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TV Times

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ONLY IN
TV Times

This Spring in Corrie

INSIDE The big stories revealed!

17 DRAMAS
FOR SPRING...



NEW

Joanna Lumley
'I fell in love with
Che Guevara'



NEW

Sport Relief
Dr Ranj on risking
all for charity...



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TV Times

My Week

Editor-in-chief **COLIN TOUGH** tells us about the shows he'll be watching



SOAP

Coronation Street

MON, WED, FRI / ITV

Spring may be in the air, but there's little cheer for three Weatherfield residents. In an exclusive preview, our cover stars Dolly-Rose Campbell (Gemma), Shelley King (Yasmeen) and Jack P Shepherd (David) reveal what we can expect in the weeks to come... **See page 6**



TRAVELOGUE

Hidden Caribbean

TUESDAY / ITV

NEW Joanna Lumley is always the perfect travelling companion (from the comfort of my armchair!), so I'm looking forward to her adventures in Cuba and Haiti. In our interview, the *Absolutely Fabulous* star tells us why this proved to be her most challenging journey yet. **See page 12**

ENTERTAINMENT

Dancing on Ice

SUNDAY / ITV

FINAL It's been a cracking 12th series of the popular skating competition, and while I've not quite perfected my own triple-axel jumps, my twizzle isn't half bad! Judge John Barrowman shares his series highs with us... **See page 14**



ENTERTAINMENT

Sport Relief

FRIDAY / BBC1 & BBC2

NEW I can't wait to see if Corrie's Colson Smith (AKA Craig Tinker) and *This Morning*'s Dr Ranj Singh do well as part of this year's celebrity rowing team for *Sport Relief*. We join them in Manchester for a training session... **See page 10**

COOKERY

Celebrity Bake Off

TUESDAY / C4

NEW There's an impressive batch of famous faces stepping into the iconic white tent this year in aid of Stand Up To Cancer, including Louis Theroux. Judge Paul Hollywood tells us what's cooking. **See page 19**

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COMING SOON...

17 NEW DRAMAS FOR SPRING

We preview the must-see shows hitting our screens over the next few months

1

Belgravia

ITV

Can Julian Fellowes deliver another *Downton*? This sumptuous six-part drama, adapted from his own 2016 novel, explores family intrigue in London's wealthiest echelons in the 19th century. *Episodes'* Tamsin Greig and *Living the Dream* star Philip Glenister (inset) head the cast as nouveau riche Anne and James Trenchard, whose lives are dominated by a secret that ties them inextricably to the Countess of Brockenhurst (*The Crown's* Dame Harriet Walter, pictured).



NEW



RETURNING

2

The A Word

BBC1

Peter Bowker's touching story about a young autistic boy, Joe (Max Vento, above), and his family is back for a third six-part series. Former *Corrie* favourite Julie Hesmondhalgh joins Morven Christie and Lee Ingleby as the story picks up the action two years on. Let's hope poor Maurice (Christopher Eccleston) is fighting fit again after collapsing last series!

3

The Salisbury Poisonings

BBC1

The effect of the 2018 novichok poisonings on the local community in Salisbury is at the centre of this three-part factual drama written by two ex-*Panorama* journalists. It tells how ordinary people and the emergency services reacted when former Russian spy Sergei Skripal and his daughter, Yulia, were left critically ill after being poisoned by the novichok nerve agent. The cast includes *The War of the Worlds* star Rafe Spall and *His Dark Materials'* Anne-Marie Duff.

NEW



4

Quiz

ITV

In 2001, 'Coughing Major' Charles Ingram and his wife, Diana, were accused of cheating their way to the jackpot on ITV quiz *Who Wants to Be a Millionaire?* This three-parter, starring Matthew Macfadyen (*Spooks*) and Sian Clifford (*Fleabag*) as the couple, with *Good Omens* star Michael Sheen as host Chris Tarrant, gives a wry look at the quizzing controversy.



NEW





5 The Nest BBC1

Line of Duty favourite Martin Compston and *Gentleman Jack*'s Sophie Rundle star in a five-part thriller from BAFTA-winning writer Nicole Taylor (*Three Girls*). They play well-off couple Dan and Emily, who have everything except a child, despite years of trying. A chance encounter with 18-year-old Kaya (newcomer Mirren Mack) could see their dreams come true when she agrees to carry their baby. But will all three live to regret their decision?



NEW

6 Honour ITV

Keeley Hawes (*The Durrells*) stars as real-life Detective Chief Inspector Caroline Goode in this two-parter, who was determined to get justice for the victim of a so-called 'honour' killing. Forced into marriage, 20-year-old Banaz Mahmod then fell in love with another man. Her disapproving family were determined to punish her, and she disappeared. Goode discovers that despite Banaz telling police she feared for her life, they did nothing.



NEW

7 Us BBC1

Baptiste's Tom Hollander stars as Douglas Petersen, who thinks he has a happy marriage until his wife, Connie (*Collateral*'s Saskia Reeves), says she wants to leave him, in this four-part drama adapted from David Nicholls' bestselling novel. Can he win her back on a planned family trip to Europe?



NEW

Also coming up...

8 Our Girl BBC1

RETURNING Michelle Keegan is back for her third and final series as Army medic Georgie Lane, who's now training medics and is reluctant to return to the front line.



9 The Third Day Sky Atlantic

NEW Jude Law and Naomie Harris star in the world's first immersive TV drama. Featuring three interconnected stories, the six-parter give viewers the chance to be involved in a major theatre event.

10 The Luminaries BBC2

NEW Eva Green (*Penny Dreadful*, below), Himesh Patel (*EastEnders*) and rising star Eve Hewson lead the cast of this six-parter set during the 1860s New Zealand gold rush.



11 White Lines Netflix

NEW When the body of a DJ turns up 20 years after his disappearance, his sister heads to Ibiza to investigate in this 10-part thriller.

12 Gangs of London Sky Atlantic

NEW *Peaky Blinders*' Joe Cole heads up this thriller about rival gangs in the capital, playing a grieving son who takes over his family business.

13 The Good Karma Hospital ITV

RETURNING Amanda Redman and Neil Morrissey are back for a third series of the India-set medical drama.

14 Normal People BBC3 Online

NEW Based on Sally Rooney's novel, this 12-part drama follows the love story of two characters from their teens into their 20s.

15 Save Me Too Sky Atlantic

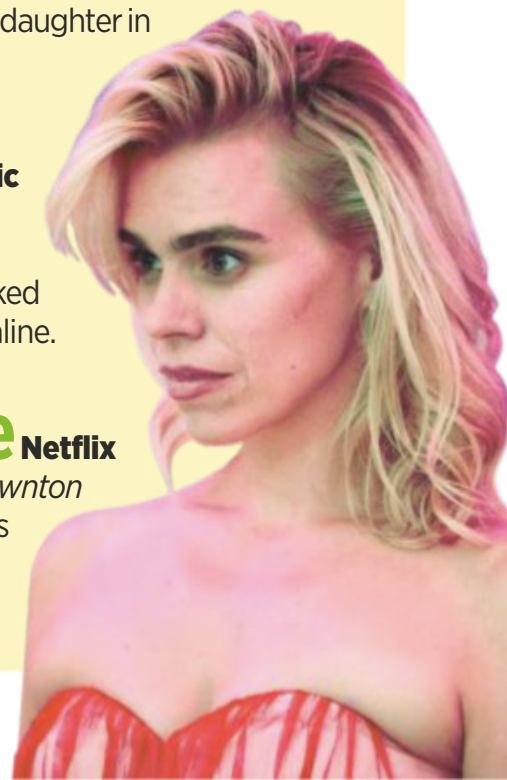
RETURNING Nelson 'Nelly' Rowe (Lennie James) continues to search for his missing daughter in this follow-up to 2018's gritty drama *Save Me*.

16 I Hate Suzie Sky Atlantic

NEW Billie Piper (*Doctor Who*, right) leads this eight-part drama about a fading starlet, Suzie Pickles, who's hacked and then has a compromising photo leaked online.

17 The English Game Netflix

NEW This six-part drama from *Downton Abbey* creator Julian Fellowes (he's busy!) charts the origins of football in the late 1800s. *Kingsman* star Edward Holcroft and *Line of Duty*'s Craig Parkinson are in the cast.



This Spring

CORONATION STREET

MONDAY, WEDNESDAY, FRIDAY /
ITV / TIMES VARY / **SOAP**

Will Yasmeen break free?

Alya makes it her mission to get her gran away from evil Geoff

Yasmeen has been suffering in silence for months at the hands of husband Geoff, who's controlling who she sees, where she goes and how much she spends.

Over the coming weeks, he will attempt to isolate her from friends and family forever, by insisting they start a new life in Cyprus.

Geoff's grand plan is a red-flag moment for Alya, who begs her gran to leave her man. When she can't convince Yasmeen to walk away, she reports Geoff to the police and also does some digging into the DJ-come-magician's past. As she presents her findings to Yas, will the pensioner finally admit what's going on behind her own front door?

'There is often that thing with females: they want to protect, to heal, and blame themselves for things that happen,' says Yasmeen actor Shelley King. 'Yasmeen has a history of getting it wrong with people, and doesn't want to feel that she has got it wrong again.'

Alya is given hope when an opportunity comes up for an overseas trip. A girls' holiday would be the ideal chance to get Yasmeen out of No.6 and ultimately to safety.

But will her escape plot come off, or will Geoff remain one step ahead?

WORDS: ALISON SLADE. PHOTOS: ITV



Desperate: Can Alya persuade Yasmeen to leave Geoff?

“SHE DOESN'T WANT TO FEEL THAT SHE HAS GOT IT WRONG AGAIN”

David in despair

He goes off the rails following devastating news from Shona

When David vowed to love Shona in sickness and in health, he meant every word. But four months on from their wedding day, he's been forced to turn his back on his ailing wife.

The memory loss she sustained as a complication of being shot by crazed Derek Milligan at Christmas has meant that David has become a stranger to her, and she's now even given strict instructions to the nurses looking after her that he mustn't be allowed at her hospital bedside.

The barber has been left distraught, but things are about to get a lot worse. In future episodes, David will discover that Shona isn't content with giving him the cold shoulder. She actually wants to draw a line under their marriage – for good. On top of that, he's haunted by a face from the past...

With events taking their toll, David goes off the rails. And, as he spirals out of control, he finds himself in a dangerous situation.

'David's living on the edge right now, and David on the edge is capable of anything,' warns actor Jack P Shepherd, who plays him.

Can the Platts get him back on track before he does something he lives to regret?



Happier times: Can David ever win back his wife?

in Corrie

Heartbreak, health worries and an abusive husband have the residents' lives in freefall...

Gemma's battle

The new mum is in despair – but can she be persuaded to get help?

Having quads has turned Gemma's life upside down, and though Chesney has tried to reassure his partner that she's doing a great job, the new mum has been plagued by feelings of inadequacy.

As we head into spring, it will become apparent that the former kebab seller is really struggling, and it's going to take more than compliments to turn things around.

It's Bernie who twigs that something's not right. The motormouth mum was once about as much use as a chocolate fireguard, but when she returns to Weatherfield, she notices her daughter is out of sorts. Gemma is anxious and refuses to be parted from her babies, even just to grab some fresh air.

Gemma's new 'friends' Vanessa and Imogen don't help. Gemma thinks they have her best interests at heart, but their cruel behaviour leaves her feeling even worse.

'Gemma has no idea that the feelings she is experiencing may be a medical problem,' says actor Dolly-Rose Campbell. 'Bernie knows her better than anyone, and it is going to take someone close to her to recognise what she is going through and to realise she needs real help to get through it.'

Eventually, Gemma bows to Bernie's request that she see the doctor, on the proviso Bernie says nothing to Ches.

But will she be honest with her GP?

“HE'S
LIVING ON
THE EDGE”

“SHE HAS NO
IDEA THAT THE
FEELINGS SHE IS
EXPERIENCING
MAY BE A
MEDICAL
PROBLEM”



Keeping mum: Gemma isn't opening up about how she really feels

Turn to page 9
for more



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**THIS
SPRING IN
CORRIE**



New romantic:
Evelyn shows
her softer side

Scare B&B

A new guest checks in at the Rovers, leaving Johnny unnerved...

Jenny's chuffed when a businessman decides to take the spare room at the Rovers on a long-term let – it'll mean some much-needed cash for her and Johnny's bank account.

But when Johnny meets their new guest, his face falls. It's clear that he and the man in question, Scott, have history.

Despite Scott's seemingly affable nature, Johnny remains worried, and is so desperate to avoid him that he suggests to an oblivious Jenny that they take an impromptu holiday.

Why is Johnny so rattled?



Mystery:
Who is Jenny
and Johnny's
visitor?

Who do you love?

Emma suspects Seb still has feelings for Alina

Excitement is in store for Emma when she persuades Seb to join her on a trip to Australia. It's their first holiday as a couple, and a chance for him to meet her mum, Fiona.

But soon after, she picks up on signs that suggest her boyfriend may not be over Alina, his pretty ex. Alina insists they're history, but Emma can't shake off the feeling that Seb is still carrying a torch for his former girlfriend.

Is she right? Or will paranoia ruin her chance of true love?



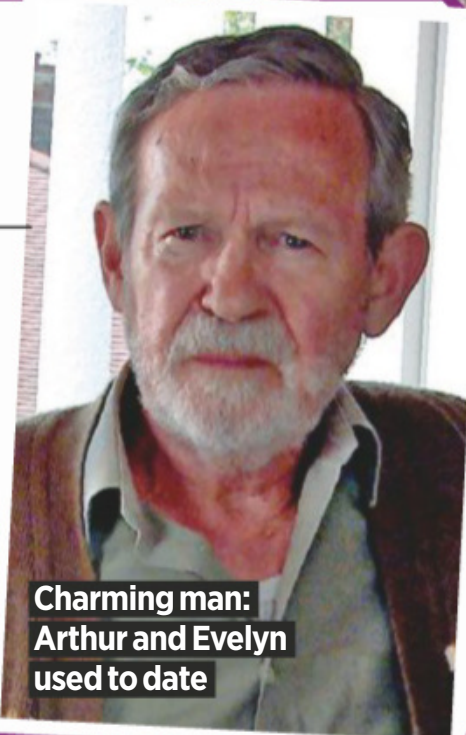
Ex factor: Is
Emma set for
disappointment?

Relight my fire!

Romance is in the air as Evelyn has her head turned by an old flame...

Battleaxe Evelyn is in for a surprise when she and Tyrone take greyhound Cerberus to the vet. She bumps into a pensioner and is stunned to realise he's her old flame, Arthur (Paul Copley, whose previous credits include *Downton Abbey* and *Last Tango in Halifax*).

The normally narky nana is suddenly fluttering her eyelashes like a teenager, much to Ty's amusement. It's decades since the pair dated, but Evelyn still holds a torch for the chap, and agrees to meet him for a drink. Will romance be reignited, or is she headed for heartbreak?



Charming man:
Arthur and Evelyn
used to date

Also coming up...

GARY'S BLAST FROM THE PAST

A character's return is set to cause problems for the former loan shark (right)

NORRIS IS BACK!

Ken discovers his former neighbour and wife Freda are fellow residents of Stillwaters

DANIEL DEALS WITH DEATH

The widower goes on a grief retreat to help him process the sad passing of young wife Sinead

ASHA'S ANGUISH

A hasty decision comes back to haunt Dev's daughter





In too deep?

Dr Ranj Singh and Corrie's **Colson Smith** on overcoming their fears for an epic challenge...

SPORT RELIEF

NEW FRIDAY / BBC1 / 7PM & 10.35PM / ENTERTAINMENT

On a crisp and sunny February day, *TVTimes* is at Salford Quays in Manchester, where *This Morning*'s Dr Ranj Singh giggles as he gathers speed while rowing along the water. Nearby, *Coronation Street* star Colson Smith sings *Rock the Boat* a tad anxiously as he is shown how to move his blades before stepping into his vessel.

We're watching training for Clash of the Channels, in which teams of TV stars (see our box, right) will compete in an epic rowing race for *Sport Relief*, raising funds to tackle mental health issues, domestic abuse, homelessness and child poverty.

Ranj, 40, and Colson, 21, are both in ITV's boat and, while

warming up with a post-training hot-water bottle, they tell us why they couldn't wait to sign up...

Why were you both so keen to support *Sport Relief*?

Colson: It's a great initiative. The money is spent on the best things possible, so it's about whatever I can do to help, and the focus on mental health this year is a bonus.

Ranj: Yes, mental health affects one in four of us, so anything that raises funds is great. And one thing we can do to look after ourselves is to improve our physical activity.

Do you have any previous rowing experience?

Ranj: Only a rowing machine! I'd row again now though. I loved it!

Colson: I did a kayaking adventure in Thailand, but someone kayaked for me while I lay back! Rowing is a way of keeping fit I've never thought of – it might be my new hobby.

How did you find your training session today?

Colson: I live near here, so every morning I see people rowing and think they're mad – but now I'm one of them. Our trainers are

Olympians and said I did well, but they weren't looking me in the eye! What have I let myself in for?!

Ranj: There's a lot to think about, but when you get into the swing, it's fun. You've got to be fit to do it at the top level. Fortunately, no one's expecting that from us!

What's the toughest part?

Colson: Coordination – I struggle to keep in time!

Ranj: Yes, you have to keep coordinated, because otherwise it throws everyone off. You have to mirror exactly what the person in front does. Doing *Strictly* [in

THE CELEBRITY BOAT RACE – THE ROWERS!

Trained by Olympic champs James Cracknell and Helen Glover, here are the teams for Clash of the Channels...

Team BBC

Louise Minchin, Steve Backshall, Maya Jama, Michael Stevenson, Jay Blades

Team ITV

Colson Smith, Dr Ranj Singh, Matt Evers, Isabel Hodgins, Andrea McLean, Romilly Weeks

Team C4

Jamie Laing, Cathy Newman, Chelsee Healey, Amanda Byram, Tom Read Wilson, Ed Jackson

Team Sky

Natalie Pinkham, Hayley McQueen, Lloyd Griffith, Nazaneen Ghaffar, Carl Froch, Dermot Murnaghan



Stick your oar in:
Michael Stevenson
and **Dr Ranj** train
to win

2018] helped, because it's like a dance – you have certain steps and you're following somebody else.

Is falling in your greatest fear?

Ranj: Yes! When we got to race pace just now, the boat wobbled. I'm not a confident swimmer and in these icy waters, I don't want to go in.

Colson: I'm really bad with water. I can't swim. I might have a nightmare tonight, so I'll go to bed wearing armbands!

Who will you bring for support to watch the race?

Ranj: I've got a couple of friends in Manchester from CBBC and CBeebies so I'll give them a shout.

Colson: We'll race past work [the Corrie set is on the Quays] so everyone will come and cheer for us. Hopefully, I'll do them proud.

CAREN CLARK

SPORT RELIEF is previewed on
pages 84-85

6 MORE MUST-SEES...

Live from Salford, *Sport Relief's* TV night includes these highlights...

1 Line of Duty spoof

AC-12's finest grill a suspected corrupt cop (Jason Isaacs) about the identity of 'H'. But his inept lawyer (Lee Mack) could cause a few problems!



2 Killing Steves

A *Killing Eve* send-up sees famous Steves – including snooker star Steve Davis and Corrie's Steve McDonald – targeted by a mysterious blonde assassin...

3 A Round with Rom

Comedian Romesh Ranganathan takes on tennis ace Sir Andy Murray at minigolf with the loser facing an undisclosed forfeit.

4 A sporting version of Q!

Tom Allen, Johnny Vegas, Phill Jupitus, Aisling Bea and John Barrowman uncover some quite interesting sport facts.

5 A Question of Sport Relief special

Football pundit Chris Kamara plus comedians Mel Giedroyc and Paddy McGuinness are among the panellists for this fun version (BBC2, 10pm).

6 Dance along with AJ and Curtis

The Pritchard brothers (below) share easy-to-learn moves on social media during the week so viewers can join in on the night.



For information on how to donate to this year's appeal visit sportrelief.com



Robert Rinder on his unique way of motivating fellow celebs on a very important adventure

THE HEAT IS ON: SPORT RELIEF

NEW WEDNESDAY / BBC1 / 8PM / **DOCUMENTARY**

Robert Rinder had no hesitation about swapping the courtroom for a gruelling expedition across the Namib Desert for *Sport Relief*.

'I love a physical challenge and I've got a hat, a fan and a bit of water,' chuckles the *Judge Rinder* star, 41, as he chats to *TV Times*.

Robert is joining seven other celebs – Samantha Womack, Nick Grimshaw, Louise Minchin, Karim Zeroual, Frankie Bridge, Krishnan Guru-Murthy and Dr Zoe Williams – for the 100-mile trek on foot, bike and sand skis in a bid to raise money and awareness for mental-health charities.

Their four-day adventure will be shown this week in a special BBC1 documentary, *The Heat Is On: Sport Relief*.

Here, the always-lovely Robert tells us more...

Skiing down a sand dune is

marvellous... But there's no ski lift so you've got to climb up in the first place! I'm good at the running too, but terrible at cycling.

Louise Minchin is like the glamorous one in The Famous Five...

She's fit, good on the bike and full of cheer.

I'm bringing sarcasm and criticism to the team...

The only thing that motivates stressed, hot people is telling them, 'Hurry up!' I also intended to cultivate snoring, halitosis and flatulence before we went so that nobody wanted to share a tent with me!

This is a mental challenge...

When I've done marathons, you get to about mile 20 and 'hit the wall'. Being able to finish is not about what your body can do, it's what the mind tells you it can do.

Sport Relief is TV at its best...

As a society we've just begun to talk about mental health challenges. So to be part of a team bringing it to people's attention is a privilege.

I'm an evangelist for exercise...

I'm not interested in perfect body types – people call me 'BOBFOC' meaning Body of *Baywatch*, Face of *Crimewatch!* – but exercise is a gift for your mental health.

CAREN CLARK

THE HEAT IS ON: SPORT RELIEF is previewed on pages 68-69



Up for a challenge:
The team gets ready

TV TIMES 11

'Grand, beautiful and buzzy'

JOANNA LUMLEY'S HIDDEN CARIBBEAN: HAVANA TO HAITI

NEW TUESDAY / ITV / 9PM / EP 1 of 2 / **TRAVELOGUE**

As *TVTimes* sits down with Joanna Lumley for a chat about her latest globetrotting adventure, it's hard to imagine the *Absolutely Fabulous* star looking anything other than, well, absolutely fabulous!

Yet vanity, she insists, took a back seat when she travelled from Cuba to Haiti, due to the heat.

'I was sweating like a pig!' laughs the 73-year-old star, recalling the month she spent filming *Joanna Lumley's Hidden Caribbean: Havana to Haiti*, her new two-part travelogue for ITV.

'I don't think I've been that hot before. We could hardly walk and were almost crying.'

The heat wasn't the only challenge Joanna faced exploring these neighbouring Caribbean isles, whose twists and turns of history have seen them be colonised, populated by slaves and blighted by earthquakes and crippling political sanctions.

Poverty reduced her to tears many times, but the 1,500-mile trip, uncovering and sharing the countries' hidden gems, has resulted in her most memorable TV journey yet.

'Cuba and Haiti are two of the most challenging countries I've ever visited, but they've given me some of the best experiences,' smiles Joanna, before telling us more...

You've made a string of ITV travelogues since 2010 – do you get to choose where to go?

Well, I don't say, 'I'd like to go here, make it happen!' But I do go to them

Joanna Lumley chats to *TVTimes* about the 'intoxicating' mix of Che Guevara, extreme heat and pina colodas she found in Cuba and Haiti

with ideas. I'd never been to Cuba before and I loved the idea of going somewhere where not many tourists have visited. Lots of people go to the Caribbean, but the revolution took Cuba out of the picture. And very few tourists visit Haiti as the Foreign Office lists it as a country unwise to visit. To me, it's important to know why they say not to go. And yes, it's not easy to visit, but travelling often isn't easy.

What did you make of Havana, Cuba's capital?

It's a stunning city. Beautiful, raspberry-sorbet coloured walls and ravishing streets – just on the chic side of shabby – with heavenly old-fashioned cars and the sweetest people. But there's a lot of hardship. Six decades of communist rule has stifled Cuba's development and it's stuck in a time bubble of 1959, like a fly in aspic. They have a good education system, but anybody with an idea can't get ahead. People say Havana will change and there'll be high-rise blocks, but it's so poor that I can't see it happening.

You divulge a love of boxing in the first episode – tell us more!

I met Muhammad Ali in the 1980s, when standing in for Terry Wogan on his TV interview show, and I've been a fan of the sport ever since. Cuban male fighters have won 37 Olympic gold medals since 1972, so I visit a gym in Havana to meet a female boxer, Idamelys Moreno, who's battling to change the rules for women fighters. Women in Cuba

aren't allowed to box competitively but she's hoping to be at the 2024 Olympics. She's good!

What were your personal Cuban highlights?

I took a horse and cart to the Viñales area in the west, which is said to grow the best tobacco in the world. I saw how tobacco is dried before going to the factories where workers have to roll, pack and produce 100 cigars a day. I caught an electric train to Hershey, named after the chocolate manufacturer who built a whole town to house his workers.

Any more memorable moments?

Yes, I visited the tomb of Che Guevara. I kind of fell in love with Che. That image, with him wearing a beret and looking into the distance, is an iconic picture of what revolution looked like and is all over Cuba. Santiago de Cuba, where Fidel Castro came from the hills with the idea of overthrowing the over-rich government, also made a great impression on me. Everyone was busy preparing for the 60th anniversary of the Cuban Revolution and it felt terribly grand, beautiful and buzzy.

Is it true you tasted your first-ever pina colada in Cuba?

Yes! I've never had one before. I loved it, although it's a bit sweet. I tried a daiquiri, too – for research purposes, obviously! Funnily enough, I've come back home with a taste for rum, which I've never liked before.

Any other surprises?

The prison camp Guantánamo – the very name 'Guantánamo Bay'

brings chills to your heart. What I didn't expect was for the small town of Guantánamo itself to be so picturesque and its people so warm. It was another glimpse at how Cuba is a fabulously beautiful, yet baffling, country.

Next stop is Haiti. What did you make of it?

The Foreign Office say it's a no-go area – I wanted to see why. I wouldn't stop anyone going to Haiti but the hotels are gated with armed guards and travelling is difficult, with barricades across the roads. I had two armed guards with me at all times – you don't want that as a tourist. There's poverty, filth, lawlessness and corruption, yet the sweetness of the people I found in Haiti was intoxicating.

Any other Haitian highlights?

I took part in a voodoo ceremony where people drum, dance and chant to give thanks to the spirits. It was terribly exciting!

It sounds quite a trip... Did you bring home any souvenirs as reminders of your adventure?

Two cigars for my husband and some beautiful Cuban wooden boxes and carved humming birds on a string. I got some peanut butter with chilli in it from Haiti, but it was confiscated at the airport!

REBECCA FLETCHER & EMMA BULLIMORE

JOANNA LUMLEY'S HIDDEN CARIBBEAN: HAVANA TO HAITI is previewed on pages 60-61



“I KIND OF
FELL IN LOVE
WITH CHE”



Rising star: Boxer
Idamelys Moreno
with Joanna



Festive spirit: Joanna
joins the crowds in
Santiago de Cuba

My ICE kings & queens



DANCING ON ICE

FINAL SUNDAY / ITV / 6PM /
EP 10 OF 10 / **ENTERTAINMENT**

Grab yourself a rink-side seat! After nine weeks of spectacular spins, tricky themes and gravity-defying headbangers, this Sunday sees our remaining three celebrities lace up their skating boots one last time in their bid to be crowned the winner of this year's *Dancing on Ice*.

Once everyone has performed again, viewers will vote for the two couples they'd like to see skate the *Boléro*, the Olympic gold medal-winning routine made famous by the Ice Panel's head judges Jayne Torvill and Christopher Dean.

But before that, *TVTimes* asks judge John Barrowman, 52, to name his own winners of 2020...

VICTORIA WILSON

DANCING ON ICE is previewed on
pages 44-45

Ahead of the *Dancing on Ice* grand final, *TVTimes* asks **John Barrowman** to dish out his own awards to the class of 2020!

Special contribution

WINNERS: IAN 'H' WATKINS & MATT EVERS

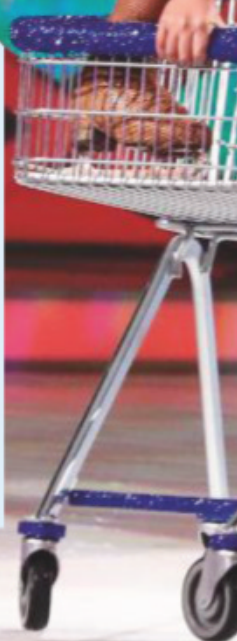


'My special award goes to H and Matt simply for being groundbreaking. Their first live skate was very emotional because it was something we'd never seen on TV before. *Dancing on Ice* took the leap in having a same-sex partnership and I'm sure, with every series from now on, they'll want to represent the people at home watching. It was amazing. What they did has been a huge door-opener, so this award and praise has to go to them.'

Showstopper!

WINNER: PERRI KIELY

'Perri's skating has always been showstopping. Every week that he comes out, he not only surprises us with what he's doing but he's so good, and it's just incredible to watch. His and partner Vanessa Bauer's routine using a shopping trolley in Prop Week was awesome. Everyone will be swinging their trolleys in the supermarket now!'



True inspiration

WINNER: LIBBY CLEGG

'The most awe-inspiring performer for me has got to be Libby for the simple fact that she can't see. She's partially sighted, with limited peripheral vision, so what she's achieved on the ice has been nothing short of incredible. For anybody out there who has a challenged ability, Libby is proof that nothing should ever stand in your way.'



Top entertainer

WINNER: JOE SWASH

'Joe commits to everything. He and pro partner Alex Murphy always bring some fun moves and he's always trying something a little bit different. I've always said he's like a Jack Russell that's had too many espressos on the ice! He puts his whole self into his routines and he's always smiling.'



Most improved

WINNER: BEN HANLIN

'When Ben started skating, his posture was terrible and he stuck his bum out all the time, but he went on to become the first male this series to do the headbanger - with his partner Carlotta Edwards.'





Best partnership

WINNERS: ALEXANDER DEMETRIOU & MAURA HIGGINS

'Maura can be a tough cookie and a diva and she put up certain challenges for pro partner Alex – but he was able to curtail these, make her work hard and get great skating out of her. That's a sign of a good partnership. In the skate-off, she skated beautifully.'



Most fab-u-lous

WINNERS: EVERYONE!

'This is a hard one and, honestly, I don't think I'd be able to choose just one because there are several people who have given their all. So, as a group, I'd have to say that everyone has delivered something fab-u-lous!'

'Dance is the WINNER!'

Captains **Cheryl**, **Matthew Morrison**, **Todrick Hall** and **Oti Mabuse** on the final

THE GREATEST DANCER

FINAL SAT / BBC1 / 6.30PM / EP 10 OF 10 / ENTERTAINMENT

After nine weeks of creative choreography and fancy footwork, it's crunch time! In this week's grand final of BBC1's *The Greatest Dancer*, the four remaining acts battle it out to become this year's



MATTHEW

'I've told my team to focus on the task at hand and don't overthink the final,' says Matthew, 41, who's hoping contemporary fusion dancer Hannah Martin and soloist Harrison Vaughan make the final. 'They're going to bring the same thing they bring every week, which is great dancing!'



OTI

'I've always told my acts to just work hard and enjoy yourselves,' says Oti, 29, who hopes her Latin and ballroom couple Michael and Jowita are still in the running. 'The final is an incredible opportunity and will be a memory for life. Whatever happens – dance is the winner!'



CHERYL

'My squad is going to bring empowerment, great dancing and good vibes to the final,' says Cheryl, 36, who at the time of writing still had duo Lily and Joseph plus all-male contemporary group Brothers of Dance in the contest. 'I've told them to be proud of themselves.'



TODRICK

'As the first dance captain to lose two acts, the biggest surprise for me has been seeing what the British audience responds to and who they vote for,' says Todrick, 34, who is championing his act Dancepoint for the final. 'I really love "Squadrick" and I hope Dancepoint will be in the final.'

Contemporary soloist: Hannah Martin



Dance duo: Lily and Joseph

winner and waltz off with £50,000, plus the chance to perform on *Strictly Come Dancing*.

Here, the dance captains, who at the time of writing all have acts still in the running, share their hopes and fears for the final...

VICTORIA WILSON

THE GREATEST DANCER is previewed on pages 36-37

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Scrutiny: Karen suspects Laura



Woman of mystery

Katherine Kelly on what lies beneath her scene-stealing detective, Karen Renton

LIAR

MONDAY / ITV / 9PM /
EP 2 of 6 / **DRAMA**

Katherine Kelly starred in last year's twisty ITV drama *Cheat* as a university lecturer caught up in a torrid tale of plagiarism and adultery, but little did she know that it would lead her to another equally juicy role.

Cheat's executive producers, Harry and Jack Williams, also write *Liar* and offered ex-Corrie star Katherine a major role in the hit ITV thriller's second series.

With her input, the brothers developed the character of ruthless and thoroughly entertaining DI Karen Renton, who leads the investigation into the murder last series of rapist Andrew Earham (Ioan Gruffudd).

This week, with Laura Nielson (Joanne Froggatt), one of Andrew's many victims, now the prime suspect for the killing, Karen decides to play dirty to get results.

Talking to *TVTimes* at ITV's London HQ, Katherine, 40, tells us more about her character...

How did Harry and Jack tempt you into playing Karen?

The plot was already established and they said, 'We've got an outline of this character, what do you think?' So we talked about what would be good to bring to the show with Karen. She came about organically from the story. Joanne as Laura does all the heavy lifting in this series, but I have more freedom with Karen – everybody else is in extremis. She's a free spirit.

What makes her so formidable?

Well, Karen swans in with one goal – to find who did it. This case would be high-profile and the Metropolitan Police would send someone to clear it up, so we talked about what characteristics would make her the best at her job. Karen's good at removing her emotions because, to her, that clouds how effective she can be.

Is she Laura's new nemesis?

It's not until the last scene of the series when you actually see how Karen feels about Laura, because

that's irrelevant to her until then. But she is a problem for Laura. The fact that Karen has to get evidence for a prosecution is irritating to her, though, because she's just instinctive and spends the series trying to prove her instincts are correct. It's impressive to watch someone so sure and assertive.

How will the investigation develop?

Even though Andrew's dead, he's still ruining lives. This town will never be the same again; you want peace brought about or people will never build their lives back. And Karen is with the audience in trying to work it out because, apart from her, everybody's a suspect! He had many victims who all have friends and family. Lots of people wanted him dead, but who did it?

Liar has been praised for its exploration of the wide-reaching impact of sexual assault...

The difficulty is that there are no badges and warning signs about

someone. If you knew the truth, you wouldn't go near someone like Andrew. But that's never how it begins. It's a grey, complex, delicate area. That's why *Liar* works so well – it delves into how detailed and complicated these situations are.

Are you good at working out the killers in whodunnits?

I stop watching if I think I've worked out who has done it! It has to be smarter for me. Harry and Jack are great at keeping you guessing, so I found the ending satisfying and surprising.

What's next for you?

A second series of *Criminal* for Netflix [Katherine plays another determined cop, DI Natalie Hobbs, in the taut crime drama] and there's more *Gentleman Jack* [Sally Wainwright's BBC1 period drama, in which Katherine plays troubled mother Elizabeth Sutherland], which is apparently happening this summer. It's satisfying working with a writer like Sally because she's all or nothing. I love that.

CAREN CLARK

LIAR is previewed on pages 52-53

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Oven-ready: Ovie, Jenny, Russell and Louis are the first bakers

Flour power!

Paul Hollywood on the surprises in store as a new batch of celebs rise to the challenges of *Bake Off*

THE GREAT CELEBRITY BAKE OFF

NEW TUESDAY / C4 / 8PM / EP 1 of 5 / **COOKERY**

Whether you're a pop icon, a movie legend or a top athlete, stepping into the celebrated *Bake Off* tent to face the judgment of Paul Hollywood and Prue Leith can reduce even the most famous of faces to a quivering wreck.

'It takes guts, so they should be applauded because it's not easy,' Paul, 54, tells *TV Times* as he gets ready to welcome 20 more brave stars for C4's *The Great Celebrity Bake Off* for *Stand Up To Cancer*.

Hosted by Noel Fielding and Sandi Toksvig (filmed before she quit the show earlier this year), the five-part series sees celebs including actor Richard Dreyfuss, tennis

ace Johanna Konta and singer James Blunt put their crème pat to the ultimate test as they compete for the coveted Star Baker apron. Here, Paul tells us why it's the perfect recipe for success...

What do you love most about doing *Celebrity Bake Off*?

There's always a lot of laughter, and I admire anyone that can take on these challenges to raise money for Stand Up To Cancer, which is such an amazing cause. It moves you out of your comfort zone. You see these celebrities like you've never seen them before.

Comedians Jenny Eclair and Russell Howard, Love Island star Ovie Soko plus broadcaster Louis Theroux are in the first episode. We suspect you didn't make it easy for them!

I set the Technical challenge, which, if done right, can be delicious, but you'll have to watch to see how their versions turned out! They also make

giant decorated biscuits in the Signature and a choux sculpture depicting their perfect day for the Showstopper. We had a scene depicting one of our celebs swimming with pigs!

Were there any famous bakers you particularly enjoyed meeting?

It's a privilege to meet all the celebrities because they are from such different fields. But we all had a great laugh with Russell Howard, and Richard Dreyfuss is a legend. The first film I saw in a cinema was *Jaws*, so it was an absolute joy to meet him.

What has the standard of baking been like this time?

Many of the bakers haven't much baking experience, so there are mixed results! But the celebrities surprise themselves with what they produce and there are some who really excel. You can tell who has baked before. It pretty much shows after their Signature bake.

Any Hollywood Handshakes?

There are a few, but I seem to remember Noel giving a handshake, too! We have a lot of surprises.



Close encounter: Noel with Richard Dreyfuss

Did you give out any advice?

Yes – just follow the recipe! Most people miss something out. If you tick each process off as you do it, you're 99% there.

***Bake Off* is back for an 11th series later this year, plus you'll be fronting C4 travelogue *Paul Hollywood Eats Japan* – tell us more!**

I travel across the country on a culinary and cultural adventure – it was a complete eye-opener. I met some extraordinary people.

CAREN CLARK

THE GREAT CELEBRITY BAKE OFF is previewed on pages 60-61

● To donate to Stand Up To Cancer, phone 0300 123 444, visit channel4.com/su2c, or text THIRTY, TWENTY or TEN to 70404 to give £30, £20 or £10



Special service: Johanna Konta

DOCUMENTARIES

‘There were meltdowns!’

Mum **Jo** and son **Sam** tell *TV Times* about their epic adventure across Latin America for the travelogue series with a twist



Bon voyage: The five teams in Mexico City

RACE ACROSS THE WORLD

NEW SUNDAY / BBC2 / 8PM
(WALES, 8.50PM) / EP 1 of 8 / TRAVELOGUE

They say it's not the winning but the taking part that counts – and the competitors in

BBC2's hit travel show *Race Across the World* would wholeheartedly agree. Although taking home the £20,000 prize would be quite nice...

We were hooked on last year's emotion-sapping but thoroughly addictive series, which followed teams of two in a race to get to Singapore from London, without using smartphones, credit cards or even stepping foot on a plane.

In this second, eight-part series, five new pairs will cover over 25,000km from the heart of

Mexico City to Ushuaia, Argentina, the most southerly city in the world.

The same rules apply – no phones, flights or credit cards – but they'll each have a budget of £1,453, the equivalent of a one-way airfare.

We asked physiotherapist Jo, 54, from Manchester, who teamed up with her 19-year-old son, Sam, who has ADHD, about their epic trip...

Why did you want to take part?

Jo: I wanted to challenge myself and regain my zest for life. But I also knew Sam wanted to travel, so I thought it would be great to do it with him and build his confidence.

Sam: I've always wanted an adventure and thought it would be fun to do it with my mum.

Do you think you made good travel companions?

Sam: We have a mega-strong relationship, but we did disagree

and argue, which was due to stress and lack of sleep. We're back to normal now... I think!

Jo: It's hard when you don't know when you'll next eat, or if you've just missed a bus and there's not another one for 12 hours. I had a few meltdowns, which will probably look bizarre on TV!

What was your biggest struggle?

Sam: The budget, because I love food and I struggled with having to restrict the amount I was eating.

Jo: Erm, the rest of us lost about a stone and Sam put on about 20lbs, so he didn't struggle that much!

Did you want to quit at all?

Jo: Sam said he wanted to quit at least once an hour, especially when I tried to download some music for him on an MP3 player and he ended up with only five Christmas songs...

Sam: I couldn't stand to listen to it!

How did you manage without your mobile phones?

Sam: I actually didn't want to have mine back after the trip.

Jo: It forced us to interact with people more, so I think having a phone would have spoilt the journey. However, when we were in La Paz, Bolivia, Sam said he'd meet me at the hotel and I realised later he didn't have a clue where it was. We could have done with a phone then!

The BBC is planning a celebrity edition. Do you have any advice for the stars taking part?

Sam: I'd say, just deal with it.

But they better not get a bigger budget than we had to cope with!

Jo: Be prepared for the unexpected. Oh, and take a pillow!

REBECCA MAHONEY

RACE ACROSS THE WORLD
is previewed on pages 44-45



My 8 ways to stay young

Presenter **Kate Quilton** shares her advice on how we can turn back the clock

HOW TO BEAT... AGEING

NEW THURSDAY / C4 / 8PM /
EP 1 OF 3 / **FACTUAL**

Do you know what your biological age is? The eight volunteers taking part in C4's new documentary *How to Beat... Ageing* this week find out theirs by undergoing various tests, with shocked 51-year-old hotel manager

- 1 Take the stairs...** rather than using the lift if you're not travelling far between floors.
- 2 Stand up twice during ad breaks...** when you're watching TV at home.
- 3 Park further away...** if you drive to the supermarket.



Solid: Jo and Sam's strong bond survived a few stress-induced squabbles



Andrew discovering that, thanks to his lifestyle, his biological age is 82!

Help is at hand, however, because the programme introduces health hacks that the volunteers try out over five weeks to slow the process.

'Through simple, easy changes to your lifestyle you can make a dramatic difference to your health – and they're not going to cost you anything,' promises presenter Kate Quilton, who, below, shares with *TVTimes* her top tips for healthier living...



Age gaps: Andrew (third from right) and other volunteers

4 Get off a stop early... when you're on the bus, to add five minutes of walking at each end of your journey.

5 Avoid eating late at night... because you won't burn any of it off.

6 Be honest about how much you drink... and see whether you can reduce it – and replace sugary drinks with water.

7 Do some squats... while you're brushing your teeth, for example.

8 Wear clothes that allow you to move easily... so you can quicken your pace when you're out and about.

IAN MACEWAN

HOW TO BEAT... AGEING is previewed on pages 76-77



ALSO THIS WEEK!



Miriam's Big Fat Adventure

NEW Monday & Tuesday / BBC2 / 9pm

Call the Midwife star and national treasure Miriam Margolyes hates the fact that she's always been fat, but at 78 is it too late to make a change? In search of possible solutions, she takes to the road...



How Healthy Is Your Gut?

NEW Friday / C4 / 8pm

In this one-off, Sabrina Grant gives volunteers four weeks and a range of options to improve the state of their guts and bowels – do those little yogurty drinks really work?



The Station

NEW Thursday / ITV / 9pm

Subtitled *Trouble on the Tracks*, we meet the staff and travellers of Birmingham New Street train station who, in this first of three parts, are coping with flooding.



Recycling: Is It a Con?

NEW Wednesday / Channel 5 / 8pm

Jean Johansson and Paul Connolly see if tracking devices can prove councils and supermarkets are honouring their eco promises...

In search of justice...

Amy Ryan
on playing a
heartbroken
single mother
in a tragic true-
crime drama

LOST GIRLS

NETFLIX Available: Friday 13 March
Running time: 95 mins
NEW CRIME DRAMA

One unrelenting mother's mission to find her missing daughter turns into a hunt for a serial killer in Netflix's haunting new true-crime drama, *Lost Girls*.

Based on Robert Kolker's non-fiction bestseller, the gripping story follows Mari Gilbert (Oscar-nominated Amy Ryan), who reports her eldest-of-three daughters, 24-year-old sex worker Shannan, missing

when she fails to show up for a family dinner in 2010.

Detectives soon learn that Shannan made a panicked 911 call while running from a client's house in a gated community on New York's Long Island the night she went missing. The call lasted more than 20 minutes, but when officers arrived at the property – an hour later – she was gone.

A lack of urgency or concern from police prompts Mari and her two daughters, Sherre (*Jojo Rabbit* star Thomasin McKenzie) and Sarra (*The Beguiled*'s Oona Laurence), to launch their own investigation, which leads them to other family members of missing women who were allegedly sex workers.

It's only when a series of bodies are discovered along a stretch of beach on Long Island, however, that the police department, including Commissioner Richard Dormer (played by Gabriel Byrne, Amy's co-star in Sky Atlantic's

“SHE'S A POWERFUL CHARACTER AND WHEN SHE IS IGNORED, SHE JUST GETS LOUDER”

In Treatment), listen to Mari's claims that a serial killer is on the loose.

'I remember the story in the news at the time,' says Amy, 50, whose big-screen credits include *Gone Baby Gone* (2008) and *Bridge of Spies* (2015). 'But the film focuses on Mari Gilbert as she searches for her daughter and is

met with a ton of resistance from the Suffolk County Police Department.

'However, it just drives her forward. She's like a dog with a bone and doesn't take no for an answer,' adds Amy. 'She's a powerful character and when she is

ignored, she just gets louder.'

With both the authorities and the media labelling the dead women prostitutes, Mari battles against police bias and judgement in her quest for their murders to be taken seriously.

'There is this dismissal of women in a lower economic class, that if they're sex workers, they must have problems at home and don't want to be found,' says Amy.

'They're not treated as humans; as sisters, mothers, daughters, wives. They're called prostitutes and hookers,' she adds. 'It's also the dismissive attitude of, "They're poor, who cares?" It's infuriating.'

The so-called Long Island Serial Killer is believed to have murdered

up to 16 people, mostly young women, over a period of nearly 20 years. However, the case still remains unsolved.

Mari will never know the truth about what happened to Shannan, as she was stabbed to death in 2016 – by her daughter, Sarra, who suffers from schizophrenia.

'The tragedy continued for the Gilberts,' says Amy. 'My biggest hope is that this film will be such a hit that the audience becomes interested in the story and starts creating some buzz. Who knows, maybe the families of the dead women will finally get some justice.'

REBECCA MAHONEY

LOST GIRLS is previewed on pages 84-85



United by grief:
Locals hold a vigil
for Shannan

FIVE MORE TO

NETFLIX Unbelievable

Seasons: 1 Episodes: 8 Run time: 44-59 mins

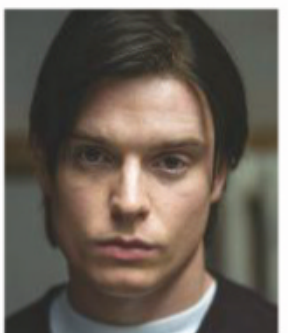
A brutal tale of police negligence and misogyny is told in this drama about a teenager (Kaitlyn Dever) who was charged with lying about being raped. Toni Collette (right) also stars.



White House Farm

Seasons: 1 Episodes: 6 Run time: 60 mins

Freddie Fox gives a career-best performance as Jeremy Bamber in this chilling drama. When a family of five is shot dead, sole surviving member Jeremy stands to inherit their fortune...





WATCH...

NETFLIX When They See Us

Seasons: 1 Episodes: 4 Run time: 64-88 mins

An unflinching retelling of how five teenage boys from Harlem were falsely accused of the rape and assault of a female jogger in Central Park in 1989.



NOW TV sky box sets The Case Against Adnan Syed

Seasons: 1 Episodes: 4 Run time: 56-67 mins

This absorbing series uncovers new revelations in the case against Adnan Syed, who was convicted of the kidnap and murder of his ex-girlfriend in 2000.



NETFLIX Don't F*** with Cats

Seasons: 1 Episodes: 3 Run time: 57-66 mins

Branded the most disturbing but gripping true-crime series yet, this documentary follows amateur sleuths who track down a cat killer.



CATCH UP NOW...

The shows of the moment on BBC iPlayer and elsewhere



BBC iPlayer The Pale Horse

After some deliciously shocking scares, the ambiguous conclusion to this two-part reworking of Agatha Christie's spooky thriller has provoked much debate.



ITV Cilla: The Lost Tapes

Footage of Cilla Black touring Australia with her husband is part of a new insight into the late TV star's life in this showcase for her previously unseen home movies.



BBC iPlayer Call the Midwife

With heartbreaking scenes between Val and her gran Elsie, plus the nuns' fight to save their home, the climax of season nine is one of the drama's most poignant finales to date.



BBC iPlayer Confronting Holocaust Denial

David Baddiel's encounter with an online holocaust denier makes for compelling viewing in a very personal look at this chilling issue.

I'm on to you!

Alya erupts when Geoff tries to force her out of Speed Daal

Geoff Metcalfe may have convinced most of Weatherfield that he's a loving husband, but one woman has long eyed him with suspicion – Alya. She's been shoehorned out of her gran's life since he arrived on the scene, and has noticed how Yasmeen seems incapable of doing anything without 'checking' with Geoff first.

The entrepreneur is unaware of the horror that Geoff is putting the pensioner through, but could this week's events lead to her uncovering the truth? She's trying to get to the bottom of some unsavoury reviews about Speed Daal, and when Geoff reveals some new menus he's done, which have the same spelling mistake as the bad write-ups, she twigs that he's responsible.

As Yasmeen and Geoff are having lunch at home, Alya barges in. Geoff denies her allegations, and goes on to

suggest to Alya that, as they clearly can't work together, she should sell him her share of the restaurant.

