

London Evening Standard

Monday 23 January 2017 **FREE** standard.co.uk

Christina Ricci

The wild child star on growing up, becoming a mother and playing Zelda Fitzgerald

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WEST END FINAL

FED-UP COMMUTERS IN CAPITAL BACK LAWS TO STOP WALKOUTS, SAYS POLL

LONDON WANTS CURBS ON RAIL STRIKERS

Joe Murphy Political Editor, and Dick Murray

LONDONERS want to curb the right to strike of train drivers in order to end the chaos on the railways, it was revealed today.

A majority in the capital say they should not be allowed free rein to cause disruption, research by Ipsos MORI for the Evening Standard showed.

It comes as Southern Rail was forced to cancel more than 600 trains today as the 28th strike by RMT guards heaped more misery on passengers – and on the eve of a Commons debate on new anti-strike laws. After months of such disruption, researchers found a dramatic divide between

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Smash hit: Johanna Konta celebrates victory over Russia's Ekaterina Makarova in the Australian Open today. The Briton faces Serena Williams in the quarter-finals **Back Page**

KONTA WINS AGAIN TO SET UP SERENA CLASH

Inside

'Black' alert for toxic air keeps pupils indoors

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Homeless helpline to start next month

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Trump in lawsuit over business payments

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London Life

Fitness & Beauty

Gloves on

Fitness

The capital's gyms are packing a punch as Londoners hit the ring to de-stress.

Frankie McCoy enrolls in fight club

THE latest boxing film, *Bleed for This*, disappeared from cinemas faster than Muhammad Ali could punch (4/100ths of a second), but we're all still obsessed with the sport. In fact, the capital is truly boxing clever – more than ever before.

Previous boxing revivals have seen diluted ringside workouts hit big among fitness fans – often watered down in studio classes where boxing was fused with other less non-contact disciplines such as ballet boxing and boxing yoga. But this year there's an appetite for proper boxing – gloves on, bag and pad work, and a lot of skipping rope – rather than punching with pirouettes.

Perhaps it's the rail strikes and the dodgy Central line, or perhaps it's the realisation that you're still stuck in a job you dislike? Either way, Londoners are frustrated and our solution, it seems, is to take it out on punching bags with our most ferocious right hook.

As Neil Sanyal, co-founder of the BXR gym in Marylebone, points out: "With boxing you're training both the mind and body – it's physical fitness and mental development." Sanyal's gym is one of a new wave of proper, serious boxing gyms. The fitness trend also has a poster girl in the form of Gigi Hadid (constantly sparring in New York's super-luxe Gotham Gym) and a poster boy in the form of Anthony Joshua, British IBF heavyweight champion and founder along with Sanyal of BXR.

BXR is sleek and beautiful, with artfully exposed brick walls and murals of Sugar Ray Leonard, Joe Frazier and Ali, and stands as proof that you don't have to train in a sweaty concrete room under some railway arches in order to emulate Rocky.

Joshua's venture also includes a full-size boxing ring and seriously heavyweight coaches, including the boxer's own personal strength and conditioning coach, Jamie Reynolds, who is on hand, along with former champs and Mixed Martial Arts Fighters, as well as a large section dedicated to physio.

"Our members are champions, and they want to train like champions," says Sanyal. "We wanted it to be a space where you can train, have a business meeting and a coffee with friends all under one roof." He suggests that "the rise in success of British boxing over the last few years, thanks to people like Anthony and Nicola Adams, has definitely seen interest in the sport sky

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Boxing clever: homegrown heavyweight Anthony Joshua has opened a new Marylebone gym

London's best Liquid lunches

Refrigerated salad boxes don't cut it on an icy January lunchtime. Grab your biggest soup spoon and pick up one of these ready-to-eat takeaway broths.

Pret's spiced corn and quinoa

Dream your way to South America with this perfectly spiced, turmeric-rich Peruvian soup: sweetcorn, cauliflower and red quinoa bring the veg and protein while lime juice cuts through. £3.45, pret.com

Counter Kitchen's beef kombu-nation

Seaweed is fantastically healthy (high in minerals, iron, protein, vitamin C) and it tastes nice to boot – especially when it's in a 36-hour beef broth with brown rice, edamame, kale, bean sprouts and tofu. £5.50, counterkitchen.com

Itsu's 'dumpling melt' miso with benefits

Soup is all the more delicious with carbs melting in it to thicken things up. The gyoza in Itsu's antioxidant-packed broth leaves you feeling full but not bloated. £4.49, itsu.com

Apres Food Co's healthy minestrone

This Clerkenwell café is entirely gluten- and sugar-free – yet the food is delicious. Nab one of its regularly changing soups: this week it's a take on minestrone, with roasted leek, beans, gluten-free spaghetti and home-made pesto. £5.50, apresfood.com

Nincomsoup's bubble and squeak

This soup-dedicated shop serves six different varieties from 10am each day. Its bubble and squeak is vegan and dairy-free yet somehow still hearty. £3.15, nincomsoup.co.uk

Frankie McCoy



Carb city: Itsu's dumpling melt miso

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It's for this reason that similar classes such as The Power of Boxing are continually booked up. With classes in Battersea and Lambeth, a session might not involve actual contact but every other element of the one-hour class is champion-worthy. Four rounds of 12-minute sets see you doing pad work with trainers, bag work and upper-body exercises, skipping and lower-body exercises and core strengthening with a bit of cardio to strip the fat.

