Three of a Kind II by Regson

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There is an extra word in each of nine clues. Two of these words define the theme. Each of the other seven can be uniquely associated with one of the unclued entries. One answer is an abbreviation.

Across

- 1. *3 of a kind* (6)
- 5. Judge of returning fugitive in Perth (5)
- 10. Girl takes circuit with you and I around a hundred and sixty dams (8)
- 11. Listen essentially, for example, to large adult extinct beast or another one (11)
- 12. Nobleman beginning to live next to two rivers (4)
- 14. Trust sets of books (3)
- 16. Tom seasons tripe (4)
- 17. Vice-president replacing piano with new alto instrument (5)
- 19. *3 of a kind* (7)
- 20. Secretions in the French river by exhausted mythological Phoenixes (5)
- 21. Particle perhaps in grey coloured metal (4)
- 23. Small bits of bread accepted on the Sabbath (3)
- 25. Vomit on Roman magistrate (4)
- 26. I contrive to leave a hill in a warship (11)
- 28. Turtles are following red line on island (8)
- 29. Hot large nut in old stockings (5)
- 30. *3 of a kind* (6)

Down

- 1. *3 x 3 of a kind* (5)
- 2. Reserve drug to kill in scenic Edinburgh (3)
- 3. A pair of refusals to return soon (4)
- 4. Urging vengeance, fool returns silkily clad into a meadow (11)
- 5. Painful back in Glen Nevis valleys (4)
- 6. Universal beauty with energy and independence in Ecuador (8)
- 7. 3 of a kind (6)
- 8. Poet's opening to Welsh girl (6)
- 9. Alternate male with German sisters (7)
- 13. Monsters eating priest hearts can cheer for a means of escape (8)
- 15. Arts performer's space act takes gold (7)
- 18. Coax forty old bones (6)
- 19. *3 of a kind* (6)
- 22. 3 of a kind (5)
- 23. Virago never boxes in conflict (4)
- 24. Bird scratches back (4)
- 27. The destiny of England's first member (3)