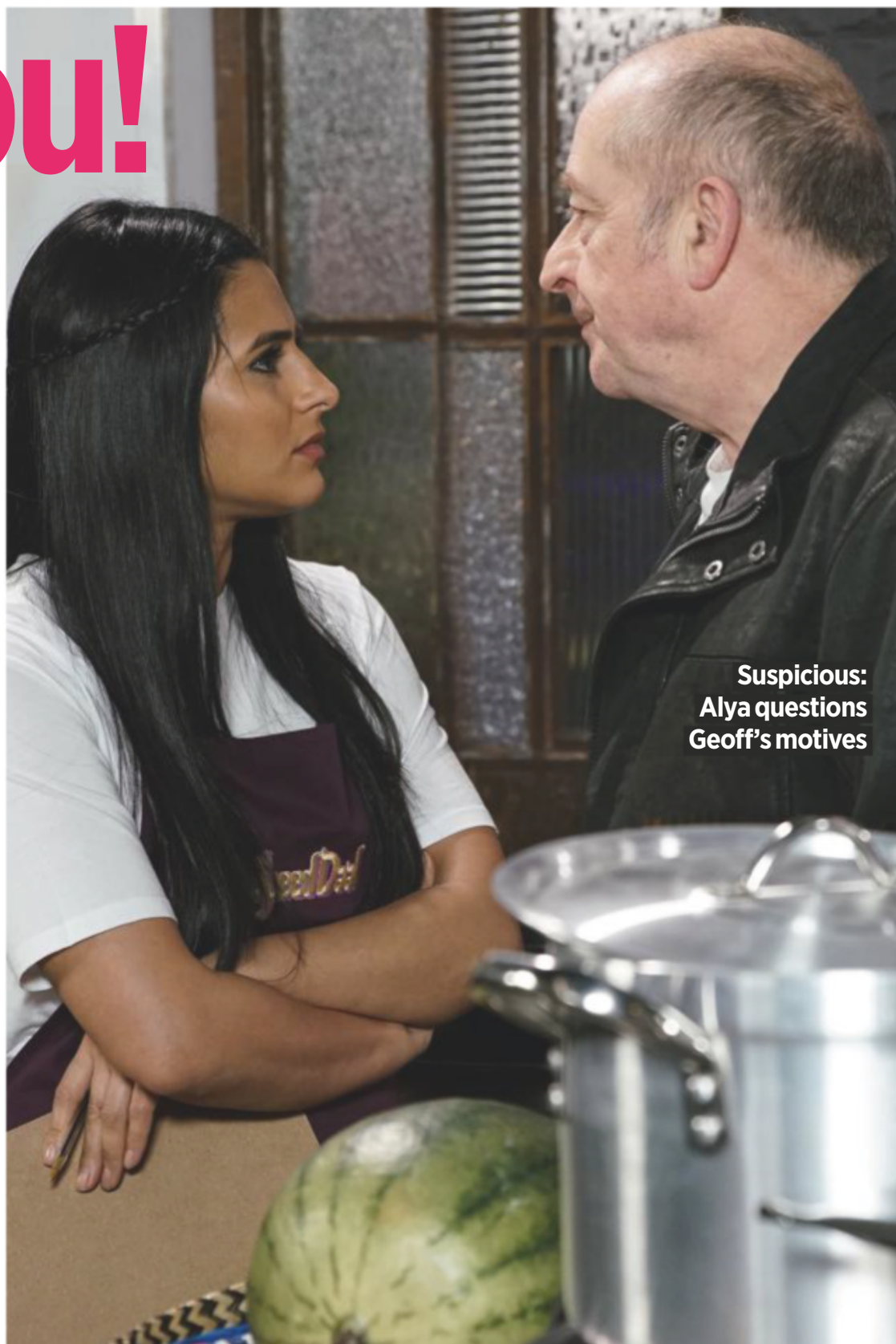
'Alya is the fly in the ointment,' says Ian Bartholomew, who plays Geoff. 'She is still part of Yasmeen's life, and he's trying to drive a wedge between them so that there is no one stopping him having total control.'

A livid Alya tells him where he can stick his suggestion, prompting Geoff to complain to Yasmeen that her

granddaughter is 'out to get him' and that they should sell up and move abroad.

Meanwhile, Alya is suspicious when she later finds numerous withdrawals from the Speed Daal account, and she's horrified when, as she shares her concerns with Ryan, Eileen chips in and reveals how Geoff locked Yas in his magic box. As she reaches out to Yasmeen, will her gran finally admit what's going on?

**“ALYA'S
THE FLY IN THE
OINTMENT”**



Suspicious:
Alya questions
Geoff's motives



**Support: Team officials
pay James a visit**

A straight face...

It's a big night for the Baileys as they attend the Golden Hearts Awards, where Aggie is commended for her heroics during the Christmas Day gun siege. But the evening turns sour for James when he's approached by a reporter, who asks questions about his sexuality. It turns out ex-lover Danny has accidentally outed him on social media.

The aspiring footballer flees in a panic, and rages at Danny for not allowing him to come out on his own terms. As Weatherfield County's manager and press officer later call by, offering their support, he insists that the rumours floating around are nonsense, and he's straight. Ed thinks it's for the best, but Aggie and Michael feel uneasy. Can James really live a lie?

PHOTOS: ITV

CORRIE THIS WEEK

MONDAY (EPISODES 1&2)

- Ali collapses when Gary's revenge goes too far
- James panics when he's accidentally outed by Danny
- Roy quits the bat-watching group when they badmouth Nina
- Ken has reservations about moving to the retirement complex
- Tracy plans a makeover for No.1

WEDNESDAY (EPISODES 1&2)

- Ali's convinced that Gary is trying to kill him
- James lies to the football club that he's not gay
- Alya discovers that Geoff is behind the negative Speed Daal reviews
- Nina gets the wrong idea about Roy's resignation

FRIDAY (HOUR-LONG EPISODE)

- Ali leaves the Street
- Alya discovers money has been withdrawn from the Speed Daal account
- Ken leaves the cobbles for Stillwaters
- Gemma (left) falls asleep at a baby group
- Toyah eyes up a new career



Shock: Gary
and Maria survey
Sharon's handiwork

Gary's revenge!

He gets payback for Ali's fling with Maria – with devastating consequences...

Weatherfield hasn't been the kindest place to Ali Neeson. Arriving in 2018, he was a twinkly-eyed medic with a bright future. Two years on, he's a recovering diazepam addict with a broken heart and a bad haircut.

This week, there's more misery in store for Michelle Connor's lad when Gary makes him pay for his barbershop bunk-up with Maria.

Technically speaking, it's not Gary who dishes out the

punishment but Rick's former sidekick Sharon – she who looks like an extra from *Prisoner: Cell Block H*. Gary gives her Rick's old list of loan-shark clients, in return for her teaching Ali a lesson.

Mr Windass isn't specific about his requirements, and he's horrified to see the results of Sharon's shenanigans – an unconscious Ali being stretchered into an ambulance following a suspected diazepam overdose.

Maria is equally worried, and calls at the hospital to check on her ex's condition. She gets short shrift from Ryan, who believes she caused Ali to 'relapse' by playing him and Gary off against one another.

Ali later regains consciousness, and hits a brick wall as he desperately tries to

convince Ryan that he hasn't gone back to bad ways.

'Ali is convinced that someone has spiked his drink,' reveals James Burrows, who plays him. 'He's sure that Gary is behind it, and tells Ryan he is going to prove it.'

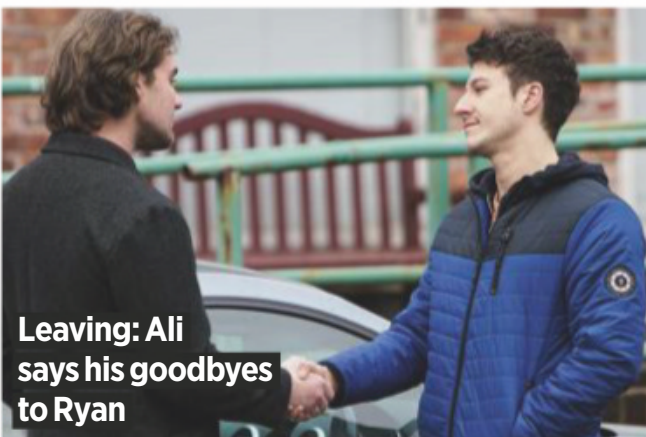
But as he embarks on his mission, Ali ends up doing something daft. He kidnaps Maria in his car and takes her on a terrifying journey.

'He just wants to get through to her,' adds James. 'Ali tells her that Gary has set him up, but there's no way she is going to believe someone acting in such a crazy fashion.'

Needless to say, Gary's livid when he learns what Ali has done, and isn't prepared to take it lying down.



Collapse:
Stricken Ali is
stretchered away



Leaving: Ali
says his goodbyes
to Ryan

In light of his actions, Ali's left feeling hopeless about his future, and decides to leave the cobbles, believing there's nothing there for him any more.

As he says his goodbyes, he's more sure than ever that Maria is making a massive mistake in agreeing to become Gary's wife.

Will he be proved right?

**Turn for the latest on
Emmerdale, Hollyoaks
and Doctors**

THE CAST

Gary.....Mikey North
Ali.....James Burrows
Maria.....Samia Longchambon
Ryan.....Ryan Prescott
Alya.....Sair Khan
Yasmeen.....Shelley King
Geoff.....Ian Bartholomew
James.....Nathan Graham
Aggie.....Lorna Laidlaw
Michael.....Ryan Russell

Ed.....Trevor Michael Georges
Toyah.....Georgia Taylor
Imran.....Charlie de Melo
Craig.....Colson Smith
Roy.....David Neilson
Nina.....Mollie Gallagher
Sharon.....Naomi Cooper-Davis
Ken.....William Roache
Claudia.....Rula Lenska
Tracy.....Kate Ford

WEATHERFIELD EXTRA

Sam Robertson says he's thrilled that his character Adam has married Sarah as it brings together the Barlow and Platt families.

'Soap history suggests that two big families coming together will end in disaster, but I think there's potential for some lovely scenes,' the actor tells us.

'There's so much material to tap into. I feel really humbled that I'm involved in scenes at No.1 and No.8,' continues Sam. 'I'm floating between these two families; one that's mostly patriarchal, with Ken and Peter, and the other that's very matriarchal, with Gail and Audrey.'



Arthur's evil exposed!



Concern: Jai and Laurel come to Archie's aid, but is Arthur to blame?

Laurel confesses the truth to Jai when Archie is hurt once again...

It was a bumpy landing for Laurel when she arrived back from Australia to discover that Vanessa had been tied up to her kitchen cupboards for the best part of a fortnight. And this week, there's more pandemonium for the put-upon parent when she's forced to tell boyfriend Jai that it was her son, Arthur, who hurt his little lad, Archie.

Laurel learnt the truth several weeks ago, but with Jai in the thick of treatment for his cocaine relapse at the time, and she and the kids due to fly off for Sandy's funeral,

she opted to keep quiet and deal with the issue on her return.

Arthur's relieved when she decides that his behaviour should stay buried, but when Jai suggests to Laurel that he and Archie move into Mulberry Cottage, she's left feeling uneasy. Can she really live under the same roof as her fella when she's hiding such a secret?

As she explains her predicament to Arthur, the schoolboy decides to come clean. But as he's about to confess all, Laurel interrupts him.

'She feels that she should be the one to do that, rather than him, and that it's all her fault, anyway,'

says Charlotte Bellamy, who plays Laurel. 'He's 12 years old and he's been through the deaths of Ashley and Sandy, and we also have to remember what Emma Barton did to him.'

Laurel later finds herself agreeing to a Thomas/Sharma blended family, leaving Archie clearly worried at the prospect of becoming 'roomies' with his former tormentor.

She dares to believe that everything will be OK, but when Archie manhandles Sandy's ship-in-a-bottle, she fears Arthur will lash out. And it seems he's done just that when there's an incident in the lounge, and Archie's trapped underneath a toppled cabinet.



Cosy: But are the couple's plans to cohabit at risk?

Arthur claims he's innocent, but Archie insists he's to blame, prompting Laurel to admit to Jai that it was her own son – not Jimmy – who caused Archie's previous injuries.

'Jai's aghast that Laurel would keep this from him,' adds Charlotte. 'It's her betrayal that angers him, rather than what Arthur has done.'

Will the devastated dad call time on their romance?

EMMERDALE THIS WEEK

MONDAY

■ **Charity** tells **Tracy** about **Vanessa's** cancer
■ **DI Malone** puts pressure on **Will** ■ **Laurel** decides to keep **Arthur's** abuse of **Archie** a secret

TUESDAY

■ **Cain** meets with **Malone** ■ **Vanessa** opens up to **Tracy**
■ **Laurel's** uneasy when **Jai** suggests they move in together

WEDNESDAY

■ **Cain** discovers he's made an enemy of the wrong man ■ **Brenda** (left) is unhappy to hear plans for a food outlet at HOP

THURSDAY (EPS 1&2)

■ **Laurel** admits to **Jai** that it was **Arthur** who hurt **Archie** ■ **Mandy** and **Dan** agree to go on a date ■ **Sam** and **Lydia** tell **Samson** they can't afford his school trip

FRIDAY

■ **Laurel** tries to sort things at home ■ **Samson** feels guilty over his actions
■ **Andrea** realises she might have to play dirty to get the truth out of **Kim**





Support:
Vanessa with
Tracy and Charity

Tracy's turmoil

Emotions run high as she learns of Vanessa's cancer diagnosis

Having come close to losing Vanessa at the hands of poison Pierce, Tracy wants to pull out all the stops for her big sister's birthday, and gathers together the villagers for a surprise party. But it's she who's in for a surprise when Charity blurts out that Vanessa has bowel cancer. The party is news to Charity, who panics when she finds everyone gathered for the bash. She knows it's the last thing her poorly partner needs, and tries to get Tracy to put the kibosh on the celebrations. 'Charity takes Tracy outside,' explains Amy Walsh, who plays

Tracy, 'and reveals why the party needs to be stopped. It's obviously a massive blow to Tracy when she finds out about the cancer.' Tracy attempts to get everyone out of the house, but it's too late, as Vanessa arrives. The vet puts on a brave face, but she's furious when she later realises that Tracy knows about her diagnosis. 'Vanessa comes out into the garden, where she sees Charity and Tracy both crying,' reveals Amy. 'She storms off, and Tracy goes after her.'



Surprise: Vanessa walks into Tug Ghyll

Vanessa eventually opens up to her sibling, but Tracy's response leaves Charity feeling sidelined. 'Tracy's like, "I'm here now, so you stay out of it, because you always make things worse,"' adds Amy. Relations between the pair reach boiling point as they vie to be Vanessa's 'rock'. Can they build bridges and come together for the sake of the woman they love?



Suspect package: Cain grills Will

Blackmail!

Cain quizzes Will when he finds a dodgy-looking package at the garage, and his employee tells him that DI Malone is a bent copper who's coercing him into dealing drugs. The stunned Dingle then confronts Malone, meeting him in a deserted lay-by. But on his return to the village, he discovers Moira's bull has been murdered and the garage has been trashed. When he reports the incidents, it's Malone who comes out to 'investigate', and he snidely asks Cain if anyone has a grudge against him. Are he and Will in deep trouble?



Attention: Martine with birthday boy Mitchell

HOLLYOAKS

As Mitchell returns from his holiday with Scott and Martine, thoughts turn to his birthday, and the sad reality that grandad Walter – who disapproves of his homosexuality – may refuse to join the celebrations. The medic pens the pensioner a letter, and when Scott later organises a bash at The Dog, he begs Walter to attend. But it looks like someone other than Walter may spoil the party. Toby turns up and becomes increasingly resentful of the attention being showered on his twin brother. Will he finally reveal his true identity? Also this week, Liberty pines for Brody, and Liam warns Mercedes he's coming for her...



Progress: Emma is on the case

DOCTORS

Seeing a defeated Jimmi in prison spurs Al to fight for his friend's freedom, and there's a new lead when an ex-employee from Icon admits to seeing a waitress hide cash under the till. A meeting is called at Emma's, and she reveals she's learnt police are failing to investigate the possibility that Jimmi's car key was cloned, and that's how drugs were planted in his motor. Are the pair closer to the truth? Elsewhere, Daniel and Zara keep their reunion a secret, and there's a guest appearance from Joe Pasquale.

THE CAST

Vanessa ..Michelle Hardwick	Luke ..Max Parker
Charity ..Emma Atkins	Dan ..Liam Fox
Tracy ..Amy Walsh	Mandy ..Lisa Riley
Cain ..Jeff Hordley	Brenda ..Lesley Dunlop
DI Malone ..Mark Womack	Andrea ..Anna Nightingale
Will ..Dean Andrews	Kim ..Claire King
Laurel ..Charlotte Bellamy	Samson ..Sam Hall
Jai ..Chris Bisson	Sam ..James Hooton
Arthur ..Alfie Clarke	Lydia ..Karen Blick
Archie ..Kai Assi	Victoria ..Isabel Hodgins

DALES EXTRA

Jurell Carter says he'd love his character, Nate Robinson, to make a go of things with Tracy Metcalfe. 'They're nicely suited,' Jurell tells us. 'They've made mistakes in the past, but they're genuinely nice people. I think there's a lot of places where their relationship could be taken, and I think that would be interesting for the viewers to see and for us as actors to play out.'



Turn for the latest on
EastEnders, *Neighbours*
and *Home & Away*

SOAPS EASTENDERS

Marry me, Lola!

Jay pops the question... and so does Stuart! But will the women say yes?

Valentine's Day may have been and gone, but there's romance in the air in Walford this week as not one but two men propose. The question is, will either of them get the answer they want?

Jay is up first. With things getting serious between him and Lola, he decides the time has come to make things official. Young Lexi gets wind of his plan when she spots the engagement ring he's bought, but she's persuaded to keep it buttoned. Jay's then bolstered by Billy giving him his blessing, and sets about trying to make everything perfect.

'Jay and Lexi do a bit of role play, with Lexi pretending to be her mum so that Jay can practise his proposal,' reveals our Walford mole. 'There's a bit of a panic when Lola unexpectedly returns, but they manage to cover, and once Lola has left, Jay starts preparing a romantic lunch.'

Lola's gobsmacked when she arrives back and her boyfriend does the honours. Will she agree to become Mrs Mitchell? Or, could the recent return of Peter Beale put a spanner in the works? After all, Peter and Lola were once quite the couple. Lola even said the 'L' word...

Meanwhile, over at the funeral parlour, Rainie's knocked for six when an old 'client' pitches up. Stuart tries to calm her down, and



Mum's the word: Lexi promises to keep Jay's plans quiet

later takes her out for dinner at Walford East (where else?) to cheer her up. The evening's going swimmingly until Mick and Linda arrive. The women end up sniping at one another, and it's a case of one step forward, two steps back for Rainie, as Linda's comments cut to the core.

Rainie opens up to Stuart about her troubled past, but the evening leaves its mark on the former prostitute. Stuart's at a loss as to how to make things better, but soon comes up with a 'solution'.

'After getting some advice from Callum, and then overhearing Jay and Lola talking, he decides that what Rainie needs is some reassurance about how he feels toward her,' adds our mole. 'And he thinks what better way to do that than to ask her to marry him.'

But is a ring on her finger what Rainie really wants?



Shock: Stuart surprises Rainie with his proposal



Decision time: Will there be wedding bells for Jay and Lola?

EASTENDERS THIS WEEK

MONDAY

■ **Gray** takes his anger out on **Chantelle** ■ **Jean** accuses **Suki** of lying about her cancer ■ **Lexi** discovers **Jay's** plan to propose to **Lola** ■ **Linda** (right) worries that **Mick** doesn't trust her



TUESDAY

■ **Jay** proposes ■ **Gray** reveals he's representing **Whitney** to get his job back ■ **Denise** has bad news for **Chantelle** ■ **Rainie's** past comes back to haunt her ■ **Keegan** reassures **Tiffany**

THURSDAY (PART 1)

■ **Mitch** tells **Karen** that he suspects **Gray** is having an affair ■ **Patrick** is thrown by **Isaac's** harsh words ■ **Chantelle** takes up a job offer from **Kheerat** ■ **Stuart** tries his best to support **Linda**

THURSDAY (PART 2)

■ **Gray** lashes out at **Chantelle**, thinking she's told **Mitch** about his suspension ■ **Stuart** wants to reassure **Rainie** and decides to propose ■ **Denise** vies to help **Patrick** and **Isaac** make amends



Mitch thinks Gray is having an affair...

Suspicious mind

With his flash job and fancy house, Gray Atkins looks like a walking success story. But father-in-law Mitch has never warmed to the smooth-talking solicitor, and this week, he becomes convinced that he's having an affair.

Gray is, indeed, hiding something. The job has gone, as he's been suspended. He dares not tell Whitney, who's counting on him to get her out of prison for Leo's murder, and he warns Chantelle not to say anything to her parents. He's not coping well

and, when he learns that his firm has dropped Whitney's case, he yet again takes his anger out on his wife, who urges him to represent Whit on his own.

The legal eagle decides to do just that, but more trouble's brewing when Jack later mentions to Mitch that he saw Gray going into a hotel. Mitch instantly suspects that Gray's playing away, and gives him a grilling. As he shares his theory with Karen, he's determined to uncover the truth.

The following day, as Gray heads out, Mitch decides to follow him, only to get stopped in his

tracks by Chantelle. Undeterred, he does some digging, and calls up Gray's office. He's stunned to discover his son-in-law has been given the bullet, and offers him some cash to tide him over.

Gray hates being treated like a charity case, and also wrongly assumes that Mitch has found out about his predicament from Chantelle. At home, he explodes at his wife for 'blabbing', and she is forced to stay indoors and recover from her ordeal as her husband goes off to The Vic. Mitch has tried to protect her – but has he just made things a whole lot worse?



Showdown: Jean confronts Suki in front of her family

Liar, liar!

For all her wittering and dithering, Jean Slater can be a shrewd judge of character. She's sure that her neighbour Suki Panesar is lying about having cancer, and catches her out when she grills her at a cake sale.

Knowing she's been rumbled, Suki issues Jean a warning to keep quiet, but a disgusted Jean later fronts up to her in The Vic and accuses her of faking her terminal 'illness'. The Panesar kids defend their mum, but back at the flat, Kheerat decides to call Suki's bluff. Will she admit to making it all up?



Flashbacks: Finn tackles Trent

NEIGHBOURS

As Finn's memories come flooding back, he's compelled to track down a mysterious storage locker that contains details about his sinister past. Deciding to confront dad Trent about his abduction ordeal in Colombia unlocks even more painful recollections...

Amnesiac Finn then declares his love for ex Elly, despite the fact he's in a relationship with her sister Bea. How will Elly react, and can Finn be trusted as his evil side threatens to take over his troubled mind?

Also, Lucy and Mark get engaged 20 years after they split up, and Kyle expresses his disapproval of his dad Gary's upcoming wedding to Prue.



Vigil: Residents contemplate events

HOME & AWAY

The hospital is in lockdown as gangsters hold a handful of the locals hostage. Colby and Dean sneak inside to stage a brave rescue attempt, hoping to overpower the bad guys, who've just murdered Mason. Managing to create a distraction, the boys take control and the nightmare is finally over – but for some, it's just beginning, as the Morgans reel from losing Mason, and Marilyn struggles with PTSD. Alf leads a vigil for the residents of Summer Bay to process the ordeal and mourn the victims, and ends up making a life-changing decision himself...

Elsewhere, Robbo fights for his life after his kidnap ends in a car crash, and newcomers the Paratas make a big impression.

THE CAST

Jay.....	Jamie Borthwick	Kheerat.....	Jaz Deol
Lola.....	Danielle Harold	Jags.....	Amar Adatia
Stuart.....	Ricky Champ	Vinny.....	Shiv Jalota
Rainie.....	Tanya Franks	Ash.....	Gurlaine Kaur Garcha
Gray.....	Toby-Alexander Smith	Mick.....	Danny Dyer
Chantelle.....	Jessica Plummer	Linda.....	Kellie Bright
Mitch.....	Roger Griffiths	Tiffany.....	Maisie Smith
Karen.....	Lorraine Stanley	Keegan.....	Zack Morris
Jean.....	Gillian Wright	Patrick.....	Rudolph Walker
Suki.....	Balvinder Sopal	Isaac.....	Stevie Basaula

WALFORD EXTRA

Kate Oates, the BBC's head of continuing drama, has explained why Dennis Mitchell was chosen as the unlucky victim of the Queen Vic boat-party disaster.

'You want consequence, and that's the main thing that comes out of the death,' she tells us. 'It's about the story that it generates. We discussed lots of options, but we knew this was the story that would power us through months of future story, which we're excited about.'



Films

TV Times

With Film Editor Nigel Pizey
CHIEF FILM REVIEWER: JASON BEST

This week's films rated and reviewed

OUR PICKS OF THE WEEK

THURSDAY



He's the guy:
Wan-Lung Ng

Birth of the Dragon

Film4 9.00pm - 10.50pm ★★★
PREMIERE MARTIAL ARTS

This action movie about martial arts icon Bruce Lee took quite a pummelling from critics. Taken on its own terms, however, it remains breezily enjoyable. It revolves around Lee's legendary fight with Shaolin master Wong Jack Man in 1964, which is shrouded in mystery. The 23-year-old Lee (played by Philip Wan-Lung Ng) is teaching martial arts in San Francisco when the revered Wong (Xia Yu) arrives in the city. Eventually, we reach the epic showdown and Lee's fists of fury come up against Wong's serene Shaolin artistry. Even if this isn't how things happened, it's mesmerising. *Dir: George Nolfi 2017, 12, 110min*
SEX □□□ VIOLENCE ■□□ LANGUAGE □□□

MONDAY

Peeping Tom

Talking Pictures 10.00pm - 12m't ★★★★★
THRILLER Director Michael Powell tells of a psychopathic young cameraman who photographs his victims' terrified death agonies. The murders themselves are horrifyingly tense, and Carl Boehm couldn't be bettered as the psychopath. It makes gripping, adult entertainment: a rattling good nightmare thriller with no let up in the tension – and is now regarded as a classic in British cinema.
Dir: Michael Powell 1959, 18, 120min
SEX □□□ VIOLENCE ■■■ LANGUAGE □□□



Boehm with victim
Anna Massey

FROM FRIDAY

A Quiet Place

Netflix ★★★★★
PREMIERE CHILLER Silence is more than golden in this electric tale directed and co-written by actor John Krasinski. It's a matter of life and death. The setting is a post-apocalyptic near future in which a family strives to stay alive in a world that has been overrun by monsters that hunt by sound. The slightest noise will set them off, which creates moments of fist-biting suspense as parents Evelyn and Lee (played by real-life spouses Emily Blunt and Krasinski) and their children try to evade the giant creatures besetting their secluded farm in upstate New York. But the most ordinary of mishaps can lead to disaster – as Krasinski shows in one unbearably taut sequence – with the tension winding tighter and tighter until we're ready to scream, even if the characters can't. The sequel hits cinemas on 19 March. *Dir: John Krasinski 2018, 15, 90min*
SEX □□□ VIOLENCE ■■■ LANGUAGE □□□

FILM
OF THE
WEEK

Don't make a
sound: Blunt

SATURDAY

Passengers

C4 9.00pm - 11.15pm ★★★★★
PREMIERE SCI-FI DRAMA Chris Pratt and Jennifer Lawrence share a likeable chemistry in this glossy sci-fi yarn. On a 120-year voyage to a distant planet, an asteroid strike sets in motion a series of events that sees their colonists woken from cryogenic suspension, some 90 years too soon. En route, the pair navigate passages of existential drama, moments of comedy, and episodes of *Gravity*-style peril.
Dir: Morten Tyldum 2016, 12, xmin
SEX ■□□ VIOLENCE ■□□ LANGUAGE □□□



Captions RL or
RR or white out
xxxxxx
xxxxxxxxxx

Damage done:
Pratt and
Lawrence

FROM SATURDAY



Prom queens:
Adlon, Newton
and Viswanathan

Blockers

Netflix ★★★★★
PREMIERE COMEDY A trio of helicopter parents crash and burn in this raunchy but good-natured comedy. Clingy single mother Leslie Mann, over-protective father John Cena and easy-going deadbeat dad Ike Barinholtz join forces after they discover their daughters (Gideon Adlon, Kathryn Newton and Geraldine Viswanathan) have made a pact to lose their virginity on prom night. The directing debut of *Pitch Perfect* screenwriter Kay Cannon, the film's underlying sweetness stops things getting overly gross.
Dir: Kay Cannon 2018, 15, 100min
SEX ■■■ VIOLENCE □□□ LANGUAGE ■■■



Rebel Wilson in
Pitch Perfect

Strange Magic

BBC2 8.30am - 10.00am ★★★★★

ANIMATION► An offbeat mix of fairy tale and jukebox musical, this animated fantasy was dreamed up by George Lucas. Brace yourself for fairies, elves and goblins booming out versions of songs by the likes of Beyoncé, Bob Marley and Queen, while trying to find a love potion that's causing a commotion in rival realms.

Dir: Gary Rydstrom 2015, U, 90min

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

The King and I

Channel 5

4.20pm - 6.55pm ★★★★★

MUSICAL► Following hard on the heels of *Carousel* and *Oklahoma!*, *The King and I* became the third Rodgers and Hammerstein musical within 12 months to break box-office records all over Britain and America. In this wonderfully tuneful show, Yul Brynner and Deborah Kerr are terrific as the King of Siam and the governess whom he scorns at first but comes reluctantly to admire and respect.

Dir: Walter Lang 1956, U, 155min

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

Passengers

C4 9.00pm - 11.15pm ★★★★★

● See Our Picks of the Week, left

Pitch Perfect

ITV 10.10pm - 12.20am ★★★★★

MUSIC COMEDY► A playful comedy starring Anna Kendrick and Rebel Wilson set in the world of American college a cappella singing, this easy-going confection is a sweet-sounding, wickedly funny movie. The plot may be a tad predictable, but the witty script hits all the right notes, and the songs are infectiously entertaining.

Dir: Jason Moore 2012, 12, 130min

SEX ■□□ VIOLENCE □□□ LANGUAGE ■■□



Marlon Wayans in
G.I. Joe: The Rise of Cobra

G.I. Joe: The Rise of Cobra

C4 11.15pm - 1.20am ★★★★★

ACTION ADVENTURE►

Gob-smacking CGI and head-banging music are the key ingredients of this ridiculous spectacle. Channing Tatum and Marlon Wayans join a military elite unit called the Global Integrated Joint Operating Entity (aka G.I. Joe) to take on an organisation led by Christopher Eccleston's arms dealer and his sidekick Sienna Miller. The plot is unfathomable and you can't wait for the film to get back to the action.

Dir: Stephen Sommers 2009, 12, 125min

SEX □□□ VIOLENCE ■□□ LANGUAGE ■□□

Midnight's Children

BBC2 11.30pm - 1.45am ★★★★★

FANTASY► Born in Bombay at the stroke of midnight on 15 August 1947, the moment of India's independence from Britain, a boy grows up with special powers in this colourful magic-realist fantasy based on Salman Rushdie's Booker Prize-winning novel. Adapted by Rushdie himself, the film is a little too faithful to its sprawling source to work fully on its own terms, but it remains a vibrant, vividly performed piece of storytelling.

Dir: Deepa Mehta

2012, 12, 135min

SEX □□□

VIOLENCE ■□□

LANGUAGE □□□

Foxcatcher

BBC1 11.55pm - 2.00am ★★★★★

SPORT BIOPIC►

This brilliantly unsettling film turns the true story of the ill-fated relationship between a pair of Olympic wrestling champion brothers (Channing Tatum and Mark Ruffalo) and their creepy multi-millionaire benefactor (Steve Carell) into a gripping psychological thriller. The film pins you to the mat with its emotionally bruising tale of class, ambition and the pursuit of sporting excellence. Carell and Ruffalo were both Oscar-nominated.

Dir: Bennett Miller 2014, 15, 125min

SEX □□□ VIOLENCE ■■□ LANGUAGE □□□

Stations of the Cross

BBC2 1.45am - 3.30am ★★★★★

WORLD CINEMA► Growing up in an ultra-strict Catholic sect in southern Germany, pious teen Lea van Acken resolves to offer her life to God, believing that her self-sacrifice will cure her autistic four-year-old brother. This austere art-house drama has religious fundamentalism in its sights,

but remains a harrowing coming-of-age tale as well.

Dir: Dietrich Brüggemann

2014, 15, 105min

SEX □□□ VIOL ■□□

LANGUAGE □□□



One of the furry friends in
Mary and the Witch's Flower

Steve Carell and Channing Tatum in *Foxcatcher*



BEST OF THE REST

Mary and the Witch's Flower

Film4 4.40pm - 6.55pm ★★★★★

PREMIERE ANIMATION►

This subtitled animated fantasy follows the adventures of an accident-prone young girl who gains magic powers after finding an enchanted flower. The first feature from Japanese anime company Studio Ponoc, the film doesn't reach the heights of Studio Ghibli's masterpieces, but the hand-drawn animation is suitably magical.

Dir: Hiromasa Yonebayashi 2017, U, 135min

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

Notting Hill

Comedy Central

9.00pm - 11.30pm ★★★★★

Satellite ROMCOM►

Writer Richard Curtis followed up *Four Weddings and a Funeral* with this frothy comedy about the quirky love affair between shy west London bookseller Hugh Grant and glamorous Hollywood actress Julia Roberts. Rhys Ifans steals the show as Grant's slovenly Welsh flatmate.

Dir: Roger Michell 1999, 15, 150min

SEX ■□□ VIOLENCE □□□ LANGUAGE ■■□

Performance

TCM 12.35am - 2.50am ★★★★★

Satellite DRAMA►

For years, Nicolas Roeg was given most of the credit for this dazzling cult movie about fugitive East End gangster James Fox who takes refuge in the Notting Hill mansion of reclusive pop star Mick Jagger. More recently, Roeg's co-director, maverick genius Donald Cammell, has received recognition for his share in creating the film's

perverse, surreal and still puzzling brilliance.

Dirs: Donald Cammell, Nicolas Roeg 1970, 18, 135min

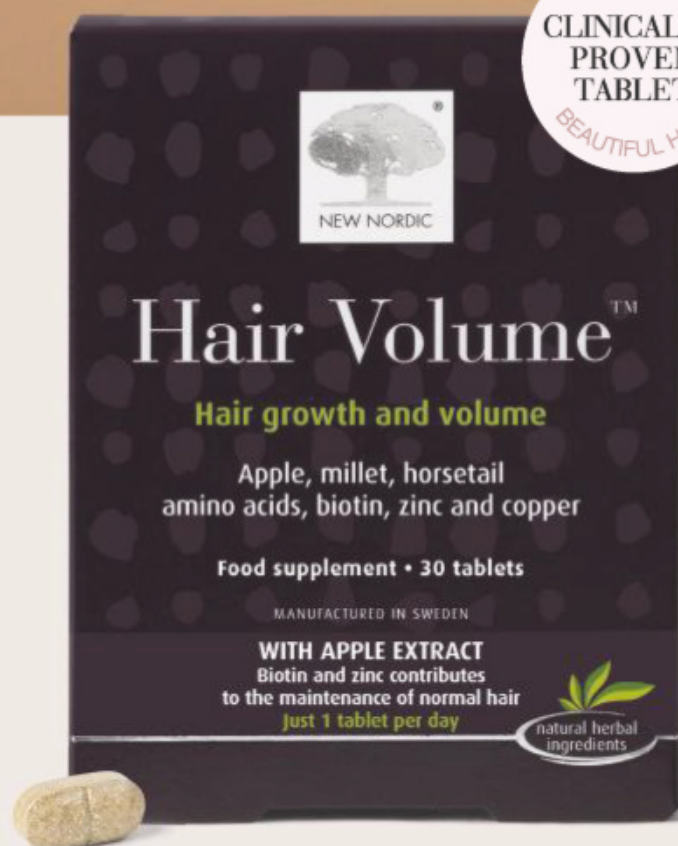
SEX ■□□ VIOLENCE ■■□ LANGUAGE ■■□



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Tina Fey and Amy Poehler in *Sisters*

Rio 2
C4 1.30pm - 3.25pm ★★★
ANIMATION► This sequel to 2011’s animated movie sees Jesse Eisenberg’s neurotic macaw Blu flying deep into the Amazon rainforest with feisty mate Jewel (Anne Hathaway) and their brood to find a flock of their endangered fellow birds. The plot struggles to take wing at first, but Eisenberg is funny as the fretful, accident-prone Blu, the animation is vibrant, the songs embrace sassy samba and show-tune pizzazz, and the jungle critters are cute. *Dir: Carlos Saldanha 2014, U, 115min*
SEX □□□ **VIOLENCE** □□□ **LANGUAGE** □□□

633 Squadron
BBC2 3.15pm - 4.50pm ★★
WAR► Ron Goodwin’s classic theme tune is the most memorable thing in this sporadically exciting World War Two drama about a plan to destroy a Nazi V2 rocket factory in Norway, with the aid of that country’s resistance fighters. Cliff Robertson is firm-jawed as the leader of the British squadron assigned to the task, but Ohio’s George Chakiris is miscast as a Norwegian resistance leader. *Dir: Walter E Grauman 1964, PG, 95min*
SEX □□□ **VIOLENCE** □□□ **LANGUAGE** □□□

Liar Liar
ITV 4.00pm - 5.35pm ★★★★★
COMEDY► A goofy comedy starring Jim Carrey as a devious, lying lawyer who, to the despair of his ex-wife (Maura Tierney), never arrives on time to see his adoring son Justin Cooper, and always has an excuse at hand. Then Cooper makes a birthday wish for his dad to tell only the truth for 24 hours... This film fully exploits its comic possibilities and Carrey is on spectacular form. *Dir: Tom Shadyac 1997, 12, 95min*
SEX □□□ **VIOLENCE** □□□ **LANGUAGE** ■□□

Sisters
C4 11.00pm - 1.15am ★★★
COMEDY► Amy Poehler and Tina Fey play wildly mismatched siblings in this fitfully funny comedy. Sent into a tailspin after their ageing parents (Dianne Wiest and James Brolin) decide to sell their childhood home, Fey’s flaky single mother and Poehler’s earnest do-gooder decide to revisit their teenage years and hold one last wild bash in their old home. The barrage of raucous gags the film unleashes contains as many misses as hits. *Dir: Jason Moore 2015, 15, 135min*
SEX ■■□ **VIOLENCE** □□□ **LANGUAGE** ■■■■

Up There
BBC2 (not Northern Ireland) 12.20am - 1.35am ★★★★★
COMEDY► A deliciously deadpan Brit-com in which Burn Gorman’s deceased jobsworth discovers that being in a dead-end job in the afterlife can have its upside when he has to hunt a quirky seaside town for a runaway soul. *Dir: Zam Salim 2012, 15, 75min*
SEX ■■□ **VIOLENCE** ■□□ **LANGUAGE** ■■■■

Top Secret!
C4 1.15am - 2.45am ★★
COMEDY► From the makers of *Airplane!* comes an equally zany, although not quite as accomplished, comedy. Having tackled the disaster movie genre, this time the team take on spy films and Elvis Presley musicals, among others. A youthful Val Kilmer is a US teen idol singer who goes on a tour of Nazified East Germany and becomes involved in espionage. *Dirs: Jim Abrahams, David Zucker, Jerry Zucker 1984, 15, 90min*
SEX ■□□ **VIOLENCE** ■□□ **LANGUAGE** ■■■□

Valhalla Rising
BBC2 1.35am - 3.00am ★★★
HISTORICAL► Arty, it may be, but this film from Nicolas

Winding Refn, the Danish director of *Drive*, aims squarely for the gut with its fascination with violence and a man’s imperative to inflict it on others. Mads Mikkelsen plays Nordic warrior One-Eye, who is cast adrift in a mysterious new land where his brutality is softened by his friendship with a boy he meets along the way. Haunting and hard to forget. *Dir: Nicolas Winding Refn 2009, 15, 85min*
SEX □□□ **VIOLENCE** ■■■■ **LANGUAGE** □□□

BEST OF THE REST
Suffragette
Film4 6.45pm - 8.55pm ★★★
PERIOD DRAMA► Set in pre-World War One London, this stirring account of the struggle to achieve votes for women is a compelling tribute to the unsung footsoldiers in the fight for female suffrage rather than its upper-class leaders. Carey Mulligan anchors the film as an East End laundry worker, who goes from bystander to zealous activist. She gets strong support from Ben Whishaw and Helena Bonham Carter, while Meryl Streep pops up, too. *Dir: Sarah Gavron 2015, 12, 130min*
SEX □□□ **VIOLENCE** ■□□ **LANGUAGE** ■□□

Hard Times
Talking Pictures 11.50pm - 1.50am ★★★★★
ACTION DRAMA► Charles Bronson plays a bare-knuckle fighter in 1930s New Orleans struggling to earn his crust. James Coburn is the hustler who arranges the brutal bouts and Bronson’s wife at the time, Jill Ireland, provides the glamour. The fight scenes are tough, but exciting, and while the plot of this gritty film may follow a well-worn theme, it is incredibly well made, distinguished by dazzling colour photography. *Dir: Walter Hill 1975, 15, 120min*
SEX ■□□ **VIOLENCE** ■■■□ **LANGUAGE** □□□



Jamie Dornan in *Anthropoid*

Secrets at the Lake
Channel 5 2.15pm - 4.00pm ★★★
PREMIERE THRILLER► This twisty, entertaining little TV movie sees widowed Nicky Whelan taken by her two adult kids for a holiday where they stay with Anna Hutchison, who lost her family to a hit-and-run. A car similar to the one Whelan’s daughter drives... Prepare for red herrings and surprises. *Dir: Tim Cruz 2019, PG, 105min*
SEX □□□ **VIOLENCE** □□□ **LANGUAGE** □□□

Con Air
Channel 5 11.00pm - 1.15am ★★★★★
ACTION THRILLER► America’s most notorious criminals, led by an evil John Malkovich, hijack a prison plane, leaving nice-guy parolee Nicolas Cage and US marshal on the ground John Cusack to stop them. Deftly handled, this is thrilling stuff with an explosive finale. *Dir: Simon West 1997, 18, 135min*
SEX □□□ **VIOLENCE** ■■■■ **LANGUAGE** ■■■■

BEST OF THE REST
Peeping Tom
Talking Pictures 10.00pm - 12midnight ★★★★★
● See Our Picks of the Week, p30

Anthropoid
Film4 10.45pm - 1.05am ★★★★★
WAR THRILLER► Despite the iffy Czech accents from the likes of Cillian Murphy, Jamie Dornan and Toby Jones, this World War Two thriller about the 1942 mission to assassinate Nazi Reinhard Heydrich in Prague is genuinely stirring. After the mission’s planning stages, the film steps up a gear when Murphy and Dornan’s Resistance fighters launch their attack, and the finale will leave you reeling. *Dir: Sean Ellis 2016, 15, 140min*
SEX □□□ **VIOLENCE** ■■■□ **LANGUAGE** □□□

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Tue 10 MARCH



Ethan Hawke and January Jones in **Good Kill**

A Neighbour's Obsession

Channel 5 2.20pm - 4.00pm ★★

THRILLER► Haylie Duff and Steven Bruns are a couple who move in next to over-friendly singleton Michael Welch. Despite the fact they witness him screaming to himself, they fix him up with Duff's sister Brittany Underwood. It's one more in a (very) long line of 'psycho next door' TV thrillers. *Dir: Michael Feifer 2017, 12, 100min*

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

Good Kill

C4 1.35am - 3.20am ★★ ★

WAR DRAMA► Ethan Hawke's conscience-stricken air force major flew fighter planes in Iraq; now he pilots unmanned drones targeting the Taliban in Afghanistan, half a world away in his air-conditioned cubicle in the Nevada desert. This probing and provocative drama has in its sights the collateral damage wrought by the West's War on Terror. *Dir: Andrew Niccol 2014, 15, 105min*

SEX ■■■ VIOLENCE ■■■ LANGUAGE ■■■

BEST OF THE REST

Mary Shelley's Frankenstein

Horror Channel

9.00pm - 11.20pm ★★ ★

PERIOD CHILLER► Robert De Niro plays the monster in this interesting adaptation of Mary Shelley's novel. The film is marred ever so slightly by the overly fussy direction of Kenneth Branagh (who also stars as Dr Frankenstein), which never lets the camera rest for more than a few seconds. Ironically, given the title, the film is at its best when it deviates from the novel and presents a ghoulish sequence charting the fate of Helena Bonham Carter's character, Elizabeth. *Dir: Kenneth Branagh 1994, 15, 140min*

SEX ■■■ VIOLENCE ■■■ LANGUAGE □□□

Wed 11 MARCH



Tom Hanks in **Philadelphia**

Killing Your Daughter

Channel 5 2.15pm - 4.00pm ★★

PREMIERE THRILLER►

Allison Paige wants a baby, but doesn't know her birth parents. Needing to make sure there's no abnormalities in her genes and after some dodgy digging, she finds her father. She wishes she hadn't. Another tale of paranoia that's more loopy than coherent. *Dir: Craig Goldstein 2019, PG, 105min*

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

BEST OF THE REST

The Strange Love of Martha Ivers

Talking Pictures

3.20pm - 5.40pm ★★ ★

FILM NOIR► Van Heflin returns to Iverstown after 18 years away and discovers that there've been a few changes. Childhood friends Barbara Stanwyck and Kirk Douglas are now married, he's the DA and they're very rich. But, beneath it all, there's a guilty secret... Douglas does well as a neurotic in his film debut and Heflin is great with his worldly wise cynicism, but it's Stanwyck who towers over all.

Dir: Lewis Milestone 1946, PG, 140min

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

Philadelphia

Sony Movies Classic

6.40pm - 9.00pm ★★ ★

DRAMA► Tom Hanks won an Oscar as a gay lawyer who believes he has been sacked by his plush Philadelphia law firm because he has Aids. His long fight for justice starts with him hiring homophobic wheeler-dealer attorney Denzel Washington to sue them for unfair dismissal. A persuasive, superbly acted film that deals with its big issues in a restrained manner.

Dir: Jonathan Demme 1993, 12, 140min

SEX □□□ VIOLENCE □□□ LANGUAGE ■■■

Thu 12 MARCH



Vin Diesel in **Babylon A.D.**

Snatched at Birth

Channel 5 2.15pm - 4.00pm ★★

DRAMA► After losing her baby almost immediately after giving birth, Kaitlyn Black is in a very bad way. So when her best friend Vanessa Evigan announces she's pregnant, Black starts down a dark path. This is more intriguing than most from TV-movieland, even if it culminates in a predictable place.

Dir: Michael Feifer 2017, 12, 105min

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

BEST OF THE REST

Cool Hand Luke

TCM 1.30pm - 4.05pm ★★ ★

Satellite PRISON DRAMA►

Paul Newman is a laconic wiseguy sentenced to two years on a brutal Southern chain gang for drunkenly beheading parking meters. This is the sort of movie for which everyone has their favourite scene – whether it be the infamous car wash sequence or the ghastly egg-eating contest.

Dir: Stuart Rosenberg 1967, 15, 155min

SEX □□□ VIOLENCE ■■■ LANGUAGE □□□

Birth of the Dragon

Film4 9.00pm - 10.50pm ★★ ★

● See Our Picks of the Week, p30

Babylon A.D.

Film4 10.50pm - 12.35am ★★ ★

SCI-FI ACTION► Vin Diesel stars as a tough mercenary hired by mobster Gérard Depardieu to escort nun Michelle Yeoh and Mélanie Thierry from Kazakhstan to New York with assassins in pursuit. Though this sci-fi thriller makes little to no sense thanks to desperate last-minute pruning, the big budget's up there on screen with the striking visuals and well-staged action.

Dir: Mathieu Kassovitz 2008, 12, 105min

SEX □□□ VIOLENCE ■■■ LANGUAGE ■■■

Fri 13 MARCH



Andy Samberg in **Popstar: Never Stop Never Stopping**

Killer Contractor

Channel 5 2.15pm - 4.00pm ★★

PREMIERE THRILLER►

Alyshia Ochse is left her father's house when he dies and so sets about selling it. First some repairs need to be tended to, and local handyman Zac Titus says he will do the work for free. That all sounds terrific, but what's the title of this movie again?

Silly stuff. *Dir: John Murlowski 2019, PG, 105min*

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

Popstar: Never Stop Never Stopping

C4 12.10am - 1.45am ★★ ★

MUSIC COMEDY►

Andy Samberg stars in a hip-hop mockumentary about a rapper whose life and career go off the rails after he ditches his band-mates (Akiva Schaffer and Jorma Taccone) to go solo. The movie isn't perfect, but it has some sensational gags – and plenty of celebrity cameos, from Mariah Carey to Ringo Starr.

