

Complete the grid, then unscramble the letters in the yellow squares to reveal an item of gym equipment. Answer next week.

Unruly crowd	Observe A drama		Created		Male voice		Porcelain		Cures		Circuit		And not		Tavern Sulphid		Remain
Musical drama					Land measure Penfluid				Evident		Domestic animal		Possesses Continent				
Competent			Plate Ocean														
Flair	Commerce			Wise Goes first												Sheets tears	Slack
Info		Consume Label				Mission											
Father Limbs																	

TO ENTER: text **ARROWORD** then your answer, name and postcode to **65700** (eg **ARROWORD** London John Smith W8 5TT). Texts cost £1 plus standard network charge. Or call **0901 292 5090** and leave your answer and details. Calls cost £1 plus your telephone company's network access charge. Lines close at 11.59pm on Friday. See today's solutions panel for terms and conditions. March 21 winner: Helen Gasson, of Woking, Surrey. Phone/text services. Helpline: **0330 1000 601**.