VOUCHERS Treat yourself and your friends to a fun

feeding experience at your favourite eatery

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

NETWORK

ACROSS

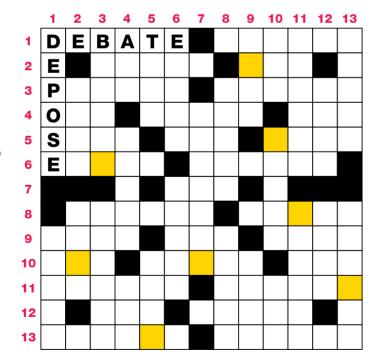
- 1 Lively discussion (6) Seaside accommodation. anagram of LE CHAT (6)
- 2 Relating to sheep (5) Natural mineral (3)
- 3 Powerful (6) Find, trace (6)
- 4 Pick (3) Lukewarm (5) Noisy racket (3)
- 5 Bargain time! (4) Scrap of cloth (3) • Fix (4)
- 6 Mournful poem (5)
- Hypothesis (6)
- **7** Piece (3)
- 8 Star Wars: Episode V The --- Strikes Back, film (6) Ancient artefact (5)
- 9 Roasting spike (4)
- Finish (3) Mrs horse? (4) 10 - - - party, bridal bash (3) • Lethal (5) • 2240lbs (3)
- 11 With --- to, in respect of (6) • Gift, skill (6)
- 12 Fib, falsehood (3) Units of heredity (5)
- **13** Judged (to be) (6) Come to rest (6)

DOWN

- 1 Overthrow (6) Very small amount - of evidence? (5)
- 2 Colourful gemstone (4) Fencing sword (4)

- 3 Glass container (6) Mix with a crowd (6)
- 4 Hymn, - Maria (3) Cairo's country (5) Objective (3)
- **5** Shade (4) At no cost (4)
- 6 Take part in a contest (5) Bakery produce (5)
- 7 Doctor's client (7)
- 8 Illumination (5) Calendar points (5)

- 9 Cowl (4) Country road (4)
- **10** Curve (3) Computer-telephone link (5) • Allow (3)
- 11 Ruler, governor (6) Most recent (6)
- **12** Minuscule (4) •
- Press (clothes) (4)
- **13** Fashion fad (5) Middle (6)



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

oke!

After looking for a new challenge to conquer, I stumbled upon the coolest one of all... **By Preet** Chandi, 36

y boss made a suggestion and I burst out laughing. 'Not a chance!' I spluttered.

I worked as a physiotherapist in the Army, but spent my spare time taking up challenges that pushed my boundaries.

A half marathon had led to full marathons, then even an ultramarathon in the desert.

But while I'd told my boss I was looking for my next big adventure, what he'd come up with was crazv.

'I can't go to Antarctica,' I said. 'Why not?' he asked.

And when I thought about it and couldn't find a good enough answer, I decided to do some research to see if it was possible.

I discovered that logistics companies existed who took explorers to the South Pole, so I threw myself into training and getting the right equipment.

I'd need skis and a sled to carry my camping gear and supplies.

All my gear in the sled weighed around 120kg, so I went to my local garage to beg 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.

PUNTA ARENAS, CHILE

UNION GLACIER, ANTARCTICA

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

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. Wow, But, despite my success, I knew I vou're wasn't done with really doing the South Pole. I still wanted to this! 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'.