Dirs: Akiva Schaffer, Jorma Taccone 2016, 15, 95min

SEX ■■■ VIOLENCE □□□ LANGUAGE ■■■

BEST OF THE REST

The Lion King

Sky Premiere

8.00pm - 10.00pm ★★ ★

Satellite PREMIERE FAMILY►

Disney's remake of its beloved animated musical about an orphaned lion cub's quest to claim his rightful crown follows the 1994 classic scene for scene, emotional beat for beat, very nearly shot for shot. Yet the new CGI can't match its animated predecessor's expressive magic. Get past the film's look, however, and the story still proves gripping, while the Elton John-Tim Rice tunes are as catchy as ever. *Dir: Jon Favreau 2019, PG, 120min*

SEX □□□ VIOLENCE □□□ LANGUAGE □□□

SATURDAY HIGHLIGHTS

Hilary celebrates
her hat-trick



Hilary Mantel: Return to Wolf Hall

● DOCUMENTARY / 9pm / BBC2

NEW Author Hilary Mantel looks back at the process of writing her extraordinary *Wolf Hall* trilogy. The books, which detail the rise and fall from power of Thomas Cromwell in Tudor England, have become a phenomenon, winning two Booker prizes, inspiring the BBC2 Bafta-winning TV series and a West End play. But in this one-off intimate film, it's the

tales of Hilary's own childhood that are so fascinating. Elements from her working-class childhood, including the loss of her birth father and awful memories of school at the hands of some very vicious nuns, have been woven into the tapestry of Hilary's trio of fictional masterpieces by her meticulous mind. The six-part TV series *Wolf Hall* is airing on Britbox. ★★★★★ JL

Another annus
horribilis for
the Queen



The Royals: A Family in Crisis

● DOCUMENTARY / 8pm / Channel 5

NEW The Queen's 'annus horribilis' of 1992 has been trumped. As the Queen approaches her 94th birthday, this one-off documentary charts another tumultuous year for Her Majesty. It begins with Prince Philip's car crash, followed by divisions within the UK caused by Brexit, the Prince Andrew scandal, and Harry and Meghan's departure from the Royal family. ★★★ MC



Burnley's Chris Wood

Burnley v Spurs

● PREMIER LEAGUE / 5pm / Sky Sports Premier League

LIVE Mid-table Burnley now have the luxury of looking up rather than down and just three points from them are their opponents today, Tottenham (k-o 5.30pm). Normally this would be the kind of game Spurs would be expected to win, but their lack of strikers is in stark contrast to Burnley, with Chris Wood and Jay Rodriguez both in excellent form. ★★★★★ NP

Eye on the ball:
Mark Watson



Catchpoint for Sport Relief

● GAME SHOW / 8.45pm / BBC1

LAST ONE *Catchpoint* may sound like a game show dreamed up by Alan Partridge during a stressful meeting with the BBC but if you've ever watched it, you'll know it quickly makes perfect sense. In this second Sport Relief special, former England cricketer Graeme Swann and comedian and presenter Rachel Parris take

on Olympic gold-winning hockey player Sam Quek and comedian Mark Watson. As Mark notes, they must 'catch the balls and get questions right' on subjects ranging from *Top Gear* presenters to the wingspan of birds. Earlier (11.30am), you can see Gareth Thomas embark on a 500-mile bike ride for Sport Relief. ★★★ JP



England's Owen Farrell

Six Nations

● RUGBY UNION / 3.50pm / ITV

LIVE England host Wales today at Twickenham (ITV & S4C, k-o 4.45pm), both teams' penultimate match of the tournament. Fly-half Romain Ntamack has been in inspirational form for undefeated France, who travel to Murrayfield to face Scotland tomorrow (BBC1, k-o 3pm). Today's scheduled game of Ireland v Italy has been postponed. ★★★★★ RMC

**PICK
OF THE
DAY**



Matthew, Cheryl, Oti and Todrick perform tonight

The four remaining acts perform with the dance captains in the live final

● **ENTERTAINMENT / 6.30pm / BBC1**

LAST ONE We've seen some exciting performances in the live challenge shows but now just four incredible dance acts remain to battle it out for the coveted title of The Greatest Dancer. After all acts perform a duet with their dance captain – either Matthew Morrison, Cheryl, Oti Mabuse or Todrick Hall – the public will vote for the three they want to see dance again for a shot at winning a cash prize of £50,000 and the chance to perform on the next series of *Strictly Come Dancing*. With all that and a unique collaboration featuring a world-class dance act, you won't want to miss this! ★★★★★ *VW*

● See interviews, page 15

The Greatest Dancer



Ant and Dec prepare for a battle

Ant & Dec's Saturday Night Takeaway

● **ENTERTAINMENT / 7pm / ITV**

Twist & Pulse might have won *BGT: The Champions* last year, but you know you've really made it when you're on Ant and Dec's End of the Show Show. That's where they are tonight, but they face an epic dance battle with the Georgie duo. Will they be Ready to Rhumble...? Jax Jones and Ella Henderson also star. ★★★★★ *LP*



A stunned Connie hears Archie's moving on

Casualty

● **DRAMA / 9.20pm / BBC1**

Just when you think Connie must finally be shockproof she gets a jolt that sends her into meltdown. Tonight Mrs B discovers protégé Archie is in secret talks about a new career move to Sudan. Connie is stunned when Megan gleefully delivers the news and, feeling hurt, confronts Archie. There's a chance Connie will

conduct herself with delicate diplomacy, but secretly we hope she blows a fuse, treating us to a powerhouse performance from Amanda Mealing... That said, please don't leave, Archie! Elsewhere, Ruby's long-absent mum Lavender (Sian Webber) turns up for a charged mother and child reunion... ★★★★★ *ER*

HIGHLIGHTS EDITOR: MANDY COOPER, CONTRIBUTORS: JILL PELTON, LISA PATRICK, STEVE MORRISSEY, JOANNE LOWLES, CAREN CLARK, NIGEL PIZEY, SEAN MARLAND, ELAINE REILLY, VICTORIA WILSON, HANNAH DAVIES, REBECCA MAHONEY, IAN McEWAN, NICHOLAS CANNON, REBECCA FLETCHER, RICHARD MCCLURE, TESS LAMACRAFT

BBC1

HD Freeview HD 101 Sky HD 115 Virgin TV HD 108 (Scot 101) Freesat HD 106

6.00 Breakfast (S)(HD) **10.00 Saturday Kitchen Live** (S)(HD) **11.30 NEW Gareth Thomas' Tour de Trophy for Sport Relief** Cameras follow Gareth Thomas as he embarks on a 500-mile bike ride from Cardiff to Aberdeen. (S)(HD)

SPORT 12.00 **Football Focus**

Dan Walker reviews the week's headlines and looks ahead to forthcoming matches. (S)(HD)

1.00 BBC News (S)(HD)

1.10 Weather (S)(HD)

1.15 Ready, Steady, Cook (S)(R)(HD)

2.00 Garden Rescue (S)(R)(HD)

3.00 Money for Nothing (S)(HD)

4.00 Final Score

SPORT Jason Mohammad presents a round-up of the day's classified football results. (S)(HD)

5.10 The Repair Shop (S)(HD)

5.40 BBC News (S)(HD)

5.50 BBC Regional News (S) and **Weather**

5.55 Weather (S)(HD)

6.00 Celebrity Mastermind 8 of 10. With Ann Widdecombe and Tom Read Wilson. (S)(HD)

6.30 The Greatest Dancer Alesha Dixon and Jordan Banjo host the final, with the last four performers competing for a chance to appear on *Strictly Come Dancing*. **Last in the series** (S)(HD) **See feature, page 15, and Highlights**

7.55 Pointless Celebrities *Food*: Alexander Armstrong and Richard Osman present a star-studded version of the quiz. Contestants include Prue Leith, Brian Turner, Grace Dent, William Sitwell, Hala El-Shafie, Ed Baines, Michael Caines and Anna Haugh. (S)(R)(HD)

8.45 Catchpoint for Sport Relief 2 of 2. Celebrity special edition of the game show, as Graeme Swann and Rachel Parris take on Sam Quek and Mark Watson. Hosted by Paddy McGuinness. (S)(HD) **See Highlights** **● Repeated on Friday at 12.45am**

9.20 Casualty Ruby has to choose between her career and parenthood; Megan offers Archie a job with her in Sudan; and Jade finally loses her patience with Marty when he is late for another shift. (S)(HD)(AD) **See Highlights**

Ruby Spark MADDY HILL Megan Harrison EMILY WOOLF
Marty Kirkby SHAHEEN JAFARGHOLI Charlie Fairhead DEREK THOMPSON
Archie Hudson GENESIS LYNEA Rashid Masum NEET MOHAN
Jade Lovall GABRIELLA LEON Lev Malinovsky URIEL EMIL

10.10 BBC News (S)(HD)

10.25 Weather (S)(HD)
followed by **National Lottery Update**

SPORT 10.30 **Match of the Day**

Gary Lineker presents action from the latest Premier League fixtures, including: Liverpool v Bournemouth at Anfield; and Arsenal v West Ham United at the Emirates Stadium. (S)(HD) **● Repeated tomorrow at 7.30am**

FILM 11.55 **Foxcatcher**

Fact-based drama starring Steve Carell. An Olympic wrestler joins a millionaire's personal team, but tension grows when the grappler's brother is employed as a coach. (W)(S)(HD) (AD) ★★★★★ (2014) **See Films, pages 30-35**

John du Pont STEVE CARELL Mark Schultz CHANNING TATUM
Dave Schultz MARK RUFFALO Nancy Scultz SIENNA MILLER

2.00 Weather for the Week Ahead (S)(HD)
2.05 to 6.00 BBC News (S)(HD)

BBC2

HD Freeview HD 102 Sky HD 102 Virgin HD TV 102 Freesat HD 102

6.30 The Dog Ate My Homework (S)(R)(HD) **7.00 The Dengineers** (S)(R)(HD) **7.30 Blue Peter: World Book Day & Six the Musical** (S)(R)(HD) **8.00 Deadly 60** (S)(R)(HD) **8.30 FILM Strange Magic** Animation. (W)(S)(HD) ★★★ (2015) **See Films, pages 30-35** **10.00 Kung Fu Panda: Secrets of the Furious Five** (S)(R)(HD) **10.25 Natural World Kangaroo Dundee & Other Animals, Part One** (S)(R)(HD)(AD) **11.30 Lorraine's Fast, Fresh and Easy Food** (S)(R)(HD)(AD)

12.00 Hairy Bikers' Best of British (S)(R)(HD)

SPORT 1.00 **All-Star Netball for Sport Relief**

Jennifer Saunders and Oti Mabuse captain the teams for this celebrity match. (S)(R)(HD)

2.00 The £100K House: Tricks of the Trade 1 of 6. Helping two homeowners in need of transformations to their homes. (S)(R)(HD)

3.00 Hugh's Wild West The host goes in search of wildlife in the West Country. (S)(R)(HD)(AD)

4.00 Flog It! (S)(R)(HD)

5.00 Natural World Kangaroo Dundee & Other Animals, Part Two: The animals are proving a handful for the injured Brolga. (S)(R)(HD)(AD)

6.00 Saving Lives at Sea The RNLI volunteers race to rescue two teenagers stuck in mud in Cleethorpes. **Last in the series** (S)(R)(HD)(AD)

7.00 Wild Cuba: A Caribbean Journey 1 of 2. Cuba's isolation has helped preserve many of its natural riches, creating unspoiled landscapes home to many creatures. In this edition, cameraman Colin Stafford-Johnson encounters the bee hummingbird, the world's tiniest bird, and the spectacle of thousands of crabs migrating en masse. (S)(R)(HD)(AD)

8.00 Great American Railroad Journeys *Springhill Junction to Quebec City*: 7 of 10. Michael Portillo continues his journey to Quebec City, beginning by boarding the train from Nova Scotia to New Brunswick. Along the way he investigates the world's biggest tide; rides a Pontiac on a magnetic hill; and learns to quarry sandstone. (S)(HD)(AD)

9.00 Hilary Mantel: Return to Wolf Hall **NEW** Profile of author Hilary Mantel leading up to the publication of *The Mirror and the Light*, the final novel in her award-winning Tudor trilogy telling the story of the rise and fall of Thomas Cromwell. Hilary reveals why she embarked on the writing of the trilogy and how it has changed her life. (S)(HD)(AD) **See Highlights**

NEW 10.00 **Lost Lives**

Documentary inspired by the book of the same name that records the circumstances of the deaths of every man, woman and child killed during the Troubles. With extracts read by stars including Liam Neeson, Adrian Dunbar, Bronagh Gallagher, Brendan Gleeson, Stephen Rea and Kenneth Branagh. (S)(HD)

FILM 11.30 **Midnight's Children**

Fantasy based on Salman Rushdie's novel, starring Satya Bhabha. A boy born in Bombay at the moment of India's independence from Britain grows up with special powers. (W)(S) (HD) ★★★ (2012) **See Films, pages 30-35**

Saleem Sinai SATYA BHABHA Amina SHAHANA GOSWAMI
Adam Aziz RAJAT KAPOOR Mary Pereira SEEMA BISWAS

1.45 to 3.30 FILM Stations of the Cross German drama starring Lea van Acken. Subtitled. (W)(HD) ★★★★★ (2014) **See Films, pages 30-35**

ITV

HD Freeview HD 103 Sky HD 103 Virgin TV HD 113 Freesat HD 111

6.00 to 7.30 CITV **7.30 to 9.25 Scrambled!** **9.25 ITV News** (S)(HD) **9.30 James Martin's Saturday Morning** With guests Ade Adepitan, Raymond Blanc, Tom Kerridge and Dr Hazel Wallace. (S)(HD) **11.40 Living on the Veg** Recipes for Chinese crispy duck pancakes, spicy cauli wings and miso glazed aubergine. (S)(R)(HD)

12.45 ITV News (S)(HD) and **Weather**

SPORT 1.00 **ITV Racing: Live from Sandown**

Ed Chamberlin presents coverage of today's meetings, featuring the Imperial Cup and three other races from Sandown Park. Plus, three races from Wolverhampton. (S)(HD)

3.30 ITV News (S)(HD) and **Weather**

3.40 Local News (S)(HD)

SPORT 3.50 **Six Nations Live**

England v Wales: Mark Pougatch introduces coverage of both teams' penultimate match of the championship, held at Twickenham (kick-off **4.45**). England kept their title hopes alive with a 24-12 victory over Ireland last time out, while last year's Grand Slam-winners Wales look set to relinquish their crown after suffering back-to-back defeats. Commentary by Nick Mullins, Shane Williams and Lawrence Dallaglio. (S)(HD) **See Highlights** **● Scotland v France is on tomorrow at 2.30pm on BBC1**

7.00 Ant & Dec's Saturday Night Takeaway

3 of 7. Jax Jones and Ella Henderson perform live at the start of this week's entertainment show, while the hosts face a dance battle with *Britain's Got Talent: The Champions* winners Twist and Pulse in the End of the Show Show. Plus, Stephen Mulhern returns for Ant vs Dec Goes Global; one lucky audience member plays to Win the Ads; the Men in Brown continue on their mission; and more audience members and viewers at home also win a Place on the Plane. (S)(HD) **See Highlights** **● Repeated tomorrow at 2.30pm**

8.30 The Voice UK Emma Willis hosts the final edition of the Battle rounds. Coaches will.i.am, Sir Tom Jones, Olly Murs and Meghan Trainor all return to their red chairs as the acts they have chosen from the blind auditions go head to head and fight for their place on their coach's team. The singers that impress their coach the most remain in the competition, but those that are not so lucky can still be stolen by another coach. (S)(HD) **● Repeated tomorrow at 1.10pm**

9.55 ITV News (S)(HD) and **Weather**

FILM 10.10 **Pitch Perfect**

Musical comedy set in the world of American college a cappella singing, starring Anna Kendrick and Rebel Wilson. Persuaded to join her college's all-female singing group, wannabe DJ Beca struggles to get The Bellas to ditch their old-fashioned musical routines in favour of edgier contemporary numbers. With the national finals looming, The Bellas face stiff competition from all-male campus rivals The Treblemakers. (W)(S)(HD)(AD) ★★★★★ (2012) **See Films, pages 30-35**

Beca ANNA KENDRICK Jesse SKYLAR ASTIN
Fat Amy REBEL WILSON Benji BEN PLATT
Chloe BRITTANY SNOW Aubrey ANNA CAMP
Stacie ALEXIS KNAPP Cynthia Rose ESTER DEAN

12.20 You've Been Framed! Gold (S)(R) **12.50 Teleshopping** (HD) **3.00 Rebound** Quiz series. (S)(R)(HD) **3.50 to 6.00 ITV Nightscreen** (HD)

ITV+1 Freeview 33, Sky 203, Virgin 114, Freesat 112

CHANNEL 4

HD Freeview HD 104 Sky HD 138 Virgin TV HD 104/141

6.00 Mike & Molly (S)(R)(HD) **6.25 Cheers** (S)(R)(HD) **6.50 Cheers** (S)(R)(HD) **7.15 Frasier** (S)(R)(AD) **7.40 Frasier** (S)(R)(AD) **8.05 Everybody Loves Raymond** (S)(R)(AD) **8.35 Everybody Loves Raymond** (S)(R)(AD) **9.00 The Big Bang Theory** (S)(R)(HD)(AD) **9.30 The Big Bang Theory** (S)(R)(HD)(AD) **9.55 The Simpsons** (S)(R)(AD) **10.25 The Simpsons** (S)(R)(AD) **10.55 The Simpsons** (S)(R)(AD) **11.25 The Simpsons** (S)(R)(AD) **11.55 The Dog House** (S)(R)(HD)

12.55 Four in a Bed From Norfolk. (S)(R)(HD)

1.25 Four in a Bed From Kent. (S)(R)(HD)

1.55 Four in a Bed From Lincolnshire. (S)(R)(HD)

2.30 Four in a Bed From Taunton. (S)(R)(HD)

3.00 Four in a Bed The B&B owners meet for the last time to settle some scores. (S)(R)(HD)

3.30 A Place in the Sun Danni Menzies offers advice to a teacher looking for a holiday home in the Murcia region of Spain. (S)(R)(HD)

4.30 Crufts Clare Balding introduces coverage at the NEC in Birmingham on the theme of Kids and Dogs, where events include the Flyball semi-finals. With Sally Phillips and Ronni Ancona. (S)(HD) ● **Further coverage at 7.00pm**

6.30 Channel 4 News (S)(HD) and **Weather**

7.00 Crufts Clare Balding presents continued coverage of the third day's events from the NEC in Birmingham. Vet Paul Manktelow shows young people how to get interested in veterinary science; and Clare meets Rhys Parrin, a 22-year-old YKC agility competitor who has been taking part in Crufts since he was 12, when his mum passed away. Featuring commentary from Jim Rosenthal, Frank Kane, Graham Partridge and Jessica Holm. (S)(HD)

9.00 Passengers

FILM PREMIERE

Fantasy adventure starring Jennifer Lawrence, Chris Pratt and Michael Sheen. A spacecraft malfunctions while transporting thousands of people to a distant planet. As travelling companions Jim Preston and Aurora Lane fall in love, they are soon set on a collision course with more technical problems and a dark secret. (W)(S)(HD) ★★★★★ (2016) **See Films, pages 30-35**

Jim Preston.....CHRIS PRATT Aurora Lane...JENNIFER LAWRENCE
Arthur.....MICHAEL SHEEN Gus Mancuso LAURENCE FISHBURNE
Captain Norris.....ANDY GARCIA Executive Officer.....VINCE FOSTER
Instructor (Hologram) JULIE CERDA Best Friend...AURORA PERRINEAU

11.15 G.I. Joe: The Rise of Cobra

FILM

Action adventure starring Dennis Quaid and Christopher Eccleston. A military general trains a special team to counter a global attack led by a scientist with a powerful weapon. (W)(S)(HD) ★★★ (2009) **See Films, pages 30-35**

General Hawk.....DENNIS QUAID James McCullen/Destro
Duke.....CHANNING TATUM.....CHRISTOPHER ECCLESTON
Ripcord.....MARLON WAYANS Ana/Baroness.....SIENNA MILLER

1.20 The Last Leg Guests include Sara Pascoe. (S)(R)(HD) **2.10 The Big Narstie Show** (S)(R)(HD) **3.05 Hollyoaks** (S)(R)(HD)(AD) **5.05 to 6.00 Location, Location, Location** (S)(R)(HD)

CHANNEL 4+1 Freeview 15, Sky 204, Virgin 142, Freesat 121

(SL) Signed (S) Subtitles (R) Repeat

CHANNEL 5

HD Freeview HD 105 Sky HD 105 Virgin HD 154 Freesat HD 105

6.00 to 9.50 Milkshake! **9.50 SpongeBob SquarePants** (S)(HD) **10.05 The Loud House** (S)(R)(HD) **10.15 Access** (S)(HD) **10.20 SPORTS** **WWE SmackDown Highlights** Wrestling action. (S)(HD) **11.20 Friends** (S3, ep17) (S)(R)(HD) **11.50 Friends** (S3, ep18) (S)(R)(HD)

12.20 Friends (S3, ep19) (S)(R)(HD)

12.50 A Will to Kill: Hailey Dean Mysteries

NEW

Whodunit starring Kellie Martin, Viv Leacock and Giacomo Baessato. The investigation into the murder of the therapist's ex-fiance from 15 years previously is reopened. (S)(HD)

2.40 A Prescription for Murder: Hailey Dean Mysteries

NEW

Whodunit starring Kellie Martin and Viv Leacock. Hailey helps the police when the CEO of a hospital dies and the coroner discovers that she has been poisoned. (S)(HD)

4.20 The King and I

FILM

Rodgers and Hammerstein's Oscar-winning musical with Deborah Kerr and Yul Brynner. The relationship between the powerful King of Siam and a widowed English schoolteacher, recruited to tutor his wives and many children, begins with restrained hostility – but gives way to more tender feelings. (S)(HD) ★★★★★ (1956) **See Films, pages 30-35** including **5 News**

7.00 Royal Doctors: Treating the Monarchy

NEW

One-off documentary examining the role of the medics who have looked after the Royal Family throughout the ages. The programme looks at the tricks employed by royals to avoid gorging at banquets; and historian Kate Williams examines some of the gruesome tales from royal history. (S)(HD)

8.00 The Royals: A Family in Crisis

NEW

Documentary exploring issues affecting the monarchy in 2019, including the rift between Princes Harry and William that would eventually led to the Duke and Duchess of Sussex quitting the Royal Family entirely. Plus, examinations of the scandal surrounding Prince Andrew's friendship with convicted paedophile Jeffrey Epstein; and Prince Philip's car crash and ongoing health issues. (S)(HD) **See Highlights ● Repeated on Friday at 10.20pm**

9.30 Charles and Di: The Truth Behind Their Wedding

Documentary examining the week immediately prior to the royal wedding of Prince Charles and Lady Diana Spencer in July 1981, which lifted the spirits of the nation during a turbulent time. Interviewees include people who knew the couple, such as Mary Robertson, Col Robert Spencer and Angela Rippon, who carried out a pre-wedding interview as well as presenting the live coverage on the day. (S)(R)(HD)

11.05 The Carpenters: Their Greatest Hits

Performances and music videos of 16 songs from the brother-and-sister duo. (S)(R)(HD)

12.05 Autopsy Karen Carpenter: The final hour of the Carpenters singer. (S)(R)(HD) **1.00 The 21.co.uk Live Casino Show** (S)(HD) **3.00 Access** (S)(HD) **3.10 Our Dream Hotel** (S)(R)(HD) **4.00 Billionaire Kids: Diamond Lives** (S)(R)(HD) **4.45 House Doctor** (SL)(S)(R) **5.10 Nick's Quest** (SL)(S)(R) **5.35 to 6.00 Wildlife SOS** (SL)(S)(R)

CHANNEL 5+1 Freeview 44, Sky 205, Virgin 155, Freesat 128

ON DEMAND



CRIME DRAMA

NEW

Spenser Confidential NETFLIX

When two police officers are murdered, Boston detective Spenser (Hollywood star Mark Wahlberg) and amateur fighter Hawk (*Black Panther's* Winston Dyke) set out to track down the killers. **Available now**

OR WHY NOT TRY...

RuPaul's Drag Race NETFLIX

If you're missing the UK version, series 12 of the US competition is now under way, with Ru joined by celebrity judges including pop star Nicki Minaj. **Episodes available weekly**

ITV VARIATIONS

ANGLIA No variations

BORDER No variations

CENTRAL No variations

CHANNEL No variations

GRANADA No variations

LONDON No variations

MERIDIAN No variations

TYNE TEES No variations

WEST No variations

WESTCOUNTRY No variations

YORKSHIRE No variations

ON THIS DAY 1974



Outlander and Game of Thrones star Tobias Menzies is 46 today. Watch Tobias in the role of Prince Philip, Duke of Edinburgh in the third series of Netflix's *The Crown*.

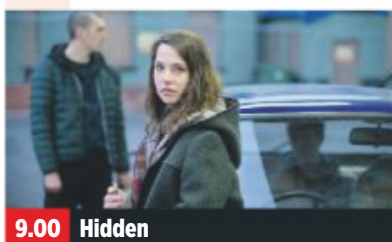
FREEVIEW

SKY HD +1 VIRGIN HD +1 FREETV HD +1 BT HD +1

BBC4

Freeview 9/68 (HD 106)

116 116 107 107 107

BBC4 programmes
begin at 7pm

9.00 Hidden

- 7.00 Rick Stein's Long Weekends** From Lisbon. (S)
- 8.00 South Pacific** The effects of volcanic eruptions. (S)
- 9.00 Hidden** **New episode** Karl Lewis admits the accusations he brought against Ellis were false. (S)
- 9.55 Clive James: Postcard from Miami** The broadcaster reports from Florida. (S)
- 10.50 Clive James: Postcard from Chicago** The broadcaster visits the Windy City. (S)
- 11.40** The Selector and EOB at the 6 Music Festival: The ska band and Radiohead guitarist Ed O'Brien perform at the Roundhouse. (S)
- 12.25 am** Top of the Pops: 1989 (S)
- 1.30** South Pacific (S)
- 2.30 to 3.30am** Rick Stein's Long Weekends (SL)(S)

ITV2

Freeview 6 (+1 27)

118 118 218 115 176 116 113 114

- 6.00 am** Teleshopping
- 7.00** Totally Bonkers Guinness World Records **7.15** The Ellen DeGeneres Show **9.30** Dress to Impress (S)
- 11.30** Celebrity Catchphrase (S)
- 12.30 pm** You've Been Framed! Gold (S)
- 1.35** **FILM** Animals United: Animated comedy. (W)(S) ★★ (2010)
- 3.30** **FILM** Cats & Dogs: The Revenge of Kitty Galore: Comedy with Chris O'Donnell. (W)(S) ★★ (2010)
- 5.10** **FILM** The Secret Life of Pets: Animation. (W)(S) ★★★ (2016)



6.55 Uncle Buck

- 6.55** **FILM** **Uncle Buck** Comedy starring John Candy as a domestically inept bachelor who has to look after his nephew and nieces while their parents are away. (W)(S) ★★★ (1989)
- 9.00** **FILM** **Fast & Furious 8** Action adventure starring Vin Diesel. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his gang. (W)(S) ★★★ (2017)
- 11.35** Family Guy: Double-bill. (S)
- 12.35 am** American Dad! (S)
- 1.30** Ibiza Weekender (S)
- 2.35** The Stand Up Sketch Show (S)
- 3.05** Totally Bonkers Guinness World Records (S)
- 3.20** Nightscreen
- 3.30 to 6.00am** Teleshopping

ITV3

Freeview 10 (+1 34)

119 119 219 117 177 174 115 116

- 6.00 am** Lewis (S)
- 7.50** Agatha Christie's Marple (S)
- 9.55** Coronation Street (S)
- 12.55 pm** Midsomer Murders: Back-to-back episodes, including: The detectives investigate the death of a local aristocrat who seemingly died of a heart attack; the death of a blackmailer is investigated; a battle of the sexes results in two deaths; and Barnaby and Jones discover a murdered council clerk was an expert blackmailer.



7.00 Midsomer Murders

- 7.00 Midsomer Murders** Double-bill. John Barnaby and Winter investigate when Lower Pampling's star cricketer Leo Henderson is found dead after a match in the grounds, pummelled to death by cricket balls; and DCI Barnaby and DS Winter discover a dead body surrounded by rabbits that had been freed from their cages, revealing a sinister side to the local pet show. (S)
- 11.00** Foyle's War: The detective puts his retirement on hold to help a man sentenced to hang for treason. (S)
- 1.05 am** Scott & Bailey (S)
- 2.00** Long Lost Family (S)
- 2.50** That's My Boy (S)
- 3.20** Nightscreen
- 3.30 to 6.00am** Teleshopping

ITV4

Freeview 24 (+1 59)

120 120 220 118 178 175 117 154

- 6.00 am** World Cup Rivalries: Brazil v Italy: A look at the rivalry. (S)
- 6.15** The Saint (S)
- 7.20** Monster Carp (S)
- 8.25** Giant Lobster Hunters (S)
- 9.30** ITV Racing: The Opening Show (S)
- 10.30** Euro 2020 Preview (S)
- 11.00** Minder (S)
- 12.05 pm** World Cup Rivalries: England v Argentina: A look at the rivalry. (S)
- 12.30** **LIVE** Darts: UK Open: Day two at the Butlin's Minehead Resort. (S)
- 5.00** The Professionals



11.00 Assassins

- 6.00 The Sweeney** Regan's daughter is kidnapped.
- 7.00** **LIVE** **Darts: UK Open** Jacqui Oatley introduces coverage of the evening session on the second day at the Butlin's Minehead Resort, featuring matches in the sixth round. Last year, Dave Chisnall, James Wade and Simon Whitlock all suffered shock defeats at this stage. Commentary from Stuart Pyke. (S)
- 11.00** **FILM** Assassins: Action thriller with Sylvester Stallone. A world-weary assassin comes up against a young rival who is eager to steal his crown. (W)(S) ★★★ (1995)
- 1.45 am** Minder (SL)(S)
- 2.40** Nightscreen
- 3.00 to 6.00am** Teleshopping

ITVBE

Freeview 26 (+1 58)

131 231 119 179 120 118 119

- 6.00 am** Teleshopping
- 7.00** Little Women: LA (S)
- 7.50** The Real Housewives of Beverly Hills: Reality series. (S)
- 8.50** Be Beautiful (S)
- 9.00** LittleBe
- 12.00 noon** Be Beautiful (S)
- 12.10 pm** The Real Housewives of Potomac: Reality series. (S)
- 1.05** The Real Housewives of Orange County: Reality series. (S)
- 2.00** Sam and Billie Faiers (S)
- 3.00** The Real Housewives of Cheshire



9.00 Botched

- 6.00 The Real Housewives of Cheshire** Battle lines have been drawn; and Dawn is furious with Leilani. (S)
- 7.00 Dinner Date** Double-bill, including: Michelle is given five menus constructed by a quintet of sweethearts. (S)
- 9.00 Botched** Medic Paul Nassif helps a mother out of a 'snotty' situation. (S)
- 10.00 Totally Unbelievable** A countdown of inspiring celebrity bodies. (S)
- 11.00** Vanderpump Rules: Brittany's friends organise her a Kentucky-themed party; and Ariana gets off thrown by her horse. (S)
- 12.00 m't** Marriage Boot Camp: Reality Stars: The families take part in a football game with a difference. (S)
- 12.55 to 6.00am** Teleshopping

5STAR

Freeview 30 (+1 55)

128 228 151 186 131 141

- 6.00am** Teleshopping
- 8.00** 3rd Rock from the Sun
- 8.20** Two and a Half Men
- 12.25pm** **FILM** Bewitched: Romantic comedy fantasy with Nicole Kidman. ★★★ (2005)
- 2.35** **FILM** Just Like Heaven: Romantic fantasy starring Reese Witherspoon and Mark Ruffalo. ★★★ (2005)
- 4.30** **FILM** You, Me and Dupree: Comedy with Owen Wilson and Kate Hudson. ★★★ (2006)

- 6.35** **FILM** **Ocean's Thirteen** Thriller sequel with George Clooney, Brad Pitt, Matt Damon, Al Pacino and Ellen Barkin. (S) ★★★ (2007)
- 9.00** **FILM** **The Twilight Saga: Breaking Dawn - Part 2** Supernatural romantic thriller with Kristen Stewart. Bella and Edward's daughter becomes the target of vampires. (S) ★★★ (2012)

- 11.10** **FILM** 28 Days Later: Horror with Cillian Murphy and Naomie Harris. ★★★ (2002)
- 1.25am** **FILM** Get Hard: Comedy with Will Ferrell. ★★ (2015)
- 3.25** Two and a Half Men
- 3.55** Access
- 4.00 to 6.00am** Teleshopping

5USA

Freeview 21 (+1 56)

141 241 153 185 129 130

- 6.00am** Teleshopping
- 9.00** Murder, She Wrote: Back-to-back episodes.
- 1.55pm** Murder, She Wrote: Further back-to-back episodes, including: Jessica investigates whether four sisters are guilty of killing their father to benefit from an inheritance; and Jessica travels to San Francisco for her niece's wedding, but finds the groom has been accused of murder, so tries to clear him.

- 6.00** **Murder, She Wrote** Jessica investigates a death in Seattle. (S)
- 7.05** **NCIS: New Orleans** Triple-bill, including: The agents suspect foul play when a race-car driving US Marine is killed in a crash. (S3, ep9) (S)
- 10.00** **Law & Order: Special Victims Unit** Double-bill, including: The team is forced to return to an old crime scene. (S17, ep1) (S)

- 11.55** Law & Order: Special Victims Unit: Double-bill. Amaro gets involved in his father's life. (S16, ep12); and a rape victim accuses the wrong man. (S16, ep13)
- 1.55am** Chicago PD
- 3.50** Access
- 4.00 to 6.00am** Teleshopping

YESTERDAY

Freeview 25

155 255 129 200 159

- 6.00am** Secrets of the Bible
- 7.10** The Diary of Anne Frank
- 8.00** Secret Nazi Bases
- 9.00** Deep Wreck Mysteries
- 1.00pm** Expedition with Steve Backshall: Back-to-back editions, including: Steve enters into an unexplored desert canyon in the Jebel Akhdar mountains of Oman; and Steve and a team of kayakers head to the Himalayas to visit the last great unexplored river.

- 6.00** **Expedition with Steve Backshall** (S)
- 7.00** **Big in America: British Hits in the USA** Featuring the Cure and Coldplay. (S)
- 8.00** **Duran Duran: There's Something You Should Know** (S)
- 9.00** **The True Story of the Mary Celeste** The mystery of the deserted ship. (S)
- 10.00** **World's Greatest Palaces** Lukshmi Villas Palace, India. (S)

- 11.00** Chris Tarrant: Extreme Railway Journeys: Chris attempts to cross Cuba.
- 12.00m't** Impossible Engineering
- 1.00am** The Diary of Anne Frank: A Tale of Two Sisters
- 2.00** Secrets of the Bible
- 3.00 to 6.00am** Teleshopping

REALLY

Freeview 17

142 128 160

- 6.00am** Celebrity Fantasy Homes
- 7.00** Teleshopping
- 8.00** Homes Under the Hammer
- 12.00noon** Antiques Road Trip
- 1.00pm** Antiques Road Trip
- 2.00** Cops UK: Bodycam Squad: Double-bill, including: Keith gets lost in Derbyshire.
- 4.00** Helicopter ER: Double-bill. A rescue operation is threatened by a military training exercise; and the crew has to get a 23-stone farmer to hospital.

- 6.00** **Helicopter ER** Double-bill, including: Two motorists are trapped in their wrecked cars. (S)
- 8.00** **Cops UK: Bodycam Squad** The work of the Nottinghamshire Police force. (S)
- 9.00** **Helicopter ER** An athlete has a heart attack in the middle of a 10K run. (S)
- 10.00** **Saving Lives at Sea** The team searches for a distressed woman.

- 11.00** How to Look Good Naked: Gok Wan helps two friends.
- 12.00m't** Paranormal Lockdown UK: A property in Lincolnshire.
- 1.00am** Ghost Adventures
- 2.00** Teleshopping
- 4.00 to 6.00am** Cops UK: Bodycam Squad

TALKING PICTURES

Freeview 81

328 445 306

- 6.00am** **FILM** Jack London
- 8.00** **FILM** Duel in the Jungle: Adventure. ★★ (1954)
- 10.00** **FILM** Walk a Tightrope: Drama. (b/w) ★★ (1964)
- 11.35** **FILM** The Conquest of Everest: Documentary. (1953)
- 1.10pm** **FILM** The Birthday Present (b/w) ★★★ (1957)
- 3.10** **FILM** Captain Boycott: Drama. (b/w) ★★★ (1947)
- 5.10** **FILM** The Day the Earth Caught Fire ★★★ (1961)

- 7.10** **FILM** **We Dive at Dawn** World War Two drama starring Eric Portman. A British crew dispatched to destroy a battleship find themselves short of supplies and fuel. (b/w) ★★★ (1943)
- 9.10** **FILM** **Over the Hill** Drama with Olympia Dukakis. A senior citizen emigrates to Australia, where she finds excitement and friendship. ★★ (1993)

- 11.15** **FILM** Plenty: Drama with Meryl Streep. ★★★ (1985)
- 1.45am** **FILM** This Week of Grace: Comedy. ★★ (1933)
- 3.35** **FILM** When You Come Home (b/w) ★ (1947)
- 5.25** The David Niven Show (b/w)
- 5.55 to 6.00am** Glimpses...

QUEST

Freeview 12 (HD 114 +176)

144 144 244 169 213 172 168

- 6.00am** Deadliest Catch
- 7.00** Alaska Mega Machines
- 8.00** Wheeler Dealers
- 12.00noon** Wheeler Dealers: On the Road: A Land Rover.
- 1.00pm** Wheeler Dealers
- 2.00** Hunting Hitler
- 3.00** Treasure Quest: Snake Island
- 4.00** Deadly Dragon of Borneo: Expedition Mungo
- 5.00** Outback Opal Hunters: New mining team The Tunnel Rats blasts its way to a fortune.

- 6.00** **Wheeler Dealers** Mike Brewer lays claim to a 1973 Ford Mustang Mach 1. (S)
- 7.00** **Born Mucky: Life on the Farm** Three British farmers try to run three different family farms. (S)
- 8.00** **Salvage Hunters** Drew Pritchard seeks items for his shop. (S)
- 9.00** **EFL on Quest** **New edition** Highlights from the English Football League.

- 11.00** Stars in Their Cars: Double-bill, including: With Phil Tufnell.
- 12.00m't** Outback Opal Hunters
- 1.00am** Supertruckers
- 2.00** American Chopper
- 3.00** Fantomworks
- 4.00** Wheeler Dealers
- 5.00 to 6.00am** How It's Made

(b/w) black and white (W) Widescreen (HD) High Definition

E4

Freeview 13 (+1 28)

135 135 235 106 145 146 122 123

6.00 am Ramsay's Kitchen Nightmares USA (S) **6.55** **FILM** Romance Retreat: Comedy with Amanda Schull. ★★ (W)(S) (2019)

8.25 Don't Tell the Bride (S)

9.30 The Goldbergs (S)

10.00 Schooled (S)

10.30 Brooklyn Nine-Nine (S)

2.30 The Big Bang Theory (S)

5.00 Young Sheldon (S)

5.30 **FILM** Home Alone 2: Lost in New York: Comedy starring Macaulay Culkin. (W)(S) ★★ (1992)

**8.00** Transformers: Revenge of...

8.00 **FILM** **Transformers: Revenge of the Fallen** Blockbuster sci-fi action adventure sequel inspired by the shape-changing toys, starring Shia LaBeouf and Megan Fox. A newly enrolled college student and his girlfriend get caught up in a titanic struggle between good and evil alien robots. With Josh Duhamel, Tyrese Gibson and Kevin Dunn. (W)(S) ★★ (2009)

11.05 Gogglebox: The households' opinions on *Panorama: The Prince and the Epstein Scandal*. (S)

12.10 am Friday Night Dinner: Back-to-back episodes, including: Adam finally brings a girl home. (SL)(S)

3.20 Gogglebox (SL)(S)

4.15 to 6.00am The Big Bang Theory (S)

MORE4

Freeview 18 (+1 86)

136 136 236 147 195 196 124 125

8.55 am Food Unwrapped (S)

9.30 A Place in the Sun: Summer Sun (S)

12.30 pm Location, Location, Location: A property search in Scotland. (S)

1.35 Phil Spencer's Stately Homes: A visit to Harewood House. (S)

2.40 Come Dine with Me: Back-to-back editions, including: A shop manager hosts the first dinner party in Cardiff; and Jerry Lockett hosts the second dinner party. (S)

5.20 Four in a Bed: Double-bill, including: The Bell House Hotel. (S)

**12.30** Location, Location, Location

6.25 **Four in a Bed** Triple-bill, including: The third day takes place at Strawberry Gardens B&B, Heysham. (S)

8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 1972 Toyota Celica. (S)

9.00 **24 Hours in A&E** Double-bill. A couple arrive in resus with their baby daughter, who is unresponsive and has a high fever; and a 92-year-old is admitted with breathing difficulties. (S)

11.05 Father Ted: Double-bill, including: The priest offends Craggy Island's Chinese community. (S)

12.15 am 8 Out of 10 Cats Does Countdown: Johnny Vegas and Rhod Gilbert take part. (S)

1.15 24 Hours in A&E (S)

3.20 to 3.50am Father Ted (S)

FILM4

Freeview 14 (+1 45)

313 313 314 428 429 430 300 301

11.00 am The Pink Panther Strikes Again: Comedy starring Peter Sellers. (S) ★★ (1976)

1.10 pm Shrek Forever After: Animated sequel with the voice of Mike Myers. (S) ★★ (2010)

2.55 Kung Fu Panda 2: Animated comedy featuring the voice of Jack Black. (S) ★★ (2011)

4.45 **PREMIERE** Mary and the Witch's Flower: Animation with the voice of Kate Winslet. (W)(S) ★★ (2017) See Films, pages 30-35

**11.35** Drag Me to Hell

6.55 **Gifted** Drama starring Chris Evans. A single man attempts to raise his child prodigy niece, but his formidable mother ruins his plans. (S) ★★ (2017)

9.00 **Die Hard 4.0** Action thriller with Bruce Willis. New York cop John McClane strives to foil cyber terrorists who plan to shut down the entire US computer infrastructure across the Fourth of July weekend. (S) ★★ (2007)

11.35 Drag Me to Hell: Horror thriller starring Alison Lohman, Justin Long and Lorna Raver. A bank executive falls victim to a terrifying curse. (S) ★★ (2009)

1.30 to 3.30am Juan of the Dead: Comedy horror starring Alexis Diaz de Villegas. (W) ★★ (2011)

HGTV

Freeview 42

158 258 279 283 166

6.00 am Teleshopping

7.00 House Hunters International

8.00 My Dream Derelict Home (S)

9.00 Fantasy Homes by the Sea (S)

11.00 DIY SOS at Great Ormond Street Hospital (S)

12.00 noon Million Pound Build for Children in Need (S)

1.00 pm A Place in the Sun: Winter Sun: A couple seek a Florida home. (S)

2.00 A Place in the Sun: Summer Sun (S)

3.00 A Place in the Sun: Winter Sun (S)

5.00 Extreme Makeover: Home Edition

**10.00** DIY SOS at Great Ormond...

6.00 **Fantasy Homes by the Sea** Double-bill. Jenni Falconer helps a couple find their dream property on the North Yorkshire coast. (S)

8.00 **Escape to the Country** Double-bill, including: A couple search for a property in Devon. (S)

10.00 **DIY SOS at Great Ormond Street Hospital** Rebuilding a Chelsea Flower Show garden on the roof of Great Ormond Street Hospital. (S)

11.00 Million Pound Build for Children in Need: Providing a new home for the Blackpool Carers Trust. (S)

12.00 **m't Flog It!** Valuing antiques in Longleat, Wiltshire. (S)

2.00 am Island Life (S)

3.00 Our House (S)

4.00 to 6.00am Teleshopping

PICK

Freeview 11 (+1 97)

152 252 165 144 145

6.00 am Nothing to Declare (S)

12.00 noon Brit Cops: Rapid Response (S)

1.00 pm Air Ambulance ER: The team races to the rescue after a car plummets 30ft into a ravine. (S)

2.00 The Chase: Double-bill. Quiz show hosted by Bradley Walsh. (S)

4.00 The Chase Celebrity Special: Double-bill. With Andrea McLean, Robbie Savage, Jessica Taylor and Rory McGrath; and Jon Culshaw, Tina Malone, Hilary Jones and Charlotte Jackson play the quiz. (S)

**8.00** Caught on Dashcam

6.00 **Caught Red Handed** Triple-bill, including: A burglar takes too long when trying to steal a laptop.

8.00 **Caught on Dashcam** Road disasters, captured by dashboard cameras.

9.00 **In Defense Of** The events of the Waco Siege. (S)

10.00 **The Force: North East** The hunt is on for a missing schoolboy; and a man suspected of assault collapses in custody. (S)

11.00 Banged Up Abroad (S)

12.00 **m't Road Wars**: Featuring a suspicious-looking man who's wearing two sets of clothes. (S)

1.00 am Brit Cops: Law & Disorder: Double-bill, including: Control of crowds at football matches. (S)

4.00 to 6.00am Highway Patrol (S)

QUEST RED

Freeview 38 (+1 72)

149 249 170 169 170

6.00am Say Yes to the Dress **7.00** Bondi Vet **9.00** My 600lb Life

1.00pm Disappeared **2.00** Say Yes to the Dress: Back-to-back editions. **6.00** Long Island Medium **8.00** Hoarding: Buried Alive: A man who has lost his home due to his hoarding. **9.00** People Magazine Investigates: The disappearance of two girls.

10.00 Faking It: Tears of a Crime: Laci Peterson. **11.00** Dead of Winter **12.00m't** Forensic Detectives **1.00am** Crime Stories **2.00** Murder Comes to Town **3.00** FBI Files **3.50** Animal Cops Phoenix **4.40** Bondi Vet **5.30 to 6.00am** Say Yes to the Dress

FOOD NETWORK

Freeview 41

140 240 278 148 149

6.00am Diners, Drive-Ins and Dives **8.00** The Pioneer Woman: Back-to-back editions. **11.00** Girl Meets Farm **12.00noon** Barefoot Contessa - Back to Basics **1.30pm** Nigel Slater's Real Food Show **2.00** Rachel Allen's Easy Meals **4.00** My Greatest Dishes **5.00** Gordon's Great Escape **7.00** Heston Blumenthal: In Search of Perfection: The chef experiments with risotto. **8.00** Hugh's Scandinavia **9.00** Man v Food: Back-to-back editions. **12.00m't** Mystery Diners **1.00am** Diners, Drive-Ins and Dives **3.00 to 6.00am** Shop

(SL) Signed (S) Subtitles (R) Repeat

CBS JUSTICE

Freeview 39 (+1 69)

148 192 137

6.00am Teleshopping **8.30** The Key of David **9.00** Father Dowling Mysteries **11.00** Perry Mason **2.15pm** NCIS: Back-to-back episodes. **7.00** Scorpion: Double-bill, including: Walter learns Cabe's secret. (S1, ep21)

9.00 NCIS: Back-to-back episodes, including: A cook from a US Navy destroyer tells McGee and Gibbs someone is stalking him. (S10, ep23); and a Navy Seal's wife receives a package containing her husband's severed head. (S10, ep24) **2.00am** Perry Mason **4.05** The High Chaparral **4.55 to 6.00am** Mission: Impossible

CBS REALITY

Freeview 66 (+1 67)

146 246 148 201 135 136

6.00am Teleshopping **9.00** Judge Judy: Back-to-back editions. **5.00pm** Urban Legends **7.00** Snapped: Killer Couples: Double-bill. A man finds the attention he needs in an unlikely person.

9.00 Cold Justice: Kelly and Abbey investigate the 2012 disappearance of a young father. **10.00** Murder By the Sea: The case of Robert Henry Davies. **11.00** Murder Wall **12.00m't** Snapped: Killer Couples **1.00am** Cold Justice **2.00** Murder By the Sea **3.00** I Survived **3.45** Unsolved Mysteries **5.10 to 6.00am** Bondi Rescue

SONY MOVIES

Freeview 32

321 322 425 302

6.00am Teleshopping **9.00** Sony Movie News Extra **9.10** The Perfect Assistant ★ (2008)

12.15pm Sony Movie News Extra

12.20 Stand Your Ground (2013) ★★ **1.30** The Pink Panther ★★ (2005) **3.25** The Pink Panther 2 ★★ (2009)

5.15 The Waterboy ★★ (1998)

7.05 Reign of Fire ★★ (2002) **9.00** The Expendables: Action thriller with Sylvester Stallone. ★★ (2010) **11.10** Rambo ★★ (2008) **12.55am** Sniper: Ghost Shooter ★★ (2016) **3.00** Seven Years in Tibet ★★ (1997) **5.50 to 6.00am** Sony Movie News Extra

SONY CLASSIC

Freeview 50

319 320 424 303 304

6.00am Hunt the Man Down (b/w) (1951) **7.30** Prisoners of the Casbah (1953) **9.10** Ladies of the Chorus (b/w) (1948)

10.30 Rock Around the Clock (b/w) (1956) **12.10pm** The Admirable Crichton (1957) **2.05** For Love or Money ★★ (1963)

4.20 The Wrong Box ★★ (1966) **6.35** Fire Down Below (1957) **9.00** I'll Never Forget What's 'is Name ★★ (1967)

11.10 My Stepmother Is an Alien ★★ (1988) **1.15am** Garringo (1969) **3.00** Machine-Gun Kelly (b/w) (1958) **4.25 to 6.00am** Long John Silver (1954)

SONY CHANNEL

Freeview 48

157 257 189 220 142 152

6.00am Murder, She Wrote: Back-to-back episodes. **1.00pm** Hart to Hart: Triple-bill, including: Jennifer ends up with \$2million. **4.00** Charlie's Angels: Two ice-skating stars disappear. **5.00** T.J. Hooker: The crusading officer hunts an arsonist. **6.00** Starsky & Hutch: Triple-bill, including: A witness is burgled; and Ken loses his memory.

9.00 Classic Who Wants to Be a Millionaire?: Back-to-back editions of the big-money quiz. **1.00am** Charlie's Angels **2.00** Hart to Hart **3.00** M*A*S*H **3.30** The Waltons **5.10 to 6.00am** Touched by an Angel

PARAMOUNT NET.

Freeview 31

150 250 187 150 132

6.00am Teleshopping **9.00** Criminals: Caught on Camera **9.35** Trucking Hell **10.30** Killer Weather: Nature Fights Back **12.30pm** Can't Pay? We'll Take It Away! **2.25** **FILM** The Shooting ★★ (1966) **4.10** **FILM** The Golden Voyage of Sinbad ★★ (1973)

6.20 **FILM** Major Dundee ★★ (1964) **9.00** **FILM** Money Train ★★ (1995) **11.15** **FILM** Game of Death ★★ (2010)

1.10am The Shannara Chronicles **3.05** Star **3.55** The X-Files **4.40** Now That's Funny! **5.35 to 6.00am** Criminals: Caught on...

CHALLENGE

Freeview 46

151 251 164 230 146 147

6.00am Teleshopping **7.00** Ninja Warrior Women Tournament

8.00 Total Wipeout **9.00** Catchphrase: Back-to-back editions. **11.30** Bruce's Price Is Right: Back-to-back editions.

2.00pm Bruce Forsyth's Play Your Cards Right **3.00** Take Your Pick **4.00** Strike It Lucky **5.00** The Cube: Game show with Phillip Schofield. **6.00** The Chase: Double-bill. Quiz show hosted by Bradley Walsh. **8.00** The Chase Celebrity Special: Double-bill. **10.00** Celebrity Who Wants to Be a Millionaire? **11.00** Bullseye: Back-to-back editions. **4.00 to 6.00am** The Chase

DRAMA

Freeview 20

143 243 130 226 158

6.00am Teleshopping **7.30** Cadfael **9.00** Lovejoy: Double-bill. **11.00** Sharpe **1.00pm** Auf Wiedersehen, Pet **3.00** Ms Fisher's Modern Murder Mysteries **4.00** Father Brown

6.00 The Brokenwood Mysteries: A corpse is switched. **8.00** Murdoch Mysteries: Murdoch suspects murder at what first appears to be a double suicide. **9.00** Life on Mars: Double-bill, including: Sam investigates a kidnapping. **11.40** Kavanagh QC **1.10am** Hetty Wainthropp Investigates **3.10** The White Princess **4.00 to 6.00am** Shop

DAVE

Freeview 19 (+1 79)

111 211 127 227 131 157

6.00am Shop **7.10** The Hurting

8.00 Top Gear **9.00** Aussie Pickers **10.00** Storage Hunters UK **11.00** American Pickers

12.00noon Cops UK: Bodycam Squad **3.00pm** Border Force: America's Gatekeepers **4.00** Top Gear **6.00** Red Bull Soapbox Race **7.00** Would I Lie to You? **8.20** Not Going Out **9.00** Not Going Out Christmas Special

10.00 Hypothetical **11.00** Have I Got a Bit More... **12.00m't** Dave Gorman: Modern Life Is Goodish **1.00am** As **9.00pm** **1.55** Jon Richardson: Ultimate... **2.55** Zapped **3.30** The Indestructibles **4.00 to 6.00am** Teleshopping

4SEVEN

Freeview 47 (HD 110)

137 143 203 127

9.00am Find It, Fix It, Flog It: Five back-to-back episodes. **2.00pm** A New Life in the Sun: Where Are They Now?: Back-to-back editions. **7.00** Ramsay's Kitchen Nightmares USA: Double-bill, including: A struggling restaurant in California.

9.00 Gogglebox: The households' opinions on TV. **10.00** First Dates: Double-bill, including: A healthcare assistant seeks a date. **12.10am** 24 Hours in A&E **1.15** Prison **2.20** Ramsay's Kitchen Nightmares USA **3.20** Come Dine with Me **4.15 to 4.45am** Four in a Bed

SKY & VIRGIN

SKY HD +1 VIRGIN HD +1 FREESAT HD +1 BT HD +1

SKY ONE

106 106 206 110 109

6.00am Monkey Life (S)
8.00 Modern Family (S)
9.00 What's Up TV **New edition**
9.30 I'm Game: Rainbow Laces
10.30 Soccer AM **New edition**
12.00noon **LIVE** Women's Six Nations
 Rugby Union: *England v Wales*:
 All the action at the Twickenham
 Stoop (kick-off **12.05**).
2.15pm PL Greatest Games (S)
2.30 Best PL Goals (S)
3.00 Gillette Soccer Saturday
5.00 The Simpsons: Double-bill.


