

LEEDS REMEMBER HEROES

LEEDS UNITED used their derby game with Huddersfield to honour soldiers who recently returned from Afghanistan by presenting them with medals.

The 12 soldiers received the medals at half-time of the 2-2 draw at Elland Road yesterday.

They serve with the 3rd

Battalion The Yorkshire Regiment, based at Warminster in Wiltshire, and provided security in the run-up to Afghanistan's elections.

They suffered the loss of Pte Johnathan Young, 18, from Hull, who died in an explosion on the day of the elections.

Pte Young had been in Afghanistan just three weeks when he died on August 21 and was one of the youngest British casualties.

Although the regiment is based in Wiltshire, most of its soldiers originally come from Yorkshire.

It's a Clinton climb down!

CLINTON CARDS have apologised to fans of Conference club AFC Wimbledon – after MK Dons calendars were being sold in their Centre Court store!

The ill-advised blunder was spotted last week and the items will now be taken

from the shelves. Tensions are still running high after Wimbledon FC were relocated to Milton Keynes in 2002 amid much controversy.

Around a dozen of the calendars were on sale in the Wimbledon branch, along-

side those of Chelsea, Arsenal and Manchester United.

A Clinton Cards spokeswoman said: "Certainly no offence was intended.

"We hope something will be done about the situation very soon and we are sorry for the mix-up."

KEEPING OUR EAR TO THE GROUND FOR THE LATEST HOT GOSSIP...

HEAR-SAY

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Placenta? This cure is from horse's mouth

ROBIN van Persie might have turned to horse placenta in bid to get him fit quickly, but former League player Jonathan Hunt insists only he has the miracle cure.

Arsenal striker van Persie is just one of a host of Premier League names – including Yossi Benayoun, Glen Johnson and Frank Lampard – to travel to Serbia for the equine treatment.

But midfielder Hunt has other ideas. The 38-year-old was forced to retire from the professional game in 2002 with a pelvis and back injury after more than 200 League appearances for Sheffield United, Southend, Ipswich, Wimbledon and Derby.

But while on holiday in Thailand he discovered an American-founded treatment called Hanna Somatics.

The healing treatment works on retraining the muscles through improved posture rather than manipulative massage and Hunt – now a fully-trained Hanna Somatic Educator and playing for AFC Hornchurch in the Ryman Premier at the age of 40 – believes the Pre-

mier League big-boys are missing a trick.

"After two years of trying to get fit in 2002 I had to finally call it a day because it was just soul destroying," said Hunt.

"I was in pain every day and I just thought I was going to be in pain for the rest of my life until I went to Thailand and discovered Somatics.

"That was about five years ago and now I am playing again completely pain free and loving it. I have spent a bit of time with Watford doing stuff with them and while I don't know a lot about the horse placenta treatment, I know a lot of footballers could benefit from what I do.

"I have done a little bit of work with some players and, from my perspective, Somatics was a revelation so players could definitely do with looking at what I'm doing.

"I am loving being back in the Non-League and I am looking to play the game well into my 40s," added Hunt who started out in Non-League playing for Woking and St Albans in 1990.

Hanna Somatics have since become integral to Hunt's fitness regime and while revealing that he comes in for more than his fair share of stick from team mates Hunt is just happy to be back in the game.

"If you had told me ten years ago what I'd be doing now I'd have laughed at you," he said.

"I do get abuse from the Hornchurch lads because a lot of the Somatics movements are very slow and they just say I do it like that because I am so old.

"But a few of the lads are starting to take an interest and I help them out when they ask."

More details on Hunt's practice can be found at www.somaticliving.com

TOM REYNOLDS

HEALING HANDS: Jonathan Hunt works on a patient



Delon finds QPR so painful to watch

SINCE Flavio Briatore arrived at QPR two years ago the number of famous faces seen at Loftus Road has increased.

Model Naomi Campbell and Tamara Beckwith have been spotted in the directors box.

But one famous life-long Rangers fan says watching his local club has become a pain.

England and London Irish rugby star Delon Armitage says the seats are too small and cause him knee trouble.

Armitage grew up close to the ground and has supported the club since he was at school, but says sitting at games has become an ordeal.

He said: "I have had to move to behind the goals because I don't like sitting down.

"I am 6ft 3in and at Loftus Road when you sit down the seats in front dig into my knees which is really uncomfortable and I end up needing to stand before half time and the people behind me don't like it. Because I am quite tall the stewards back off whenever I stand up – but then three come along!"

