 9 Torquay, 10 Gadolinium, 11 Isometry, 13 Form, 16 Amoeba, 19 Arizona, 21 The Hustle, 22 Fortitude, 23 Capella, 24 Lizard, 25 Tarn, 26 Float, 27 Erythema, 32 Upper Volta, 33 Angelou, 34 Gopher, 35 Horseradish. **Down:** 1 Tutti Frutti, 2 Term, 3 Kvass, 4 Megaera, 6 Bell, 7 Linda Ronstadt, 8 Opuntia, 14 Madhya Pradesh, 15 Militia, 17 Ossicle, 18 Beluga, 19/12 Antoni Marti, 20 Evelyn Waugh, 23 Calypso, 24 Lothair, 28/5 Ralph Nader, 29 Minor, 30 Over, 31 Elli.

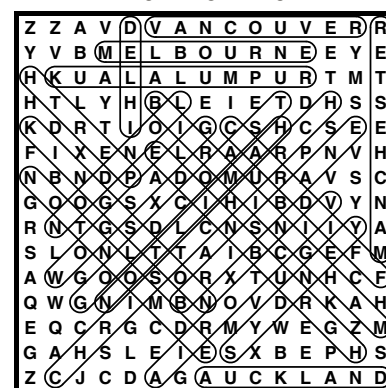
ARROW WORD

	S	T		O		B	V		H						
W	H	O	O	P	I		E	B	O	N	Y				
	U		O		L	E	G	A	L		P				
S	T	A	T	I	C			H	U	G	H				
		D			A	S	H		M	A	E				
N	A	S	C	E	N	T		F	E	R	N				
	M	O			U	N	I		E		F		S		
A	P	T	L	Y		F		F	A	T	A	L	I	S	T
		W		U	N	F	A	I	T	H	F	U	L		A
M	U	E	S	L	I		S		O		A		K	E	N
		S	E	A		P	A	S	S	M	A	R	K		T
		E	S	W	I	G		T	P		A	D	A	M	
A	R	C	H			N	O	T	A	T	H	O	M	E	O
						T		E	T			A	R	G	O
						S	H	A	M		T	S	A	R	E
						E		P	R	O		D	A	Z	E
						A	B	L	E		R	O	E		A
						U		R	A	E		L	I	N	E
						I	D	E	A		D	E	E		Y

DOT TO DOT

A goat

WORD SEARCH



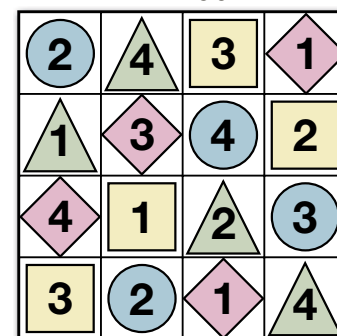
SUMMIT UP

87, 89

STAR SKETCH

The star is Holly Willoughby.

KEIJO



BRAIN TEASERS

1) Bunting is in the attic, banner is in the basement, balloons are in his wardrobe and fairy lights are under his bed. 2) Heat-hen. 3) a) Turquoise, b) Periwinkle, c) Terracotta. 4) 10 and 15.