8.30 Men in Black II

6.00 The Simpsons (S)
8.00 Modern Family Dylan's
 hippie mother moves into
 the Dunphy home. (S)
8.30 **FILM** **Men in Black II**
 Sci-fi action comedy sequel
 starring Tommy Lee Jones
 and Will Smith. When an
 evil alien threatens Earth,
 top MIB agent Jay needs the
 help of his amnesiac former
 partner Kay to save the
 planet. ★★★ (2002)
10.15 **Strike Back: Vendetta** The
 team goes on a dangerous
 mission. (S8, ep2) (S)

11.15 Hawaii Five-0: Adam's girlfriend,
 Tamiko, is kidnapped right in
 front of him. (S10, ep10)
12.15am NCIS: Los Angeles (S11, ep10) (S)
1.15 A League of Their Own (S)
2.15 The Heist
3.15 Jett (S)
4.30 to 6.00am The Real A & E (S)

SKY ATLANTIC

108 108 208

6.00am Richard E Grant's Hotel Secrets
7.00 The British (S)
8.00 CSI: Crime Scene Investigation (S)
1.00pm Without a Trace: Back-to-back
 episodes, including: When a
 homeless woman vanishes, Jack's
 investigation leads to a pair of
 identical twins, one of whom has
 already confessed to several other
 killings. (S3, ep8); and the team
 searches for a wealthy juror, whose
 disappearance could mean a
 murderer walks free. (S3, ep9)


9.00 Real Women Have Curves

6.00 Without a Trace Triple-bill,
 including: Jack investigates
 the disappearance of an
 autistic boy. (S3, ep13) (S)
9.00 **FILM** **Real Women Have**
Curves Hispanic family
 drama starring America
 Ferrera. An ambitious
 young woman in Los
 Angeles rebels against the
 views of her traditional
 family. (W)(S) ★★★ (2002)
10.40 **Boardwalk Empire** Martin
 Scorsese directs the pilot of
 the Prohibition-era drama,
 starring Steve Buscemi. (S)

12.10am Boardwalk Empire: Van Alden
 realises he should focus his
 investigation on Nucky; and Eli
 tries to persuade Margaret that
 Hans murdered Colosimo. (S)
1.20 Oz
3.50 Dolittle: Special
4.00 to 6.00am Fish Town (S)

SKY WITNESS

107 107 207 112 111 180

6.00am UK Border Force (S)
8.00 The Real A & E (S)
9.00 Sun, Sea and A&E (S)
11.00 Paramedics (S)
1.00pm UK Border Force: Documentary
 series revealing the work that takes
 place behind the scenes of the
 immigration process at Dover,
 Calais and Heathrow. (S)
2.00 Border Security: Australia's Front
 Line: Back-to-back editions of the
 series following the daily work of
 customs and immigration officials.


9.00 Law & Order: Special Victims Unit

6.00 Border Security:
 Australia's Front Line (S)
7.00 Blue Bloods Double-bill,
 including: Jamie refuses to
 follow orders. (S4, ep4) (S)
9.00 **Law & Order: Special**
Victims Unit Kat crosses
 the line when she follows
 up on her suspicions about
 a trainer. (S21, ep13) (S)
10.00 **The Good Doctor**
 Shaun feels reassured about
 Carly's feelings towards his
 friendship with Lea; and the
 team treats a boy who is
 unable to speak. (S3, ep15)

11.00 Law & Order: Special Victims Unit:
 Triple-bill, including: A single
 mother faces up to her past. (S15,
 ep19); and Benson is assigned her
 own security after a killer escapes
 from his prison guard. (S15, ep20)
2.00am Blue Bloods (S)
4.00 to 6.00am Nothing to Declare (S)

GOLD

110 110 210 124 194 310

6.00am Teleshopping
7.05 The Piglet Files
7.55 As Time Goes By (S)
8.35 The Good Life (S)
9.15 Porridge (S)
9.55 The Two Ronnies (S)
10.55 Only Fools and Horses:
 Back-to-back episodes, including:
 The Trotters are caught up in an
 attempted robbery; the Trotter
 brothers fall for the same girl;
 Rodney becomes a film-maker;
 and a millionaire offers Del a deal.


10.20 Sandylands

6.35 pm Only Fools and Horses
 Triple-bill. Rodney's plans to
 make a film are spoiled by
 Del-Boy; an old friend offers
 Del a share in his business
 empire; and Del becomes a
 showbiz entrepreneur. (S)
9.00 **All Round to Mrs Brown's**
 Guests include Peter Andre
 and Gareth Malone.
10.20 **Sandylands** 1 of 3. Comedy
 drama starring Natalie Dew.
 A free-spirited woman
 returns to her home town
 after her semi-estranged
 father is reported missing.

11.00 Sandylands: Double-bill, including:
 Emily becomes her father's
 unwilling partner-in-crime.
12.20am Black Books: Triple-bill. (S)
2.00 The Royle Family (S)
3.05 Black Books (S)
3.30 The Piglet Files
4.00 to 6.00am Teleshopping

DISCOVERY

125 125 225 250 258

6.00am Supertruckers (S)
12.00noon UFOs: The Lost Evidence:
 Triple-bill, including: Theories
 surrounding advanced warfare
 technology used by the Nazis. (S)
3.00pm Nasa's Unexplained Files:
 Triple-bill. Lunar materials that
 may have caused trouble for an
Apollo mission; the deaths of three
 cosmonauts re-entering Earth's
 atmosphere; and a strange
 mystery object is spotted hurtling
 through space toward the ISS. (S)


3.00 Nasa's Unexplained Files

6.00 **Gold Rush: Dave Turin's**
Lost Mine After a great start
 to the season, Dave and his
 crew hit their first problem.
7.00 **Gold Rush** Following the
 gold miners of the Yukon.
8.00 **Wheeler Dealers** Mike finds
 a BMW six-cylinder modern
 classic, the E46 M3. (S)
9.00 **Richard Hammond's**
Big The Appomattox
 oil production platform
 in the Gulf of Mexico.
10.00 **Disasters Engineered** The
 collapse of the Rana Plaza
 factory in Bangladesh. (S)

11.00 Mighty Ships (S)
12.00m't Richard Hammond's Big
1.00am River of No Return (S)
2.00 Kindig Customs (S)
3.00 Richard Hammond's Big
3.50 River of No Return (S)
4.40 Lost Secrets
5.30 to 6.00am How It's Made (S)

W

109 109 209 125 211 190

6.10am The Bill: Back-to-back
 episodes. **11.00** Tipping Point:
 Back-to-back editions. **7.00pm**
 Inside the Ambulance:
 Double-bill. **9.00** 999 Rescue
 Squad: Double-bill. A doctor
 is left fighting for his life after
 a head-on collision with a
 truck; and a minibus carrying
 children with special needs
 collides with a stolen car.
11.00 Louis Theroux: Talking to
 Anorexia **12.00m't** One Born
 Every Minute **1.00am** Emily
 Atack: Adulthood **1.50** Code
 Black **2.35** Renovate My Home:
 Leave It to Bryan **3.00 to**
6.10am Teleshopping

ALIBI

132 132 232 126 212 191

6.00am Teleshopping **7.10**
 Murdoch Mysteries **10.00**
 Miss Marple **12.20pm** Death
 in Paradise: Back-to-back
 episodes. **7.00** Miss Marple: The
 sleuthing spinster investigates
 a double murder while
 convalescing in Barbados.
9.20 Death in Paradise: Triple-bill.
 A hen party on the island ends
 in tragedy when the bride-to-
 be is found dead in her bath the
 following morning; a rock star
 is electrocuted in a swimming
 pool; and a volleyball player
 is found murdered. **1.20am** The
 Coroner **3.10** Bite Club **4.00**
to 6.00am Teleshopping

SKY COMEDY

113 113 122 121

6.00am Teleshopping **8.00**
 Everybody Hates Chris **9.30**
 The Mindy Project: Back-to-
 back episodes. **1.00pm** 30
 Rock: Back-to-back episodes.
8.30 Miracle Workers: God
 seeks potential investors for
 his new restaurant. (S1, ep6)
9.00 Curb Your Enthusiasm (S10,
 ep6) **9.40** Ballers: Charles faces
 a shock health crisis. (S5, ep6)
10.15 Sex and the City (S3, ep2)
10.50 The Tonight Show
 Starring Jimmy Fallon **11.50**
 Veep: Double-bill. **1.00am**
 Sex and the City **3.55**
 Everybody Hates Chris **5.00**
to 6.00am Teleshopping

SYFY

114 114 214 138 137 229

6.00 **FILM** Tornado Warning
 ★★ (2012) **8.00** Shop **11.00**
 Fact or Faked: Paranormal Files
12.00noon **FILM** War of the
 Worlds 2 ★ (2008) **1.50pm**
FILM Lara Croft: Tomb Raider
 ★★★★★ (2001) **4.00** **FILM**
 Memoirs of an Invisible Man
 ★★ (1992) **6.00** Marvel's
 Runaways **7.00** Blood & Treasure
8.00 **FILM** Collision Earth ★★
 (2020) **10.00** The Twilight
 Zone **11.00** **FILM** 30 Days of
 Night ★★★★★ (2007) **1.10**
FILM Night of the Witch
 (2017) **3.00** As **11.00am**
4.00 to 6.00am **FILM**
 Miami Magma ★★ (2011)

HISTORY

130 130 230 270 271

6.00am American Pickers **7.00**
 Forged in Fire **8.00** Robert
 Redford's The West **10.00**
 The Food That Built America
12.00noon Forged in Fire:
 Back-to-back editions. **6.00pm**
 Truck Off! **7.00** Forged in Fire:
 Double-bill. Bladesmiths
 recreate Attila the Hun's Sword
 of Mars; and bladesmiths
 must create a san mai billet.
9.00 Game Changers: Inside the
 Video Game Wars: Examining
 the innovations and rivalries
 behind the video game
 industry. **11.00** Ancient Aliens
12.00m't to 6.00am Forged in
 Fire: Back-to-back editions.

ANIMAL PLANET

162 162 262 251 259

6.00am Animal Cops Phoenix:
 Back-to-back editions. **4.00pm**
 My Cat from Hell: Triple-bill.
7.00 Wildest Europe:
 Triple-bill. The wildlife of
 northern Europe's frozen
 frontier; animals in Europe's
 waterways; and the vast array
 of wildlife found in the Alps.
10.00 Shark Attack Rescuers: A
 journey to the most dangerous
 beaches of the world to witness
 the toughest rescues from
 shark attacks. **11.00** Finding
 Bigfoot: Back-to-back editions.
4.40am Nature's Strangest
 Mysteries: Solved **5.10 to**
6.00am My Cat from Hell

SKY ARTS

122 122 123 156

6.00am Prokofiev **6.10** Ludovico
 Einaudi: Elements - Live **7.30**
 Tales of the Unexpected **10.00**
 Richard Dreyfuss **11.00** Basil
 Rathbone **12.00noon** Jon
 Voight **1.00pm** Dustin Hoffman
2.00 Julia Roberts **3.00** Portrait
 Artist of the Year 2020 **4.00**
 Il Divo: Timeless - Live in Japan
5.30 Glyndebourne Opera Cup
 2020 **9.00** Pavarotti: Birth
 of a Pop Star **10.05** Freddie
 Mercury: The Great Pretender
11.50 Queen - Live in Rio
1.10am Classic Artists: Jimi
 Hendrix **3.10** I Am Paul Walker
5.10 to 6.00am The Lady in
 Number 6: Music Saved My Life

FOX

124 124 224 157 199 158

8.00am Bull **9.00** Bones **11.00**
 The Mentalist (S7, ep4)
12.00noon NCIS (S12, ep13)
1.00pm Bones (S2, ep2) **2.00**
 NCIS (S12, ep14) **3.00** The
 Mentalist (S7, ep5) **4.00** NCIS
6.00 The Mentalist (S7, ep6)
7.00 NCIS: Double-bill. A forged
 painting is connected to a
 murder. (S12, ep17); and a thief's
 body is found in a US Marine's
 home. (S12, ep18) **9.00** The
 Walking Dead (S10, ep10)
10.00 Family Guy **12.00m't**
 American Dad! **1.00am** Family
 Guy **2.00** American Dad! **3.00**
 Family Guy **4.00** Bull **5.00 to**
8.00am Teleshopping

TLC

133 133 233 167 169

6.00am Say Yes to the Dress
10.00 Say Yes to the Dress:
 Atlanta **12.00noon** Say Yes to
 the Dress: Lancashire **1.00pm**
 Curvy Brides Boutique **3.00**
 Dr Pimple Popper **5.00** Say Yes
 to the Dress: UK **6.00** Curvy
 Brides Boutique **7.00** Say
 Yes to the Dress: America
8.00 Hot & Heavy **9.00** Say Yes
 to the Dress: UK: Double-bill.
10.00 Dr Pimple Popper **11.00**
 Say Yes to the Dress: America
12.00m't Hot & Heavy **1.00am**
 Say Yes to the Dress: UK **2.00**
 Dr Pimple Popper **3.00** Say Yes
 to the Dress **5.00 to 6.00am**
 Say Yes to the Dress: Atlanta

CI

156 156 256 209 222

6.00am On the Case with Paula
 Zahn **8.00** Killer in Plain Sight
11.00 Motive to Murder
12.00noon The First 48 **1.00pm**
 Crimes That Shook Britain **3.00**
 Kids Behind Bars: Life Or Parole
4.00 Homicide: Hours to Kill
5.00 Homicide Hunter **6.00**
 When Missing Turns to Murder
7.00 999: Killer on the Line **8.00**
 What the Killer Did Next **9.00**
 Sex, Lies and Murder **10.00**
 Murder for Hire **11.00** Police
 Patrol **12.30am** Live PD **1.00**
 Police Patrol **1.30** Live PD
2.00 Murder for Hire **3.00**
 Crimes That Shook Britain
5.00 to 6.00am The First 48

NAT GEO

129 129 229 266 268 267

8.00am Car S.O.S.: Back-to-back
 editions, including: Fuzz
 Townshend and Tim Shaw
 restore a Ford Cortina; Fuzz
 Townshend and Tim Shaw
 surprise a terminally ill car
 fanatic by restoring his 1938 MG
 TA; and a Porsche 911 suffering
 from almost terminal rust.
9.00pm Ultimate Supercar:
 Triple-bill. The development
 of a new showcase car from
 Aston Martin; the launch of
 the new Ferrari Portofino;
 and Bentley seeks to reinvent
 its iconic Continental GT.
12.00m't to 5.00am Car S.O.S.:
 Back-to-back editions.

SKY CRIME

121 121 221 136 135 207

6.00am Motorway Patrol **7.00**
 Highway Patrol: Back-to-back
 editions. **11.00** UK Border Force
1.00pm Customs UK **2.00** Brit
 Cops: Law & Disorder **5.00** Brit
 Cops: Frontline Crime UK **6.00**
 Snapped **7.00** Killer Lovers
8.00 How I Caught the Killer
9.00 World's Most Evil Killers: The
 life of a Polish killer, nicknamed
 the Vampire of Krakow. **10.00**
 The Disappearance of Crystal
 Rogers: Double-bill. **12.00m't**
 World's Most Evil Killers
1.00am Snapped **2.00** World's
 Most Evil Killers **4.00** Brit Cops:
 Frontline Crime UK **5.00 to**
6.00am Motorway Patrol

SKY CINEMA PREMIERE

301 301 312 401 412 501

6.00am The 2020 Top Ten Show
6.15 Killers Anonymous: Crime thriller. ★ (2019) **8.00** Straight Up: Romantic comedy. ★★ (2019) **9.45** See 5.45pm **12.00** The Top Ten Show **12.15pm** See 8.00pm **2.00** See 9.45pm
3.45 UFO: Sci-fi action thriller. ★★ (2018) **5.30** The Top Ten Show **5.45** Godzilla: King of the Monsters: Fantasy adventure. ★★ (2019)



9.45 We Die Young

8.00 Brightburn: Gorrer starring Elizabeth Banks. ★★ (2019) **9.45** We Die Young: Drama. ★★ (2019) **11.30** Hell Is Where the Home Is: Horror. ★★ (2018) **1.05am** Mapplethorpe: Biopic. ★★ (2018) **2.55** Extracurricular: Thriller. ★★ (2018) **4.30** Special **5.30 to 6.00am** The Hurricane Heist: The Eye of the Storm

SKY CINEMA ACTION

311 311 407 507

6.00am See 4.15pm **7.45** See 4.40am **9.25** See 6.00pm **11.25** See 8.00pm **1.55pm** See 10.30pm **4.15** The Desert Rats (b/w) ★★ (1953) **6.00** The Darkest Minds: With Amandla Stenberg. ★★ (2018) **8.00** Mission: Impossible – Fallout: Starring Tom Cruise. ★★ (2018) **10.30** Fury: With Brad Pitt. ★★ (2014) **1.00am** Furious ★★ (2017) **3.10** Riot Girls ★★ (2019) **4.40 to 6.25am** Winchester '73 (b/w) ★★ (1950)

SKY CINEMA GREATS

304 304 404 504

6.05am Red Sonja (1985) **7.40** Field of Dreams (1989) **9.30** Star Wars: Phantom Menace (1999) **11.50** Star Wars: Attack of the Clones (2002) **2.15pm** Star Wars: Revenge of the Sith (2005) **4.40** Star Wars: A New Hope (1977) **6.50** Star Wars: Empire Strikes Back (1980) **9.00** Star Wars: Return of the Jedi (1983) **11.20** Unforgiven (1992) **1.35am** Snatch (2000) **3.25** American Gigolo (1980) **5.30 to 8.10am** Terminator 2: Judgment Day (1991)

SKY CINEMA MONSTERS

307 307 411 511

6.00am Godzilla: Monster movie remake. ★★ (1998) **8.25** See 6.45pm **11.45** See 10.00pm **2.00pm** See 12.15am **4.20** Pacific Rim: Sci-fi action thriller. ★★ (2013) **6.45** King Kong: Adventure with Naomi Watts. ★★ (2005) **10.00** Godzilla: Fantasy remake with Aaron Taylor-Johnson. ★★ (2014) **12.15am** Godzilla: King of the Monsters: Fantasy sequel. ★★ (2019) **2.40** As 6.00am **5.00 to 6.00am** Previews

SKY CINEMA COMEDY

308 308 408 508

6.45am Eaten by Lions ★★ (2018) **8.35** Grand-Daddy Day Care: Starring Danny Trejo. ★ (2019) **10.25** See 5.15am **12.25pm** Wayne's World: With Mike Myers. ★★ (1992) **2.15** Wayne's World 2: With Mike Myers. ★★ (1993) **4.05** The Royal Tenenbaums: With Gene Hackman. ★★ (2007) **6.10** About a Boy: With Hugh Grant. ★★ (2002)



8.00 Superbad

8.00 Superbad: With Jonah Hill. ★★ (2007) **10.00** American Pie: Starring Jason Biggs. ★★ (1999) **11.40** American Pie 2: With Jason Biggs. ★★ (2001) **1.35am** American Pie: The Wedding ★★ (2003) **3.15** American Reunion ★★ (2012) **5.15 to 7.05am** Who Framed Roger Rabbit ★★ (1988)

SKY CINEMA WOMEN IN FILM

310 310 410 510

6.00am See 2.30am **8.20** See 12.55am **10.00** See 8.00pm **12.15pm** Bumblebee ★★ (2018) **2.15** See 4.35am **3.55** Charlie's Angels ★★ (2000) **5.50** Captain Marvel ★★ (2019) **8.00** Widows ★★ (2018) **10.15** The Girl with the Dragon Tattoo: With Daniel Craig. ★★ (2011) **12.55am** Daughter of the Wolf ★★ (2019) **2.30** Speed 2: Cruise Control ★★ (1997) **4.35 to 6.10am** Mulan ★★ (1998)

SKY CINEMA HITS

303 303 403 503

7.00am See 5.55pm **9.05** Mortal Engines ★★ (2018) **11.15** See 8.00pm **1.30pm** See 12.15am **3.45** Jurassic World: Fallen Kingdom ★★ (2018) **5.55** The Kid Who Would Be King ★★ (2019) **8.00** Shazam! ★★ (2019) **10.15** Us: Horror starring Lupita Nyong'o. ★★ (2019) **12.15am** Fast & Furious 5 ★★ (2011) **2.30** Assassination Nation ★★ (2018) **4.30 to 6.20am** Christopher Robin ★★ (2018)

SKY CINEMA SUPERHERO

302 302 402 502

6.15am See 1.50am **7.35** See 3.20am **8.45** See 9.00pm **11.10** See 11.30pm **1.20pm** Batman Begins ★★ (2005) **3.40** The Dark Knight ★★ (2008) **6.15** The Dark Knight Rises: Starring Christian Bale. ★★ (2012) **9.00** Aquaman: With Jason Momoa. ★★ (2018) **11.30** Glass ★★ (2019) **1.50am** Batman: The Killing Joke ★★ (2016) **3.20** Batman: Year One ★★ (2011) **4.35 to 6.05am** Super-Villain High ★★ (2018)

SKY CINEMA KIDS BOOKS

306 306 406 506

6.00am See 1.05pm **7.40** The Many Adventures of Winnie the Pooh ★★ (1977) **9.00** See 2.30am **10.30** See 8.00pm **1.05pm** Babe: Family comedy. ★★ (1995) **2.45** See 12.45am **4.30** Charlotte's Web: Family drama, with the voice of Julia Roberts. ★★ (2006) **6.10** Jumanji: Fantasy adventure starring Robin Williams. ★★ (1995)



8.00 Harry Potter and the Half...

8.00 Harry Potter and the Half-Blood Prince: Fantasy adventure sequel. ★★ (2009) **10.35** Percy Jackson & the Lightning Thief: Fantasy adventure. ★★ (2010) **12.45am** Matilda: Fantasy comedy. ★★ (1996) **2.30** Dr Seuss' The Lorax: Animated fantasy. ★★ (2012) **4.05 to 6.15am** As 10.35pm

SKY CINEMA DISNEY

305 305 405 505

6.00am See 1.30pm **7.45** See 3.10pm **9.45** See 5.10pm **11.30** See 7.00pm **1.30pm** Up ★★ (2009) **3.10** Cars ★★ (2006) **5.10** Toy Story 4 ★★ (2019) **7.00** The Incredibles ★★ (2004) **9.00** Incredibles 2 ★★ (2018) **11.00** A Bug's Life ★★ (1998) **12.40am** Fantasia 2000 ★★ (1999) **2.00** Dumbo ★★ (1941) **3.10** Lady and the Tramp II: Scamp's Adventure ★★ (2001) **4.25 to 6.05am** As 11.00pm

SKY CINEMA THRILLER

309 309 409 509

6.20am Jacob's Ladder (2019) **8.05** Steel Country (2018) **9.50** See 7.05pm **11.45** Rear Window (1954) **1.45pm** Psycho (b/w) ★★ (1960) **3.35** Galveston ★★ (2018) **5.10** The Italian Job ★★ (2003) **7.05** Extremely Wicked, Shockingly Evil, and Vile ★★ (2019) **9.00** The Sisters Brothers (2018) **11.05** Enemy of the State (1998) **1.20am** As 5.10pm **3.15** Charlie Says (2018) **5.10 to 6.55am** Point Last Seen (1998)

TCM MOVIES

315 316 415 416 417 512

8.15am Arizona Raiders ★★ (1965) **10.20** Fort Worth ★★ (1951) **12.00noon** Cimarron ★★ (1960) **3.00pm** Ten Wanted Men ★★ (1955) **4.45** Rio Lobo ★★ (1970) **7.00** The Fastest Gun Alive: Starring Glenn Ford. (b/w) ★★ (1956) **9.00** The Postman: Starring Kevin Costner and Will Patton. ★★ (1997) **12.35am** Performance ★★ (1970) **2.50** Westward the Women (b/w) ★★ (1951) **5.00 to 6.30am** Hollywood's Best Film Directors

SKY SPORTS MAIN EVENT

401 401 511 501 402

6.00am Sky Sports News **7.00** Good Morning Sports Fans **8.00** **LIVE** One-Day International Cricket *South Africa v Australia*. **12.00noon** **LIVE** EFL Bristol City v Fulham: (kick-off 12.30). **3.00pm** Gillette Soccer Saturday **5.00** **LIVE** Premier League Burnley v Tottenham Hotspur: (kick-off 5.30). See Highlights **8.30** **LIVE** Fight Night Scott Quigg v Jono Carroll. **11.00** **LIVE** Rugby 7s The opening day of the Vancouver Sevens. **12.50am** Rugby Greatest Games **1.00** **LIVE** Rugby 7s The Vancouver Sevens. **3.00 to 6.00am** Sky Sports News

SKY SPORTS CRICKET

404 404 514 504

6.00am One-Day International Cricket **7.55** **LIVE** One-Day International Cricket *South Africa v Australia*: The third and final match in the series from Potschefstroom. **4.00pm** Greatest Games **5.00** My Icon **6.00** One-Day International Cricket **7.00** Women's ICC World T20 Cricket **9.00** One-Day International Cricket **10.00** Women's ICC World T20 Cricket **12.00m't** One-Day International Cricket **1.00am** Women's ICC World T20 Cricket **3.00** One-Day International Cricket **4.00** Greatest Games **5.00 to 6.00am** Best of Sky Cricket

SKY SPORTS ARENA

408 408 518 508

6.00am Netball Superleague **8.00** Sporting Greats **9.00** Sporting Records **9.30** Super League Gold **9.45** Betfred Super League **10.00** NBA Heatcheck **11.00** Super League Gold **11.30** NBA Champions **2013** **1.00pm** **LIVE** Super Rugby Sharks v Jaguares. **3.00** Greatest Games **3.10** **LIVE** Super Rugby Bulls v Highlanders. **5.10** Greatest Games **5.30** Betfred Super League **6.00** NBA Classic Games **7.00** **LIVE** Fight Night Scott Quigg v Jono Carroll. **11.00** NBA **12.45am** NBA Classic Games **1.45** Greatest Games **3.15 to 6.00am** Highlights

BT SPORT 1

413 413 527 408 430

6.00am FA Cup **6.30** PL World **7.00** PL Match Pack **7.30** PL Preview **8.00** WWE NXT UK **9.00** WWE SmackDown **10.30** PL Preview **11.00** Early Kick-Off **12.00noon** **LIVE** Premier League Liverpool v Bournemouth: From Anfield (kick-off 12.30). **3.00pm** BT Sport Score **5.00** **LIVE** Vanarama National League Harrogate Town v Bromley. **7.30** Vanarama National League **8.00** WWE SmackDown **9.30** WWE NXT UK **10.30** Bundesliga **11.30** Ligue 1 **12.30am** UEFA Europa League Magazine **1.00** World Poker Tour Series **3.00** The U Part 2 **5.00 to 7.00am** **LIVE** Hyundai A-League

SKY SPORTS PREMIER LEAGUE

402 402 512 502

6.00am PL Greatest Games **7.00** Premier League Preview **7.30** PL Match Pack **8.00** Premier League World **8.30** Premier League Preview **9.00** Premier League Match Pack **9.30** Saturday Social **10.30** Soccer AM **12.00noon** Gillette Soccer Saturday: Build-Up **3.00pm** Gillette Soccer Saturday **5.00** **LIVE** Premier League Burnley v Tottenham Hotspur: (kick-off 5.30). See Highlights **8.30** Renault Game of the Day **10.30** Match Choice **11.00** Premier League Highlights **5.00am** Best PL Goals: Chelsea v Arsenal **5.30 to 6.00am** Premier League 100 Club

SKY SPORTS GOLF

405 405 515 505

6.00am European Tour Golf **7.00** PGA Tour Golf **8.00** European Tour Golf **9.00** **LIVE** European Tour Golf The Commercial Bank Qatar Masters. **1.30pm** Golf Pass With Rory McIlroy **2.00** PGA Tour Golf **3.00** Ryder Cup Memories **3.30** European Tour Golf **4.30** PGA Tour Golf **5.30** **LIVE** PGA Tour Golf The Arnold Palmer Invitational. **11.00** European Tour Golf **12.00m't** Golf Pass With Rory McIlroy **12.30am** Chronicles of a Champion Golfer **1.00** European Tour Golf **2.00** Chronicles of a Champion Golfer **3.00** European Tour Golf **4.00 to 6.00am** Golf Specials

SKY SPORTS MIX

145 145 520 510

6.00am My Icon **7.00** Sporting Records **8.00** Sporting Greats **9.00** Sporting Records **9.30** Saturday Social **10.30** School of Golf **11.00** Betfred Super League **11.30** **LIVE** Women's Six Nations Rugby Union *England v Wales*: (k-o 12.05). **2.15pm** My Icon **2.30** Women's ICC World T20 Cricket **4.30** European Tour Golf **5.30** Women's Six Nations Rugby Union **8.15** NBA **10.00** **LIVE** NBA: Charlotte Hornets v Houston Rockets. **12.30am** Betfred Super League **1.00** European Tour Golf **2.00** My Icon **2.30 to 6.00am** Mix Shorts: Masterclasses

BT SPORT 2

414 414 528 409 431

6.00am Rugby Union S **7.30** SPFL **7.45** Rallying **8.15** MotoGP: ICYMI **8.30** **LIVE** MotoGP Free Practice 3 of the opening Grand Prix of Qatar. **11.30** **LIVE** Motorcycling: Asia Talent Cup Race one in Qatar. **12.00noon** **LIVE** MotoGP Qualifying for the Grand Prix of Qatar. **4.15pm** Marc Marquez **5.15** **LIVE** Bundesliga Borussia Moenchengladbach v Borussia Dortmund. **7.30** Hyundai A-League **9.00** Rugby Union **11.00** UFC 248 Countdown **12.00m't** UFC Fight Camp **12.30am** UFC Live **1.00** **LIVE** UFC Prelims From Las Vegas. **3.00 to 7.00am** **LIVE** UFC Israel Adesanya v Yoel Romero.

SKY SPORTS FOOTBALL

403 403 513 503

6.00am EFL 9.30 Saturday Social **10.30** Soccer AM **12.00noon** **LIVE** EFL Bristol City v Fulham: (kick-off 12.30). **3.00pm** Gillette Soccer Saturday **5.00** Gillette Soccer Saturday: Reaction **6.00** Goals Express **7.00** **LIVE** MLS Real Salt Lake v New York Red Bulls: (kick-off 7.00). **9.05** Greatest Games **9.10** One2Eleven **9.35** EFL Highlights **10.05** **LIVE** MLS Toronto FC v New York City FC. **12.10am** Greatest Games **12.15** EFL Highlights **12.45** Greatest Games **1.00** Football Countdowns **1.30** Football Years **2.00 to 6.00am** Highlights

SKY SPORTS ACTION

407 407 517 507

6.00am **LIVE** Super Rugby Hurricanes v Blues. **8.00** Rugby Greatest Games **8.10** **LIVE** Super Rugby Rebels v Lions. **10.10** Rugby Greatest Games **10.30** Sporting Records **11.30** **LIVE** Women's Six Nations Rugby Union *England v Wales*: (kick-off 12.05). **2.15pm** My Icon **2.30** NFL Roundtable **4.30** Rugby Greatest Games **4.50** **LIVE** Rugby 7s The Vancouver Sevens. **12.50am** Greatest Games **1.00** **LIVE** Rugby 7s The Vancouver Sevens. **3.00** Rugby 7s **4.00** Rugby Greatest Games **4.10 to 6.00am** **LIVE** Super Rugby Sunwolves v Brumbies.

EUROSPORT

410 410 521 412 435

6.30am Luge **7.30** Alpine Skiing **9.30** **LIVE** Alpine Skiing From Norway. **11.25** Biathlon **12.30pm** **LIVE** Biathlon From Slovenia. **2.15** **LIVE** Ski Jumping From Oslo. **4.00** **LIVE** Biathlon From Novo Mesto in Slovenia. **5.20** Cross-Country Skiing **6.30** Alpine Skiing **7.30** Alpine Skiing **8.30** Ski Jumping **9.30** Biathlon **10.30** Biathlon **11.30** Nordic Combined Skiing **12.00m't** Snowboarding **1.00am** Freestyle Skiing **2.00** Cycling: Milan-San Remo **2.20** Cycling: Women's Strade Bianche **3.20** Cycling: Strade Bianche **4.20** Cycling: Paris-Nice **5.20 to 6.20am** Ski Jumping

BT SPORT 3

417 417 529 410 432

6.00am **LIVE** Hyundai A-League Adelaide United v Western United. **8.00** UEFA Europa League Magazine **8.30** **LIVE** Hyundai A-League Melbourne Victory v Sydney FC. **10.30** **LIVE** Men's Hockey Australia v Argentina. **12.30pm** PSA Squash Highlights **1.30** **LIVE** Badminton The semi-finals of the German Open, round five of the HSBC BWF World Tour. **7.00** **LIVE** XFL Houston Roughnecks v Seattle Dragons. **10.00** **LIVE** XFL Dallas Renegades v New York Guardians. **1.00am** Gallagher Premiership Rugby Highlights **3.00** Bundesliga **4.30 to 6.00am** Ligue 1

SUNDAY HIGHLIGHTS



DCI McDonald is getting used to Dodds' ways

McDonald & Dodds

● **DRAMA** / 8pm / ITV

LAST ONE Fans of *Midsomer* and *Death in Paradise* will enjoy this Bath-set crime drama centred around young, ambitious DCI McDonald (Tala Gouveia) and near-retirement, puzzle-loving Sgt Dodds (Jason Watkins). Tonight's feature-length episode, with guest stars including Michele Dotrice, Freddie Fox and Charlotte Ritchie, sees

the detectives investigate a therapy group at an exclusive rehab centre after one of their number is found dead. McDonald still has a tendency to roll her eyes when Dodds thinks out loud, but she's definitely coming round to him and that little magnifying glass he's so fond of. 'Yes, he's a muppet,' she snaps at another officer. 'But he's our muppet.' ★★★★★ JP



Holly and Phil host the final

Dancing on Ice

● **ENTERTAINMENT** / 6pm / ITV

LAST ONE We've had spins, slides, jumps, lifts and headbangers galore... now the remaining celebs are geared up for tonight's final. After they have performed once more, viewers can vote for the two they'd like to see skate the *Bolero* routine made famous by Torvill & Dean. It's safe to say that all eyes have been on Diversity daredevil Perri Kiely this series – we'll be amazed if he's not the one lifting the trophy at the end. ★★★★★ VW

● See John Barrowman interview, page 14



Suffragette

International Women's Day

● **SPECIAL** / from 6.50pm / Film4/BBC1/BBC4

It's International Women's Day today and there's a lot of programming to mark it. Highlights include Film4's *Suffragette* (6.50pm), and BBC4's *Maiden: War on the Waves*, a documentary about the first all-female crew to enter the Whitbread Round the World Race (9.30pm). Over on BBC1, *Countryfile* (7pm) has a special edition looking at women in farming. ★★★★★ JP



Papillon Dylan won Best in Show last year

Crufts – Best in Show

● **FACTUAL** / from 4.30pm / C4

LAST ONE Clare Balding presents the final competition live from the NEC in Birmingham as one dog is crowned Best in Show. Over 20,000 pampered pooches have paraded around the show ring with just seven left in the running to win the coveted trophy. The top dogs from the toy, utility, gundog, pastoral,

working, terrier and hound groups will put their best paw forward, all hoping to follow last year's winner, Dylan the papillon, to be crowned Crufts champion 2020. We also hear from celebrity dog-lovers including Roman Kemp and Russell Watson and Chris Amoo recalls winning with Viscount Grant back in 1987. ★★★★★ JL



Bruno Fernandes

Premier League

● **FOOTBALL** / 4pm / Sky Sports Premier League

LIVE A potential cracker of a Manchester derby (k-o 4.30pm), and a win today could help United's bid to play in the Champions League next season. Bruno Fernandes has had an excellent start with the Reds and could well be the key to unlocking City's defence. ★★★★★ NP

Race Across the World



Which team will be first to leave Mexico City?

The thrilling real-life race is back – who will take an early lead?

● **REALITY** / 8pm (times vary) / BBC2

NEW The most edge-of-your-seat travelogue returns with five pairs of competitors ready to take part in the adventure of a lifetime. This time, the teams must travel across Latin America, from Mexico City to Ushuaia in Argentina, without credit cards or smartphones, and no flights are allowed. Each contestant must survive on the cash equivalent of a one-way airfare, and the first to reach the final destination wins £20,000. Leaving Mexico City is the first challenge, with brother and sister Dom and Lizzie blowing the budget on a taxi, while married couple Jen and Rob already have a plan to earn some extra cash. ★★★★★ RM

● See interview, page 20



They're back – and they're not very forgiving...

Dragons' Den

● **FACTUAL** / 9pm / BBC2

NEW The dragons return more fired up than ever as a new batch of entrepreneurs present them with everything from eco-friendly make-up brushes to tasty alcohol-free drinks. One thing remains the same: if you don't know your numbers, woe betide you. Peter is cross with one hopeful, Sara claims another 'insulted them all', while Touker demands more respect. It may be series 17 but these dragons have lost none of their bite. ★★★★★ JL



Celia's dream kitchen is turning into a bit of a nightmare

Last Tango in Halifax

● **DRAMA** / 9pm / BBC1

Alan runs into problems in his new job when young tearaway Harrison returns, while Celia has problems of her own when the builders rip out her kitchen, ready to install a new one. After last week's disastrous dinner with Ruth, Caroline has an unlikely admirer, while Gillian's patience is tested by the return of PC Cheryl. Now we're invested in these brilliant characters again, we can't believe this is the penultimate episode in the series. ★★★★★ VW

ALSO ON...



Six Nations

● **RUGBY UNION** / 2.30pm / BBC1

LIVE Scotland take on group leaders France (k-o 3pm) at Murrayfield this afternoon.

SheBelieves Cup

● **FOOTBALL** / 7pm / BBC4/BBC iPlayer

LIVE On International Women's Day, England's Lionesses take on Japan (k-o 7.15pm) in New Jersey before heading to Texas to play Spain on Wednesday.

BBC1

HD Freeview HD 101 Sky HD 115 Virgin TV HD 108 (Scot 101) Freesat HD 106

6.00 Breakfast (S)(HD) **7.30 ^{SPORT} Match of the Day** *As last night.* (S)(R)(HD) ● **Match of the Day 2 is at 10.30pm** **9.00 The Andrew Marr Show** (S)(HD) **10.00 Sunday Politics** (S)(HD) **10.30 The Big Questions** (S)(HD) **11.30 Bargain Hunt** From Elsecar, South Yorkshire. (S)(R)(HD)(AD)

12.15 Ready, Steady, Cook (S)(R)(HD)

1.00 BBC News (S)(HD)

1.10 Weather for the Week Ahead (S)(HD)

1.15 Songs of Praise *International Women's Day:* Author Michelle Sloan celebrates the Bible's women. (S)(HD)

1.55 Rugby Union: Six Nations Build-Up Gabby Logan presents a look ahead to Scotland v France at Murrayfield. (S)(HD)

2.30 Live Six Nations Rugby Union *Scotland v France:* John Inverdale presents coverage of the match at Murrayfield (kick-off **3.00**). Commentary from Andrew Cotter, Chris Paterson and Brian Moore. (S)(HD)

5.30 Blue Planet II *Green Seas:* 5 of 7. Wildlife inhabiting underwater forests. (S)(R)(HD)(AD)

6.30 BBC News (S)(HD)

6.50 BBC Regional News (S) and **Weather**

6.55 Weather (S)(HD)

7.00 Countryfile *Holnicote Estate:* The team travels to the Holnicote Estate in Somerset to mark International Women's Day. Anita Rani hears about a scheme aiming to reduce the isolation felt by women who live and work on farms; and Matt Baker finds out about a river restoration project. Including *Weather for the Week Ahead.* (S)(HD) **See Highlights**

8.00 Antiques Roadshow Fiona Bruce presents from the grounds of Salisbury Cathedral in Wiltshire, where the experts value decorative objects and rarities belonging to the public. An eclectic mix includes one of Napoleon's razors; letters from Enid Blyton; an item of Queen Victoria's underwear; and original drawings of Judge Dredd. (S)(HD)

9.00 Last Tango in Halifax 3 of 4. Gillian is pushed to her wits' end by the return of PC Cheryl; Judith has an epiphany; Caroline gains an unwanted lodger; and the truth about Ted's trip comes to light. (S)(HD)(AD) **See Highlights**
Alan.....DEREK JACOBI Celia.....ANNE REID
Caroline.....SARAH LANCASHIRE Gillian.....NICOLA WALKER
John.....TONY GARDNER Judith.....RONNI ANCONA
PC Cheryl.....RACHEL LESKOVAC Ted.....TIMOTHY WEST

10.00 BBC News (S)(HD)

10.20 BBC Regional News (S) and **Weather**

10.25 Weather (S)(HD)

10.30 Match of the Day 2

SPORT Mark Chapman presents action from today's Premier League fixtures: Manchester United v Manchester City at Old Trafford; and Chelsea v Everton at Stamford Bridge. Plus, a round-up of yesterday's top-flight goals. (S)(HD)

11.30 Shane Williams: Rugby, Concussion and Me

NEW The former Welsh rugby union player learns about how the sport, from grass roots to the elite levels, is working to reduce concussions in the game and helping to make the sport safer for future generations. (S)(HD)(AD)

12.30 Weather for the Week Ahead (S)(HD)
12.35 to 6.00 BBC News (S)(HD)

BBC2

HD Freeview HD 102 Sky HD 102 Virgin HD TV 102 Freesat HD 102

6.45 The Instant Gardener (S)(R)(HD) **7.30 The A to Z of the RHS Chelsea Flower Show** (S)(R)(HD) **8.30 Countryfile** (S)(R)(HD) **9.30 Beechgrove Repotted** (S)(HD) **10.00 Saturday Kitchen Best Bites** (S) **11.30 Natural World: Komodo – Secrets of the Dragon** (S)(R)(HD)

12.30 Triathlon: World Series: Abu Dhabi **SPORT** Louise Minchin presents action from the first round of the season on Yas Island. (S)(HD)

2.00 Lorraine's Fast, Fresh and Easy Food *Baking It:* 4 of 6. Straightforward ways to make baked dishes. (S)(R)(HD)(AD)

2.30 The Hairy Bikers' Comfort Food *A Taste of Cumbria:* Dishes made using produce from Cumbria. (S)(R)(HD)(AD)

3.15 633 Squadron **FILM** World War Two adventure starring Cliff Robertson. In 1944, an RAF squadron of Mosquito aircraft attempts to destroy a seemingly impregnable German rocket fuel factory on a Norwegian fjord. (W)(S)(HD) ★★ (1964) **See Films, pages 30-35**

4.50 Back in Time for the Corner Shop 2 of 6. The Arderns get a taste of corner shop life in the 1920s, 30s and 40s. (S)(R)(HD)(AD) ● **Continues on Tuesday at 8.00pm**

5.50 Greg James' Sport Relief Heroes Greg chats with celebrities including David Walliams and Davina McCall. (S)(R)(HD)

6.50 Top Gear Nepal Special Andrew Flintoff, Paddy McGuinness and Chris Harris set off on a five-day expedition from the Nepalese capital of Kathmandu to the Forbidden City of Lo Manthang, a secretive kingdom on the far side of the Himalayas. (S)(R)(HD)

8.00 Race Across the World **NEW** 1 of 8. Return of the series in which pairs of competitors race across the globe without getting on a plane or using mobile phones or credit cards. The duos set off from Mexico City, hoping to reach the first checkpoint of Copan Ruinas. (S)(HD)(AD) **See feature, pages 20-21, and Highlights** ● **Repeated on Tuesday at 7.00pm**

9.00 Dragons' Den **NEW** Return of the series in which entrepreneurs pitch their money-making ideas to a panel of self-made millionaires. Hopefuls include a beauty entrepreneur whose tools have social and practical purposes; and two low-alcohol brewers seek investment. (S)(HD)(AD) **See Highlights** ● **Repeated on Wednesday at 11.15pm**

10.00 Dara O Briain – Voice of Reason A chance to see the comedian's live show from 2019, filmed in London. Dara addresses problems with virtual reality, having too much technology at home, how to deal with missing members of the front row and how to cope with reports of your own demise. (S)(R)(HD)

11.00 The Ranganation 5 of 6. Topical comedy show with Romesh Ranganathan. (S)(R)(HD)

11.50 Women's Six Nations Highlights **SPORT** Action from the fourth round of fixtures. (S)(HD) ● **Repeated tomorrow at 1.00pm**

12.20 FILM Up There Comic fantasy starring Burn Gorman. (W)(S)(HD) ★★★★★ (2012) **See Films, pages 30-35** **1.35 FILM Valhalla Rising** Adventure starring Mads Mikkelsen. (W)(S)(HD) ★★★★★ (2009) **See Films, pages 30-35** **3.00 Question Time** (SL)(S)(R)(HD) **4.00 to 4.45 Fraud Squad: The Hunt** (SL)(S)(R)(HD)(AD)

ITV

HD Freeview HD 103 Sky HD 103 Virgin TV HD 113 Freesat HD 111

6.00 to 7.30 CITV 7.30 to 9.25 Scrambled! 9.25 ITV News (S)(HD) **9.30 Ainsley's Caribbean Kitchen** (S)(R)(HD) **10.30 Living on the Veg** (S)(HD) **11.30 Love Your Garden** (S)(R)(HD)(AD)

12.30 St Davids – Britain's Smallest City 1 of 6. The busiest tourist season in the Pembrokeshire city's history. (S)(R)(HD)(AD)

1.00 ITV News (S)(HD) and **Weather**

1.10 The Voice UK *As last night.* (S)(R)(HD)

2.30 Ant & Dec's Saturday Night Takeaway *As last night.* (S)(R)(HD)

4.00 Liar Liar **FILM** Comedy starring Jim Carrey. An unscrupulous lawyer is forced to tell the truth for one day after his neglected five-year-old son is granted his birthday wish. (W)(S)(HD)(AD) ★★★★★ (1997) **See Films, pages 30-35**

5.35 ITV News (S)(HD) and **Weather**

5.50 Local News (S)(HD) and **Weather**

6.00 Dancing on Ice Phillip Schofield and Holly Willoughby host the grand final of the skating challenge. Three celebrities and their professional partners remain in the contest, and each pair is challenged to perform a special showcase routine choreographed by Christopher Dean and Jayne Torvill. After that one pair will be eliminated, with the other going on to the final round – performing their own take on Torvill and Dean's signature piece, Ravel's *Bolero*. And as if that were not enough, the entire cast of this year's show will return to the ice for one last performance. (S)(HD) **See feature, pages 14-15, and Highlights** ● **Repeated on Thursday at 11.45pm**

8.00 McDonald & Dodds *Wilderness of Mirrors:* 2 of 2. The chalk-and-cheese detective duo are called to a private clinic where a wealthy patient has been killed. However, their investigation is made all the more difficult by the complex relationships of the victim's former fellow residents. (S)(HD)(AD) **See Highlights** ● **Repeated on Friday at 11.10pm**

DS Dodds.....JASON WATKINS DCI Lauren McDonald TALA GOUVEIA
Chief Supt John Houseman DC Laura Simpson...PEARL CHANDA
.....JAMES MURRAY Miles Stevens.....FREDDIE FOX
Jane Crawford...SUZANNE PACKER Alison Speirs.....CAROLINE CATZ
George Holden.....HUGH DENNIS Mary Costair.....MICHELE DOTRICE

10.00 ITV News at Ten (S)(HD) and **Weather**

10.15 Harry Redknapp's Sandbanks Summer 3 of 4. The host is joined by Nick Knowles and Rita Simons. (S)(R)(HD)(AD) ● **Concludes on Wednesday at 8.00pm**

10.40 The Trouble with Maggie Cole 1 of 6. Drama starring Dawn French. A historian is interviewed on the radio, but shares too much information about the residents. (S)(R)(HD)(AD) ● **Continues on Wednesday at 9.00pm**

11.35 Six Nations Highlights **SPORT** Jill Douglas introduces action from the fourth round of matches, featuring England v Wales; and Scotland v France. (S)(HD)

12.30 Teleshopping (HD) **3.00 Australian Wilderness with Ray Mears** From Nitmiluk National Park. (SL)(S)(R)(HD) **3.25 ITV Nightscreen** (HD) **5.05 to 6.00 Judge Rinder** (SL)(S)(R)(HD)

ITV+1 Freeview 33, Sky 203, Virgin 114, Freesat 112

CHANNEL 4

HD Freeview HD 104 Sky HD 138 Virgin TV HD 104/141

6.00 The King of Queens (S)(R)(AD) **6.25 The King of Queens** (S)(R)(AD) **6.50 Everybody Loves Raymond** (S)(R)(AD) **7.15 Everybody Loves Raymond** (S)(R)(AD) **7.40 The Big Bang Theory** (S)(R)(HD)(AD) **8.00 The Big Bang Theory** (S)(R)(HD)(AD) **8.25 Beat the Chef** (S)(R)(HD) **9.00 Beat the Chef** (S)(R)(HD) **9.30 Sunday Brunch** Guests include Jack Rowan. (S)(HD)

12.30 The Simpsons *Dude, Where's My Ranch?:* The family spends Christmas on a ranch, where Lisa falls in love. (S)(R)(AD)

1.00 The Simpsons *The Bart of War:* Bart gets into trouble for vandalism. (S)(R)(AD)

1.30 Rio 2



Animated comedy sequel with the voices of Jesse Eisenberg and Anne Hathaway. Parrots Jewel and Blu and their chicks leave home to make a journey up the Amazon. (W)(S)(HD) (AD) ★★★ (2014) *See Films, pages 30-35*

3.25 The Great Pottery Throw Down

9 of 10. The four remaining amateur potters take part in the semi-final. (S)(R)(HD)(AD) ● *Concludes on More4 on Wednesday at 9.00pm*

4.30 Crufts – Best in Show Clare Balding hosts coverage of the the final day at Birmingham's NEC. (S)(HD) ● *Further coverage at 7.00pm*

6.30 Channel 4 News (S)(HD) and **Weather**

7.00 Crufts – Best in Show Clare Balding returns to introduce further coverage of the world's largest dog show live from the NEC in Birmingham. Today's theme is My Dog Saved My Life. Momentum builds as the climax of this year's Crufts culminates with one canine being crowned Best in Show. Plus, radio DJ Roman Kemp reveals how his chihuahua has helped his mental health; and singer Russell Watson discusses his love of dogs. **Last in the series** (S)(HD) *See Highlights*

9.00 Homeland *Chalk One Up:* 4 of 12. Thriller series starring Claire Danes, Linus Roache and Mandy Patinkin. Carrie gets a surprise; and Saul plans an announcement. (S)(HD)(AD)

Carrie Mathison ... CLAUDE DANES Max Piotrowski ... MAURY STERLING Yevgeny ... COSTA RONIN Tasneem Qureshi ... NIMRAT KAUR David Wellington ... LINUS ROACHE Staff Sergeant Justin Wenzel Saul Berenson ... MANDY PATINKIN ... VICTOR ALMANZAR

10.05 Gogglebox The armchair critics share their opinions on what they have been watching during the week. The programme captures their instant reactions and lively discussions from the comfort of their own homes. (S)(R)(HD)(AD) ● *Continues on Friday at 9.00pm*

11.00 Sisters



Comedy starring Amy Poehler and Tina Fey. Two sisters return to their parents' home before it is sold, and decide to relive their teenage years with one last wild party. (W)(S)(HD)(AD) ★★★ (2015) *See Films, pages 30-35*

