

Win!

£100

Restaurant

VOUCHERS

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Take your pick from ● Beefeater ● Pizza Express ● Brewers Fayre ● Café Rouge ● Table Table ● TGI Fridays ● Pizza Hut

NETWORK

ACROSS

1 Lively discussion (6) ●

2 Relating to sheep (5) ●

3 Powerful (6) ●

4 Pick (3) ●

5 Bargain time! (4) ●

6 Mournful poem (5) ●

7 Piece (3)

8 Star Wars: Episode V – The --- Strikes Back, film (6) ●

9 Roasting spike (4) ●

10 --- party, bridal bash (3) ●

11 With --- to, in respect of (6) ●

12 Fib, falsehood (3) ●

13 Judged (to be) (6) ●

3 Glass container (6) ●

4 Hymn, --- Maria (3) ●

5 Shade (4) ●

6 Take part in a contest (5) ●

7 Doctor's client (7)

8 Illumination (5) ●

9 Cowl (4) ●

10 Curve (3) ●

11 Ruler, governor (6) ●

12 Minuscule (4) ●

13 Fashion fad (5) ●

DOWN

1 Overthrow (6) ●

2 Colourful gemstone (4) ●

3 Fencing sword (4)

HOW TO ENTER

Write your answers in the rows and columns of the grid. Where more than one clue is given, the first is for the first answer, the second for the second answer, and so on. When you've finished, from the top, list the letters in the yellow squares for the winning word. Enter by post, phone, text or online – see page 73.

Our Lives

It's SNOW joke!

After looking for a new challenge to conquer, I stumbled upon the coolest one of all...

By Preet Chandi, 36

downloaded on my phone from friends and family. I'd named my sled after my niece Simran, 11, and when I listened to her voice note it gave me such a boost. Spending 13 hours a day skiing through temperatures as low as -50°C was tough. But after 40 days, seven hours, and three minutes, I crossed the finish line. I was met by the South Pole camp manager who worked for the logistics company, and he took me inside so I could have a hot meal and use the loo! 'Congrats!' he said as he ushered me inside. 'Let's get you warm inside!' When I travelled home to Derby, the Guinness Book of World Records contacted me to confirm I'd made it in as the first Asian woman to ski solo to the South Pole. I was also the third fastest woman to achieve the feat. 'We're so proud of you Auntie Preet,' Simran said. But, despite my success, I knew I wasn't done with the South Pole. I still wanted to cross the landmass in Antarctica. This time, the logistics company approved my expedition. The same year, I made my way back to Antarctica to attempt the big expedition. This journey was 1100 miles, but sadly I didn't make it. Like before, I loaded up my sled and made my way across the icy, unforgiving terrain. This time around, I suffered a painful skin condition called polar thigh, which left a scar on my left calf. After skiing for 70 days and 16 hours, I finished my expedition. I was over 100 miles from where I wanted to finish but I had run out of time. I did however unintentionally get the record for longest solo unsupported one-way polar ski journey, and I was still proud of myself for covering 922 miles over the 70-day period. When I made my way home, Guinness presented me with two world record certificates – one for the longest solo unsupported one-way polar ski journey by a woman, and the other for beating the initial record overall, which had been set by a man. It's been amazing not only to push myself to the limit, but also to show women everywhere they can do anything they set their minds to. My next solo polar expedition I'm planning will be in the Arctic, where I'm hoping to cover 500 miles. It will bring a whole host of challenges I didn't face in the Antarctic, and if successful it would make me the first woman to do a solo expedition across both the North and South Poles. But as I always say, you can't fail unless you try!

● To donate to the fund for Preet's next expedition visit gofundme.com and search 'Next Expedition - Attempting to go North'.

an unusual favour. 'Do you have any spare tyres I can have?' I asked. 'I need them for weight training.' The mechanic looked puzzled, then I explained I needed to learn to pull them around my garden, so that could build up to pulling the sled for 12 hours a day. He looked amazed, but gave me what I was after and my real training began. When I told my family what I was doing, at first they thought I was joking. But one day, my mum was visiting and seeing the pile of gear I'd already got in preparation, she said, 'Wow, you're really doing this!' 'I sure am!' I replied. To get used to the temperatures and the terrain I'd be facing, I did some training in Norway and Greenland. But nothing could have prepared me fully for the moment I stepped off the plane two years on with my sled and all my gear, and felt the bone-chilling, fierce wind of Antarctica. The plan was to be the first female to cross the landmass of Antarctica, but the application was rejected by the logistics company because I didn't have enough experience. So I created Phase 1, a slightly smaller distance. Phase 1 was to trek 700 miles in 40 days to reach the South Pole. Regardless of how long I took, I'd be the first Asian woman to ski there solo. As I set off across the barren, icy expanse with just my tent, clothes, food and water on my sled, I put all my trust into my compass and GPS. The only company I had came in the form of audiobooks and voice notes that I had

Wow, you're really doing this!

By Danielle Lett