Founders Alex Loudon and Bear Maclean started PoB out of a passion for white-collar boxing. Aiming for authenticity, they only use proper boxing gyms, and trainers range from former amateur boxers with hundreds of competitive fights under their belts to reformed offenders who have learnt their boxing skills the hard way.

Keen to capitalise on a growing appetite for exercise that allows us to let off steam while enjoying themselves, Transition Zone in Fulham is launching Fight Night Curry on January 27, with professional boxers Dave Andrews and Steve Dang advising on technique as you take out your January rage on the bag. It does come with the promise of a curry and booze after, so if not as authentic as it



could be, it is still a great way to kick off your weekend.

On the chain-gym circuit, this boom has not gone unnoticed. Fitness First is getting in on the aggression-channelling act, having overhauled the first floor of its Broadgate gym.

Of course, not everyone has the guts or confidence to go five rounds in the gym, or the time to get knocked out by Anthony Joshua. For them there is Boxx Method, a paid-for subscription service that gives fighters the chance to expell their pent-up rage in the safety of their own homes with the help of online workouts.

Whatever your motivation, there is no better time to come out fighting.

@franklymccoy

Fighting talk:
Boxer Anthony Joshua co-owns BXR gym with Neil Sanyal

Beauty

Whether you prefer a super-quick cleanse or a rigorous regime, it's never been easier to have sparkling skin, says **Emma McCarthy**

HOW you wash your face in the morning says a lot about the person you are. At least, it says a lot about your priorities. If you're a mother of three with a full-time job and a bus to catch, the chances are you've got an express facial regime down to a fine art. Similarly, if you're the type who enjoys long luxurious baths and a night spent cuddling up to a new cleansing mask; you fall into the regime queen category. Whatever your motivation, the cleansing market has never looked more sparkly with new options for clean freaks bubbling up daily. How do you scrub up?

1. The lazy cleanser

If your morning routine often consists of a fight for bathroom access, it's preferable to opt for a cleanser that doesn't require you stand at the sink. Clarins's Water Comfort One-Step Cleanser with Peach Essential Water (£21, clarins.co.uk) provides the same refreshing sensation as dunking your head in a vat of iced water, all without the need to leave the comfort of your bedroom. But the no-rinse option isn't just for those who are BFFs with their snooze button – it's also great for sensitive or dry-skin types. Givenchy's Skin Drink Micellar Water (£22, givenchybeauty.com) also promises to imbue complexions with a hit of hydration without leaving a speck of grime behind.

2. The people of the cloth

For many, wiping away the day requires an assistant. But we're not talking a personal face-washer (though that would be great) but a

muslin cloth. Eve Lom's cult cleanser was once described by Vogue as "probably the best cleanser in the world"; while Liz Earle's Cleanse & Polish has claimed more than 100 awards, with one sold every 20 seconds around the globe. Joining the ranks is the Super Balm from The White Company's debut skincare line (£25, thewhitecompany.com). Massage on to melt away even the toughest mascara and remove with one of its super-soft facial cloths (£15 for three) to leave skin sparkling.

3. The wash-n-goer

If your morning shower is a carefully rehearsed operation that lasts precisely 6.23 minutes, a fuss-free face wash is essential. The new Sensibio Foaming Gel Cleanser from French pharmacy brand Bioderma (£10.50, boots.com) is your next in-shower soulmate thanks to its fast-acting and thorough yet ultra-gentle formula. It's best to buy in bulk, to account for partners/flatmates/siblings stealing sporadic squirts.



Panting for a promotion? Shake off that inc

SULKING is an indulgence. Unlike the corrosive fury of rage, or the distraction of anxiety, sulking is silly and selfish. And obviously it never works, because sulking is not convincing. In fact, it is pointless: no one will handle you until the grimace clears and that plump bottom lip retracts – and you will not get what you want.

Furthermore, it's also an admission of weakness. Ultimately, you do not sulk when you have the courage to address something directly: it's a way of mollifying yourself because you've been ignored. Which is, obviously, why you regularly sulk in the office.

At work you are a pathological sulk. Loath to address your dissatisfaction and terrified of telling anyone how you feel, you defer instead to sitting in damp anger, sulking. Later, swilling wine from a bucket, you complain until your housemates agree you're in the right just so that you'll stop talking about it.

Everyone does it, though every office will have a designated teenager: someone who performs their sulks, adding a flounce as they turn on their

heel, or an exaggerated sigh when the office is at its quietest pitch.

And while it feels like no one has noticed – no one appreciates you – chances are your boss has. And has decided you're toxic. At which point, it becomes sort of irrelevant whether or not they're in the wrong; you're in trouble. Ultimately, you don't pay your rent with self-righteousness. If your boss thinks you're being a brat, then you need to change your approach.

Mercifully, there's advice waiting. Esoteric educational establishment The School of Life recently addressed sulking – recommending that you probe the reasons why you sulk and try to gently correct them – and the latest intel from Silicon Valley, the crucible of workplace buzzwords, recommends that we all practice "radical candour" in the office, which is basically an emphatic way of suggesting we speak our minds.

Radical candour is, obviously, the opposite of sulking. But while the latter is a redundant weapon, the former can be potent if used effectively. Effectively does not mean brutally, or "as part of a kamikaze

Counter-productive: putting on an unhappy face will only isolate you at work

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