1.15 FILM Top Secret! Spy spoof starring Val Kilmer and Lucy Gutteridge. (W)(S)(HD) ★★ (1984) *See Films, pages 30-35* **2.45 Come Dine with Me** (S)(R)(HD) **3.35 Homes by the Med** (S)(R)(HD) (AD) **4.30 Location, Location, Location** (S)(R)(HD) **5.20 Cooking Up a Fortune** (S)(R)(HD) **5.50 to 6.30 Countdown** (S)(R)(HD)

CHANNEL 4+1 Freeview 15, Sky 204, Virgin 142, Freesat 121

(SL) Signed (S) Subtitles (R) Repeat

CHANNEL 5

HD Freeview HD 105 Sky HD 105 Virgin HD 154 Freesat HD 105

6.00 to 9.55 Milkshake! **9.55 SpongeBob SquarePants** (S)(R)(HD) **10.10 The Loud House** (S)(R)(HD) **10.25 Britain's Greatest Bridges** (S)(R)(HD) **10.40 SPORTS WWE Raw Highlights** Wrestling action. (S)(HD) **11.40 Friends** (S3, ep22) (S)(R)(HD)

12.10 Friends (S3, ep23) (S)(R)(HD)

12.45 Friends (S3, ep24) (S)(R)(HD)

1.10 Friends (S3, ep25) (S)(R)(HD)

1.45 Friends (S4, ep1) (S)(R)(HD)

2.15 Nightmare Tenants, Slum Landlords

A couple seek help when their tenants invite their abusive friends in to squat. (S)(R)(HD)

3.10 Nightmare Tenants, Slum Landlords

Eviction lawyer Chris has a complex case on his hands involving squatters. (S)(R)(HD)

4.10 Nightmare Tenants, Slum Landlords

Harrow Council carries out raids on uninhabitable properties. (S)(R)(HD)

5.10 Nightmare Tenants, Slum Landlords

A young mum who was locked out of her home by the couple she allowed to stay there for free; and an east London landlord who found half a dozen strangers living in his house. (S)(R)(HD) followed by **5 News**

6.10 Building the Billion Dollar Cruise Ship

Following engineers and designers as they race to construct the *Seven Seas Explorer*. Their aim is to make it the most luxurious ship of its type in the world, designed to convey just 750 passengers when others of its size would hold 5,000. (S)(HD)

8.00 The Nightmare Neighbour Next Door



1 of 10. Return of the documentary following disputes between neighbours. (S)(HD)

● *Repeated on Thursday at 11.05pm*

9.00 Rich Holiday, Poor Holiday *Benidorm vs St Lucia:* 3 of 4. A group of wealthy friends from Guildford take on a fast-paced budget break in Benidorm; and party lovers from London find themselves in the lap of luxury on a trip that sees them in the slow-paced confines of a five-star Caribbean hotel on the island of St Lucia. (S)(HD)

10.00 Secrets of First Class with Sally & Nigel

Nigel Havers and Sally Lindsay explore different standards of plane travel, taking flights from Heathrow to Washington DC as both economy and first-class passengers; as well as going through a British Airways training programme so they can serve as cabin crew for both sections. (S)(R)(HD)

11.05 Shameful! Most Shocking Celebrity Moments 2 of 2. Chris Pratt is among the red-faced stars featured in this collection of laughs narrated by Chris Ramsey. (S)(R)(HD)

1.00 The 21.co.uk Live Casino Show Interactive gaming. (S)(HD)

3.10 Our Dream Hotel (S)(R)(HD)

4.00 Eamonn and Ruth: Blowing a Fortune (S)(R)(HD)

4.45 House Doctor (SL)(S)(R)(HD)

5.10 Nick's Quest (SL)(S)(R)(HD)

5.35 to 6.00 Wildlife SOS (SL)(S)(R)(HD)

CHANNEL 5+1 Freeview 44, Sky 205, Virgin 155, Freesat 128

ON DEMAND



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ANGLIA No variations

BORDER No variations

CENTRAL No variations

CHANNEL No variations

GRANADA No variations

LONDON No variations

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BBC4

Freeview 9/68 (HD 106)

116 116 107 107 107

BBC4 programmes
begin at 7pm

9.30 Maiden: War on the Waves...

7.00 **LIVE** Football:
SheBelieves CupJapan Women v England
Women: Coverage of the
latest match in the round-
robin competition, which
is staged in New Jersey
(kick-off 7.15). (S)9.30 **Maiden: War on the Waves**
– **Storyville** A look at the
story of the first all-female
crew to enter the Whitbread
Round the World Race.
See Highlights (S)

11.00 What Do Artists Do All Day? (S)

11.30 6 Music Festival Celebrates
International Women's Day (S)
See Highlights 12.15am *Unsung*
Heroines: Danielle de Niese on the
Lost World of Female Composers

1.15 Darcey Bussell: Looking for Margot

2.15 to 3.15am Kiri Te Kanawa at the BBC

ITV2

Freeview 6 (+1 27)

118 118 218 115 176 116 113 114

6.00 am Teleshopping

7.00 Totally Bonkers Guinness

World Records (S)

7.10 You've Been Framed! Gold (S)

7.40 The Ellen DeGeneres Show (S)

9.10 Dress to Impress (S)

12.15 pm Celebrity Catchphrase (S)

1.20 You've Been Framed! Gold (S)

2.20 **FILM** Step Up 3: Drama starring
Rick Malambri. (W)(S) ★ (2010)4.35 **FILM** Minions: Animated
comedy with the voice of Sandra
Bullock. (W)(S) ★★★★★ (2015)

9.00 Ibiza Weekender

6.25 **FILM** Jurassic Park Steven
Spielberg's monster thriller
starring Sam Neill, Laura
Dern and Jeff Goldblum.
(W)(S) ★★★★★ (1993)9.00 **Ibiza Weekender** The lives
of reps and revellers on
the holiday island. (S)10.00 **Family Guy** Triple-bill,
including: Meg is kidnapped
while travelling across
Europe; and Meg becomes
infatuated with a popular
boy at her school. (S)

11.25 American Dad!: Double-bill. (S)

12.25 am The Cleveland Show: Cleveland
forms a ventriloquism act. (S)

12.50 The Stand Up Sketch Show (S)

1.25 Timewasters (S)

2.25 Don't Hate the Playaz (S)

3.15 Nightscreen

3.30 to 6.00am Teleshopping

ITV3

Freeview 10 (+1 34)

119 119 219 117 177 174 115 116

6.00 am That's My Boy (S)

7.00 Coronation Street (SL)(S)

9.55 Emmerdale (SL)(S)

12.55 pm Midsomer Murders: Double-
bill, including: Barnaby investigates
the case of a house-hunting
couple found dead shortly after
viewing a haunted cottage. (S)4.55 Agatha Christie's Poirot: An
aircraft manufacturer hosts a
party to ensnare a spy, but his wife
expects problems and summons
the famous Belgian detective. (S)

10.00 Agatha Christie's Poirot

6.00 **Midsomer Murders** A killer
uses torture methods to
punish 'sinners'. (S)8.00 **Paul O'Grady's Animal**
Orphans An orang-utan
with a broken arm. (S)9.00 **Joanna Lumley's**
Trans-Siberian Adventure
The actress travels across
Mongolia on her way to
the Siberian border. (S)10.00 **Agatha Christie's Poirot**
A businessman is murdered
on the Orient Express. (S)12.05 am Scott & Bailey: Double-bill,
including: The badly burned body
of a disabled man turns up in
remote woodland location. (S)

2.05 The Halcyon (S)

2.55 Emmerdale (SL)(S)

5.15 That's My Boy (S)

5.45 to 6.00am Nightscreen

ITV4

Freeview 24 (+1 59)

120 120 220 118 178 175 117 154

6.00 am Auto Mundial **New edition** (S)

6.25 World Superbike Highlights (S)

7.25 The Motorbike Show (S)

8.25 Minder (SL)(S)

9.30 The Sweeney (S)

10.35 The Professionals (S)

11.35 Monster Carp (S)

12.35 pm Snooker v Darts (S)

12.45 **LIVE** Darts: UK Open: The
quarter-finals in Minehead. (S)5.00 River Monsters: Double-bill,
including: Jeremy Wade tracks a
creature that maimed a man. (S)

5.00 River Monsters

6.00 **Cycling: Paris-Nice**
Highlights Gary Imlach
presents action from stage
one, featuring a 154km route
starting and finishing in
Plaisir. Commentary by Ned
Boulting and David Millar. (S)7.00 **LIVE** Darts: UK Open
Jacqui Oatley introduces
coverage of the evening
session on day three at the
Butlin's Minehead Resort, as
the event concludes with
the semi-finals and final. (S)11.00 Giant Lobster Hunters: The dramas
of lobster-vessel captains. (S)12.00 m't Fishing Impossible: The lads
fish from Scapa Flow. (S)

1.00 am The Sweeney (SL)(S)

2.05 Minder (SL)(S)

2.55 Nightscreen

3.00 to 6.00am Teleshopping

ITVBE

Freeview 26 (+1 58)

131 231 119 179 120 118 119

6.00 am Teleshopping

7.00 Little Women: LA (S)

7.50 The Real Housewives of
Beverly Hills: Reality series. (S)

8.50 Be Beautiful (S)

9.00 LittleBe

12.00 noon Be Beautiful (S)

12.10 pm Income Property (S)

12.40 The Real Housewives of New York
City: Back-to-back editions. (S)5.15 Bethenny & Fredrik: Double-bill,
including: A property hunt in
Manhattan comes up short. (S)

10.00 The Real Housewives of Potomac

6.15 **The Bachelor USA**
Colton takes the remaining
women to Portugal. (S)8.00 **Sam and Billie Faiers: The**
Mummy Diaries The sisters
attend Sam's launch party,
but things get heated over
the topic of babies. (S)9.00 **Botched** Terry Dubrow
helps a desperate patient
downsize her triple Ds.10.00 **The Real Housewives**
of Potomac New edition
Kate goes missing. (S)11.00 The Real Housewives of Orange
County: Tamra tries to broker
peace while the women are
away at the Miraval resort. (S)12.00 m't Growing Up Chrisley:
Elliott makes a big mistake in
ordering for Chase's business. (S)

12.55 to 6.00am Teleshopping

5STAR

Freeview 30 (+1 55)

128 228 151 186 131 141

6.00am Teleshopping

8.00 3rd Rock from the Sun

8.20 Two and a Half Men

12.55pm Can't Pay? We'll Take It
Away!: Back-to-back editions,
including: Stewart and Elmor
attempt to collect £5,000 owed
by a debtor, but the situation
spirals out of control when
friends take on the agents.5.55 Nightmare Tenants, Slum
Landlords: Alarming tales
from the buy-to-let system.6.55 **FILM** Jumanji
Fantasy adventure
with Robin Williams
and Bonnie Hunt.
(S) ★★★★★ (1995)9.00 **FILM** Hansel &
Gretel: Witch Hunters
Horror fantasy with
Jeremy Renner and
Gemma Arterton.
(S) ★★★ (2013)10.45 **FILM** 28 Weeks
Later Horror sequel
with Robert Carlyle
and Rose Byrne. (S)
★★★★ (2007)12.45am Young, Dumb and
Banged Up in the Sun: How a
lad from Bristol was accused of
injuring a Magaluf doorman.1.40 Benefits Britain: Life on
the Dole: Double-bill.

3.35 Two and a Half Men

4.00 to 6.00am Teleshopping

5USA

Freeview 21 (+1 56)

141 241 153 185 129 130

6.00am Teleshopping

9.00 Columbo: The Greenhouse
Jungle: Drama with Peter Falk.

10.20 Columbo Goes to College

12.20pm Columbo:

The Most Dangerous Match

1.50 Columbo: The Conspirators

3.55 Columbo: A Deadly State of
Mind: Drama with Peter Falk.5.30 Columbo: Murder in Malibu:
Lt Columbo investigates the
murder of a popular romance
novelist. Starring Peter Falk.7.30 **Columbo: Mind Over**
Mayhem Lt Columbo
has help from a boy
genius and a robot. (S)9.00 **Law & Order:**
Criminal Intent
The members of a
church group closes
ranks. (S6, ep15) (S)10.00 **Law & Order:**
Special Victims Unit
Double-bill, including:
The team negotiates a
difficult case after a
teenager is attacked.
(S17, ep3) (S)11.55 Law & Order: Special Victims
Unit: Double-bill, including:
The assistant of a female
video-game developer is
attacked. (S16, ep14)

1.50am Law & Order: Los Angeles

3.50 Access

4.00 to 6.00am Teleshopping

YESTERDAY

Freeview 25

155 255 129 200 159

6.00am Secrets of the Bible

7.10 Waterloo Dead

8.00 Nazi Victory: The Post-War
Plan: With Guy Walters.1.00pm Bangers and Cash: Back-
to-back editions, including:
A panel van and a Capri tempt
auctioneer Derek out of
Yorkshire; the team struggles
to explain how a DAF 33
gearbox works; and Derek
struggles to get his message
across on a rare trip abroad.6.00 **Murder Maps**
Double-bill. A gun
battle on the streets
of London in 1911; and
a look at the crimes of
Jack the Ripper. (S)8.00 **'Allo 'Allo!** Triple-bill,
including: Rene
arranges to sell the
Fallen Madonna; and
Fanny and Leclerc
are sent to jail. (S)10.00 **Bangers and Cash**
A delightful collection
of British classics
comes up for auction.11.00 Abandoned Engineering:
An American prison for the
violent and deranged with links
to an infamous cult leader.

12.00m't Warbird Workshop

1.00am Waterloo Dead

2.00 Secrets of the Bible

3.00 to 6.00am Teleshopping

REALLY

Freeview 17

142 128 160

6.00am Celebrity Fantasy Homes

7.00 Teleshopping

8.00 How to Look Good Naked

9.00 DIY SOS: The Big Build

11.00 Antiques Road Trip: Back-
to-back editions, including:
Catherine Southon and Paul
Laidlaw compete in the
challenge; and the last leg of
the trip begins in Aberdeen.4.00pm Homes Under the
Hammer: Double-bill, including:
Properties in Mid Glamorgan.6.00 **Homes Under the**
Hammer Double-bill,
including: Properties
in Middlesex. (S)8.00 **How to Look Good**
Naked Stylist Gok
Wan helps friends
Ames and Helen.9.00 **The Bad Skin Clinic** A
man complains about
smelly blisters in his
armpits and groin.10.00 **Embarrassing**
Bodies: Teen Special
The medics tackle
teenagers' problems.11.00 Destination Fear: Another
visit to St Albans Sanatorium.12.00m't Ghost Nation:
The team travels to Georgia.

1.00am Most Haunted

2.00 Teleshopping

4.00 to 6.00am Antiques

Road Trip: Double-bill.

TALKING PICTURES

Freeview 81

328 445 306

6.00am **FILM** Love from a
Stranger ★★★★★ (1936)7.45 **FILM** Peg of Old Drury9.15 **FILM** Blitz on Britain:
Documentary. (b/w) (1960)10.30 **FILM** The Saint: The
Fiction Makers ★★ (1968)12.40pm **FILM** The Young Ones:
Musical. ★★★★★ (1960)2.50 **FILM** Miranda: Comedy.
(b/w) ★★★★★ (1947)4.30 **FILM** Smokescreen:
Thriller. (b/w) ★★★ (1964)6.00 **Get Some In!** Marsh
swears revenge.6.30 **FILM** Love Story
Romantic drama with
Stewart Granger.
(b/w) ★★ (1944)8.45 **Glimpses: Petticoat**
Lane, London in the
1950s Footage of
market traders.9.00 **Sunday Night at the**
London Palladium
An episode from 1965.10.00 **FILM** Portrait from
Life Drama with Guy
Rolfe. ★★★ (1948)11.50 **FILM** Hard Times: Thriller
with Charles Bronson. ★★★★★
(1975) *See Films, pages 30-35*1.50am **FILM** West 11:
Drama. (b/w) ★★ (1963)

3.40 Mystery at Monstein

4.15 **FILM** Scarlet Thread (1951)

5.45 to 6.00am Playing in the Road

QUEST

Freeview 12 (HD 114 +176)

144 144 244 169 213 172 168

6.00am Deadly Dragon of Borneo:
Expedition Mungo

7.00 Find It, Fix It, Flog It

8.00 Salvage Hunters

9.00 Wheeler Dealers

10.00 EFL on Quest

12.00noon American Pickers

1.00pm American Pickers: Best Of

4.00 American Pickers:
A warehouse in Chicago filled
with sports memorabilia.5.00 Fantomworks: Ken has
picked a 1954 Kaiser Darrin.6.00 **Wheeler Dealers**
Mike finds a budget
Nissan Skyline. (S)7.00 **Find It, Fix It, Flog It**
Simon O'Brien finds
a collection of replica
Rolls-Royce cars.8.00 **Born Mucky: Life on**
the Farm Three British
farmers trying to run
three very different
family farms. (S)9.00 **Salvage Hunters**
Double-bill, including:
Drew scours Chester
Zoo for items. (S)11.00 Hunting Hitler: A house
where Hitler may have stayed.12.00m't Treasure Quest: Snake
Island: The team find caves.

1.00am Supertrucks

2.00 American Chopper

3.00 Fantomworks

5.00 to 6.00am How It's Made

(b/w) black and white (W) Widescreen (HD) High Definition

E4**Freeview 13 (+1 28)****135 135 235 106 145 146 122 123**

6.00 am Hollyoaks (S)
8.30 Man with a Plan (S)
11.00 The Goldbergs (S)
11.30 Schooled (S)
12.00 noon **FILM** Diary of a Wimpy Kid: Dog Days: Family comedy sequel starring Zachary Gordon. (W)(S) ★★ (2012)
1.55 pm Young Sheldon (S)
2.50 Brooklyn Nine-Nine (S)
3.50 The Big Bang Theory (S)
5.40 Zoey's Extraordinary Playlist: Musical drama with Jane Levy. (S)

**11.05** Star Trek: Discovery

6.45 **FILM** **27 Dresses** Romantic comedy starring Katherine Heigl and James Marsden. A hopelessly romantic serial bridesmaid meets her match in a cynical journalist. With Malin Akerman. (S) ★★ (2008)
9.00 **Celebs Go Dating** **New edition** Charlotte Dawson returns to the agency. (S)
10.00 **Naked Attraction** Sixty-year-old entertainer Glyn hopes to find a partner. (S)
11.05 Star Trek: Discovery **New edition** Lorca moves forward with a coup against the Emperor. (S1, ep13) (S)
12.10 am The Big Bang Theory (S)
1.05 Celebs Go Dating (S)
2.10 Naked Attraction (S)
3.05 Star Trek: Discovery (S)
3.55 to 6.00am Hollyoaks (SL)(S)

MORE4**Freeview 18 (+1 86)****136 136 236 147 195 196 124 125**

8.55 am Car S.O.S (S)
11.00 Come Dine with Me (S)
1.40 Four in a Bed: Back-to-back editions, including: The week kicks off at Keats Cottage in Shanklin on the Isle of Wight. (S)
4.20 Come Dine with Me: Back-to-back editions, including: Jules Osmany hosts the first dinner party in Northamptonshire; Peter Pickering hosts a traditional dinner party; and stay-at-home mum Stephanie Reeder plays host. (S)

**9.00** 999: On the Front Line

6.25 **Come Dine with Me** In Northamptonshire. (S)
7.00 **The Great Pottery Throw Down** The four potters take part in the semi-final. (S)
8.00 **Emergency Helicopter Medics** A man requires urgent medical care after falling off his motorbike. (S)
9.00 **999: On the Front Line** **New edition** A 60-year-old patient with chest pains. (S)
10.00 **24 Hours in A&E** A man has a suspected heart attack. (S)
11.05 999: What's Your Emergency?: The rising use of cannabis. (S)
12.10 am 999: On the Front Line: A 60-year-old patient with severe chest pains is among the cases. (S)
1.15 24 Hours in A&E (S)
2.20 Ramsay's Kitchen Nightmares USA
3.20 to 3.45am Father Ted (S)

FILM4**Freeview 14 (+1 45)****313 313 314 428 429 430 300 301**

11.00 am Journey to the Centre of the Earth: Fantasy adventure starring James Mason. (S) ★★ (1959)
1.40 pm The Core: Sci-fi action thriller starring Aaron Eckhart and Hilary Swank. (S) ★★ (2002)
4.30 Bend It Like Beckham: Romantic comedy with Parminder Nagra and Keira Knightley as London teenage girls who overcome family disapproval to become star soccer players. With Jonathan Rhys Meyers. (S) ★★ (2002)

**6.50** Suffragette

6.50 **Suffragette** Dama starring Carey Mulligan. A woman joins a campaign to gain the right to vote, sacrificing everything. (W)(S) ★★ (2015) **See Films, pages 30-35, and Highlights**
9.00 **Ghostbusters** Comedy starring Kristen Wiig. When supernatural disturbances occur in New York City, four experts in the paranormal and their dim assistant investigate. (S) ★★ (2016)
11.45 pm to 3.05am American Honey: Drama starring Sasha Lane and Shia LaBeouf. A poor teenager leaves home and hits the road with a crew of magazine sellers, and gets caught up in a whirlwind of hard partying, law bending and young love. (S) ★★ (2016)

HGTV**Freeview 42****158 258 279 283 166**

6.00 am Teleshopping
7.00 House Hunters International
8.00 Escape to the Country (S)
10.00 Bargain Hunt (S)
12.00 noon Flog It!: Double-bill, including: From Wiltshire. (S)
2.00 pm My Dream Derelict Home: A couple convert a mansion. (S)
3.00 Escape to the Country: Double-bill, including: A couple search for a property in Devon. (S)
5.00 Bargain Hunt: From the Lincolnshire Showground. (S)

**7.00** A Place in the Sun: Winter Sun

6.00 **Bargain Hunt** Tim invites two teams to scour the Westpoint Antiques Fair near Exeter in Devon.
7.00 **A Place in the Sun: Winter Sun** Back-to-back editions, including: Jasmine Harman helps two house hunters explore the beautiful Caribbean island of St. Lucia; and Laura Hamilton helps Aimee Parker and her fiancé Andy search for a property in Orlando. (S)
11.00 Escape to the Country: A couple search for a home in Powys. (S)
12.00 m't Bargain Hunt: Double-bill, including: Searching for items at the Lincolnshire Showground. (S)
2.00 am Island Life (S)
3.00 Our House
4.00 to 6.00am Teleshopping

PICK**Freeview 11 (+1 97)****152 252 165 144 145**

6.00 am Border Patrol (S)
8.00 UK Border Force (S)
9.00 Highway Patrol (S)
10.30 Highway Cops (S)
12.00 noon The Dog Whisperer: A family with two feuding pugs.
2.00 pm **Monkey Life**: Back-to-back editions, including: The male capuchins explore their new enclosure; a group of stump-tailed macaques receives a health check; and Jeremy encourages an orang-utan to venture outside.

**9.00** Britain's Most Evil Killers

6.00 **Monkey Life** Back-to-back editions, including: Rescued chimp Kiki finally ventures into the big outdoors. (S)
8.00 **Nothing to Declare** Double-bill. Customs officers in Australia. (S)
9.00 **Britain's Most Evil Killers** The story of serial killer Trevor Hardy, dubbed the 'Beast of Manchester'. (S)
10.00 **How I Caught the Killer** The investigation into the murder of Philip Inhofer. (S)
11.00 Murders That Shocked the Nation: The family of a murdered 12-year-old boy tell their story. (S)
12.00 m't World's Most Evil Killers: Thierry Paulin, who murdered at least 18 elderly women. (S)
1.00 am Road Wars (S)
4.00 to 6.00am Motorway Patrol (S)

QUEST RED**Freeview 38 (+1 72)****149 249 170 169 170**

6.00am Say Yes to the Dress
7.00 Bondi Vet **9.00** My 600lb Life **11.00** My 600lb Life: Where Are They Now? **1.00pm** Disappeared **2.00** Curvy Brides Boutique: Back-to-back editions. **5.00** Little People, Big World **6.00** My Cat from Hell
7.00 Animal Cops Houston: Officers rescue horses. **8.00** Long Lost Family Australia **9.00** Faking It: Tears of a Crime **10.00** My 600lb Life **12.00m't** Forensic Detectives **1.00am** Crime Stories **2.00** Murder Comes to Town **3.00** FBI Files **3.50** Animal Cops Phoenix **4.40** Bondi Vet **5.30 to 6.00am** Say Yes to the Dress

FOOD NETWORK**Freeview 41****140 240 278 148 149**

6.00am Diners, Drive-Ins and Dives **8.00** The Pioneer Woman **11.00** Girl Meets Farm **12.00noon** Barefoot Contessa - Back to Basics **1.30pm** Nigel Slater's Real Food Show **2.00** Rachel Allen's Easy Meals **4.00** My Greatest Dishes **5.00** Gino D'Acampo: An Italian Returns to Mexico: Back-to-back editions.
8.00 Rick Stein's Food Heroes: The chef visits Wales and the Peak District. **9.00** Man v Food: Back-to-back editions. **12.00m't** Mystery Diners **1.00am** Diners, Drive-Ins and Dives **3.00 to 6.00am** Teleshopping

(SL) Signed (S) Subtitles (R) Repeat

CBS JUSTICE**Freeview 39 (+1 69)****148 192 137**

6.00am Teleshopping **8.30** Tomorrow's World **9.00** Diagnosis Murder **11.00** Perry Mason **2.15pm** NCIS: Back-to-back editions. **7.00** Scorpion: Double-bill, including: A nuclear-powered satellite is knocked out of orbit. (S2, ep1)
9.00 NCIS: Los Angeles: Back-to-back editions, including: The agents investigate the deaths of two men in a shoot-out. (S2, ep1); and the team is called in to look for a body that has gone missing from the morgue. (S2, ep12) **2.00am** Perry Mason **4.05** The High Chaparral **4.55 to 6.00am** Mission: Impossible

CBS REALITY**Freeview 66 (+1 67)****146 246 148 201 135 136**

6.00am Teleshopping **7.30** Tomorrow's World **8.00** The Key of David **8.30** The Lord's Challenge **9.00** Judge Judy: Back-to-back editions. **5.00pm** Airline **7.00** 48 Hours: Mystery: Double-bill, including: A look at the case of Payson Canyon.
9.00 It Takes a Killer: Back-to-back editions, including: A father and husband by day transforms into a sadomasochistic by night. **11.00** Murderers and Their Mothers: Double-bill. **1.00am** It Takes a Killer **3.00** I Survived **3.45** Unsolved Mysteries **5.10 to 6.00am** Bondi Rescue

SONY MOVIES**Freeview 32****321 322 425 302**

6.00am Teleshopping **9.00** Sony Movie News Extra **9.10** A Sister's Secret ★★ (2009) **11.15** Sony Movie News Extra **11.25** Stepmom ★★ (1998) **2.00pm** My Girl 2 ★ (1994) **4.10** City of Angels ★★ (1998)
6.25 Phenomenon: Fantasy drama with John Travolta. ★★ (1996) **9.00** The Expendables 2: Action thriller with Sylvester Stallone. ★★ (2012) **11.10** The Hunter's Prayer: Action thriller with Sam Worthington. ★★ (2017) **1.00am** Country Strong ★★ (2011) **3.25** Multiplicity ★★ (1996) **5.50 to 6.00am** Sony Movie News

SONY CLASSIC**Freeview 50****319 320 424 303 304**

6.00am Never a Dull Moment (b/w) (1950) **7.45** The Great Lover (b/w) ★★ (1949) **9.25** Road to Bali ★★ (1952) **11.20** The Affairs of a Rogue (1948) **1.15pm** On the Waterfront (b/w) ★★ (1954) **3.30** Passport to China ★★ (1960) **5.10** Last Train from Bombay ★★ (1952)
6.50 The Loneliness of the Long Distance Runner (b/w) ★★ (1962) **9.00** Callan ★★ (1974) **11.10** Big Chill ★★ (1983) **1.15am** Sartana Kills Them All (1970) **3.00** Long John Silver (1954) **4.35 to 6.00am** What a Carve Up! (1967)

SONY CHANNEL**Freeview 48****157 257 189 220 142 152**

6.00am Touched by an Angel
9.00 Murder, She Wrote: Back-to-back episodes, including: Jessica uncovers a mystery in Italy. **7.00pm** The Persuaders!: Double-bill. Mystery surrounds a mansion belonging to Brett; and Danny and Brett are tricked into investigating a murder.
9.00 Classic Who Wants to Be a Millionaire?: Triple-bill of the big-prize quiz series. **12.00m't** Celebrity Who Wants to Be a Millionaire?: Couples Special **1.00am** Starsky & Hutch **2.00** T.J. Hooker **3.00** M*A*S*H **3.30** The Persuaders! **5.10 to 6.00am** Touched by an Angel

PARAMOUNT NET.**Freeview 31****150 250 187 150 132**

6.00am Teleshopping **9.00** Access **9.10** Criminals: Caught on Camera **9.40** Can't Pay? We'll Take It Away! **12.40pm** Killer Weather: Nature Fights Back **2.40** **FILM** In Old California (b/w) ★★ (1942)
4.30 **FILM** Vengeance Valley ★★ (1951) **6.15** **FILM** Silverado: Western. ★★ (1985) **9.00** **FILM** Next of Kin: Crime drama. ★★ (1989) **11.15** **FILM** A Dangerous Man: Action thriller. ★★ (2009) **1.10am** Spartacus: War of the Damned **3.25** The X-Files **5.00** Now That's Funny! **5.50 to 6.00am** Access

CHALLENGE**Freeview 46****151 251 164 230 146 147**

6.00am Teleshopping **7.00** Ninja Warrior Women Tournament
8.00 Total Wipeout **9.00** Catchphrase: Back-to-back editions. **2.00pm** The Chase **3.00** Pointless **5.00** The Chase
7.00 All Star Family Fortunes: Triple-bill, including: With Kelvin Fletcher and Austin Healey. **9.00** The Chase
9.00 Celebrity Special: With Nicholas Owen, Laila Rouass, Vanessa Feltz and Tim Vine. **10.00** Celebrity Who Wants to Be a Millionaire?: Ann Widdecombe takes part. **11.00** Classic Who Wants to Be a Millionaire? Triple-bill. **2.00 to 6.00am** The Chase

DRAMA**Freeview 20****143 243 130 226 158**

6.00am Teleshopping **7.10** Doctor Finlay **8.00** The Bill
12.00noon Hetty Wainthropp Investigates **2.00pm** Cranford: Return to Cranford: Double-bill.
6.00 Miss Marple: Double-bill. An unpopular colonel is found dead in the vicarage of St Mary Mead; and a newlywed, recently arrived in England from New Zealand, sees disturbing visions of a strangled corpse in the hallway of her dream home.
10.00 The Casual Vacancy **11.20** The Last Post **12.20am** The White Princess **1.35** New Tricks **4.00 to 6.00am** Teleshopping

DAVE**Freeview 19 (+1 79)****111 211 127 227 131 157**

6.00am Teleshopping **7.10** The Hurting **8.00** Steve Austin's Broken Skull Challenge **9.00** Top Gear **11.00** Cops UK: Bodycam Squad **1.00pm** American Pickers **2.00** Aussie Pickers **3.00** American Pickers
4.00 Would I Lie to You? **6.00** Red Bull Soapbox Race **7.00** Border Force: America's Gatekeepers
9.00 Have I Got a Bit More News for You **10.00** QI **11.00** The Misadventures of Roshan Ranganathan **12.00m't** Mock the Week **12.40am** Room 101
2.00 Jon Richardson: Ultimate Worrier **2.50** As **11.00pm** **4.00 to 6.00am** Teleshopping

4SEVEN**Freeview 47 (HD 110)****137 143 203 127**

9.00am Come Dine with Me
11.00 A Place in the Sun: Back-to-back editions. **4.00pm** Ramsay's Kitchen Nightmares USA: Back-to-back editions, including: From Philadelphia.
9.00 100 Kilo Kids: Obesity SOS: Following young patients in Britain's leading childhood obesity clinic. **10.00** Prison: The emotionally charged difficulties of being a mother in prison.
11.05 First Dates **12.10am** Hunted **1.15** The Supernet **2.20** The Dog House **3.25** Kirstie and Phil's Love It or List It **4.20 to 4.50am** Four in a Bed

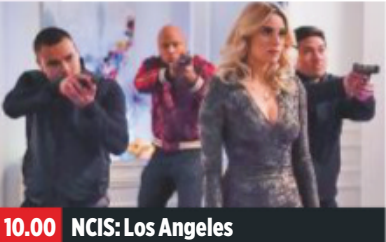
SKY & VIRGIN

SKY HD **VIRGIN HD** **FREESAT HD** **BT HD**

SKY ONE

106 **106** **206** **110** **109**

6.00am Hour of Power
7.00 Monkey Life (S)
8.00 Modern Family (S)
10.30 The Simpsons (S)
12.00noon Magnum P.I. (S)
1.00pm NCIS: Los Angeles: Triple-bill, including: Callen and Sam search for a retired assassin. (S5, ep15) (S)
4.00 The Simpsons: Back-to-back episodes, including: Bart creates novelty T-shirts; Homer tries to smuggle medication; and Moe's bar is threatened with closure.


10.00 NCIS: Los Angeles

6.00 The Simpsons
8.00 **Magnum P.I.** **New episode**
 Thomas gets called up from the reserves for a top-secret mission. (S2, ep11) (S)
9.00 **Hawaii Five-0** **New episode**
 A helicopter tragedy leads the team to a ghost from the past. (S10, ep11) (S)
10.00 **NCIS: Los Angeles** **New episode**
 Callen and Sam contemplate their future, as the team investigates the theft of a dangerous computer virus and tracks a crooked banker. (S11, ep11)

11.00 SEAL Team: The unit protects aid convoys. (S3, ep9) (S)
12.00m't S.W.A.T.: The team receives a manifesto from someone planning a shooting at a school. (S2, ep11) (S)
1.00am The Force: Manchester (S)
2.00 Caught on Dashcam (S)
4.00 to 6.00am Air Ambulance ER (S)

SKY ATLANTIC

108 **108** **208**

6.00am Richard E Grant's Hotel Secrets
8.00 The British (S)
9.00 Without a Trace: Back-to-back episodes, including: The team investigates the disappearance of a teenager, and discovers she had become obsessed with obtaining justice for the unsolved murder of a girl. (S3, ep20) (S)
4.00pm Blue Bloods: Double-bill. An incident at a church tests Frank's diplomatic skills. (S2, ep6); and Jackie goes undercover. (S2, ep7)


9.00 Game of Thrones

6.00 **Blue Bloods** Triple-bill.
 Henry suffers a heart attack during the Reagans' Thanksgiving celebrations. (S2, ep8); a dangerous convict strikes a deal with Danny. (S2, ep9); and one of Erin's informants is murdered. (S2, ep10) (S)
9.00 **Game of Thrones**
 Double-bill. Khal Drogo vows revenge on the Seven Kingdoms. (S1, ep7); and battle commences as the Lannisters launch their bid for the throne. (S1, ep8) (S)

11.30 The Outsider: Ralph and Yunis interview witnesses. (S1, ep9)
12.35am Oz: Said attacks Robson.
1.50 Dolittle: Special
2.00 The Outsider
3.05 The End
3.40 Californication (S)
4.15 to 6.00am The British (S)

SKY WITNESS

107 **107** **207** **112** **111** **180**

6.00am Nothing to Declare (S)
9.00 Sun, Sea and A&E (S)
12.00noon Stop, Search, Seize:
 Documentary following the work of Ireland's border force. (S)
1.00pm UK Border Force: Officers prevent a student from entering the UK; and the team searches lorries for illegal immigrants. (S)
2.00 Border Security: Australia's Front Line: Back-to-back editions. Following Australian Customs and Border Protection officers.


7.00 Ghost Whisperer

6.00 **Border Security: Australia's Front Line** Double-bill. (S)
7.00 **Ghost Whisperer**
 Double-bill. Melinda attempts to find out more about her absent father. (S3, ep1); and college girls are haunted by their dead friend. (S3, ep2) (S)
9.00 **The Rookie** Two of the rookies are set to receive special awards. (S2, ep8)
10.00 **Criminal Minds** As the BAU team enjoys a Saturday off, Garcia leads a hacking competition. (S15, ep4)

11.00 Blue Bloods: Danny and Baez grapple with a year-old homicide investigation. (S10, ep1)
12.00m't Law & Order: Special Victims Unit: Double-bill, including: A TV producer is questioned. (S15, ep22)
2.00am Ghost Whisperer (S)
4.00 to 6.00am Nothing to Declare (S)

GOLD

110 **110** **210** **124** **194** **310**

6.00am Teleshopping
7.45 The Two Ronnies (S)
8.40 Only Fools and Horses (S)
10.25 **FILM** Annie: Musical starring Aileen Quinn and Albert Finney. (W)(S) ★★ ★ (1982)
1.00pm The Vicar of Dibley:
 Back-to-back episodes, including: Geraldine conducts a radical Sunday service; the villagers of Dibley discover their new vicar is a woman; and the *Songs of Praise* crew visits the village to film.


9.00 The Royle Family

6.20 **The Vicar of Dibley**
 Back-to-back episodes. Kylie Minogue guest stars; Geraldine tries her hand at fundraising; election fever hits the village; and Geraldine conducts a radical Sunday service. (S)
9.00 **The Royle Family** Denise is pregnant again. (S)
10.15 **Absolutely Fabulous**
 Double-bill. Edina and Patsy struggle to cope with career and family pressures; and Edina decides she should lose weight. (S)

11.35 300 Years of French & Saunders: The duo celebrate the 30th anniversary of their sketch show.
12.35am Smack the Pony: Sketch show starring Fiona Allen. (S)
2.10 300 Years of French & Saunders
3.05 Absolutely Fabulous (S)
4.00 to 6.00am Teleshopping

DISCOVERY

125 **125** **225** **250** **258**

6.00am Mighty Ships (S)
12.00noon Richard Hammond's Big:
 Back-to-back editions. Richard visits the Volkswagen's car plant in Wolfsburg, Germany; the Burj Khalifa in Dubai; the Kölnbrein Dam in Austria; the Appomattox production platform in the Gulf of Mexico; Richard joins the crew of the *Marie Maersk* container ship; and the host ventures beneath the Alps into the world's longest underground railway connection.


9.00 Lost Secrets

6.00pm **How Do They Do It? New editions** Double-bill. (S)
7.00 **River of No Return**
 A rancher is threatened by a predatory bear. (S)
8.00 **Richard Hammond's Big** The Appomattox oil production platform in the Gulf of Mexico.
9.00 **Lost Secrets** **New edition**
 A secret network of escaped slaves from the US Civil War.
10.00 **Mummies Unwrapped**
 A body that could re-write the history of Abraham Lincoln's assassination. (S)

11.00 Gold Rush
12.00m't Gold Rush: Dave Turin's Lost Mine **1.00am** Lost Secrets
2.00 Kindig Customs (S)
3.00 River of No Return (S)
3.50 Lost Secrets
4.40 Richard Hammond's Big
5.30 to 6.00am How It's Made (S)

W

109 **109** **209** **125** **211** **190**

6.10am One Born Every Minute:
 Back-to-back editions. **11.00** Emma Willis: Delivering Babies: Back-to-back editions.
5.00pm The Wedding Fixer
7.00 Never Seen a Doctor:
 Double-bill. **9.00** Stacey Dooley Sleeps Over: A Brighton couple who believe their children do not need rules.
10.00 Stacey Dooley in the USA: Central Americans who illegally enter the USA. **11.00** One Born Every Minute: Double-bill.
1.00am Emily Attack: Adulthood
1.50 Code Black **2.35** Renovate My Home: Leave It to Bryan
3.00 to 6.10am Teleshopping

ALIBI

132 **132** **232** **126** **212** **191**

6.00am Teleshopping **7.40** Miss Marple **10.00** Death in Paradise
2.00pm The Coroner **5.00** Father Brown: Back-to-back episodes, including: A man is found dead inside a bank vault.
9.00 Carter: Harley and the team find themselves facing off with a hitman who has a severed finger. (S2, ep2) **10.00** Murdoch Mysteries: Murdoch investigates the death of an actor shot on stage during a performance. (S13, ep8) **11.00** Frankie Drake Mysteries
12.00m't The Gulf **2.10am** The Coroner **3.00** Bite Club
4.00 to 6.00am Teleshopping

SKY COMEDY

113 **113** **122** **121**

6.00am Teleshopping **6.30** Teleshopping **8.00** Everybody Hates Chris **9.00** The Mindy Project: Back-to-back episodes. **1.00pm** Parks and Recreation: Back-to-back episodes. **8.30** A.P. Bio: Jack is attracted to a student's mother. (S1, ep6) **9.00** Saturday Night Live **10.30** My Favourite Shapes by Julio Torres **11.40** The Righteous Gemstones
12.25am Work in Progress **12.55** Curb Your Enthusiasm **1.40** Ballers **2.20** Dana Carvey: Squatting Monkeys Tell No Lies **3.30** Everybody Hates Chris **5.00 to 6.00am** Teleshopping

SYFY

114 **114** **214** **138** **137** **229**

6.00 **FILM** Jack the Giant Killer ★★ (2013) **8.00** Teleshopping
11.00 Star Trek: Voyager
3.00pm **FILM** Collision Earth ★★ (2020) **5.00** **FILM** Matilda: Fantasy starring Mara Wilson. ★★ ★★ (1996)
7.00 Hooten & the Lady: Double-bill. **9.00** **FILM** **PREMIERE** Armed Response: Thriller starring Wesley Snipes. ★★ (2017) **11.00** **FILM** Bounty Killer: Thriller. ★★ (2013)
1.00 **FILM** Sinister Squad ★★ (2016) **3.00** Dimension 404 **4.00 to 6.00am** **FILM** The Adventures of Aladdin ★★ (2019)

HISTORY

130 **130** **230** **270** **271**

6.00am Forged in Fire **10.00** Game Changers: Inside the Video Game Wars **12.00noon** Epic Warrior Women **3.00pm** Pawn Stars **4.00** Storage Wars **6.00** Mega Mechanics **7.00** Digging for Britain
8.00 The Curse of Oak Island: New evidence suggests French activity on the island. **9.00** The Food That Built America: The roles of Harland Sanders and the McDonald brothers. **11.00** Kings of Pain **12.00m't** Storage Wars **2.00am** Pawn Stars **3.00** Epic Warrior Women **4.00** Kings of Pain **5.00 to 6.00am** Digging for Britain

ANIMAL PLANET

162 **162** **262** **251** **259**

6.00am My Cat from Hell: Back-to-back editions. **12.00noon** Crikey! It's the Irwins **4.00pm** The Zoo: San Diego **5.00** How Do Animals Do That: Double-bill. **6.00** The Zoo **7.00** Alaska: The Last Frontier **8.00** The Last Alaskans **9.00** Amanda to the Rescue
10.00 Fear Island: Fortress of the Bears: A team explores the Alaskan wilderness for the largest bear on earth. **12.00m't** Animal Cops Detroit **3.50am** Animal Cops San Francisco **4.40** Nature's Strangest Mysteries: Solved **5.10 to 6.00am** My Cat from Hell

SKY ARTS

122 **122** **123** **156**

6.00am Discovering Dance on Film **7.30** Tales of the... **10.00** Richard Gere **11.00** Dennis Hopper **12.00noon** Sissy Spacek **1.00pm** Alan Rickman **2.00** Marlene Dietrich **3.00** Beyond the Grace Note **4.25** Imelda May: Live... **6.00** Portrait Artist of the Year 2020
7.00 Margaret Atwood: A Word After a Word After a Word Is Power **9.00** What Was Virginia Woolf Afraid Of? **10.00** Suzi Q **12.00** **FILM** Joan Jett: Bad Reputation **2.00** **FILM** Janis: Little Girl Blue **4.00** Hard Beauty... **5.00 to 6.00am** Seeing Daylight: The...

FOX

124 **124** **224** **157** **199** **158**

8.00am Bull **9.00** Bones
11.00 The Mentalist (S7, ep7) **12.00noon** Bones (S2, ep5) **1.00pm** NCIS **3.00** Bones (S2, ep6) **4.00** The Mentalist (S7, ep8) **5.00** Bones **7.00** NCIS: Double-bill. The team investigates a petty officer's murder. (S17, ep9); and the team assists Ziva. (S17, ep10)
9.00 War of the Worlds: Double-bill. A reimagining of HG Wells' classic novel starring Gabriel Byrne. **11.00** Family Guy **2.00am** The Walking Dead (S10, ep10) **3.00** American Dad! **4.00** Bull **5.00 to 8.00am** Teleshopping

TLC

133 **133** **233** **167** **169**

6.00am Say Yes to the Dress
7.00 Say Yes to the Dress: Atlanta: Back-to-back editions. **10.00** Say Yes to the Dress: Back-to-back editions. **3.00pm** Say Yes to the Dress: UK **5.00** Mama Medium **6.00** I Am Jazz **7.00** Sister Wives **8.00** 90 Day Fiance: Before the 90 Days: An exclusive look at the Americans hoping to find love abroad. **11.00** Dr Pimple Popper: Tatiana has an embarrassing bump. **12.00m't** 90 Day Fiance: Before the 90 Days **3.00am** Dr Pimple Popper **4.00** Say Yes to the Dress: Atlanta **5.00 to 6.00am** Say Yes to the Dress

CI

156 **156** **256** **209** **222**

6.00am Homicide Hunter **8.00** Unusual Suspects **10.00** Secrets of the Morgue **11.00** What the Killer Did Next **12.00noon** Snapped **3.00pm** Very Scary People **5.00** Evil Up Close **6.00** Homicide: Hours to Kill **7.00** Homicide Hunter
8.00 Murdered By My Husband: The Hollie Kerrell Story **9.00** The Jail: 60 Days In: Seven volunteers spend life behind bars. **10.00** Court Cam **11.00** Making a Monster **12.00m't** Britain's Darkest Taboos **1.00am** Very Scary People **3.00** Unusual Suspects **4.00 to 6.00am** Homicide Hunter

NAT GEO

129 **129** **229** **266** **268** **267**

8.00am Car S.O.S.: Back-to-back editions. **1.00pm** Ultimate Supercar **4.00** Car S.O.S.: Triple-bill. **7.00** Running Wild with Bear Grylls: Free climber Alex Honnold and Bear exchange survival skills during an adventure in the Swiss Alps.
8.00 Air Crash Investigation: The case of a flight that disappeared from radar while heading to Angola. **9.00** Car S.O.S.: Double-bill. Fuzz and Tim revisit vehicles from the first four series; and Fuzz and Tim restore a Jaguar Mk2.
11.00pm to 5.00am Car S.O.S.: Further back-to-back editions.

SKY CRIME

121 **121** **221** **136** **135** **207**

6.00am Motorway Patrol: Back-to-back editions. **11.00** Highway Patrol **12.00noon** Highway Cops **1.00pm** Brit Cops: Rapid Response **3.00** Road Wars: Back-to-back editions. **6.00** Snapped: Triple-bill, including: A small-town church is rocked when a community member is killed.
9.00 **NEW** The Disappearance of Nataliee Holloway: Double-bill. **11.00** The Disappearance of Crystal Rogers **1.00am** Dateline **2.00** World's Most Evil Killers **3.00** How I Caught the Killer **4.00** Road Wars **5.00 to 6.00am** Motorway Patrol

**SKY CINEMA
PREMIERE**

301 301 312 401 412 501

6.00am Killers Anonymous: Crime thriller. ★ (2019) **7.45** The Top Ten Show **8.00** UFO: Sci-fi action thriller. ★★ ★★ (2018) **9.45** See 5.45pm **12.00** The Top Ten Show **12.15pm** See 8.00pm **2.00** See 9.45pm **3.45** The Top Ten Show **4.00** See 11.30pm **5.45** Godzilla: King of the Monsters: Fantasy adventure sequel starring Vera Farmiga. ★★ ★★ (2019)



9.45 **This Changes Everything**

8.00 Brightburn: Horror starring Elizabeth Banks. ★★ ★★ (2019) **9.45** This Changes Everything: Documentary featuring Cate Blanchett. ★★ ★★ (2018) **11.30** We Die Young: Drama. ★★ (2019) **1.15** The Top Ten Show **1.30** Hell Is Where the Home Is: Horror. ★★ (2018) **3.15** The Counterfeiter: Thriller. ★★ ★★ (2018) **5.30 to 6.00am** Special

**SKY CINEMA
ACTION**

311 311 407 507

6.25am See 3.45pm **9.00** See 6.15pm **11.45** See 9.00pm **1.45pm** See 11.00pm **3.45** Kingdom of Heaven: With Orlando Bloom. ★★ ★★ (2005) **6.15** Gladiator: With Russell Crowe. ★★ ★★ (2000) **9.00** 300: With Gerard Butler. ★★ ★★ (2006) **11.00** 300: Rise of an Empire: Starring Sullivan Stapleton. ★★ ★★ (2014) **1.00am** Highlander ★★ ★★ (1986) **3.00** The Last Warrior ★★ ★★ (2018) **5.00 to 6.00am** Sky Cinema Preview

**SKY CINEMA
GREATS**

304 304 404 504

8.10am Beethoven ★★ ★★ (1992) **9.45** The Goonies ★★ ★★ ★★ (1985) **11.50** Star Wars: A New Hope ★★ ★★ ★★ (1977) **2.00pm** Star Wars: The Empire Strikes Back ★★ ★★ ★★ (1980) **4.10** Star Wars: Return of the Jedi ★★ ★★ (1983) **6.30** The Shawshank Redemption ★★ ★★ ★★ (1994) **9.00** Argo ★★ ★★ (2012) **11.05** Scarface ★★ ★★ (1983) **2.00am** Miller's Crossing (1990) **4.00 to 6.00am** Butch Cassidy and the Sundance Kid (1969)

**SKY CINEMA
MONSTERS**

307 307 411 511

6.00am See 4.20am **8.00** Ghost Rider ★★ ★★ (2006) **10.00** See 6.15pm **11.45** See 8.00pm **2.00pm** See 10.15pm **4.15** See 12.30am **6.15** The Scorpion King ★★ ★★ (2002) **8.00** The Mummy ★★ ★★ (1999) **10.15** The Mummy Returns: Adventure. ★★ ★★ (2001) **12.30am** The Mummy: Tomb of the Dragon Emperor ★★ ★★ (2008) **2.30** Evil Dead 2 ★★ ★★ (1987) **4.00** The Top Ten Show **4.20 to 6.20am** Evolution ★★ ★★ (2001)

**SKY CINEMA
COMEDY**

308 308 408 508

7.05am Problem Child ★ (1990) **8.35** Miss Congeniality ★★ ★★ (2000) **10.30** Miss Congeniality 2: Armed and Fabulous ★★ ★★ (2005) **12.30pm** Mamma Mia! Here We Go Again ★★ ★★ (2018) **2.30** See 1.50am **4.15** Sister Act 2: Back in the Habit: With Whoopi Goldberg. ★★ (1993) **6.10** Bridget Jones's Diary: With Renée Zellweger. ★★ ★★ (2001)



10.00 **Little**

8.00 Bridget Jones: The Edge of Reason: With Renée Zellweger, Colin Firth and Hugh Grant. ★★ ★★ (2004) **10.00** Little: With Regina Hall. ★★ (2019) **11.55** Identity Thief: Starring Jason Bateman. ★★ ★★ (2013) **1.50am** Sister Act: Starring Whoopi Goldberg. ★★ ★★ (1992) **3.35** As 4.15pm **5.25 to 7.25am** As 12.30pm

**SKY CINEMA
WOMEN IN FILM**

310 310 410 510

6.10am Nine to Five ★★ ★★ (1980) **8.10** See 4.00am **10.05** See 8.00pm **12.10pm** See 10.10pm **2.10** What Men Want ★★ (2019) **4.10** Clueless ★★ ★★ (1995) **6.00** Life of the Party: Comedy starring Melissa McCarthy. ★★ (2018) **8.00** Crazy Rich Asians: Comedy. ★★ ★★ (2018) **10.10** Nobody's Fool ★★ (2018) **12.20am** Lez Bomb ★★ (2018) **2.05** All About Nina ★★ ★★ (2018) **4.00 to 6.00am** Book Club ★★ ★★ (2018)

**SKY CINEMA
HITS**

303 303 403 503

6.20am Slaughterhouse Rulez ★★ ★★ (2018) **8.10** See 5.40pm **9.55** See 7.25pm **11.30** See 9.00pm **1.20pm** See 10.50pm **3.25** See 12.55am **5.40** Men in Black ★★ ★★ (1997) **7.25** Men in Black II: Sci-fi comedy. ★★ ★★ (2002) **9.00** Men in Black 3 ★★ ★★ (2012) **10.50** The Equalizer 2 ★★ ★★ (2018) **12.55am** Fast & Furious 6 ★★ ★★ (2013) **3.10** The Hate U Give ★★ ★★ (2018) **5.30 to 7.15am** Hotel Artemis ★★ ★★ (2018)

**SKY CINEMA
SUPERHERO**

302 302 402 502

6.05am See 3.00am **8.30** Superman II (1980) **10.40** Superman III (1983) **12.50pm** Superman IV (1987) **2.25** Superman Returns (2006) **5.00** Man of Steel (2013) **7.25** Batman v Superman: Dawn of Justice (2016) **10.00** Ant-Man and the Wasp (2018) **12.10am** Superman/Batman: Public Enemies (2009) **1.30** Superman vs. The Elite (2012) **3.00** Superman (1978) **5.30 to 7.00am** Justice League – Gotham City Breakout (2016)

**SKY CINEMA
KIDS BOOKS**

306 306 406 506

6.15am See 1.20am **7.55** See 3.00am **9.40** See 5.30pm **12.10pm** See 8.00pm **2.30** See 10.15pm **4.00** See 11.45pm **5.30** Harry Potter and the Deathly Hallows: Part I: Fantasy adventure starring Daniel Radcliffe. ★★ ★★ (2010) **8.00** Harry Potter and the Deathly Hallows: Part II: Fantasy drama starring Daniel Radcliffe. ★★ ★★ (2011)



11.45 **The Cat in the Hat**

10.15 Gulliver's Travels: Fantasy comedy starring Jack Black. ★★ (2010) **11.45** The Cat in the Hat: Comedy fantasy starring Mike Myers. ★★ ★★ (2003) **1.20am** Goosebumps 2: Comedy. (2018) **3.00** Mr Popper's Penguins: Comedy. ★★ ★★ (2017) **4.45 to 6.25am** Confessions of a Teenage Drama Queen ★★ (2004)

**SKY CINEMA
DISNEY**

305 305 405 505

6.05am See 3.25pm **7.50** See 5.10pm **9.40** See 8.45pm **11.40** Incredibles 2 ★★ ★★ (2018) **1.40pm** See 7.00pm **3.25** Finding Nemo ★★ ★★ ★★ (2003) **5.10** Coco ★★ ★★ (2017) **7.00** Toy Story 4 ★★ ★★ ★★ (2019) **8.45** Cars ★★ ★★ (2006) **10.45** The Lone Ranger ★★ ★★ (2013) **1.20am** Eight Below ★★ ★★ (2006) **3.30** The Nutcracker and the Four Realms ★★ (2018) **5.20 to 6.40am** The Return of Jafar ★★ (1994)

**SKY CINEMA
THRILLER**

309 309 409 509

6.55am See 2.30am **8.35** The Birds ★★ ★★ ★★ (1963) **10.40** Vertigo ★★ ★★ ★★ (1958) **12.55pm** See 9.00pm **2.50** Panic Room ★★ ★★ (2002) **4.45** BlackKkKlansman ★★ ★★ (2018) **7.05** The Hand That Rocks the Cradle: Thriller. ★★ ★★ (1992) **9.00** Ocean's Eight ★★ ★★ (2018) **11.00** Domino ★ (2019) **12.35am** As 7.05pm **2.30** Unsane ★★ ★★ (2018) **4.15 to 6.00am** Sam Churchill: Search for a Homeless Man ★★ (1997)

TCM MOVIES

315 316 415 416 417 512

6.30am You Can't Cheat an Honest Man (b/w) ★★ ★★ (1939) **8.00** Cheyenne Autumn ★★ ★★ (1964) **11.10** Fort Osage ★★ ★★ (1952) **12.45pm** Gambit ★★ ★★ (1966) **3.00** Charro! ★ (1969) **5.05** Saddle Tramp: Western drama. ★★ ★★ (1950) **6.50** Escape from Fort Bravo: Western. ★★ ★★ (1953) **9.00** Westworld: Sci-fi thriller. ★★ ★★ (1973) **11.00** Exit Wounds ★★ ★★ (2001) **1.15am** Cimarron ★★ (1960) **4.00** Hollywood's Best Directors **5.30 to 7.30am** Close Up

**SKY SPORTS
MAIN EVENT**

401 401 511 501 402

6.00am Women's World T20 Classics **6.30** **LIVE** Women's ICC World T20 Cricket The final at Melbourne Cricket Ground. **10.30** The Sunday Supplement **11.30** **LIVE** SPFL Ross County v Rangers: (kick-off **12.00**). **2.00pm** **LIVE** Renault Super Sunday Chelsea v Everton: (kick-off **2.00**). **4.00** **LIVE** Renault Super Sunday Manchester United v Manchester City: (k-o **4.30**). See Highlights **7.30** **LIVE** PGA Tour Golf The Arnold Palmer Invitational. **10.00** **LIVE** NBA Boston Celtics v Oklahoma City Thunder: (tip-off **10.00**). **12.30 to 6.00am** Sky Sports News

**SKY SPORTS
CRICKET**

404 404 514 504

6.00am Women's World T20 Classics **6.30** **LIVE** Women's ICC World T20 The final. **10.30** Women's World T20 Classics **12.00noon** Women's ICC World T20 Cricket **4.00pm** Women's World T20 Classics **5.00** One-Day International **6.00** Women's ICC World T20 **7.00** One-Day International **8.00** Women's ICC World T20 **9.00** One-Day International Cricket **10.00** Women's ICC World T20 **11.00** Women's World T20 Classics **12.00m't** Women's ICC World T20 **1.00am** My Icon **2.00** Women's ICC World T20 **3.00** Greatest Games **5.00 to 6.00am** My Icon

**SKY SPORTS
ARENA**

408 408 518 508

6.00am Sporting Greats **7.00** Super League Gold **8.00** Sporting Greats **9.00** Sporting Records **10.00** Fight Night Scott Quigg v Jono Carroll. **2.00pm** Netball Superleague **4.00** NBA Classic Games: Warriors @ Heat **2014** **5.45** NBA: Houston @ Charlotte **7.30** **LIVE** NBA Los Angeles Clippers v Los Angeles Lakers. **10.00** **LIVE** NBA Boston Celtics v Oklahoma City Thunder. **12.30am** NBA Classic Games **2014** **1.30** Sporting Greats **2.00** Super League Gold **3.00** Sporting Records **4.00** Super League Gold **5.00 to 6.00am** Sporting Records

BT SPORT 1

413 413 527 408 430

7.00am **LIVE** Hyundai A-League **9.00** WWE Raw **10.00** WWE NXT **11.00** Vanarama National League **12.30pm** **LIVE** Rugby Union Bristol Bears v Harlequins. **3.15** Vanarama National League **3.45** **LIVE** Ligue 1 Rennes v Montpellier. **6.00** Coppa Italia **6.30** UEFA Magazines **7.30** UEFA Champions League – Stories of the Finals **7.45** **LIVE** Ligue 1 Lille v Lyon. **10.00** Vanarama National League **10.30** Bundesliga **12.00m't** Hyundai A-League **1.00am** In Depth with Graham Bensinger **1.15** **LIVE** XFL **4.15** In Depth with Graham Bensinger **4.30 to 6.00am** Classic MOTD – Thrillers

**SKY SPORTS
PREMIER LEAGUE**

402 402 512 502

6.00am PL Greatest Games **7.00** PL Highlights **10.00** The Sunday Supplement **11.30** Goals on Sunday **1.00pm** **LIVE** Renault Super Sunday Chelsea v Everton: (kick-off **2.00**). **4.00** **LIVE** Renault Super Sunday Manchester United v Manchester City: (kick-off **4.30**). See Highlights **7.30** The Tyler Archives **8.00** Gary Neville's Soccerbox **8.30** Goals on Sunday **10.00** PL Highlights **11.00** Best PL Goals: Man Utd v Everton **11.30** PL Highlights **12.30am** Best PL Goals **1.00** Premier League Highlights **5.00** Best PL Goals **5.30 to 6.00am** PL 100 Club

**SKY SPORTS
GOLF**

405 405 515 505

6.00am European Tour Golf **7.00** PGA Tour Golf **8.00** European Tour Golf **9.00** **LIVE** European Tour Golf The Commercial Bank Qatar Masters. **1.30pm** Golf Pass With Rory McIlroy **2.00** PGA Tour Golf **3.00** Ryder Cup Memories **3.30** European Tour Golf **4.30** **LIVE** PGA Tour Golf The Arnold Palmer Invitational. **10.00** European Tour Golf **11.00** Ryder Cup Memories **12.00m't** Golf Pass With Rory McIlroy **12.30am** European Tour Golf **1.30** Ryder Cup Memories **2.00** European Tour Golf **3.00** Ryder Cup Memories **4.00 to 6.00am** Highlights

**SKY SPORTS
MIX**

145 145 520 510

6.00am Women's World T20 Classics **6.30** **LIVE** Women's ICC World T20 Cricket The final from Melbourne Cricket Ground. **10.30** Women's World T20 Classics **12.00noon** Women's ICC World T20 Cricket **4.00pm** Women's World T20 Classics **5.00** The Greatest Solheim Cup **7.00** Netball Superleague **8.00** Darts Gold **10.00** Women's ICC World T20 Cricket **11.00** My Icon **11.30** Fight Night **12.30am** Women's SL Grand Final **1.30** Best of The ICC Women's World T20 **1.45** My Icon **3.00 to 6.00am** Mix Shorts: Masterclasses

BT SPORT 2

414 414 528 409 431

7.00am UFC **8.00** Gearing Up **8.30** **LIVE** Motorcycling: Asia Talent Cup Race two in Qatar. **9.30** **LIVE** MotoGP The MotoGP Grand Prix of Qatar warm-ups, followed by the Moto3 race (start-time **12.30**), the Moto2 race (start-time **1.20**), and the MotoGP race (start-time **3.00**). **4.00pm** MotoGP Chequered Flag **5.00** In Depth with... **5.30** **LIVE** NHL Pittsburgh Penguins v Carolina Hurricanes. **8.00** Hyundai A-League **9.00** WWE SmackDown **10.00** WWE NXT **11.45** WWE Raw **2.15am** Rugby Union **4.45** Vanarama National League **5.15** Mobil 1: Grid **5.45 to 6.00am** BT Sport Reload

**SKY SPORTS
FOOTBALL**

403 403 513 503

6.00am Greatest Games **6.30** EFL Highlights **7.00** EFL Goals **7.30** EFL Championship Highlights **10.00** The Sunday Supplement **11.30** **LIVE** SPFL Ross County v Rangers: (kick-off **12.00**). **2.30pm** EFL Championship Highlights **5.00** EFL Goals **5.30** EFL Championship Highlights **8.00** EFL Goals **8.30** EFL Championship Highlights **11.00** EFL Goals **11.30** Greatest Games **12.00m't** Football Years **12.30am** Greatest Games **1.00** Football Countdowns **1.30** Football Years **2.00** EFL: Championship Season Review **3.00 to 6.00am** Highlights

**SKY SPORTS
ACTION**

407 407 517 507

6.00am Boxing Gold **7.00** Sporting Records **8.00** Women's Six Nations Rugby Union **10.45** My Icon **11.00** Rugby 7s **12.00noon** Rugby 7s **1.00pm** Women's Six Nations Rugby Union **3.45** My Icon **4.15** Rugby Greatest Games **4.35** **LIVE** Rugby 7s Day two of the Vancouver Sevens at BC Place in Canada. **11.20** Rugby Greatest Games **12.00m't** **LIVE** Rugby 7s Further coverage of the second day's play of the Vancouver Sevens. **2.00am** NFL – Greatest Games **3.30** Legends of Darts **4.00** Sporting Records **5.00 to 6.00am** Sporting Greats

EUROSPORT

410 410 521 412 435

6.20am Alpine Skiing **7.20** Cycling **8.20** Cycling: Strade Bianche **9.20** Cycling: Paris-Nice **10.20** **LIVE** Cross-Country Skiing From, Norway. **12.30pm** **LIVE** Cycling: Paris-Nice Stage one. **2.10** Cycling: Milan-San Remo **2.30** Nordic Combined Skiing **3.00** Alpine Skiing **5.00** Biathlon **6.00** Ski Jumping **7.00** Cycling: Strade Bianche **8.00** Cycling: Paris-Nice **9.00** Cycling: Women's Strade Bianche **10.00** Alpine Skiing **12.00m't** Freestyle Skiing **1.00am** Snowboarding **2.00** Cycling: Paris-Nice **3.00** Cycling **4.00** Cycling: Strade Bianche **5.00 to 6.00am** Freestyle Skiing

BT SPORT 3

417 417 529 410 432

6.00am UEFA Europa League Magazine **6.30** Bundesliga **7.30** Premier League **9.00** Gallagher Premiership Rugby **11.00** **LIVE** Badminton The finals of the German Open. **4.30pm** What I Wore: Joe Cole **4.45** **LIVE** Bundesliga FSV Mainz 05 v Fortuna Dusseldorf. **7.00** **LIVE** XFL DC Defenders v St Louis BattleHawks. **10.00** UFC **1.00am** UFC on ESPN **2.00 to 6.00am** Ligue 1

BT BOX OFFICE WWE

494 494 495

11.00pm to 5.00am **LIVE** Elimination Chamber At Wells Fargo Center in Philadelphia.

MONDAY HIGHLIGHTS

Miriam joins
a dance class



Miriam's Big Fat Adventure

● DOCUMENTARY / 9pm / BBC2

NEW The outspoken actor Miriam Margolyes, 78, goes on a quest to find out why Brits weigh more than ever – one third of us in the UK are obese. She admits she loves her life, but not her body. 'I was always the last to be picked for sports or dances. From an early age you learn the pain of rejection because your body wasn't wanted,' she says. Miriam starts the two-

part series by visiting a 'big camp' with a surprisingly high success rate... Georgia, 30, admits her binge-eating was a form of self-harm and has shed seven stone since attending camp. Miriam also meets an inspirational plus-size model who runs dance classes for larger women. Will Miriam have a go at twerking? You bet! Concludes tomorrow. ★★★★★ MC



Mark Wahlberg
with Winston Duke

Spenser: Confidential

● FILM / Netflix

If your average person has a favourite TV show from childhood, they'll remember it fondly, maybe search it out on YouTube to see if it's as good as they remember. If you're Mark Wahlberg, you get to actually *be* the main character from that show. He loved the 1980s series *Spenser for Hire* starring Robert Urich and now plays the Boston detective in this new film from Netflix. It's directed by Peter Berg, who has likened the police corruption storyline to a modern-day *Chinatown*. ★★★★★ JP

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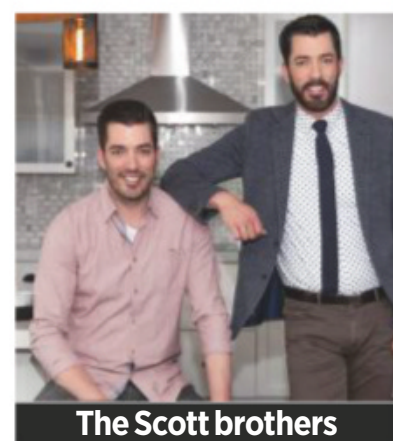


Snakebite Week

● WILDLIFE / from 8pm / Nat Geo WILD

NEW A week-long celebration of slippery serpents begins tonight with a new series of *Snakes in the City*. Professional snake catchers, British couple Simon Keys and Siouxsie Gillett are in Durban, South Africa to rescue any snakes in trouble, including a spitting cobra in a sewage pit, a black mamba

tangled in a tree and another spitting cobra from a garden. The slithering theme continues with *America's Super Snake* on Tuesday (8pm), which focuses on rattlesnakes, and on Thursday, *Monster Constrictors* (8pm) travels the globe revealing everything you could ever want to know about pythons. ★★★★★ JL



The Scott brothers

Property Brothers

● FACTUAL / 7pm / W

NEW ... *Forever Home*. Canadian brothers Drew and Jonathan Scott present a twist on the property show that helps homeowners – not to renovate for a quick sale – but to love the home they're in. By establishing what the family wants from their home the savvy hosts offer design solutions to turn their properties into their ultimate des res. Continues weeknights. ★★★★★ MC

**PICK
OF THE
DAY**

9 March **MONDAY**

MONDAY

Marching orders:
Laura is leaned
on by DI Renton



Liar

The tension mounts for Laura and her boyfriend Ian

● **DRAMA / 9pm / ITV**

DI Karen Renton is rather keen on getting results, isn't she?! Katherine Kelly is clearly having a ball as the deliciously uncompromising cop who, this week, goes out of her way to try to make an understandably upset Laura crack as she continues to grill her. Along with apparently ensuring that the press are on Laura's tail, Karen does her best to make Laura have severe doubts about new boyfriend Ian, who also has some questions to answer when new evidence emerges... Meanwhile, in tense flashbacks to Andrew's time on the run, the chilling rapist is growing increasingly bitter about Laura and blaming her for all his woes. But will shocking news about his son Luke lead him to take a big risk? ★★★★★ CC

● See Katherine Kelly interview, p17



**John and Gregg
serve up more
challenges**

MasterChef

● **FOOD / 9pm / BBC1**

You need to be on your toes to keep up with the scheduling of this latest series – last week FA Cup football moved it around and this week it's Sport Relief. As the third round of heats begins, six more amateur cooks are aiming to reach Thursday's quarter-final but first they need to impress with their signature dish, then come up with a spin on tonight's three ingredients – crab, sweetcorn and spring onion. Continues on Wednesday. ★★★★★ JP



**Reece and
Steve are
on a stakeout**

Inside No 9

● **COMEDY / 10pm / BBC2 (NI Tuesday)**

LAST ONE The boys won a BAFTA for their last two-handed episode and while tonight's tale doesn't carry the emotional punch of *Bernie Clifton's Dressing Room*, it's a chilling story that's sure to make your blood run cold. The final episode of the series follows two policemen on a stakeout, yet it soon

becomes clear that one of the officers is still haunted by the disappearance of his former partner. Sure enough, there's more to the mystery than meets the eye and, with no support cast, Reece Shearsmith and Steve Pemberton take their time in delivering a trademark piece of black comedy. ★★★★★ SMA

BBC1

HD Freeview HD 101 Sky HD 115 Virgin TV HD 108 (Scot 101) Freesat HD 106

6.00 Breakfast (S)(HD) **9.15 NEW Crimewatch Roadshow Live** Appeals for information about crimes. (S)(HD) **10.00 Homes Under the Hammer** (S)(R)(HD)(AD) **11.00 Dom Does America** (S)(R)(HD)(AD) **11.45 Saved on Camera** (S)(HD)

12.15 Bargain Hunt (S)(HD)(AD)

1.00 BBC News at One (S)(HD) and **Weather**

1.30 BBC Regional News (S) and **Weather**

1.45 Doctors *Hound Dog*: Daniel and Zara try to keep a secret. (S)(HD)(AD) *See Soaps, page 27*

2.15 A Service of Celebration for Commonwealth Day Petroc Trelawny presents live coverage from Westminster Abbey, where the Queen is joined by senior members of the Royal Family and other guests for readings and music. (S)(HD)

4.00 Money for Nothing Sarah Moore rescues items from a recycling centre. (S)(HD)

4.30 Ready, Steady, Cook Two friends take part in the culinary contest. (S)(HD)
● *Repeated tomorrow at 7.15am on BBC2*

5.15 Pointless Quiz show. (S)(R)(HD)

6.00 BBC News at Six (S)(HD) and **Weather**

6.30 BBC Regional News (S) and **Weather**

7.00 The One Show Live topical reports. (S)(HD)

7.30 Inside Out Regional programmes. (S)

8.00 EastEnders Jean accuses Suki of lying; Gray's day goes from bad to worse; and Linda is hurt when she finds Mick searching for alcohol. (S)(HD)(AD) *See Soaps, pages 28-29*

8.30 Panorama *The Million Pound Disability Payout*: The DWP's settlements for disability discrimination against its own employees. (S)(HD) ● *Repeated on Friday at 12.10am on BBC2*

9.00 MasterChef John Torode and Gregg Wallace preside as six hopefuls compete. They must serve up their signature dish, with the judges' favourite two winning a place in the next round. The remaining four must come up with a dish using three specific ingredients, after which two cooks are sent home. (S)(HD)(AD) *See Highlights ● Continues on Wednesday*

10.00 BBC News at Ten (S)(HD)

10.25 BBC Regional News (S) and **Weather**

10.30 Weather (S)(HD)

10.35 This Country *Kurtan's Half-Brother*: 4 of 6. Kurtan receives sad news about a relative and tries to make new memories. (S)(HD)(AD)

11.05 Young, Welsh and Pretty Minted 3 of 6. Erin Budina works in a recycling depot as part of a YouTube challenge; and cameras meet Callum Griffiths, one of Europe's up-and-coming suppliers of dog biscuits. (S)(HD)(AD)

11.35 Live at the Apollo Eddie Izzard comperes an evening of stand-up at the Apollo in Hammersmith, and introduces sets from Josh Widdicombe and Trevor Noah. (S)(R)(HD)

12.20 Weather for the Week Ahead (S)(HD)
12.25 to 6.00 BBC News (S)(HD)

BBC2

HD Freeview HD 102 Sky HD 102 Virgin HD TV 102 Freesat HD 102

6.00 Money for Nothing (S)(R)(HD) **6.45 Ready, Steady, Cook** (S)(R)(HD) **7.30 Best Home Cook** (SL)(S)(R)(HD) **8.30 The Week in Parliament** (S)(HD) **9.00 BBC News at 9** (S)(HD) **10.00 Victoria Derbyshire** News and current affairs. (S)(HD) **11.00 BBC Newsroom Live** (S)(HD)

12.15 Politics Live With Jo Coburn. (S)(HD)

1.00 Women's Six Nations Highlights
SPORT Action from the fourth round of fixtures, including England v Wales. (S)(R)(HD)

1.30 Best House in Town (S)(R)(HD)

2.15 Royal Recipes *India & Empire* (S)(R)(HD)

2.30 Terry and Mason's Great Food Trip
The duo travel to Scarborough. (S)(R)(HD)

3.00 Red Rock Keith faces a watery demise while trying to buy Mick's silence. (S)(R)(HD)(AD)

3.45 The Great Interior Design Challenge
Timber Framed Houses (S)(R)(HD)(AD)

4.45 Portillo's State Secrets (S)(R)(HD)(AD)

5.15 Flog It! From Dover Castle in Kent. (S)(HD)

6.00 Richard Osman's House of Games
With Hugh Dennis and Sarah Greene. (S)(HD)

6.30 Great British Railway Journeys
Warwick to Radley (S)(R)(HD)(AD)

7.00 Coastal Path 3 of 5. Paul Rose explores the coastline of southern Cornwall, visiting the Minack Theatre; and firing the Tudor cannons of Pendennis Castle in Falmouth. (S)(R)(HD)

7.30 Mastermind Contenders answer questions on the specialist subjects of Laura Ingalls Wilder, *Star Trek: The Original Series*, Jenson Button, and Mary, Queen of Scots. (S)(HD)

8.00 Only Connect *Semi-Final 1*: Victoria Coren Mitchell presents the first semi-final of the quiz as two teams compete to guess the connections between various clues. (S)(HD)

8.30 University Challenge Jeremy Paxman asks the questions as the quarter-final matches continue as two more teams compete to make it to the next stage of the competition. (S)(HD)

9.00 Miriam's Big Fat Adventure
NEW 1 of 2. Miriam Margolyes tries to discover why so many people are overweight, despite so much information about healthy lifestyles. She wants to understand what impact being obese has on people and how society views them. (S)(HD)(AD) *See Highlights ● Concludes tomorrow. Repeated on Thursday at 11.15pm*

10.00 Inside No 9 *The Stakeout*: Two cops spend time together on the night shift. However, PC Thompson's previous partner died in a brutal attack, the forensic evidence has gone missing and PCSO Varney is beginning to ask questions. With Rebecca Callard and Malik Ibheis. **Last in the series** (S)(HD)(AD) *See Highlights*

10.30 Newsnight (S)(HD)

11.10 Weather (S)(HD)

11.15 Hospital 4 of 8. The work of Alder Hey Children's Hospital, following a baby about to have surgery; and a 17-year-old with cerebral palsy as she reaches adulthood. (S)(R)(HD)
● *Continues on Thursday at 9.00pm*

12.15 The Farmers' Country Showdown A visit to one of Britain's oldest sheepdog trials in Powburn. (SL)(S)(R)(HD) **1.00 Countryfile** The hosts visit the Gwent Levels. (SL)(S)(R)(HD) **2.00 to 3.00 Secrets of the Museum** (SL)(S)(R)(HD)(AD)

ITV

HD Freeview HD 103 Sky HD 103 Virgin TV HD 113 Freesat HD 111

6.00 Good Morning Britain (S)(HD) **9.00 Lorraine** Entertainment and fashion news. (S)(HD) **10.00 This Morning** Celebrity chat, lifestyle features, advice and competitions. (S)(HD)

12.30 Loose Women Topical debate. (S)(HD)

1.30 ITV News (S)(HD) and **Weather** including **Local News** (S)(HD) and **Weather**

2.00 Judge Rinder Cameras follow criminal barrister Robert Rinder as he takes on real-life cases in a studio courtroom. (S)(HD)

3.00 Tenable Five members of an a cappella group answer questions about top 10 lists, then try to score a perfect 10 in the final round. Warwick Davis hosts. (S)(R)(HD)

4.00 Tipping Point Ben Shephard hosts the arcade-themed quiz in which contestants drop tokens down a choice of four chutes in the hope of winning the jackpot. (S)(R)(HD)

5.00 The Chase Bradley Walsh presents as Steve, Virinder, Julie and Pat answer general knowledge questions and work as a team to take on ruthless quiz genius The Chaser and secure a cash prize. (S)(R)(HD)

6.00 Local News (S)(HD) and **Weather**

6.30 ITV News (S)(HD) and **Weather**

7.00 Emmerdale Vanessa is betrayed by Charity; Arthur is relieved when Laurel agrees to keep their secret from Jai; and Malone traps Will. (S)(HD)(AD) *See Soaps, pages 26-27*

7.30 Coronation Street Gary asks Sharon to teach Ali a lesson; and a reporter questions James. (S)(HD)(AD) *See feature, pages 6-9, and Soaps, pages 24-25 ● Continues at 8.30pm*

8.00 St Davids – Britain's Smallest City 2 of 6. The summer holidays lead to traffic chaos on the high street; and a water shortage could spell disaster for residents. (S)(HD)(AD)

8.30 Coronation Street A terrified Gary leaves a message for Sharon telling her that if Ali dies, she is to blame; and James receives a worrying text from his manager. (S)(HD)(AD)

9.00 Liar 2 of 6. Feeling the full force of DI Renton's investigation, Laura looks for support, but is left questioning who she can trust. (S)(HD)(AD) *See feature, page 17, and Highlights ● Repeated on Thursday at 10.45pm*

Laura Nielson... JOANNE FROGGATT Andrew Earlham... JOAN GRUFFUDD
DI Karen Renton... KATHERINE KELLY DS Rory Maxwell... DANNY WEBB
Katy Sutcliffe... ZOE TAPPER Oliver Graham... SAM SPRUELL
DI Vanessa Harmon... SHELLEY CONN Liam Sutcliffe... RICHIE CAMPBELL

10.00 ITV News at Ten (S)(HD) and **Weather** including **Local News** (S)(HD) and **Weather**

10.45 Police in Danger: Caught on Camera Documentary examining what happens when police officers come under attack. The programme features dramatic footage filmed by body cameras worn by officers themselves, from the cops who bravely apprehended Wales's most wanted man, to the officer who was nearly killed by a man wielding a 4ft-long Samurai sword. (S)(R)(HD)(AD)

11.45 All Elite Wrestling: Dynamite
SPORT The latest edition of the weekly AEW event, featuring all of the biggest stars. (S)(HD)

12.35 Teleshopping (HD) **3.00 James Martin's French Adventure** (SL)(S)(R)(HD) **3.50 ITV Nightscreen** (HD) **5.05 to 6.00 Judge Rinder** (SL)(S)(R)(HD)

ITV+1 Freeview 33, Sky 203, Virgin 114, Freesat 112

CHANNEL 4

HD Freeview HD 104 Sky HD 138 Virgin TV HD 104/141

- 6.30 Cheers** (S)(R)(HD) **6.55 Cheers** (S)(R)(HD) **7.20 The King of Queens** (S)(R)(AD) **7.45 The King of Queens** (S)(R)(AD) **8.10 Everybody Loves Raymond** (S)(R)(AD) **8.40 Everybody Loves Raymond** (S)(R)(AD) **9.10 Frasier** (S)(R)(AD) **9.40 Frasier** (S)(R)(AD) **10.10 Undercover Boss Canada** (S)(R)(HD) **11.05 Ramsay's Kitchen Nightmares USA** A cafe in New York. (S)(R)
- 12.00 Channel 4 News Summary** (S)(HD)
- 12.05 Come Dine with Me** (S)(R)(HD)
- 1.05 Posh Pawnbrokers** (S)(R)(HD)
- 2.10 Countdown** (S)(HD)
- 3.00 A Place in the Sun** Andalucia. (S)(R)(HD)
- 4.00 A New Life in the Sun: Where Are They Now?** A boat-charter company. (S)(R)(HD)
- 5.00 Four in a Bed**
NEW ★★★★★ *Bankfoot Inn*: The competition begins at the Bankfoot Inn in Perthshire. (S)(HD)
- 5.30 Come Dine with Me**
NEW ★★★★★ *Edinburgh*: The dinner-party challenge returns and begins in Edinburgh. (S)(HD)
- 6.00 The Simpsons** (S)(R)(AD)
- 6.30 Hollyoaks** Mercedes worries that she has put Warren in grave danger. (S)(R)(HD)(AD) *See Soaps, page 27* ● *The next episode follows on E4*
- 7.00 Channel 4 News** (S)(HD) and **Weather**
- 8.00 Dispatches** *Celebs for Sale: The Great Charity Scandal*: Revealing how some of the most famous people in Britain are profiting from the fundraising work they do. (S)(HD) ● *Repeated on Thursday at 3.20am*
- 8.30 Food Unwrapped** Kate Quilton discovers how oysters changed from a Victorian bar snack to an expensive luxury. (S)(HD)(AD)
- 9.00 24 Hours in A&E** A 52-year-old cyclist is rushed in to St George's Hospital in Tooting after being hit by a car; a 92-year-old former Baptist minister is admitted after a fall while out walking; and a painter and decorator has suffered a wrist injury that is proving challenging to diagnose. (S)(HD)(AD)
- 10.00 Baghdad Central** Khafaji realises that he must get his family out of Iraq and plans an audacious trap for Frank Temple and Douglas Evans. **Last in the series** (S)(HD)(AD) ● *Repeated on Thursday at 2.25am*
Khafaji..... WALEED ZUAITER Capt John Parodi..... COREY STOLL
Frank Temple..... BERTIE CARVEL Douglas Evans..... NEIL MASKELL
Florida's interpreter..... Mrouj..... JULY NAMIR
..... ABBAS ABDULGHANI Salim Al Nasir..... YOUSEF SWEID
- 11.00 Emergency Helicopter Medics**
A motorcyclist in Co Durham needs specialist attention after an accident. (S)(R)(HD)(AD)
- 12.00 Ramsay's Kitchen Nightmares USA** *J Willy's* (S)(R) **12.50 Hunted** (SL)(S)(R)(HD)(AD) **1.45 The Supervet** (S)(R)(HD) **2.40 Come Dine with Me** (S)(R)(HD) **3.35 Grand Designs** (S)(R)(HD)(AD) **4.30 Location, Location, Location** (S)(R)(HD) **5.25 Cooking Up a Fortune** (S)(R)(HD) **5.50 to 6.30 Countdown** (S)(R)(HD)

CHANNEL 4+1 Freeview 15, Sky 204, Virgin 142, Freesat 121

(SL) Signed (S) Subtitles (R) Repeat

CHANNEL 5

HD Freeview HD 105 Sky HD 105 Virgin HD 154 Freesat HD 105

- 6.00 to 9.15 Milkshake!** **9.15 Jeremy Vine** (S)(HD) **11.15 Nightmare Tenants, Slum Landlords** (S)(R)(HD) followed by **5 News at Lunchtime**
- 12.15 Parking Hell: At War with the Law** A bank holiday sees a rush of visitors. (S)(R)(HD)
- 1.10 Access** Showbiz news and gossip. (S)(HD)
- 1.15 Home and Away** Robbo is marched to a cliff edge. (S)(R)(HD)(AD) *See Soaps, page 29* ● *Repeated at 6.00pm and on 5STAR at 3.30pm*
- 1.45 Neighbours** Harlow and Hendrix have a talk. (S)(HD)(AD) *See Soaps, page 29* ● *Repeated at 5.30pm and on 5STAR at 3.00pm and 6.00pm*
- 2.15 Secrets at the Lake**
FILM **PREMIERE** Thriller starring Nicky Whelan. A pact made by teenagers has deadly consequences for a holidaying family. (S)(HD) ★★ (2019) *See Films, pages 30-35*
- 4.00 Friends** (S4, ep2) (S)(R)(HD)
- 4.30 Friends** (S4, ep3) (S)(R)(HD)
- 5.00 5 News** (S)(HD)
- 5.30 Neighbours** As 1.45pm. (S)(R)(HD)(AD)
- 6.00 Home and Away** As 1.15pm. (S)(R)(HD)(AD) ● *The next episode follows on 5STAR*
- 6.30 5 News Tonight** (S)(HD)
- 7.00 Gallagher Premiership Rugby Highlights**
SPORT ●●●●● Featuring action from the 13th round of fixtures, including Worcester Warriors v Northampton Saints; Bristol Bears v Harlequins; Sale Sharks v London Irish; Saracens v Leicester Tigers; Exeter Chiefs v Bath; and Wasps v Gloucester. (S)(HD) followed by **5 News**
- 8.00 Traffic Cops** Ant and Dan are on the hunt for a disqualified driver after a camera alerts them to the whereabouts of his car – but events take a twist when a relative of the man in question decides he wants to have his say; and Dave responds to a report of a car stolen when the owner left the engine running. **Last in the series** (S)(HD) followed by **5 News**
- 9.00 Warship: Life at Sea** *HMS Duncan* and her crew face increasing pressure in the Strait of Hormuz as Iran steps up its efforts to capture a second British tanker. Three weeks into *Duncan's* mission, Iran is still holding the *Stena Impero* captive, so the ship is ordered to hold the line and continue escorting tankers through the Strait. **Last in the series** (S)(HD)
- 10.00 Great British Ships** *HMS Victory: Nelson's Great Warship*: 1 of 6. Rob Bell reveals the secrets of the historic ships, starting with *HMS Victory*, Admiral Nelson's personal flagship at the Battle of Trafalgar. When *Victory* was built more than 40 years previously, she was the largest warship in the world with firepower equivalent to a whole army on land. (S)(R)(HD)
- 11.00 Con Air**
FILM Action thriller starring Nicolas Cage and John Cusack. A group of criminals hijacks a convict transport plane. (S)(HD) ★★★★★ (1997) *See Films, pages 30-35* includes **Access**
- 1.15 The 21.co.uk Live Casino Show** (S)(HD) **3.15 Our Dream Hotel** (S)(R)(HD) **4.10 Tribal Teens – Here Comes Trouble** *Peru* (SL)(S)(R)(HD) **4.55 House Doctor** (SL)(S)(R) **5.25 Great Scientists** (SL)(S)(R) **5.50 to 6.00 Access** (S)(HD)

CHANNEL 5+1 Freeview 44, Sky 205, Virgin 155, Freesat 128

ON DEMAND



DRAMA SERIES

NEW Noughts + Crosses
BBC IPLAYER

This adaptation of Malorie Blackman's book series follows young lovers Sephy (Masali Baduza) and Callum (*Peaky Blinder's* Jack Russell) who defy the racial divide in a re-imagined world where Europe is colonised by Africa. **All episodes available now**

YOU ALSO MIGHT LIKE...

Hard Sun BBC IPLAYER

From the creator of *Luther* comes this crime drama, set in a world that faces certain destruction. **All episodes available now**

ITV VARIATIONS

ANGLIA No variations
BORDER No variations
CENTRAL No variations
CHANNEL No variations
GRANADA No variations
LONDON No variations
MERIDIAN No variations
TYNE TEES No variations
WEST No variations
WESTCOUNTRY No variations
YORKSHIRE No variations

BBC1 VARIATIONS

NORTH/NORTH WEST/NORTH EAST/YORKSHIRE AND LINCOLNSHIRE
11.35pm to 12.20am The Super League Show: Tanya Arnold introduces highlights from the latest fixtures, including Huddersfield v St Helens; Catalans Dragons v Salford Red Devils; and Wakefield Trinity v Hull FC.

ON THIS DAY 1993

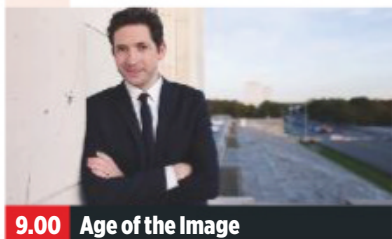


Based on the hit American sitcom *The Golden Girls*, ITV's *The Brighton Belles* made its debut. Two series starred Sheila Hancock, Wendy Craig, Sheila Gish and Jean Boht.

BBC4

Freeview 9/68 (HD 106)

116 116 107 107 107

BBC4 programmes
begin at 7pm

9.00 Age of the Image

- 7.00 Beyond 100 Days (S)** and **Weather**
7.30 Francesco's Mediterranean Voyage Pilgrimages to the island of Tinos. (S)
8.00 Dynasties Endangered species, beginning with a look at chimpanzees. (S)
9.00 Age of the Image **New edition** The impact of mass communication. (S)
10.00 Suffragettes with Lucy Worsley A look at the battle for the right to vote. (S)
11.30 Art of France: Andrew Graham-Dixon takes a look at the development of Impressionism. (S)
12.30 am Britain's Outlaws: Highwaymen, Pirates and Rogues: Urban crime and corruption. (S)
1.30 Rude Britannia (S)
2.30 to 3.30am Age of the Image (S)

ITV2

Freeview 6 (+1 27)

118 118 218 115 176 116 113 114

- 6.00 am** Teleshopping
7.00 The Ellen DeGeneres Show (S)
7.50 Emmerdale (SL)(S)
8.20 Coronation Street (SL)(S)
9.20 Superstore (S)
10.15 Dinner Date (S)
11.15 Dress to Impress (S)
12.15 pm Emmerdale (S)
12.45 Coronation Street (S)
1.50 The Ellen DeGeneres Show (S)
2.45 Dinner Date (S)
3.50 Dress to Impress: Dating show. (S)
4.50 Take Me Out: Dating game. (S)



10.00 The Stand Up Sketch Show

- 6.00 You've Been Framed! Gold** Back-to-back editions. (S)
8.00 Two and a Half Men Double-bill, including: Marty proposes to Evelyn. (S)
9.00 Family Guy The Griffins are launched into space. (S)
9.30 American Dad! Jeff starts hanging out with Stan's favourite celebrity chef. (S)
10.00 The Stand Up Sketch Show **New edition** (S)
10.30 Family Guy Brian writes a play that becomes a hit. (S)
11.00 Family Guy (S)
11.30 American Dad! (S)
11.55 The Cleveland Show (S)
12.25 am Two and a Half Men (S)
1.25 Hey Tracey! (S)
2.05 Plebs (S) **3.05** Totally Bonkers Guinness World Records (S)
3.30 to 6.00am Teleshopping

ITV3

Freeview 10 (+1 34)

119 119 219 117 177 174 115 116

- 6.00 am** Classic Coronation Street (S)
6.55 Classic Emmerdale (S)
7.55 Heartbeat (S)
8.55 Man About the House (S)
10.00 That's My Boy (S)
10.30 A Touch of Frost (S)
12.40 pm Heartbeat (S)
1.45 Classic Emmerdale: Double-bill. (S)
2.50 Classic Coronation Street (S)
3.55 Midsomer Murders: Barnaby questions the guilt of a suspect. (S)
5.55 Heartbeat: Gina and Phil make final wedding preparations. (S)



8.00 Endeavour

- 7.00 Agatha Christie's Poirot** The Belgian detective is summoned to a hotel to help a lady who claims she is being blackmailed over an old love letter. (S)
8.00 Endeavour The murder of a museum specialist leads Morse to a boarding school with a dark history. (S)
10.00 Scott & Bailey Janet interviews Geoff Hastings, who has vowed to reveal the full extent of his crimes. (S)
11.00 A Touch of Frost: Double-bill, including: An unwelcome house guest leaves DI Frost feeling grateful for a series of threats and crimes to occupy his time. (S)
3.00 am That's My Boy (S)
3.25 Nightscreen
3.30 to 6.00am Teleshopping

ITV4

Freeview 24 (+1 59)

120 120 220 118 178 175 117 154

- 6.00 am** Football's Greatest: Eusebio (S)
6.05 Only When I Laugh (S)
6.30 Quincy ME (S) **7.20** Kojak (SL)(S)
8.15 The Saint (S)
9.20 Minder (S)
10.25 The Professionals (S)
11.25 The Sweeney (S)
12.35 pm Quincy ME (S)
1.40 Kojak (S)
2.40 The Saint (S)
3.50 Minder (S)
4.50 The Professionals (S)
5.55 The Sweeney (S)



10.00 Magnum Force

- 7.00 Cycling: Paris-Nice Highlights** Gary Imlach introduces action from stage two of the event. (S)
8.00 River Monsters A fishing community being terrorised in the Pacific Ring of Fire. (S)
9.00 Giant Lobster Hunters **New edition** A skipper is under pressure to fill an order. (S)
10.00 FILM **Magnum Force** Thriller sequel to *Dirty Harry* starring Clint Eastwood. (W)(S) ★★★ (1973)
12.35 am Car Crash Global: Caught on Camera: Documentary featuring dash-cam video footage of a host of astonishing accidents. (S)
1.35 The Contender: Friends become foes in the quarter-finals. (S)
2.40 Nightscreen
3.00 to 6.00am Teleshopping

ITVBE

Freeview 26 (+1 58)

131 231 119 179 120 118 119

- 6.00 am** Teleshopping
7.00 Bachelor in Paradise (S)
8.45 Be Beautiful (S)
9.00 LittleBe
12.00 noon Income Property (S)
12.25 pm The Real Housewives of Beverly Hills: Reality series. (S)
1.20 Absolutely Ascot (S)
2.20 Million Dollar Listing: NYC **New edition** Luxury properties. (S)
3.15 The Real Housewives of New York City: Reality series. (S)
4.10 The Real Housewives of Dallas (S)



8.00 Dinner Date

- 6.00 Masters of Flip (S)**
7.00 Buying and Selling A couple who have outgrown their starter home. (S)
8.00 Dinner Date Lauren is given five menus constructed by potential sweethearts. (S)
9.00 The Real Housewives of Orange County **New edition** Vicki starts a nasty rumour about Kelly. (S)
10.00 Botched Double-bill, including: A woman wants her collapsed nose fixed. (S)
11.55 The Only Way Is Essex: Jess and Ricky chat about their relationship; Lucy makes her return; Bobby impresses Gemma in his new job role; and Joey has an exciting secret to share with Billie. (S)
12.40 am Nightscreen
12.55 to 6.00am Teleshopping

5STAR

Freeview 30 (+1 55)

128 228 151 186 131 141

- 6.00am** Teleshopping
8.00 3rd Rock from the Sun
8.20 House
10.05 Nightmare Tenants, Slum Landlords
12.05pm Can't Pay? My Nightmare Ex Wife: A debtor in Manchester.
1.00 Can't Pay? We'll Take It Away!
3.00 Neighbours
3.30 Home and Away
4.00 House: Double-bill, including: The medics treat a man who has heavy sleepwalking spells.

- 6.00 Neighbours (S)**
6.30 Home and Away **New episode** (S)
7.00 Now That's Funny! (S)
8.00 Filthy House SOS Jon and Brennan take on some of Britain's filthiest homes. (S)
9.00 The Nightmare Neighbour Next Door Disputes between people whose houses border each other. (S)
10.00 Celebrity Botched Up Bodies Featuring Sophie Kasei. (S)

- 11.00 FILM** Bad Teacher: Comedy. ★★★ (2011)
12.55am Young, Dumb and Banged Up in the Sun
1.55 10 Years Younger in 10 Days
3.00 Hoarders: Landfill in My Living Room **3.50** Access
4.00 to 6.00am Teleshopping

5USA

Freeview 21 (+1 56)

141 241 153 185 129 130

- 6.00am** Teleshopping
9.00 Criminals: Caught on Camera
9.25 Murder, She Wrote
10.15 CSI: NY (S6, ep19)
11.10 The Mysteries of Laura
12.05pm Law & Order: Back-to-back episodes, including: A female rapper is murdered. (S17, ep18); Briscoe investigates the killing of a delivery man. (S14, ep24); and an Iraqi immigrant kills a woman who served in the second Gulf War. (S15, ep1)

- 6.00 Law & Order** Double-bill, including: Heroin users are murdered. (S15, ep10) (S)
8.00 NCIS: New Orleans A gruesome copycat murder. (S3, ep15) (S)
9.00 Law & Order: Criminal Intent Logan makes a pledge to a friend. (S6, ep16) (S)
10.00 Law & Order: Special Victims Unit Double-bill, including: Three officers are put on trial. (S17, ep5) (S)

- 11.55** Law & Order: Special Victims Unit: Double-bill, including: The team investigates after the wife of a writer is accused of spousal abuse. (S16, ep16)
1.55am Law & Order: Los Angeles **3.50** Access
4.00 to 6.00am Teleshopping

YESTERDAY

Freeview 25

155 255 129 200 159

- 6.00am** Secrets of the Bible
7.10 Secrets of the Railways
8.00 Forbidden History
9.00 Secret Nazi Bases
10.00 Nazi Victory: The Post-War Plan **11.00** Underground Worlds
12.00noon Impossible Railways
1.00pm Secrets of Britain
2.00 The Lakes: Walking Through History: With Tony Robinson.
3.00 Underground Worlds
4.00 Impossible Railways
5.00 Secret Nazi Bases

- 6.00 Nazi Victory: The Post-War Plan** Hitler's plans for Germany's transport system. (S)
7.00 Underground Worlds The headquarters beneath a castle. (S)
8.00 Chris Tarrant: Extreme Railway Journeys Chris journeys across Japan.
9.00 Bangers and Cash An Austin A35.
10.00 Trains That Changed the World A look at freight trains. (S)

- 11.00** The Two Ronnies
12.30am Nazi Victory: The Post-War Plan: Hitler's plans for Germany's transport system.
1.30 Secrets of the Bible
2.25 David Attenborough's Natural Curiosities
3.00 to 6.00am Teleshopping

REALLY

Freeview 17

142 128 160

- 6.00am** Fantasy Homes by the Sea
7.00 Teleshopping
8.00 Homes Under the Hammer
10.00 Celebrity Antiques Road Trip
11.00 Antiques Road Trip
1.00pm Celebrity Fantasy Homes
2.00 Fantasy Homes by the Sea
3.00 French Collection: From a market in Sommieres.
4.00 DIY SOS: The Big Build: Double-bill, including: Nick Knowles and the team help a teenager in Worcestershire.

- 6.00 Celebrity Antiques Road Trip** With Sian Williams and Carol Kirkwood. (S)
7.00 Antiques Road Trip Double-bill, including: Christina Trevanion and Philip Serrell travel to Cumbria. (S)
9.00 Saving Lives at Sea A paraglider crashes at the bottom of cliffs.
10.00 Cops UK: Bodycam Squad Dan and Anna trail a driver who is refusing to stop. (S)

- 11.00** Helicopter ER: The team receives back-up from a squad of Army combat medics.
12.00m't Ghost Adventures
1.00am Most Haunted
2.00 Teleshopping
4.00 to 6.00am Antiques Road Trip: Double-bill.

TALKING PICTURES

Freeview 81

328 445 306

- 6.00am FILM** House of Blackmail
7.25 One Man, One Dog
7.40 FILM Police Dog (1955)
9.10 Glimpses...
9.30 FILM Where There's a Will
11.00 Richard Diamond (b/w)
11.30 FILM The Devil-Ship Pirates
1.15pm The New Lot
2.05 FILM A Man About the House: Drama. ★★★ (1947)
3.55 FILM Angels One Five
5.55 FILM I'm All Right, Jack: Comedy. ★★★ (1959)

- 8.00 Danger UXB** A bomb is found in a nightclub.
9.00 Special Branch New recruits Haggerty and Craven team up on a stakeout, but tensions rise as one blames the other for setbacks.
10.00 FILM **Peeping Tom** Psychological thriller about a psychopath who films his victims as he murders them. Stars Carl Boehm. ★★★ (1959) See *Films, pages 30-35*

- 12.00m't FILM** Station Six, Sahara: Romantic drama with Carroll Baker. (b/w) ★★ (1963)
2.00am FILM Danger Lights: Drama. (b/w) ★★ (1930)
3.30 They Also Serve
3.40 FILM Out of the Fog (1962)
5.00 to 6.00am Rooms

QUEST

Freeview 12 (HD 114 +176)

144 144 244 169 213 172 168

- 6.00am** How Do They Do It?
6.20 American Pickers: Best Of
7.10 Deadliest Catch
8.00 Gold Divers
9.00 Outback Truckers
10.00 Wheeler Dealers
11.00 Chasing Classic Cars
12.00noon American Pickers: Best Of **1.00pm** Railroad Alaska
2.00 Deadliest Catch
3.00 Gold Divers
4.00 Salvage Hunters
5.00 Outback Truckers

- 6.00 MotoGP Highlights** **New edition** The Grand Prix of Qatar at the Losail Circuit.
7.00 American Pickers: Best Of Mike and Frank's finest finds.
8.00 Salvage Hunters In Staffordshire. (S)
9.00 Outback Opal Hunters **New edition** Aaron Grotjahn and Col Duff reunite. (S)
10.00 Deadliest Catch A deckhand terrorises the *Time Bandit*. (S)

- 11.00** How Do They Do It?
12.00m't Wheeler Dealers: A Messerschmitt KR200.
1.00am Outback Truckers
2.00 American Chopper
3.00 Fantomworks
4.00 Dirty Jobs
5.00 to 6.00am How It's Made

(b/w) black and white (W) Widescreen (HD) High Definition

E4

Freeview 13 (+1 28)

135 **135** **235** **106** **145** **146** **122** **123**

6.00 am Hollyoaks (S)
7.00 How I Met Your Mother (S)
8.00 Baby Daddy (S)
9.00 Mike & Molly (S)
10.00 The Big Bang Theory (S)
11.00 The Goldbergs (S)
12.00 noon Brooklyn Nine-Nine (S)
1.00 pm The Big Bang Theory (S)
2.00 Baby Daddy: Double-bill, including: Ben decides to seek revenge. (S)
3.00 Mike & Molly: Double-bill. (S)
4.00 The Goldbergs: Double-bill. (S)
5.00 Brooklyn Nine-Nine (S)



7.30 Man with a Plan

6.00 The Big Bang Theory (S)
7.00 Hollyoaks **New episode** (S)
7.30 Man with a Plan **New episode** Adam's parents pay an unexpected visit. (S)
8.00 **NEW** First Dates Abroad Featuring 29-year-old electrician Daniel. (S)
9.00 Celebs Go Dating **New edition** Amy Childs and Liv Bentley double-date Jamie and Dom. (S)
10.00 The Sex Clinic **New edition** A man has an STI test. (S)
11.05 The Big Bang Theory: Howard's stag party leads to a problem. (S)
12.05 am Brooklyn Nine-Nine (S)
1.05 Celebs Go Dating (S)
2.10 First Dates Abroad (S)
3.05 The Sex Clinic (S)
4.00 The Big Bang Theory (S)
4.50 to 6.00am How I Met Your Mother

MORE4

Freeview 18 (+1 86)

136 **136** **236** **147** **195** **196** **124** **125**

8.55 am Kirstie's Vintage Gems (S)
9.15 A Place in the Sun: Winter Sun (S)
10.05 A Place in the Sun: Summer Sun (S)
11.05 Find It, Fix It, Flog It (S)
12.10 pm Find It, Fix It, Flog It (S)
1.15 Escape to the Chateau: DIY (S)
2.20 Four in a Bed: Back-to-back editions, including: The contest begins on the Isle of Wight. (S)
4.55 The Secret Life of the Zoo: The keepers encourage the otters to mate by introducing a male. (S)
5.55 Car S.O.S (S)



9.00 Car S.O.S

6.55 Escape to the Chateau: DIY Dick and Angel host a wedding for friends. (S)
7.55 Grand Designs Kevin McCloud meets a couple building a property on a plot in Lincolnshire. (S)
9.00 Car S.O.S **New edition** Tim and Fuzz restore a vintage Ford Model A. (S)
10.00 Sarah Millican: Control **Enthusiast** A stand-up performance, including topics such as road rage. (S)
11.05 24 Hours in A&E: A boy is brought in after being hit by a car. (S)
12.10 am 8 Out of 10 Cats Does Countdown: Sean Lock and Katherine Ryan take part. (S)
1.10 Car S.O.S (S)
2.10 24 Hours in A&E (S)
3.15 to 3.45am Food Unwrapped (S)

FILM4

Freeview 14 (+1 45)

313 **313** **314** **428** **429** **430** **300** **301**

11.00 am Millions Like Us: Propaganda drama starring Eric Portman. (b/w) (S) ★★★★★ (1943)
1.05 pm The Longest Day: Epic World War Two action drama with John Wayne. (b/w) (S) ★★★★★ (1962)
4.40 The Thirty Nine Steps: Screen version of John Buchan's classic adventure thriller, starring Robert Powell as a man who finds himself a fugitive after stumbling upon a conspiracy in pre-World War One England. (S) ★★★★★ (1978)



6.45 Now You See Me

6.45 Now You See Me Heist thriller with Jesse Eisenberg, Mark Ruffalo and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree. (W)(S) ★★★ (2013)
9.00 Taken Action thriller with Liam Neeson. An ex-spy draws upon his skills when his daughter is abducted. (S) ★★★★★ (2008)
10.50 Anthropoid World War Two drama starring Jamie Dornan. (S) ★★★★★ (2016)
1.10 to 3.00am The Bling Ring: Sofia Coppola's satirical fact-based tale with Katie Chang, Israel Broussard and Emma Watson. A gang of fame-obsessed LA teenagers begin breaking into the homes of celebrities, including Paris Hilton. (W)(S) ★★★★★ (2013)

HGTV

Freeview 42

158 **258** **279** **283** **166**

6.00 am Teleshopping
7.00 Homes Under the Hammer (S)
8.00 Bargain Hunt (S)
9.00 Flog It! (S)
11.00 Escape to the Country (S)
12.00 noon Escape to the Country (S)
1.00 pm A Place in the Sun (S)
2.00 A Place in the Sun: Winter Sun (S)
3.00 Flog It!: From Coventry. (S)
4.00 Homes Under the Hammer: Double-bill. Properties in Kent, Fife and London; and properties in Derby, London and Barnsley. (S)



8.00 Escape to the Country

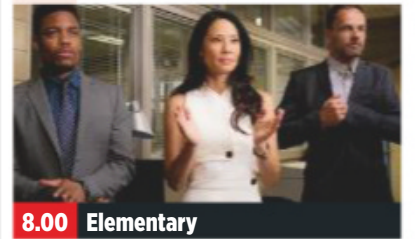
6.00 A Place in the Sun Potential buyers explore the Granada province of Spain. (S)
7.00 A Place in the Sun: Winter Sun A couple looks for a property in Florida. (S)
8.00 Escape to the Country Double-bill, including: A couple seeks a rural property in Norfolk. (S)
10.00 Extreme Makeover: Home Edition **New edition** Jesse Tyler Ferguson and the team renovate a teacher's home.
11.00 Fixer Upper: A couple dream of moving to the country.
12.00 m't Homes Under the Hammer: Homes in Derby and London. (S)
1.00 am Flog It! (S)
2.00 Hawaii Life (S)
3.00 Our House
4.00 to 6.00am Teleshopping

PICK

Freeview 11 (+1 97)

152 **252** **165** **144** **145**

6.00 am Teleshopping
7.00 Motorway Patrol (S)
8.00 Police Force: Australia (S)
9.00 Nothing to Declare (S)
10.00 Border Security: Canada's Front Line (S) **11.00** Road Wars (S)
11.30 Caught Red Handed (S)
1.00 pm Police Force: Australia (S)
2.00 Border Patrol (S)
3.00 Nothing to Declare (S)
4.00 Border Security: Canada's Front Line (S)
5.00 Stargate SG-1 (S)



8.00 Elementary

6.00 Star Trek: The Next Generation Data races to save a youngster life. (S)
7.00 Hawaii Five-0 A bomb-disposal squad is attacked. (S6, ep2) (S)
8.00 Elementary Seven leading names in the IT world are poisoned. (S5, ep6) (S)
9.00 Britain's Most Evil Killers David Heiss, who murdered a British student. (S)
10.00 Murders That Shocked the Nation Armin Meiwes. (S)
11.00 The Force: Essex: A taxi driver is beaten up by two drunk men. (S)
12.00 m't Banged Up Abroad (S)
1.00 am Road Wars (S)
2.00 Nothing to Declare (S)
3.00 Stop, Search, Seize (S)
4.00 Motorway Patrol (S)
5.00 to 6.00am Highway Patrol (S)

QUEST RED

Freeview 38 (+1 72)

149 **249** **170** **169** **170**

6.00am SYTTD **7.00** Bondi Vet
8.00 Animal Cops Phoenix
10.00 Money for Nothing **11.00** Forensic Detectives **12.00noon** Disappeared **2.00pm** Murder Comes to Town **3.00** Say Yes to the Dress: Australia **5.00** Say Yes: Wedding SOS **6.00** Money for Nothing **7.00** Posh Pawnbrokers
8.00 My 600lb Life: Where Are They Now? **9.00** Sister Wives
10.00 Curvy Brides Boutique
11.00 FBI Case Files **12.00m't** Forensic Detectives **1.00am** Crime Stories **2.00** Murder Comes to Town **3.00** FBI Files
3.50 Animal Cops Phoenix **4.40** Bondi Vet **5.30 to 6.00am** SYTTD

FOOD NETWORK

Freeview 41

140 **240** **278** **148** **149**

6.00am See 3pm **6.30** See 3.30pm
7.00 Giada at Home **9.00** See 4pm **11.00** Barefoot Contessa...
12.00noon See 8pm **1.00pm** Nigel and Adam's... **2.00** James Martin: Yorkshire's... **2.30** James Martin's Brittany **3.00** Jamie's 30 Minute Meals **3.30** 30 Minute Meals **4.00** Pioneer Woman
6.00 James Martin: Delicious **7.00** Gordon Ramsay's Ultimate...
8.00 Hairy Bikers' Food Tour...
9.00 Gino D'Acampo: An Italian...
10.00 James Martin: Home...
11.00 Mystery Diners **12.00m't** Diners, Drive-Ins... **2.00am** As 11.00pm **3.00 to 6.00am** Shop

CBS JUSTICE

Freeview 39 (+1 69)

148 **192** **137**

6.00am Teleshopping **9.00** Diagnosis Murder **11.00** Matlock
12.00noon Perry Mason **1.05pm** Walker, Texas Ranger **2.05** CSI: Miami (S2, ep5) **3.00** NCIS (S7, ep22) **4.00** NCIS: Los Angeles (S2, ep15) **5.00** Matlock **6.00** Perry Mason (S9, ep19) **7.05** Scorpion (S3, ep24) **8.00** Walker, Texas Ranger (S7, ep25)
9.00 NCIS: An Afghan woman is murdered. (S11, ep4) **10.00** NCIS: Los Angeles (S2, ep16) **11.00** Scorpion **12.00m't** CSI: Miami (S2, ep6) **1.00am** NCIS (S11, ep4) **2.00** Gunsmoke **3.05** Bonanza (The Lost Episodes) **4.50 to 6.00am** Mission: Impossible

CBS REALITY

Freeview 66 (+1 67)

146 **246** **148** **201** **135** **136**

6.00am Teleshopping **9.00** Judge Judy: Back-to-back editions.
7.00pm Medical Detectives: Double-bill. **8.00** 48 Hours: Mystery: A wealthy lawyer shoots his wife. **9.00** Cold Blood: Reconstructions of murder investigations.
10.00 Cold Justice: Kelly and Steve head to Oregon to help solve the murder of a young man. **11.00** Killer Doctors on Death Row
12.00m't Snapped: Killer Couples **1.00am** Cold Blood **2.00** Cold Justice **3.00** I Survived
3.45 Unsolved Mysteries **5.10 to 6.00am** Bondi Rescue

SONY MOVIES

Freeview 32

321 **322** **425** **302**

6.00am Teleshopping **9.00** Maternal Obsession ★★ (2010) **10.55** Stolen Dreams ★★ (2016) **1.00pm** Abducted Love ★★ (2016) **2.55** The Bad Twin ★★ (2016) **6.00** Sony Movie News Extra **6.05** Rat Race: Comedy. ★★ (2001)
7.10 Are We Done Yet?: Comedy sequel. ★★ (2007)
9.00 Pitch Black: Sci-fi horror with Vin Diesel. ★★★ (1999)
11.10 Bunraku: Action adventure starring Josh Hartnett. ★★★ (2010) **1.40am** Halo 4: Forward Unto Dawn ★★ (2012)
3.25 to 4.20am A League of Their Own ★★★★★ (1992)

SONY CLASSIC

Freeview 50

319 **320** **424** **303** **304**

6.00am Journey into Fear (b/w) ★★★★★ (1942) **7.25** Convicted (b/w) ★★ (1950) **9.20** Footsteps in the Fog ★★ (1955) **11.10** Loss of Innocence ★★ (1967) **1.20pm** Gandhi ★★★★★ (1982) **5.05** The Wild One (b/w) ★★ (1953)
6.45 On the Waterfront (b/w) ★★★★★ (1954) **9.00** Play Misty for Me: Thriller. ★★★★★ (1977) **11.10** Eyes of Laura Mars ★★ (1978) **1.10am** Twice a Judas ★★ (1969) **3.00** Mayflower: Pilgrims' Adventure ★ (1979) **4.35 to 6.00am** Machine Gun Kelly ★★ (1958)

SONY CHANNEL

Freeview 48

157 **257** **189** **220** **142** **152**

6.00am Sony Movie News Extra
6.10 The Waltons **7.10** Hart to Hart **9.10** Days of Our Lives
10.00 Hart to Hart **11.00** Charlie's Angels **12.00noon** Starsky & Hutch **1.00pm** T.J. Hooker **2.00** Hart to Hart
4.00 Murder, She Wrote **6.00** Charlie's Angels: Jill poses as a centrefold. **7.00** M*A*S*H: Back-to-back episodes. **9.00** Classic Who Wants to Be a Millionaire?: Back-to-back editions. **1.00am** M*A*S*H **2.00** Charlie's Angels **3.00** M*A*S*H **3.30** The Waltons **4.20** Touched by an Angel **5.10 to 6.00am** Highway to Heaven

PARAMOUNT NET.

Freeview 31

150 **250** **187** **150** **132**

6.00am Teleshopping **9.00** The A-Team **11.00** Knight Rider
1.00pm Police Interceptors **3.00** Traffic Cops **5.00** The A-Team
7.00 Police Interceptors **8.00** Trucking Hell **9.00** Yellowstone
10.00 FILM Red Heat: Thriller with Arnold Schwarzenegger and James Belushi. A Soviet policeman and a wisecracking Chicago cop team up to track down a drug dealer. ★★ (1988) **12.15am** Spartacus: War of the Damned **1.25** Airwolf **3.20** The X-Files **4.50** Knight Rider **5.35 to 6.00am** Criminals: Caught on Camera

CHALLENGE

Freeview 46

151 **251** **164** **230** **146** **147**

6.00am Teleshopping **7.00** Catchphrase **7.30** Deal or No Deal **9.00** The Chase **10.00** Dale's Supermarket Sweep
11.00 Bruce's Price Is Right **12.00noon** Wheel of Fortune
1.00pm Catchphrase **2.00** Family Fortunes **2.30** All Star Family Fortunes **4.00** Bullseye
5.00 Golden Balls **6.00** Weakest Link **7.00** Pointless **8.00** Impossible **9.00** The Chase
10.00 Who Wants to Be a Millionaire? **11.00** Bullseye: Double-bill. **12.00m't** Classic Who Wants to Be a Millionaire?
1.00am The Chase **4.00 to 6.00am** Deal or No Deal

DRAMA

Freeview 20

143 **243** **130** **226** **158**

6.00am Teleshopping **7.10** Soldier, Soldier **9.00** The Bill **10.00** Classic Holby City **11.00** Classic Casualty **12.00noon** The Bill
1.00pm Classic EastEnders **2.20** London's Burning **3.20** Monarch of the Glen **4.20** Bergerac
5.25 Bread **6.00** Hi-de-Hi! **6.40** As Time Goes By **7.20** Last of the Summer Wine **8.00** Dalziel & Pascoe **10.00** New Tricks: Sandra loses her trust in the team when she discovers they have withheld information.
11.20 Waking the Dead **1.55am** The Bill **2.55** London's Burning
4.00 to 6.00am Teleshopping

DAVE

Freeview 19 (+1 79)

111 **211** **127** **227** **131** **157**

6.00am Teleshopping **7.10** Eat Your Heart Out with Nick Helm
8.00 American Pickers **9.00** Storage Hunters UK **10.00** American Pickers **12.00noon** Timber Kings **1.00pm** Top Gear
2.00 Border Force: America's Gatekeepers **3.00** Scrapyard Supercar **4.00** Top Gear **6.00** Taskmaster **7.00** Room 101 **8.20** Have I Got a Bit More News for You **9.20** QI **10.00** Room 101
10.40 Meet the Richardsons
11.20 Mock the Week **12.00m't** Taskmaster **1.00am** As 8.20pm
2.00 QI **2.40** Go 8 Bit: DLC
3.30 The Indestructibles **4.00 to 6.00am** Teleshopping

4SEVEN

Freeview 47 (HD 110)

137 **143** **203** **127**

9.00am Posh Pawn **10.00** Find It, Fix It, Flog It **11.00** Come Dine with Me **12.00noon** A Place in the Sun **1.00pm** Undercover Boss... **2.00** See 7.00pm **3.00** Everybody Loves... **4.00** Frasier
5.00 A Place in the Sun **6.00** A New Life in the Sun: Where...?
7.00 Ramsay's Kitchen Nightmares USA **8.00** The Great Pottery Throw Down **9.00** FILM Passengers (2016) **11.20** Gogglebox **12.20am** 24 Hours in A&E **1.25** Dispatches **1.55** Food Unwrapped **2.30** Nightmare Cruises... **3.35** As 6.00pm
4.35 to 5.05am Four in a Bed

SKY & VIRGIN

SKY HD +1 **VIRGIN HD +1** **FREESAT HD +1** **BT HD +1**

SKY ONE

106 106 206 110 109

6.00am Monkey Life (S)
7.00 RSPCA Animal Rescue (S)
8.00 The Dog Whisperer
9.00 Stop, Search, Seize (S)
10.00 Highway Patrol (S)
11.00 NCIS: Los Angeles (S)
1.00pm Hawaii Five-0: Double-bill. (S)
3.00 MacGyver: The LAPD interrupts the team's Christmas celebration to arrest Angus. (S2, ep11) (S)
4.00 Modern Family: Double-bill. (S)
5.00 The Simpsons (S)
5.30 Futurama (S)


9.00 Jack Reacher

6.00 **Futurama** Fry is beamed aboard a spaceship. (S)
6.30 **The Simpsons** Triple-bill, including: Selma flies to China to adopt a baby. (S)
8.00 **Flintoff: Lord of the Fries** Andrew Flintoff and Rob Penn take a look around the west country. (S)
9.00 **FILM** **Jack Reacher** Action thriller starring Tom Cruise. Former military cop Jack Reacher uncovers a strange murderous conspiracy after the police arrest an ex-army sniper. (S) ★★★ (2012)

11.25 The Trip to Greece: Comedy starring Steve Coogan and Rob Brydon.
12.35am Avenue 5 (S)
1.10 Strike Back: Vendetta (S)
2.10 A League of Their Own (S)
3.10 Jett (S)
4.30 Stop, Search, Seize (S)
5.30 to 6.00am Futurama (S)

SKY ATLANTIC

108 108 208

6.00am The Guest Wing (S)
7.00 Without a Trace (S)
10.00 The West Wing (S)
12.00noon Blue Bloods (S2, ep10) (S)
1.00pm CSI (S6, ep4) (S)
2.00 The West Wing: Double-bill. (S)
4.00 Without a Trace: Double-bill. The team investigates after a psychic goes missing. (S3, ep19); and the team looks into the disappearance of a teenager, discovering she was obsessed with obtaining justice for an unsolved murder. (S3, ep20) (S)


10.05 The End

6.00 **Without a Trace** The team help when Danny's brother disappears. (S2, ep11) (S)
7.00 **CSI: Crime Scene Investigation** (S6, ep5)
8.00 **Blue Bloods** Danny and Jackie look into a shooting at a diner. (S2, ep11) (S)
9.00 **The Outsider** The group has a showdown. (S1, ep10)
10.05 **The End** **New episode** A hard decision gives Edie a new lease of life. (S1, ep5)
10.40 **True Blood** Jessica's transformation to a vampire is completed. (S1, ep11) (S)

11.50 True Blood: The true identity of the serial killer is revealed. (S)
1.00am The L Word: Generation Q: Bette begins to feel guilty about the lies she has told Angie. (S)
2.10 Oz
3.25 Californication (S)
4.00 to 6.00am The West Wing (S)

SKY WITNESS

107 107 207 112 111 180

6.00am Nothing to Declare (S)
8.00 The Real A & E (S)
9.00 Blue Bloods (S7, ep10) (S)
10.00 Criminal Minds (S12, ep6) (S)
11.00 CSI: Crime Scene Investigation (S)
12.00noon Elementary (S6, ep12) (S)
1.00pm Blue Bloods (S7, ep11) (S)
2.00 Law & Order (S12, ep12)
3.00 The Real A & E: Double-bill. (S)
4.00 Stop, Search, Seize (S)
5.00 Nothing to Declare: Double-bill, including: Following the work of customs officers in Australia.


10.00 Blue Bloods

6.00 **Nothing to Declare** Back-to-back editions.
8.00 **Ghost Whisperer** Melinda gets transported to a jungle by a spirit. (S2, ep11) (S)
9.00 **Criminal Minds** **New episode** The BAU team heads to Illinois to uncover the truth behind a string of fatal shootings which may be the work of a copycat killer. (S15, ep5)
10.00 **Blue Bloods** **New episode** Danny and Baez turn to a former mobster for help with a case. (S10, ep2)

11.00 Law & Order: Special Victims Unit: Amaro is targeted. (S15, ep24)
12.00m't CSI: Crime Scene Investigation
1.00am The Good Doctor
2.00 Law & Order: Special Victims Unit
3.00 Blue Bloods (S)
4.00 Ghost Whisperer (S)
5.00 to 6.00am Shades of Blue

GOLD

110 110 210 124 194 310

6.00am Teleshopping **7.25** The Piglet Files **7.50** As Time Goes By (S)
8.25 The Good Life (S)
9.00 Porridge (S)
9.40 Hi-de-Hi! (S)
10.20 Last of the Summer Wine (S)
12.20pm Keeping Up Appearances
1.00 Porridge (S)
1.40 Hi-de-Hi! (S)
2.20 The Good Life (S)
3.00 Keeping Up Appearances
3.40 Dad's Army (S)
4.20 Last of the Summer Wine (S)


9.00 Gavin & Stacey

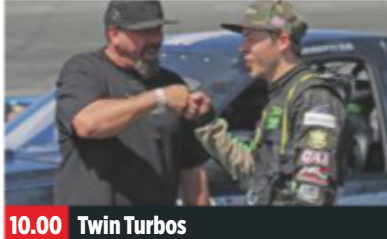
6.20 **The Good Life** Margo tries to master pottery. (S)
7.00 **Porridge** The inmates stage a mock trial. (S)
7.40 **Dad's Army** Double-bill. The platoon is selected to appear in an army training film; and Pike receives his call-up papers. (S)
9.00 **Gavin & Stacey** First episode of the comedy. (S)
9.40 **Mrs Brown's Boys** Agnes goes on a diet. (S)
10.20 **Live at the Apollo** Lee Mack introduces sets by Rich Hall and Danny Bhoj. (S)

11.20 Sandylands: 1 of 3. Comedy drama starring Natalie Dew, David Walliams and Sanjeev Bhaskar.
12.00m't Peep Show: Double-bill. (S)
1.10am Gavin & Stacey (S)
1.50 Live at the Apollo (S)
2.40 Peep Show (S)
4.00 to 6.00am Teleshopping

DISCOVERY

125 125 225 250 258

6.00am Combat Dealers (S)
7.00 Tony Robinson's World War One
8.00 Kindig Customs (S)
9.00 Jeremy Wade's Dark Waters (S)
10.00 Nasa's Unexplained Files (S)
11.00 Fast N' Loud (S) **12.00noon** Gold Rush: Dave Turin's Lost Mine (S)
1.00pm Alaska: The Last Frontier (S)
2.00 Combat Dealers (S)
3.00 World War Two: The Complete History (S)
4.00 Building Off the Grid (S)
5.00 Wheeler Dealers (S)


10.00 Twin Turbos

6.00 **Fast N' Loud** (S)
7.00 **Outback Truckers** Johnny makes a difficult journey down an uneven road. (S)
8.00 **Texas Metal** **New edition** A client requests a last-minute engine swap on the 1950 Ford F5 COE build.
9.00 **Wheeler Dealers** **New edition** Mike tracks down a Volvo Amazon 122 with a rally heritage. (S)
10.00 **Twin Turbos** **New edition** Doug and Brad have just 45 days to finish their race truck prototype. (S)

11.00 Dirty Mudder Truckers **New edition** The Dirty 7 prepares for a rematch.
12.00m't Wheeler Dealers (S)
1.00am Twin Turbos (S)
2.00 Deadliest Catch (S)
3.00 Wheeler Dealers (S)
3.50 Kindig Customs (S)
5.30 to 6.00am How It's Made (S)

W

109 109 209 125 211 190

6.10am MasterChef Australia **7.00** My Dream Home **8.00** Tipping Point **10.00** The Bill **11.00** Supernanny US **12.00noon** Tipping Point **2.00pm** My Dream Home **5.00** Tipping Point **7.00** **NEW** Property Brothers: Forever Home **See Highlights**
8.00 The Wedding Fixer **9.00** One Born Every Minute **10.00** One Born: What Happened Next? **11.00** Inside the Ambulance **12.00m't** One Born Every Minute **1.00am** Emily Atack: Adulthood **1.50** Code Black **2.35** Renovate My Home: Leave It to Bryan **3.00 to 6.10am** Teleshopping

ALIBI

132 132 232 126 212 191

6.00am Teleshopping **7.10** Murdoch Mysteries **10.00** The Guardian **11.00** Sue Thomas: F.B.Eye **12.00noon** Major Crimes **1.00pm** Rush **3.00** Murdoch Mysteries **6.00** Major Crimes (S4, ep3)
7.00 Motive: Double-bill. **9.00** Murdoch Mysteries: A woman is critically injured in a fall, and Murdoch suspects her family. (S13, ep9) **10.00** Ms Fisher's Modern Murder Mysteries: Peregrine investigates a murder at a cookery school. **11.00** New Tricks **12.20am** Murdoch Mysteries **1.20** Bite Club **4.00 to 6.00am** Teleshopping

SKY COMEDY

113 113 122 121

6.00am Teleshopping **6.30** Teleshopping **8.00** Everybody Hates Chris **9.00** Parks and Recreation **10.30** 30 Rock **12.00noon** The Mindy Project **1.30pm** Modern Family **2.30** Everybody Hates Chris **3.30** Parks and Recreation **5.00** 30 Rock **6.30** Modern Family **7.30** The Mindy Project **9.00** Miracle Workers **9.30** A.P. Bio **10.00** Last Week Tonight with John Oliver **10.35** Real Time with Bill Maher **11.45** Bill Maher: The Decider **12.55am** Entourage **1.25** Silicon Valley **2.00** Veep **2.35** Girls **3.45** 30 Rock **5.00 to 6.00am** Teleshopping

SYFY

114 114 214 138 137 229

6.00am Warehouse 13 **7.00** Merlin **8.00** Teleshopping **11.00** Stargate Atlantis **1.00pm** Star Trek: Voyager **3.00** Star Trek: The Next Generation **5.00** Star Trek: Deep Space Nine **7.00** Warehouse 13 (S2, ep3)
8.00 Merlin (S2, ep3) **9.00** Westworld: Double-bill, including: The Man in Black confronts memories from his troubled past. (S2, ep9) **11.20** **FILM** Final Recall: Thriller starring Wesley Snipes. ★ (2017) **1.20am** The Twilight Zone **2.30** Future Man **3.00** Star Trek: Deep Space Nine **5.00 to 6.00am** Star Trek: Voyager

HISTORY

130 130 230 270 271

6.00am American Pickers **8.00** Pawn Stars **9.00** Lost Worlds **10.00** Storage Wars **11.00** Britain's Greatest Bridges **12.00noon** River Hunters **1.00pm** Forged in Fire **2.00** American Pickers **3.00** Storage Wars **5.00** Pawn Stars **6.00** Forged in Fire **7.00** American Pickers **8.00** Britain's Greatest Bridges: The Humber Bridge. **9.00** Uncharted Mysteries **10.00** True Monsters **11.00** Storage Wars: Double-bill. **12.00m't** Conspiracy **1.00am** Britain's Greatest Bridges **2.00** Forged in Fire **3.00** River Hunters **4.00 to 6.00am** Storage Wars

ANIMAL PLANET

162 162 262 251 259

6.00am The Zoo: San Diego **7.00** Treehouse Masters: Out... **8.00** See 11.00pm **10.00** AC Phoenix **12.00noon** Dark Waters **1.00pm** My Cat from Hell **2.00** See 9.00pm **3.00** The Vet Life **5.00** Crikey! It's the Irwins **6.00** Bondi Vet... **7.00** AC Detroit **8.00** Swimming with Monsters... **9.00** After the Attack **10.00** AC San Francisco **11.00** Pit Bulls & Parolees **12.00m't** I Survived an Animal Attack **1.00am** AC Detroit **2.00** As 8.00pm **3.00** As 10.00pm **3.50** As 5.00pm **4.40** Nature's Strangest Mysteries: Solved **5.10 to 6.00am** My Cat from Hell

SKY ARTS

122 122 123 156

6.00am La Traviata **8.30** See 1.30pm **9.00** Originals **9.30** Auction **10.00** See 4.00pm **11.00** Alan Rickman **12.00noon** Marlene Dietrich **1.00pm** Originals **1.30** Watercolour Challenge **2.00** Katherine Jenkins Live... **4.00** Tales of the Unexpected **5.00** Grace Kelly **6.00** Lauren Bacall **7.00** Berlioz:... **9.00** Hollywood Couples **10.00** Portrait Artist of the Year **11.00** Mystery of the Lost Paintings **12.00m't** Comedy Legends **1.00am** The Nineties **2.00** Passions **3.00** The History of Comedy **4.00** Grace Kelly **5.00 to 6.00am** Lauren

FOX

124 124 224 157 199 158

8.00am Republic of Doyle **9.00** Bones (S2, ep8) **10.00** Bull **11.00** NCIS (S12, ep21) **12.00noon** Bones **2.00pm** The Mentalist (S7, ep8) **3.00** NCIS (S12, ep22) **4.00** Bull **5.00** Bones (S2, ep11) **6.00** The Mentalist (S7, ep9) **7.00** NCIS: Double-bill. **9.00** The Walking Dead: The Whisperers are coming for Hilltop. (S10, ep11) **10.00** Talking Dead **11.00** American Dad!: Double-bill. **12.00m't** Family Guy **1.00am** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic of Doyle **5.00 to 8.00am** Teleshopping

TLC

133 133 233 167 169

6.00am SYtTD: Bridesmaids **8.00** SYtTD: UK **9.00** Say Yes to the Dress **10.00** Curvy Brides Boutique **11.00** SYtTD Canada **12.00noon** SYtTD: Atlanta **2.00pm** Dr Pimple Popper **3.00** Sister Wives **4.00** Say Yes to the Dress Canada **5.00** Curvy Brides Boutique **6.00** Say Yes to the Dress **7.00** I Am Jazz **8.00** SYtTD: America **9.00** Gypsy Brides US **10.00** Say Yes to the Dress **11.00** Dr Pimple Popper **12.00m't** Say Yes to the Dress: America **1.00am** Gypsy Brides US **2.00** Say Yes to the Dress **3.00** Dr Pimple Popper **4.00 to 6.00am** SYtTD: Atlanta

CI

156 156 256 209 222

6.00am The First 48 **8.00** See 7.00pm **10.00** See 4.00pm **11.00** See 5.00pm **12.00noon** Crimes That Shook Britain **1.00pm** Nightmare in Suburbia **2.00** I Lived with a Killer **3.00** See 7.00pm **4.00** Unusual Suspects **5.00** Homicide: Hours to Kill **6.00** The First 48 **7.00** Homicide Hunter **8.00** Fear Thy Neighbour **9.00** Making a Monster **10.00** Murotown **11.00** As 7.00pm **12.00m't** Britain's Darkest Taboos **1.00am** Making a Monster **2.00** The First 48 **3.00** I Lived with a Killer **4.00** Homicide: Hours to Kill **5.00 to 6.00am** As 8.00pm

NAT GEO

129 129 229 266 268 267

8.00am Inside the Nazi Mega Bunker **9.00** Buried Secrets of WWII **10.00** Lost Cities with Albert Lin **11.00** Sunken Treasures Revealed: Drain the Ocean **12.00noon** Car S.O.S **2.00pm** Wicked Tuna **3.00** Ice Road Rescue **4.00** See 9.00pm **6.00** Car S.O.S **8.00** Apocalypse: Cold War **9.00** Air Crash Investigation **10.00** Brain Games **11.00** Air Crash Investigation **12.00m't** Alaska State Troopers **1.00am** Airport Security: Peru **2.00** Ultimate Airport Dubai **3.00** Air Crash Investigation: Special Report **4.00 to 5.00am** As 9.00pm

SKY CRIME

121 121 221 136 135 207

6.00am Motorway Patrol **7.00** Highway Cops **8.00** See 3.00pm **9.00** Send in the Dogs **10.00** Road Wars **11.00** Brit Cops: Frontline... **12.00noon** Highway Cops **1.00pm** A Lie to Die For **2.00** Killer Colleagues **3.00** Border Security: Canada's... **4.00** Road Wars **5.00** Brit Cops: Rapid... **6.00** Send in the Dogs **7.00** Snapped **8.00** A Lie to Die For **9.00** Killer Lovers **10.00** Snapped **11.00** World's Most Evil Killers **12.00m't** Murders That Shocked... **1.00am** As 11.00pm **2.00** Snapped **3.00** Murder Calls **4.00** As 5.00pm **5.00 to 6.00am** As 6.00am

SKY CINEMA
PREMIERE

301 301 312 401 412 501

6.00am Straight Up: Romantic comedy. ★★★ (2019) **7.45** Killers Anonymous: Crime mystery thriller starring Gary Oldman. ★ (2019) **9.30** UFO: Sci-fi action thriller starring Gillian Anderson. ★★★ (2018) **11.15** See 6.15pm **1.00pm** See 8.00pm **2.45** See 9.45pm **4.30** See 11.30pm **6.15** This Changes Everything: Documentary. ★★★ (2018)

**9.45** Doom Annihilation

8.00 Brightburn: Horror starring Elizabeth Banks. ★★★ (2019) **9.45** Doom: Annihilation: Fantasy adventure. ★★ (2019) **11.30** We Die Young: Drama. ★★ (2019) **1.15am** Hell Is Where the Home Is ★★ (2018) **2.45** Mapplethorpe: Biopic. ★★ (2018) **4.30** The Hurricane Heist: The Eye of the Storm **5.00 to 6.00am** Special

SKY CINEMA
ACTION

311 311 407 507

6.00am See 1.00pm **8.00** See 11.45pm **10.45** See 7.15pm **1.00pm** Samson ★ (2017) **3.00** See 9.30pm **5.15** Highlander: With Christopher Lambert. ★★★★★ (1986) **7.15** King Arthur: With Clive Owen. ★★★ (2004) **9.30** Van Helsing: With Hugh Jackman. ★★★ (2004) **11.45** The Last Samurai: With Tom Cruise. ★★★★★ (2003) **2.30am** Machete ★★ (2010) **4.20 to 6.00am** Angel Flight Down ★★ (1996)

SKY CINEMA
GREATS

304 304 404 504

6.00am The Ladykillers ★★★★★ (1955) **7.40** See 4.45am **9.50** Rear Window ★★★★★ (1954) **11.50** See 8.00pm **2.10pm** The Bourne Identity ★★★★★ (2002) **4.10** King Ralph ★ (1991) **5.50** An Officer and a Gentleman ★★★★★ (1981) **8.00** The Rock ★★★★★ (1996) **10.20** Lethal Weapon ★★★★★ (1987) **12.20am** Good Morning, Vietnam ★★★★★ (1987) **2.30** Se7en (1995) **4.45 to 7.00am** Chariots of Fire (1981)

SKY CINEMA
MONSTERS

307 307 411 511

6.20am See 3.50pm **9.35** See 7.00pm **11.35** See 9.00pm **1.35pm** See 11.00pm **3.50** King Kong: Fantasy. ★★★★★ (2005) **7.00** Rampage: Fantasy starring Dwayne Johnson. ★★★ (2018) **9.00** The Meg: Thriller starring Jason Statham. ★★★ (2018) **11.00** Jaws: Thriller starring Roy Scheider. ★★★★★ (1975) **1.10am** Book of Monsters ★★★★★ (2018) **2.40** Marabunta ★ (1998) **4.20 to 6.00am** Monster Family ★★ (2017)

SKY CINEMA
COMEDY

308 308 408 508

7.25am Most Likely to Murder ★★ (2018) **9.10** I Want Candy: With Carmen Electra. ★★ (2007) **10.50** See 1.20am **12.30pm** See 3.05am **2.40** See 11.45pm **4.20** Step Brothers: With Will Ferrell. ★★★★★ (2008) **6.20** Holmes & Watson: With Will Ferrell. ★ (2018) **8.00** Anchorman: The Legend of Ron Burgundy: With Will Ferrell. ★★★★★ (2004)

**8.00** Anchorman: The Legend...

9.45 The Other Guys: With Will Ferrell. ★★★★★ (2010) **11.45** Zoolander: With Ben Stiller. ★★★★★ (2001) **1.20am** Better Start Running: With Analeigh Tipton. ★★ (2018) **3.05** Talladega Nights: The Ballad of Ricky Bobby: With Will Ferrell. ★★★★★ (2006) **5.10 to 7.15am** Grease 2: With Michelle Pfeiffer. ★ (1982)

SKY CINEMA
DRAMA

310 310 410 510

6.00am See 4.00am **8.00** See 2.00am **10.00** See 6.00pm **12.00noon** See 8.00pm **2.40pm** See 10.40pm **4.35** Motherhood ★★★★★ (2017) **6.00** Boy Erased: Starring Lucas Hedges. ★★ (2018) **8.00** The Firm: Starring Tom Cruise. ★★★★★ (1993) **10.40** American Woman: With Sienna Miller. ★★★★★ (2018) **12.35am** As 4.35pm **2.00** The Pursuit of Happyness ★★ (2006) **4.00 to 6.00am** Father Goose ★★ (1964)

SKY CINEMA
HITS

303 303 403 503

7.15am Charlie's Angels (2000) **9.00** See 4.35am **10.45** Forgetting Sarah Marshall ★★★★★ (2008) **12.45pm** See 9.00pm **2.50** See 11.00pm **5.00** Night School ★★ (2018) **7.00** The 40 Year Old Virgin ★★★★★ (2005) **9.00** The Favourite ★★★★★ (2018) **11.00** Mary Queen of Scots ★★ (2018) **1.10am** Happy Death Day 2U ★★★★★ (2019) **2.55** The First Purge ★★ (2018) **4.35 to 6.20am** Isle of Dogs ★★★★★ (2018)

SKY CINEMA
SUPERHERO

302 302 402 502

7.00am Batman ★★ (1966) **8.55** See 5.00am **10.00** See 6.15pm **11.45** See 8.00pm **2.05pm** See 2.55am **4.15** Ghost Rider ★★ (2006) **6.15** Hancock: Action comedy. ★★ (2008) **8.00** Shazam! Comedy. ★★★★★ (2019) **10.15** Watchmen: Fantasy. ★★★★★ (2009) **1.00am** As 4.15pm **2.55** The Green Hornet ★★ (2011) **5.00 to 6.00am** Lego DC Comics Super Heroes: Justice League vs Bizarro League ★★ (2015)

SKY CINEMA
FAMILY

306 306 406 506

6.25am See 11.50pm **8.25** How to Train Your Dragon: Homecoming **8.55** See 6.25pm **10.30** Planes ★★ (2013) **12.10pm** See 8.00pm **2.10** Open Season: Animated comedy. ★★★★★ (2006) **3.40** Open Season 2 ★★★★★ (2008) **5.05** Open Season 3 ★★★★★ (2010) **6.25** The Pirates! In an Adventure with Scientists ★★★★★ (2012)

**2.10** Open Season

8.00 Spider-Man: Into the Spider-Verse: Animated adventure. ★★★★★ (2018) **10.00** Nanny McPhee: Period fantasy. ★★★★★ (2004) **11.50** Nanny McPhee & The Big Bang: Fantasy comedy. ★★ (2010) **1.50am** Pete's Dragon: Musical fantasy. ★★ (1977) **3.45 to 6.00am** Annie: Musical drama. ★★ (1982)

SKY CINEMA
DISNEY

305 305 405 505

6.40am Bedknobs and Broomsticks (1971) **8.40** See 4.15pm **10.25** See 6.00pm **12.25pm** See 8.00pm **2.40** See 10.15pm **4.05** Presto (2008) **4.15** The Princess and the Frog (2009) **6.00** Dumbo (2019) **8.00** Mary Poppins Returns ★★★★★ (2018) **10.15** Jungle Book ★★★★★ (1967) **11.40** The Game Plan (2007) **1.40am** Hercules (1997) **3.25** Return to Oz (1985) **5.25 to 7.10am** Atlantis: The Lost Empire (2001)

SKY CINEMA
THRILLER

309 309 409 509

6.00am See 5.15pm **7.35** Marnie ★★ (1964) **9.50** See 6.50pm **12.00noon** See 9.00pm **1.45pm** Vault ★★ (2019) **3.30** Miss Bala ★★ (2019) **5.15** Gemini ★★★★★ (2017) **6.50** Widows: Thriller. ★★★★★ (2018) **9.00** Salt: Action thriller. ★★ (2010) **10.45** The Recruit: Thriller. ★★ (2003) **12.45am** Feedback ★★ (2019) **2.30** Thoroughbreds ★★★★★ (2017) **4.15 to 6.00am** Deep Family Secrets ★★ (1997)

TCM MOVIES

315 316 415 416 417 512

7.30am How the West Was Won ★★ (1962) **10.35** Bad Man from Red Butte (b/w) ★★ (1940) **11.50** Colt. 45 ★★ (1950) **1.30pm** The Towering Inferno ★★ (1974) **4.50** Sahara (b/w) ★★ (1943) **6.50** Return of the Gunfighter: Western drama. ★★ (1966) **9.00** Shootout ★★ (1971) **11.05** Dog Day Afternoon ★★★★★ (1975) **1.45am** Excessive Force II: Force on Force ★★ (1995) **3.30** Hollywood's Best Directors **4.30 to 6.30am** Close Up

SKY SPORTS
MAIN EVENT

401 401 511 501 402

6.00am Good Morning Sports Fans Bitesize **7.00** Good Morning Sports Fans Including news and views on today's early stories and a look at the back pages. **10.00** Football Centre A round-up of the latest news. **11.30** Ref Watch **12.00noon** Sky Sports News **5.00pm** Sky Sports News at 5 **6.00** Sky Sports News at 6 **6.30** PGA Tour Golf **7.00** **LIVE** MNF Leicester City v Aston Villa: The Premier League clash from King Power Stadium (kick-off 8.00). **11.00** NBA: The Warm Up A look ahead to tonight's fixtures. **12.00m't** to **6.00am** Sky Sports News

SKY SPORTS
CRICKET

404 404 514 504

6.00am Greatest Games **7.00** Best of England v Australia **7.50** Ashes Greats **8.00** Greatest Games **9.00** How The 2003 ICC World Cup Was Won **12.00noon** Women's ICC World T20 Cricket **1.00pm** Best of England v Australia **1.50** Ashes Greats **2.00** Women's ICC World T20 **3.00** How The 2003 ICC World Cup Was Won **6.00** Women's ICC World T20 **10.00** How The 2003 ICC World Cup Was Won **1.00am** Best of England v Australia **1.50** Ashes Greats **2.00** Greatest Games **3.00** Best of England v Australia **3.50** Ashes Greats **4.00 to 6.00am** Highlights

SKY SPORTS
ARENA

408 408 518 508

6.00am Sporting Greats **7.00** Super League Gold **8.00** Sporting Greats **9.00** Sporting Records **10.00** Boxing Gold **11.00** Super League Gold **12.00noon** Sporting Greats **2.00pm** NBA Classic Games **4.00** Sporting Greats **4.30** Betfred Super League **4.45** Netball Superleague **6.45** **LIVE** Netball Superleague London Pulse v Celtic Dragons. **8.45** NBA GameTime **9.15** NBA **11.00** NBA: The Warm Up **12.00m't** NBA Classic Games **1.00am** Sporting Records **2.00** Super League Gold **3.00** Sporting Records **4.00 to 6.00am** Highlights

BT SPORT 1

413 413 527 408 430

6.00am UEFA Magazines **7.00** WWE SmackDown **8.00** WWE NXT UK **9.00** PL Review **10.00** Premier League **11.30** Vanarama National League **1.30pm** PL Review **2.30** PL World **3.30** PL World **14.00** WWE Raw **6.00** PL Review **7.00** SPFL **7.15** Early Kick-Off **7.30** **LIVE** Bundesliga 2 VfB Stuttgart v Arminia Bielefeld: (kick-off 7.30). **9.30** Bundesliga Highlights Show **10.30** PL World **11.00** WWE Raw **12.00m't** WWE SmackDown **1.00am** **LIVE** WWE Monday Night Raw **4.15** Early Kick-Off **4.30** SPFL **4.45** BT Sport Goals Reload **5.00 to 6.00am** Hyundai A-League

SKY SPORTS
PREMIER LEAGUE

402 402 512 502

6.00am PL Greatest Games **7.00** PL Legends **7.30** Goals on Sunday **9.00** Premier League Highlights **10.00** Premier League Years **12.00noon** Premier League Highlights **5.00pm** Soccer AM **5.30** Premier League 100 Club **6.00** PL Legends **7.00** **LIVE** MNF Leicester City v Aston Villa: (kick-off 8.00). **11.00** Premier League 100 Club **12.00m't** MNF Pre Match **1.00am** MNF Hits **1.30** Premier League Years **3.30** PL Greatest Games **4.00** PL Best Goals **06/07** **5.00** Best PL Goals: Chelsea v Man Utd **5.30 to 6.00am** Premier League 100 Club

SKY SPORTS
THE PLAYERS

405 405 515 505

6.00am How The Players Was Won **8.00** PGA Tour Profiles **8.15** The Players Championship Official Film **9.15** PGA Tour Profiles **9.30** European Tour Golf **10.30** PGA Tour Golf **4.00pm** Best of the Sky Zone **4.30** European Tour Golf **5.30** Best of the Sky Zone **6.00** Rory's Review of 2019 **6.30** PGA Tour Golf **7.00** How The Players Was Won **9.00** PGA Tour Golf **10.00** PGA Tour Golf **10.30** Rory's Review of 2019 **11.00** Feherty Talks To: Rory McIlroy **12.00m't** PGA Tour Golf **1.00am** Feherty Talks To: Rory McIlroy **2.00** PGA Tour Golf **2.30 to 6.00am** Highlights

SKY SPORTS
MIX

145 145 520 510

6.00am My Icon **7.00** Sporting Records **8.00** Sporting Greats **9.00** My Icon **10.00** NBA Champions 2014 **11.00** Women's ICC World T20 Cricket **2.00pm** When Naz Hit New York **2.30** Boxing Gold **3.00** My Icon **3.45** Netball Superleague **5.45** Women's ICC World T20 Cricket **6.45** **LIVE** Netball Superleague London Pulse v Celtic Dragons: (centre-pass 7.00). **8.45** My Icon **9.00** Women's ICC World T20 Cricket **10.00** PGA Tour Golf **11.00** Fight Night Anthony Joshua v Andy Ruiz Jr. **12.00m't** to **6.00am** Mix Shorts: Masterclasses

BT SPORT 2

414 414 528 409 431

6.00am MotoGP See 4.00pm. **9.00** MotoGP Chequered Flag **10.00** Gallagher Premiership Rugby Highlights **12.30pm** PSA Squash **1.30** Badminton **3.30** Coppa Italia **4.00** MotoGP The Moto3, Moto2 and MotoGP races at the Grand Prix of Qatar. **7.00** MotoGP Chequered Flag **8.00** The WRC Magazine The latest news and action from the World Rally Championship. **8.30** UEFA Champions League Magazine **9.00** Fishing: On The Bank – 2019 **10.00** Dan Hardy's Open Mat **10.30** UFC **1.30am** The WRC Magazine **2.00** World Poker Tour Series – Season 16 **4.00** MotoGP **5.00 to 6.00am** MotoGP Chequered Flag

SKY SPORTS
FOOTBALL

403 403 513 503

6.00am Highlights **9.30** EFL Play-Off Final **10.30** Greatest Games **11.30** Greatest Players **12.00noon** Football Countdowns **12.30pm** Football Years **1.00** Greatest Games **1.45** One2Eleven **2.00** EFL Play-Off Final **3.00** Greatest Players **3.30** Football Countdowns **4.00** Football Years **4.30** EFL Play-Off Final **5.30** Greatest Games **6.00** Soccer AM **6.30** EFL Goals **7.00** EFL Highlights **9.00** Soccer AM **9.30** EFL Goals **10.00** SPFL **10.15** Greatest Games **10.30** MLS **11.00** One2Eleven **11.15** Greatest Games **12.00m't** to **6.00am** Highlights

SKY SPORTS
ACTION

407 407 517 507

6.00am Boxing Gold **7.00** Sporting Records **8.00** NFL: America's Game **9.00** NFL: America's Game **10.00** Sporting Records **11.00** NFL: America's Game **12.00noon** NFL: America's Game **1.00pm** Sporting Records **2.00** Fight Night **6.00** NBC's Pro-Football Talk **8.00** NFL: America's Game **9.00** NFL: America's Game **10.00** NFL: America's Game **11.00** NFL: America's Game **12.00m't** NFL: America's Game **1.00am** Super League Gold **2.00** NFL – Greatest Games **3.30** Legends of Darts **4.00** Sporting Records **5.00 to 6.00am** Sporting Greats

EUROSPORT

410 410 521 412 435

6.00am Alpine Skiing **7.00** Cycling **8.00** Snooker: English Open **10.05** Cycling **10.25** Alpine Skiing **11.25** Ski Jumping **12.25pm** Cycling: Amstel Gold Race **12.40** Cycling: Paris-Nice **1.40** **LIVE** Cycling: Paris-Nice Stage two. **3.40** Ski Jumping **4.00** Alpine Skiing **4.25** **LIVE** Ski Jumping From Norway. **5.45** Biathlon **6.45** Alpine Skiing **8.00** Cycling: Paris-Nice **9.00** Ski Jumping **10.00** Biathlon **11.00** Cycling: Paris-Nice **12.00m't** Cycling: Strade Bianche **1.00am** Triathlon **1.30** Snooker: Get to Know **2.00** Cycling **4.00** Ski Jumping **5.00 to 6.00am** Alpine Skiing

BT SPORT 3

417 417 529 410 432

6.00am Bundesliga Back-to-back editions. **11.30** Bundesliga Schalke 04 v TSG 1899 Hoffenheim. **1.00pm** Bundesliga VfL Wolfsburg v RB Leipzig. **2.00** Bundesliga Borussia Moenchengladbach v Borussia Dortmund. **3.30** Bundesliga Bayern Munich v FC Augsburg. **5.00** Bundesliga FSV Mainz 05 v Fortuna Dusseldorf. **6.30** Ligue 1 **7.30** Gallagher Premiership Rugby Highlights **10.00** BT Sport Score Best Bits **10.30** BT Sport Goals Reload **11.00** Hyundai A-League Highlights **12.00m't** Bundesliga **1.30am** Bundesliga **3.00** Bundesliga **4.30 to 6.00am** Bundesliga

TUESDAY HIGHLIGHTS

Ovie, Jenny, Russell and Louis are this year's first competitors



Stand Up to Cancer Bake Off

● FOOD / 8pm / C4

NEW Much as we love regular *Bake Off*, these charity specials always bring extra fun to proceedings but also leave us moved by the appeal-films showing exactly why the famous faces are keen to do their bit. Jenny Eclair, Russell Howard and Ovie Soko are the first of this year's bakers along with Louis Theroux, who claims to be undercover on the show to expose its dark

side! While the Signature of a giant biscuit brings surprising results, the Technical – of course Paul says it's 'fairly straightforward' – proves to be anything but. A Showstopper of a choux sculpture, meanwhile, unleashes the contestants' creative side. But who will Paul and Prue deem worthy of the Star Baker apron? ★★★★★ CC

● See Paul Hollywood interview, page 19



Can Lucas Moura score a much-needed away goal?

RB LEIPZIG v TOTTENHAM HOTSPUR

Champions League

● FOOTBALL / 7pm / BT Sport 2

LIVE Although Spurs sorted themselves out in the end, their first-leg game against Leipzig could have been a bloodbath and they were lucky to come away with just a 1-0 defeat. This second leg sees them travel to Germany (k-o 8pm) still without Harry Kane and Son Heung-min, so relying even more on Lucas Moura. As Leipzig proved in the first game, they are fast and direct with a superb striker in the shape of Timo Werner, but Spurs can still turn this tie around. ★★★★★ NP



Xavier unearths a secret

Holby City

● DRAMA / 8pm (Scot 10.35pm) / BBC1

Xavier has had his doubts about junior doc Cameron ever since his 'heroic' surgery on a patient in a lift. Tonight he discovers Cameron gave porter Jason a special pen following the lift incident. Xavier knows there's more to the story and so quizzes Jason. But when he asks him outright who performed the surgery, he's horrified at the answer... and this slow-burn storyline really starts to heat up. ★★★★★ VW



Five Guys a Week

● REALITY / 9.15pm / C4

NEW Imagine having five potential boyfriends living under your roof for a week, all at the same time! That's the scenario facing a batch of singletons in this fun new dating show from the creators of the TV phenomenon that is *First Dates*. Smiley marketing consultant Amy, 34, is the first brave woman welcoming

a handful of suitors into her home this week – including flashy banker Christian and Hollywood stuntman Michael – and it's her decision who stays and who goes. The overt male rivalry and competitive jostling over matters such as who gets to cook Amy dinner make viewing all the more entertaining. ★★★★★ TL



Hannah's in trouble

The Split

● DRAMA / 9pm (times vary) / BBC1

Hannah begins this penultimate episode in the series with her husband Nathan avoiding her after finding out about her affair, then learns that Christie has slept with a client. And when Fi Hansen's sex tape is leaked to the media, it looks like it came from Hannah's computer. Is she in danger of losing both her job and her marriage? ★★★★★ JP

Joanna begins
her journey
in Havana



Joanna takes us with her on her travels from Cuba to Haiti

● **TRAVELOGUE** / 9pm / ITV

NEW If anyone can bring sunshine into our living rooms it's Joanna Lumley, and the *Ab Fab* star doesn't disappoint in this two-part travelogue exploring Cuba and Haiti. Far from dwelling on the usual Caribbean clichés of pristine beaches and turquoise seas, Joanna's after the 'hidden side', and in Havana she sets out to learn about the 1959 Cuban revolution and witness first-hand how 60 years of communism has affected its inhabitants. Elsewhere, Joanna enjoys a ride along the beachfront squashed into a bright pink convertible with a lively rumba band, and seeks out some Cuban boxers. Who knew Joanna Lumley was such a huge fan of boxing?! ★★★★★ *RF*

● See Joanna Lumley interview, page 12

Joanna Lumley's Hidden Caribbean



Eve is in for a rude awakening now she's on her own

Mrs Fletcher

● **COMEDY** / 10.15pm / Sky Comedy

NEW This new comedy stars Kathryn Hahn as Eve Fletcher, who has a sexual awakening when her son leaves for college. Eve has spent her life tending to her son's every whim while also working at a care home and dealing with a lousy ex. Now, facing an empty nest and a looming mid-life crisis, she decides to explore other things – which leads to porn websites, flings and a flirtation with her son's former classmate. ★★★★★ *RM*



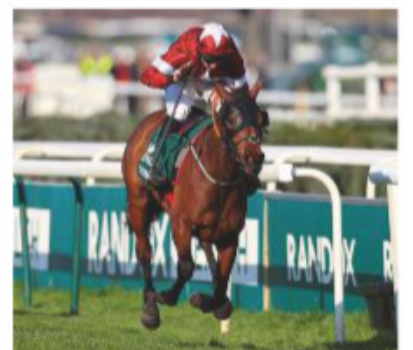
The Arderns get a taste of the 1950s and 60s

Back in Time for the Corner Shop

● **DOCUMENTARY** / 8pm / BBC2

As the Arderns experience the 1950s and 60s, the end of sweet rationing in 1953 sees their shop overrun with sugar-starved children! The 1960s bring a new generation of teens with money, plus the rise of the supermarket – which cut prices and promised an easier shopping experience, threatening the very existence of the corner shop. ★★★★★ *JL*

ALSO ON...



Cheltenham Festival

● **RACING** / 1pm / ITV

LIVE Coverage of the opening day of the famous festival, with highlights including the Unibet Champion Hurdle at 3.30pm.

Dr Ranj: On Call

● **HEALTH** / 7.30pm / ITV

This week, Dr Ranj visits the intensive care unit at the Evelina London Children's Hospital, and Kylie Pentelow watches laser eye surgery.

BBC1

HD Freeview HD 101 Sky HD 115 Virgin TV HD 108 (Scot 101) Freesat HD 106

6.00 Breakfast (S)(HD) **9.15 Crimewatch Roadshow Live** (S)(HD) **10.00 Homes Under the Hammer** (S)(R)(HD)(AD) **11.00 Dom Does America** (S)(R)(HD)(AD) **11.45 Saved on Camera** A man fights off masked house raiders. (S)(HD)

12.15 Bargain Hunt (S)(R)(HD)(AD)

1.00 BBC News at One (S)(HD) and **Weather**

1.30 BBC Regional News (S) and **Weather**

1.45 Doctors *Calling the Shots:* Al and Emma search for a breakthrough. (S)(HD)(AD)

2.15 Five Bedrooms

NEW **Five Owners:** 1 of 8. Five friends pool together to get on the property ladder. (S)(HD)(AD)

3.00 Escape to the Country *South Yorkshire:* Alistair Appleton helps a couple find a new home in South Yorkshire. (S)(HD)(AD)

3.45 Money for Nothing A broken games table; and a pair of old lamps. (S)(HD)

4.30 Ready, Steady, Cook Anna Haugh and Akis Petretzikis create a meal in 20 minutes. (S)(HD) ● *Repeated tomorrow at 7.15am on BBC2*

5.15 Pointless Quiz show. (S)(R)(HD)

6.00 BBC News at Six (S)(HD) and **Weather**

6.30 BBC Regional News (S) and **Weather**

7.00 The One Show Live topical reports. (S)(HD)

7.30 EastEnders After practising his proposal technique, Jay organises a romantic lunch and pops the question to Lola; Gray reveals he is planning to represent Whitney in an attempt to win back his position at the law firm; and Chantelle declines Kheerat's offer of a job – but soon has reason to regret it. (S)(HD)(AD)

8.00 Holby City Cameron sets out to make a good impression during a hectic day, unaware that Xavier has unearthed a shocking secret; and Sacha, Essie, Dom and Ben are forced to work together. (S)(HD)(AD) **See Highlights**

Donna Jackson... JAYE JACOBS Dominic Copeland... DAVID AMES
Xavier Duval... MARCUS GRIFFITHS Cameron Dunn... NIC JACKMAN
Ange Godard... DAWN STEELE Essie Di Lucca... KAYE WRAGG
Sacha Levy... BOB BARRETT Ben Sherwood... CHARLIE CONDOU

9.00 The Split 5 of 6. Hannah's affair is now out in the open, and she desperately tries to make amends to the people she has deceived and save her marriage; and secrets come to light in the Hansen case. (S)(HD)(AD) **See Highlights**

Hannah... NICOLA WALKER Melanie Aickman
Nathan... STEPHEN MANGAN ANNA CHANCELLOR
Ruth... DEBORAH FINDLAY Nina... ANNABEL SCHOLEY
Richie Hansen... BEN BAILEY SMITH Fi Hansen... DONNA AIR

10.00 BBC News at Ten (S)(HD)

10.25 BBC Regional News (S) and **Weather**

10.30 Weather (S)(HD)

10.35 Beauty Laid Bare *The Price of Beauty:* 2 of 3. The group of four question the cost of the beauty industry. On their quest for answers they meet a range of people, from farmers in Mexico supplying to industry, to the homeless community in Skid Row and the LAPD. (S)(HD)

11.20 War on Plastic with Hugh and Anita 1 of 3. Hugh Fearnley-Whittingstall and Anita Rani explore the problem of plastic waste, finding out where it is coming from and what can be done to solve the issue. (S)(R)(HD)(AD)

12.15 Weather for the Week Ahead (S)(HD)
12.20 to 6.00 BBC News (S)(HD)

BBC2

HD Freeview HD 102 Sky HD 102 Virgin HD TV 102 Freesat HD 102

6.30 Bargain Hunt (S)(R)(HD)(AD) **7.15 Ready, Steady, Cook** (S)(R)(HD) **8.00 Spy in the Wild** (SL)(S)(R)(HD)(AD) **9.00 BBC News at 9** (S)(HD) **10.00 Victoria Derbyshire** Current affairs. (S)(HD) **11.00 BBC Newsroom Live** (S)(HD)

12.15 Politics Live Political updates. (S)(HD)

1.00 The Super League Show

SPORT Action from the latest fixtures, including Huddersfield v St Helens. (S)(HD)

1.50 Best House in Town An Edwardian end-of-terrace in Leicester. (S)(R)(HD)

2.35 Terry and Mason's Great Food Trip The duo travel to Chester. (S)(R)(HD)

3.00 Red Rock Aoife's statement proves unexpectedly damaging. (S)(R)(HD)(AD)

3.45 The Great Interior Design Challenge Cottages in the Peak District. (S)(R)(HD)(AD)

4.45 Portillo's State Secrets *Monarchy:* Files relating to the Royal Family. (S)(R)(HD)(AD)

5.15 Flog It! From Bristol Cathedral. (S)(R)(HD)

6.00 Richard Osman's House of Games With Hugh Dennis and Sarah Greene. (S)(HD)

6.30 Great British Railway Journeys *Reading to Taplow* (S)(R)(HD)(AD)

7.00 Race Across the World 1 of 8. *As Sunday.* Pairs of competitors race across the globe without getting on a plane or using mobile phones or credit cards. The duos set off from Mexico City, hoping to reach the first checkpoint of Copan Ruinas in Honduras. A couple decide to go via Belize, but confusion on the Metro delays them. (S)(R)(HD)(AD)

8.00 Back in Time for the Corner Shop *50s & 60s:* 3 of 6. Billy Bragg pays the Ardens a visit as they get to grips with 1960s life. The new decade brings a dizzying number of new developments, including skiffle music, hula hoops and sliced bread. It also brought about a change in shopping with the introduction of self-service. (S)(HD)(AD) **See Highlights**

9.00 Miriam's Big Fat Adventure 2 of 2. Miriam Margolyes sets out to find out what is being done to combat the obesity crisis, and meets people who are going to extreme lengths to lose weight. To understand the true cost of the epidemic, Miriam meets 41-year-old Angela, whose leg was amputated. (S)(HD)(AD) ● *Repeated on Friday at 11.10pm*

10.00 Better Things *Show Me the Magic:* Sam has some girl time with friends, but is less than happy when a husband returns home early; and Duke is concerned about the presence of her late grandfather in her bedroom. (S)(HD)

10.30 Newsnight (S)(HD)

11.10 Weather (S)(HD)

11.15 Tigers: Hunting the Traffickers Aldo Kane reports on the illegal tiger trade in south-east Asia, with the endangered big cats trafficked for products including wine and glue made from their bones. (S)(R)(HD)(AD)

12.15 Win the Wilderness: Alaska 5 of 6. Duane and Rena question each couple about their plans for the home. (SL)(S)(R)(HD)(AD) **1.15 Murder, Mystery and My Family** (SL)(S)(R)(HD)(AD) **2.00 to 2.45 Island Medics** (SL)(S)(R)(HD)(AD)

ITV

HD Freeview HD 103 Sky HD 103 Virgin TV HD 113 Freesat HD 111

6.00 Good Morning Britain (S)(HD) **9.00 Lorraine** Entertainment, current affairs and fashion news. (S)(HD) **10.00 This Morning** *Sesame Street's* Elmo is in the studio. (S)(HD)

12.30 ITV News (S)(HD) and **Weather** including **Local News** (S)(HD) and **Weather**

1.00 ITV Racing: Cheltenham Festival Live

SPORT Coverage of the opening day of the prestigious festival, including feature race the **3.30** Unibet Champion Hurdle Challenge Trophy, plus races at **1.30**, **2.10**, **2.50** and **4.10**. With analysis from AP McCoy and Ruby Walsh, reports from Alice Plunkett, Brian Gleeson, Luke Harvey and Mick Fitzgerald. (S)(HD)

4.30 Tipping Point: Best Ever Finals Compilation of the most dramatic endgames from the arcade-themed quiz hosted by Ben Shephard, in which the last contestant standing competes for the jackpot. (S)(HD)

5.00 The Chase Bradley Walsh presents as Saroop, Karen, Milo and Natalie answer general knowledge questions and work as a team to take on ruthless quiz genius The Chaser and secure a cash prize. (S)(R)(HD)

6.00 Local News (S)(HD) and **Weather**

6.30 ITV News (S)(HD) and **Weather**

7.00 Emmerdale Will is relieved when he tells Cain everything; Laurel is torn when Jai thinks they should move in together; and Victoria decides to get Harry christened. (S)(HD)(AD)

7.30 Dr Ranj: On Call 2 of 4. The doctor visits the Paediatric Intensive Care Unit at the Evelina Children's Hospital; and Kylie Pentelow hears about a new glaucoma treatment. (S)(HD)(AD)

8.00 Love Your Garden Alan Titchmarsh and the team create a cleverly designed family garden that is full of fun for pre-school tots without being a primary-coloured plastic eyesore for the grown-ups; and Alan, David Domoney, Katie Rushworth and Frances Tophill also give tips on how to use plants to give an exotic flavour to play areas. (S)(HD)(AD)

9.00 Joanna Lumley's Hidden Caribbean **NEW** 1 of 2. The actress travels across two of the most enigmatic countries in the Caribbean – Cuba and Haiti – to explore, uncover and share the hidden gems they have to offer. Joanna starts in a Havana boxing gym with one of Cuba's rising female boxing stars. (S)(HD)(AD) **See feature, pages 12-13, and Highlights**

10.00 ITV News at Ten (S)(HD) and **Weather** including **Local News** (S)(HD) and **Weather**

10.45 Tyson Fury: The Gypsy King **SPORT** Following a tougher than expected contest against Otto Wallin, Tyson's father John is critical of trainer Ben Davison, and Fury's team eventually part ways with the trainer as his rematch with Deontay Wilder is finally confirmed. Before the contract is signed for his fight with Wilder, the boxer also takes part in a lucrative WWE bout in Saudi Arabia against Braun Strowman. (S)(R)(HD)(AD)

11.45 Tenable A team of five singers answers questions about top 10 lists, then tries to score a perfect 10 in the final round. (S)(R)(HD)

12.40 Teleshopping (HD) **3.00 The Home Game** (S)(R)(HD) **3.50 ITV Nightscreen** (HD) **5.05 to 6.00 Judge Rinder** (SL)(S)(R)(HD)

ITV+1 Freeview 33, Sky 203, Virgin 114, Freesat 112

CHANNEL 4

HD Freeview HD 104 Sky HD 138 Virgin TV HD 104/141

- 6.30 Cheers** (S)(R)(HD) **6.55 Cheers** (S)(R)(HD) **7.20 The King of Queens** (S)(R)(AD) **7.45 The King of Queens** (S)(R)(AD) **8.10 Everybody Loves Raymond** (S)(R)(AD) **8.40 Everybody Loves Raymond** (S)(R)(AD) **9.10 Frasier** (S)(R)(AD) **9.40 Frasier** (S)(R)(AD) **10.10 Undercover Boss Canada** (S)(R)(HD) **11.05 Ramsay's Kitchen Nightmares USA** In Queens, New York. (S)(R)
- 12.00 Channel 4 News Summary** (S)(HD)
- 12.05 Come Dine with Me** (S)(R)(HD)
- 1.05 Posh Pawnbrokers** (S)(R)(HD)
- 2.10 Countdown** (S)(HD)
- 3.00 A Place in the Sun** Algarve. (S)(R)(HD)
- 4.00 A New Life in the Sun: Where Are They Now?** Catching up with a fisherman in Spain entering uncharted waters. (S)(R)(HD)
- 5.00 Four in a Bed** From Hexham. (S)(HD)
- 5.30 Come Dine with Me** Edinburgh. (S)(HD)
- 6.00 The Simpsons** *Burns, Baby Burns*: Mr Burns' long-lost son returns and immediately pretends he has been kidnapped. (S)(R)(AD)
- 6.30 Hollyoaks** Mercedes is panicked when someone puts a funeral wreath on her door. (S)(R)(HD)(AD) ● *The next episode follows on E4*
- 7.00 Channel 4 News** (S)(HD) and **Weather**
- 8.00 The Great Celebrity Bake Off for Stand Up to Cancer**
NEW ★★★★★ 1 of 5. Sandi Toksvig and Noel Fielding present a special charity edition of the culinary challenge. The first set of contestants are Louis Theroux, Jenny Eclair, Russell Howard and Ovie Soko. (S)(HD)(AD) *See feature, page 19, and Highlights* ● *Repeated tomorrow at 10.35pm*
- 9.15 Five Guys a Week**
NEW ★★★★★ 1 of 10. Dating show in which a single girl invites five men who are looking for love to move into her home and live with her for a week. On each day she eliminates one of them. Tonight, marketing consultant Amy from St Albans looks for a new man. (S)(HD)(AD) *See Highlights* ● *Repeated on Thursday at 11.05pm*
- 10.15 The Windsors** 3 of 6. Charles puts his political beliefs to the test by befriending a blind man who does not know who he is; and Edward offers to help Wills win his Duke of Edinburgh Gold Award. (S)(HD)(AD) ● *Repeated tomorrow at 12.50am*
- 10.45 8 Out of 10 Cats Does Countdown** Sean Lock and Sara Pascoe take on special guest team captain Alan Carr and Tom Allen in the words-and-numbers quiz. (S)(R)(HD)
- 11.45 First Dates** (S)(R)(HD)(AD) **12.45 Ramsay's Kitchen Nightmares USA** *Fiesta Sunrise* (S)(R) **1.35 FILM Good Kill** Drama starring Ethan Hawke. (W)(S)(HD) ★★★ (2014) *See Films, pages 30-35* **3.20 Come Dine with Me** (S)(R)(HD) **4.15 Location, Location, Location** (S)(R)(HD) **5.10 Cooking Up a Fortune** (S)(R)(HD) **5.35 Kirstie's Handmade Treasures** (S)(R)(HD) **5.50 to 6.30 Countdown** (S)(R)(HD)

CHANNEL 4+1 Freeview 15, Sky 204, Virgin 142, Freesat 121

(SL) Signed (S) Subtitles (R) Repeat

CHANNEL 5

HD Freeview HD 105 Sky HD 105 Virgin HD 154 Freesat HD 105

- 6.00 to 9.15 Milkshake!** **9.15 Jeremy Vine** (S)(HD) **11.15 Nightmare Tenants, Slum Landlords** (S)(R)(HD) followed by **5 News at Lunchtime**
- 12.15 Parking Hell: At War with the Law** A dad has an idea to reduce the amount of accidents outside of schools. (S)(R)(HD)
- 1.10 Access** Showbiz news and gossip. (S)(HD)
- 1.15 Home and Away** The news of Mason's death devastates Justin and Tori. (S)(R)(HD)(AD) ● *Repeated at 6.00pm and on 5STAR at 3.30pm*
- 1.45 Neighbours** Finn tells the Kennedys about his visit to Harry. (S)(HD)(AD) ● *Repeated at 5.30pm and on 5STAR at 3.00pm and 6.00pm*
- 2.20 A Neighbour's Obsession**
FILM ★★★★★ Thriller starring Michael Welch. A couple's charming neighbour masks his dangerous side. (S)(HD) ★★ (2017) *See Films, pages 30-35*
- 4.00 Friends** (S4, ep4) (S)(R)(HD)
- 4.30 Friends** (S4, ep5) (S)(R)(HD)
- 5.00 5 News** (S)(HD)
- 5.30 Neighbours** *As 1.45pm.* (S)(R)(HD)(AD)
- 6.00 Home and Away** *As 1.15pm.* (S)(R)(HD)(AD) ● *The next episode follows on 5STAR*
- 6.30 5 News Tonight** (S)(HD)
- 7.00 Britain: A Year in the Wild** Cameras capture intimate views of a family of beavers in Devon, and the programme explores how these natural engineers alter their landscape in order to help themselves and other species. Plus, there is footage of grass snakes, toads, reed warblers and dragonflies. (S)(HD) ● *Continues tomorrow* followed by **5 News**
- 8.00 Dogs Behaving (Very) Badly** Graeme Hall faces one of his toughest challenges when he tackles a rescue dog that it is afraid of men; a Jack Russell with a volatile and unpredictable temper is helped; and Graeme also deals with a labrador cross terrified of travelling in cars, which the owner fears may cause an accident. **Last in the series** (S)(HD) followed by **5 News**
- 9.00 Elizabeth I and II: Two Golden Queens**
NEW ★★★★★ 1 of 2. Documentary examining whether there are similarities between the two monarchs, from their ascensions to the throne to the battles they faced to protect their reigns. The first edition considers the pair's childhoods, when neither of them were immediate heirs to the throne. (S)(HD) ● *Concludes tomorrow*
- 10.00 The Royal Family at War** 2 of 2. Biographer Penny Junor recalls the rumoured rift between the Queen and the Duchess of Cornwall; Princess Margaret's relationship with divorcee Peter Townsend is assessed; and Prince Philip's falling out with the former Duchess of York is revealed. (S)(R)(HD)
- 11.15 Shannon Matthews: The Mother's Story** A profile of the woman at the centre of her own daughter's kidnapping. (S)(R)(HD)
- 12.15 When Kids Kill: Copycat Killers** 3 of 6. The murder of a nurse. (S)(R)(HD) **1.10 The 21.co.uk Live Casino Show** (S)(HD) **3.10 Our Dream Hotel** (S)(R)(HD) **4.00 Tribal Teens – Here Comes Trouble** *Mongolia* (S)(R)(HD) **4.45 House Doctor** (SL)(S)(R) **5.10 Great Scientists** (SL)(S)(R) **5.35 to 6.00 Wildlife SOS** (SL)(S)(R)(HD)

CHANNEL 5+1 Freeview 44, Sky 205, Virgin 155, Freesat 128

ON DEMAND



CATCH-UP COMEDY

Bumps BBC IPLAYER

Amanda Redman plays a 60-year-old divorcée and mother-of-two Anita, who decides to have a third child, using egg and sperm donors. At the same time, her feckless daughter Joanne (*Mum's* Lisa McGrillis) unexpectedly falls pregnant, having thought she couldn't have children... **Available now**

YOU ALSO MIGHT LIKE...

New Tricks UKTV PLAY

Amanda Redman also stars alongside Alun Armstrong and James Bolam in the crime drama series. **Episodes available now**

ITV VARIATIONS

ANGLIA No variations
BORDER No variations
CENTRAL No variations
CHANNEL No variations
GRANADA No variations
LONDON No variations
MERIDIAN No variations
TYNE TEES No variations
WEST No variations
WESTCOUNTRY No variations
YORKSHIRE No variations

ON THIS DAY 1983



Film and TV star Rafe Spall, 37 today, was born in London. Last year, Rafe starred in BBC1's three-part adaptation of HG Wells's classic novel *The War of the Worlds*.

BBC4

Freeview 9/68 (HD 106)

116 116 107 107 107

BBC4 programmes
begin at 7pm

9.00 Ian Hislop's Olden Days...

- 7.00 **Beyond 100 Days** (S) and **Weather**
 7.30 **Great Welsh Canal Adventure with Gareth Edwards** (S)
 8.00 **People's Liners – Britain's Lost Pleasure Fleets** (S)
 9.00 **Ian Hislop's Olden Days – The Power of the Past in Britain** 1 of 3. (S)
 10.00 **Lost Sitcoms: Till Death Us Do Part** Comedy remake. (S)
 10.25 **Armada – 12 Days to Save England** Documentary. (S)
 11.25 Inside the Medieval Mind (S)
 12.25 **am** A Victorian Scandal: The Ruhest Book in Britain (S)
 12.55 Sex, Chips and Poetry: 50 Years of the Mersey Sound (S)
 1.55 Confucius: Genius of the Ancient World: A profile of the thinker. (S)
 2.55 to 3.55am As 9.00pm (SL)(S)

ITV2

Freeview 6 (+1 27)

118 118 218 115 176 116 113 114

- 6.00 **am** Teleshopping
 7.00 The Ellen DeGeneres Show (S)
 7.50 Emmerdale (SL)(S)
 8.20 Coronation Street (SL)(S)
 9.20 Superstore (S)
 10.15 Dinner Date (S)
 11.15 Dress to Impress (S)
 12.15 **pm** Emmerdale (S)
 12.45 Coronation Street (S)
 1.50 The Ellen DeGeneres Show (S)
 2.45 Dinner Date (S)
 3.50 Dress to Impress (S)
 4.55 Take Me Out (S)



9.20 Superstore

- 6.30 **You've Been Framed! Gold** Triple-bill. Rib-tickling camcorder calamities. (S)
 8.00 **Two and a Half Men** Double-bill. Lyndsey upsets Alan; and Alan asks Lyndsey to make a tough choice. (S)
 9.00 **Family Guy** Double-bill. Quagmire accidentally gets married to a prostitute; and Joe cheats on Bonnie. (S)
 10.00 **Plebs** Double-bill, including: The boys attend a free trial session at a bathhouse. (S)
 11.00 Family Guy: Lois upsets Peter after reuniting with an old flame. (S)
 11.30 American Dad! (S)
 12.25 **am** Two and a Half Men (S)
 1.25 Ibiza Weekender (S)
 2.25 Don't Hate the Playaz (S)
 3.20 Nightscreen
 3.30 to 6.00am Teleshopping

ITV3

Freeview 10 (+1 34)

119 119 219 117 177 174 115 116

- 6.00 **am** Classic Coronation Street (S)
 6.55 Classic Emmerdale (S)
 7.55 Heartbeat (S)
 9.00 Man About the House (S)
 10.00 That's My Boy (S)
 10.30 A Touch of Frost (S)
 12.40 **pm** Heartbeat (S)
 1.45 Classic Emmerdale (S)
 2.50 Classic Coronation Street (S)
 3.55 Midsomer Murders (S)
 5.55 Heartbeat: Rosie is attacked while attending a broken-down vehicle stranded on the moors. (S)



10.00 Scott & Bailey

- 6.55 **Agatha Christie's Poirot** The sleuth investigates the disappearance of a bank's most valued customer. (S)
 8.00 **Midsomer Murders** When farmer Martin Strickland is discovered bound to a tree, doused in truffle oil and mauled to death by a wild boar, the investigation quickly leads Barnaby to a tyrannical celebrity chef. (S)
 10.00 **Scott & Bailey** Andy accuses Janet of leading him on. (S)
 11.00 A Touch of Frost: Double-bill. Frost investigates after an elderly man is killed in a hit-and-run incident; and a rapist arouses Frost's righteous indignation. (S)
 3.00 **am** That's My Boy (S)
 3.25 Nightscreen
 3.30 to 6.00am Teleshopping

ITV4

Freeview 24 (+1 59)

120 120 220 118 178 175 117 154

- 6.00 **am** World of Sport: The Good, the Bad & the Ugly 6.10 Only When I Laugh 6.35 Quincy ME 7.25 Kojak
 8.20 The Saint (S)
 9.30 ITV Racing: The Opening Show (S)
 10.30 Minder (S)
 11.30 The Professionals (S)
 12.35 **pm** The Sweeney (S)
 1.35 Quincy ME (S)
 2.40 Kojak (S)
 3.45 The Saint (S)
 4.50 Minder (S)
 5.55 The Professionals (S)



9.00 Pale Rider

- 7.00 **Cycling: Paris-Nice Highlights** Action from stage three from Chalette-sur-Lion to La Chatre. (S)
 8.00 **Giant Lobster Hunters** A skipper is under pressure to fill a special order. (S)
 9.00 **FILM** **Pale Rider** Western starring Clint Eastwood and Michael Moriarty. A lone horseman protects a mining settlement against a gang of ruthless land-grabbers. (W)(S) ★★★ (1985)
 11.25 **FILM** **Firefox**: Cold War action adventure directed by and starring Clint Eastwood. A maverick US pilot goes behind enemy lines to steal a top-secret Russian fighter. (W)(S) ★★ (1982)
 2.10 **am** Lethal Weapon (SL)(S)
 3.00 to 6.00am Teleshopping

ITVBE

Freeview 26 (+1 58)

131 231 119 179 120 118 119

- 6.00 **am** Teleshopping
 7.00 Bachelor in Paradise (S)
 8.50 Be Beautiful (S)
 9.00 LittleBe
 12.00 **noon** Income Property (S)
 12.25 **pm** The Real Housewives of Beverly Hills: Reality series. (S)
 1.20 Absolutely Ascot (S)
 2.20 Million Dollar Listing: NYC **New edition** Luxury properties. (S)
 3.15 The Real Housewives of New York City (S) 4.10 The Real Housewives of Dallas: Double-bill. (S)



11.00 Bridezillas

- 6.00 **Masters of Flip** **New edition** Gutting a very dark and gloomy gothic home. (S)
 7.00 **Buying and Selling** Lisa and Dave look to downsize. (S)
 8.00 **Dinner Date** Dean picks three blind dates from five potential partners. (S)
 9.00 **The Real Housewives of Potomac** Gizelle tries to battle mother nature. (S)
 10.00 **The Real Housewives of Orange County** Vicki starts a rumour about Kelly. (S)
 11.00 **Bridezillas**: A bride considers abandoning the wedding after an argument with a friend; and another big day is threatened when the dress goes missing. (S)
 12.00 **m't** The Only Way Is Essex (S)
 12.45 **am** Nightscreen
 12.55 to 6.00am Teleshopping

5STAR

Freeview 30 (+1 55)

128 228 151 186 131 141

- 6.00am Teleshopping
 8.00 3rd Rock from the Sun
 8.20 House
 10.00 Nightmare Tenants, Slum Landlords: Documentary.
 11.00 Bad Tenants, Rogue Landlords: Documentary.
 12.00noon Can't Pay? We'll Take It Away!: Triple-bill.
 3.00pm Neighbours
 3.30 Home and Away
 4.00 House (S5, ep8)
 5.00 House (S5, ep9)

- 6.00 Neighbours (S)
 6.30 Home and Away **New episode** (S)
 7.00 16 & On Benefits (S)
 8.00 Benefits Britain: Life on the Dole (S)
 9.00 Maternity Ward A couple try IVF for the seventh time. (S)
 10.00 **FILM** **My Super Ex-Girlfriend** Fantasy comedy starring Uma Thurman, Luke Wilson, Eddie Izzard and Anna Faris. (S) ★★★ (2006)

- 11.55 **FILM** Get Hard: Comedy starring Will Ferrell and Kevin Hart. A corrupt businessman going to jail for fraud asks an employee for help. ★★ (2015)
 2.00am Prison Life: Raw & Real
 3.50 Access
 4.00 to 6.00am Teleshopping

5USA

Freeview 21 (+1 56)

141 241 153 185 129 130

- 6.00am Teleshopping
 9.00 Criminals: Caught on Camera
 9.25 Murder, She Wrote
 10.20 CSI: NY (S6, ep2)
 11.15 The Mysteries of Laura
 12.15pm Law & Order: Back-to-back episodes, including: A recently paroled prison gang member is shot dead. (S15, ep3); a riot at a rally ends in murder. (S18, ep8); and doctor is mistakenly killed in place of a fellow physician. (S18, ep9)

- 6.00 **Law & Order** Double-bill, including: A wealthy man is murdered in his own home. (S15, ep12) (S)
 8.00 **NCIS: New Orleans** The disappearance of a lawyer. (S3, ep16) (S)
 9.00 **The Enemy Within** **New episode** The team realises the CIA is keeping secrets. (S)
 10.00 **Law & Order: Special Victims Unit** Scandal rocks a popular reality TV show. (S17, ep7) (S)

- 11.00 Law & Order: Special Victims Unit: The hunt for a missing teenage girl takes an emotional toll on Dodds. (S17, ep8)
 1.55am Law & Order: Los Angeles
 2.50 Chicago PD
 3.50 Access
 4.00 to 6.00am Teleshopping

YESTERDAY

Freeview 25

155 255 129 200 159

- 6.00am Secrets of the Bible
 7.10 Secrets of the Railways
 8.00 Forbidden History
 9.00 Secret Nazi Bases
 10.00 Nazi Victory: The Post-War Plan
 11.00 Underground Worlds
 12.00noon Impossible Railways
 1.00pm Secrets of Britain
 2.00 Cornwall: Walking Through History: With Tony Robinson.
 3.00 Underground Worlds
 4.00 Impossible Railways
 5.00 Hitler's Propaganda Machine

- 6.00 **Auschwitz: The Nazis and the Final Solution**
 7.00 **Abandoned Engineering** Double-bill, including: **New edition** An Albanian village that was home to Allied secret agents. **Last in the series**
 9.00 **The Two Ronnies** Double-bill, including: With music by Clodagh Rodgers. (S)
 10.35 **Porridge** The inmates face a day of labour digging drains. (S)

- 11.15 Porridge: Double-bill.
 12.30am Auschwitz: The Nazis and the Final Solution: The history of the concentration camp.
 1.35 Secrets of the Bible
 2.30 David Attenborough's Natural Curiosities
 3.00 to 6.00am Teleshopping

REALLY

Freeview 17

142 128 160

- 6.00am Fantasy Homes by the Sea
 7.00 Teleshopping
 8.00 Homes Under the Hammer
 10.00 Celebrity Antiques Road Trip
 11.00 Antiques Road Trip
 1.00pm Celebrity Fantasy Homes
 2.00 Fantasy Homes by the Sea
 3.00 French Collection: Three collectors are given 800 euros to spend at a market in Arles.
 4.00 DIY SOS: The Big Build: Double-bill, including: A home for a boy with cerebral palsy.

- 6.00 **Celebrity Antiques Road Trip** Gloria Hunniford and Angela Rippon take part. (S)
 7.00 **Antiques Road Trip** Double-bill, including: Christina Trevanion and Philip Serrell visit Lancashire. (S)
 9.00 **Helicopter ER** A patient with a lethal internal bleed. (S)
 10.00 **Body Cam** Two police officers respond to a domestic disturbance that ends in tragedy.

- 11.00 Helicopter ER: Flying doctors attend after a car plunges off a bridge and onto a motorway.
 12.00m't Ghost Adventures
 1.00am Most Haunted
 2.00 Teleshopping
 4.00 to 6.00am Antiques Road Trip: Double-bill.

TALKING PICTURES

Freeview 81

328 445 306

- 6.00am **FILM** The Price of Silence (b/w) ★★ (1959)
 7.35 Colonel's Cup
 7.50 **FILM** Dilemma ★★ (1962)
 9.10 **FILM** Trouble Brewing
 11.00 Richard Diamond (b/w)
 11.30 **FILM** The Winslow Boy
 1.50pm **FILM** Play It Cool: Musical comedy. (b/w) ★★ (1962)
 3.30 **FILM** Dancing with Crime: Crime drama. ★★ (1946)
 5.10 **FILM** Miranda: British comedy. (b/w) ★★★★★ (1947)

- 6.50 **FILM** **The Magic Box** Biopic starring Robert Donat as William Friese-Greene, the 19th-century inventor of the movie camera. (S) ★★★ (1951)
 9.00 **Reilly: Ace of Spies** The agent visits Hamburg to obtain the plans for a new type of naval gun.
 10.00 **FILM** **Impulse** Sci-fi chiller starring Tim Matheson and Meg Tilly. ★★ (1984)

- 11.50 **FILM** The Uncanny: Trilogy of horrifying tales. ★ (1977)
 1.35am **FILM** Landslide (1937)
 2.50 **FILM** Strange Harvest: Thriller. (b/w) ★★ (1953)
 3.30 **FILM** Sheepdog of the Hills: Drama. ★★ (1941)
 5.00 to 6.00am Rooms

QUEST

Freeview 12 (HD 114 +176)

144 144 244 169 213 172 168

- 6.00am How Do They Do It?
 6.20 American Pickers: Best Of
 7.10 Deadliest Catch
 8.00 Gold Divers
 9.00 Outback Truckers
 10.00 Wheeler Dealers
 11.00 Chasing Classic Cars
 12.00noon American Pickers: Best Of 1.00pm Railroad Alaska
 2.00 Deadliest Catch
 3.00 Gold Divers
 4.00 Salvage Hunters
 5.00 Outback Truckers

- 6.00 **Wheeler Dealers** A Messerschmitt. (S)
 7.00 **American Pickers: Best Of** The best finds from the series.
 8.00 **Salvage Hunters** In Lincolnshire. (S)
 9.00 **Born Mucky: Life on the Farm** **New edition** Three British farmers try to run three very different farms. (S)
 10.00 **The Repair Shop** Double-bill, including: The restoration of a grandfather clock.

- 11.00 How Do They Do It?
 12.00m't Wheeler Dealers: Mike searches for a Citroen HY Van.
 1.00am Outback Truckers
 2.00 American Chopper
 3.00 Fantomworks
 4.00 Dirty Jobs
 5.00 to 6.00am How It's Made

(b/w) black and white (W) Widescreen (HD) High Definition

E4
Freeview 13 (+1 28)
135 135 235 106 145 146 122 123

6.00 am Hollyoaks (S)
7.00 How I Met Your Mother (S)
8.00 Baby Daddy (S)
9.00 Mike & Molly (S)
10.00 The Big Bang Theory (S)
11.00 The Goldbergs (S)
12.00 noon Brooklyn Nine-Nine (S)
1.00 pm The Big Bang Theory (S)
2.00 Baby Daddy: Double-bill (S)
3.00 Mike & Molly: Double-bill (S)
4.00 The Goldbergs (S)
5.00 Brooklyn Nine-Nine: Double-bill of the police comedy series. (S)


7.00 Hollyoaks

6.00 The Big Bang Theory Double-bill. (S)
7.00 Hollyoaks New episode (S)
7.30 Man with a Plan New episode Adam and Andy finally meet Lowell's wife. (S)
8.00 The Big Bang Theory Double-bill, including: Raj endures an anxious day. (S)
9.00 Celebs Go Dating New edition Dean and Malique go on a double date. (S)
10.00 First Dates Single Del chats to musician Michael. (S)
11.05 The Big Bang Theory (S)
12.05 am Brooklyn Nine-Nine (S)
1.05 Celebs Go Dating (S)
2.10 First Dates (SL)(S)
3.05 Gogglebox (S)
4.00 The Big Bang Theory (S)
4.50 to 6.00am How I Met Your Mother: Double-bill. (S)

QUEST RED
Freeview 38 (+1 72)
149 249 170 169 170

6.00am Say Yes to the Dress: Double-bill. **7.00** Bondi Vet
8.00 Animal Cops Phoenix
10.00 Money for Nothing **11.00** Forensic Detectives **12.00noon** Disappeared **2.00pm** Murder Comes to Town **3.00** Say Yes: Wedding SOS **6.00** Money for Nothing **7.00** Posh Pawnbrokers
8.00 My 600lb Life: Where Are They Now?: Nikki suffers a loss.
9.00 My 600lb Life **11.00** FBI Files **12.00m't** Forensic Detectives **1.00am** Crime Stories
2.00 Murder Comes to Town
3.00 FBI Files **3.50** Animal Cops Phoenix **4.40** Bondi Vet **5.30 to 6.00am** Say Yes to the Dress

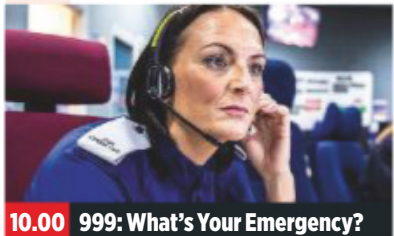
FOOD NETWORK
Freeview 41
140 240 278 148 149

6.00am See 3.00pm **6.30** See 3.30pm **7.00** Giada at Home **7.30** Giada in Italy **9.00** See 4.00pm
11.00 Barefoot Contessa...
12.00noon See 8.00pm **1.00pm** See 7.00pm **2.00** James Martin's Brittany **3.00** Jamie's 30 Minute Meals **3.30** 30 Minute Meals
4.00 Pioneer Woman **6.00** James Martin: Delicious **7.00** Gordon Ramsay's Ultimate... **8.00** Hair Bikers' Food Tour... **9.00** Gino D'Acampo An Italian in Mexico
10.00 James Martin: Home...
11.00 Mystery Diners **12.00m't** Diners, Drive-Ins... **2.00am** As 11.00pm **3.00 to 6.00am** Shop

(SL) Signed (S) Subtitles (R) Repeat

MORE4
Freeview 18 (+1 86)
136 136 236 147 195 196 124 125

8.55 am Kirstie's Handmade Treasures
9.15 A Place in the Sun: Summer Sun (S)
10.05 A Place in the Sun: Winter Sun (S)
11.05 Find It, Fix It, Flog It (S)
1.15 pm Escape to the Chateau: DIY (S)
2.20 Four in a Bed: Back-to-back editions, including: The contest gets underway at Ye Olde Fighting Cocks in Arnside, Cumbria. (S)
4.55 The Secret Life of the Zoo: There are concerns for an onager foal. (S)
5.55 Car S.O.S: Fuzz and Tim set out to restore a 1962 Mini Cooper. (S)


10.00 999: What's Your Emergency?

6.55 Escape to the Chateau: DIY Couple Martin and Kim continue their search for a dream chateau, and the clock is ticking for Fiona. (S)
7.55 Grand Designs Following the build of a wheelchair-friendly home. (S)
9.00 24 Hours in A&E A 14-year-old boy is rushed in after falling from a swing. (S)
10.00 999: What's Your Emergency? A man with a severe axe-related injury. (S)
11.05 999: On the Front Line: A 60-year old patient with chest pains. (S)
12.10 am 8 Out of 10 Cats Does Countdown (S)
1.15 24 Hours in A&E (S)
2.15 Ramsay's Kitchen Nightmares USA: A restaurant in Boston. (S)
3.15 to 3.40am Food Unwrapped (S)

FILM4
Freeview 14 (+1 45)
313 313 314 428 429 430 300 301

11.00 am The Gentle Sex: Documentary-style World War Two drama with Joan Gates. (S) ★★★ (1943)
12.50 pm The Tin Star: Western drama starring Henry Fonda and Anthony Perkins. (W)(S) ★★★★★ (1957)
2.40 Kidnapped: Adventure starring Michael Caine and Lawrence Douglas. (S) ★★★ (1977)
4.50 Campbell's Kingdom: Adventure with Dirk Bogarde. The owner of a Canadian valley clashes with a dam builder. (S) ★★★ (1957)


10.50 American Assassin

6.55 Behind Enemy Lines Drama with Owen Wilson and Gene Hackman. (S) ★★★ (2001)
9.00 Taken 2 Action thriller with Liam Neeson and Maggie Grace. An ex-CIA agent and his family are targeted by a vengeful Albanian gang. (W)(S) ★★★ (2012)
10.50 American Assassin Action thriller with Dylan O'Brien. The survivor of a terrorist attack becomes a master of combat. (S) ★★★ (2017)
1.05 to 3.05am The East: Thriller with Brit Marling and Alexander Skarsgård. Private security agent Sarah Moss decides to infiltrate an eco-terrorist cell, looking to put an end to its attacks on corporations that damage the environment. (W)(S) ★★★★★ (2013)

HGTV
Freeview 42
158 258 279 283 166

6.00 am Teleshopping
7.00 Homes Under the Hammer (S)
8.00 Bargain Hunt (S)
9.00 Flog It! (S)
11.00 Escape to the Country (S)
1.00 pm A Place in the Sun: Winter Sun: Double-bill, including: A couple search for a property in Mijas. (S)
3.00 Flog It!: From Hereford. (S)
4.00 Homes Under the Hammer: Double-bill. Homes in Cornwall, Kent and Northumberland; and properties in Devon and Leeds. (S)


9.00 Cash in the Spare Room

6.00 A Place in the Sun: Winter Sun Double-bill, including: Buyers hunt for homes in south Orlando, Florida. (S)
8.00 Sarah Beeny's Renovate Don't Relocate A man who botched a renovation. (S)
9.00 Cash in the Spare Room A farming couple turn a field into a luxury holiday rental.
10.00 My Lottery Dream Home New editions Double-bill, including: A woman buys a luxury home in Florida.
11.00 Caribbean Life: Double-bill, including: A couple start a new life in the Dominican Republic. (S)
12.00 m't Homes Under the Hammer (S)
1.00 am Flog It! (S)
2.00 Hawaii Life (S)
3.00 Our House
4.00 to 6.00am Teleshopping

PICK
Freeview 11 (+1 97)
152 252 165 144 145

6.00 am Teleshopping
7.00 Motorway Patrol (S)
8.00 Police Force: Australia (S)
9.00 Nothing to Declare
10.00 Border Security: Canada's Front Line (S)
11.00 Road Wars (S)
11.30 Caught Red Handed (S)
1.00 pm Police Force (S)
2.00 Border Patrol (S)
3.00 Nothing to Declare (S)
4.00 Border Security (S)
5.00 Stargate SG-1 (S)


7.00 Hawaii Five-0

6.00 Star Trek: The Next Generation (S2, ep16)
7.00 Hawaii Five-0 McGarrett and his new girlfriend stumble across a wanted gangster. (S6, ep7) (S)
8.00 Elementary A base jumper is targeted by two different killers. (S5, ep7) (S)
9.00 Murder Uncovered Kate Moir's escape from serial killer couple the Birnies. (S)
10.00 World's Most Evil Killers A profile of Volker Eckert. (S)
11.00 The Force: Essex: Officers go off in search of a bag-snatcher. (S)
12.00 m't Banged Up Abroad
1.00 am Road Wars (S)
2.00 Nothing to Declare (S)
3.00 Stop, Search, Seize (S)
4.00 Motorway Patrol (S)
5.00 to 6.00am Highway Patrol (S)

CBS JUSTICE
Freeview 39 (+1 69)
148 192 137

6.00am Teleshopping **9.00** Diagnosis Murder **11.00** Matlock
12.00noon Perry Mason **1.05pm** Walker, Texas Ranger **2.05** CSI: Miami (S2, ep6) **3.00** NCIS (S7, ep23) **4.00** NCIS: Los Angeles (S2, ep16) **5.00** Matlock **6.00** Perry Mason (S9, ep20) **7.05** Scorpion (S3, ep25) **8.00** Walker, Texas Ranger (S8, ep1)
9.00 NCIS: A naval cryptanalyst is shot. (S11, ep5) **10.00** NCIS: Los Angeles (S2, ep17) **11.00** Scorpion **12.00m't** CSI: Miami (S2, ep7) **1.00am** NCIS (S11, ep5) **2.00** Scorpion **3.05** Bonanza (The Lost Episodes) **4.50 to 6.00am** Mission: Impossible

CBS REALITY
Freeview 66 (+1 67)
146 246 148 201 135 136

6.00am Teleshopping **9.00** Judge Judy: Back-to-back editions.
7.00pm Medical Detectives
8.00 48 Hours: Mystery: A mother calls the police claiming she cut throat in front of her ex-husband and child.
9.00 Cold Blood: Reconstructions of murder investigations. **10.00** Murder By the Sea: An actress is found murdered. **11.00** Killer Doctors on Death Row **12.00m't** Snapped: Killer Couples
1.00am Cold Blood **2.00** Murder By the Sea **3.00** I Survived **3.45** Unsolved Mysteries **5.10 to 6.00am** Bondi Rescue

SONY MOVIES
Freeview 32
321 322 425 302

6.00am Teleshopping **9.00** Menu for Murder ★★ (1990) **11.05** A Date to Die For ★★ (2015)
1.00pm Status: Unknown ★★ (2014) **2.45** Not My Life ★★ (2006) **4.30** A League of Their Own ★★★★★ (1992) **7.05** Evolution: Sci-fi starring David Duchovny. ★★★★★ (2001)
9.00 The Expendables: Action thriller starring Sylvester Stallone. ★★★ (2010) **11.10** Missionary Man: Action thriller starring Dolph Lundgren. (2007) **1.05am** Riding in Cars with Boys ★★★★★ (2001)
3.45 to 4.40am Fly Away Home ★★★★★ (1996)

SONY CLASSIC
Freeview 50
319 320 424 303 304

6.00am Don't Panic Chaps (b/w) ★★★ (1959) **7.50** Crack Up (b/w) ★★★ (1946) **9.45** Bad For Each Other ★★ (1953)
11.30 Strongroom (b/w) ★★ (1967) **1.10pm** All the King's Men (b/w) ★★★★★ (1949)
3.30 Last Train from Bombay ★★ (1952) **5.10** Prisoners of the Casbah ★★ (1953) **6.50** The Toy ★ (1982) **9.00** The Blue Lagoon ★★ (1980) **11.10** The Big Chill ★★★★★ (1983)
1.15am Sartana Kills Them All (1970) **3.00** Long John Silver ★★ (1954) **4.35 to 6.00am** What a Carve Up! ★★ (1967)

SONY CHANNEL
Freeview 48
157 257 189 220 142 152

6.00am Sony Movie News Extra
6.10 The Waltons **7.10** Hart to Hart **9.10** Days of Our Lives
10.00 Hart to Hart **11.00** Charlie's Angels **12.00noon** Starsky & Hutch **1.00pm** T.J. Hooker **2.00** Hart to Hart
4.00 Murder, She Wrote **6.00** Charlie's Angels: The women hunt down corrupt officers.
7.00 M*A*S*H: Back-to-back episodes. **9.00** Classic Who Wants to Be a Millionaire?: Back-to-back editions. **1.00am** M*A*S*H **2.00** Charlie's Angels **3.00** M*A*S*H **3.30** The Waltons
4.20 Touched by an Angel **5.10 to 6.00am** Highway to Heaven

PARAMOUNT NET.
Freeview 31
150 250 187 150 132

6.00am Teleshopping **9.00** The A-Team **11.00** Knight Rider
1.00pm Police Interceptors
3.00 Traffic Cops: Under Attack
4.00 Traffic Cops Special - Carjacked **5.00** The A-Team
7.00 Police Interceptors: A van thief takes a wrong turn.
8.00 Traffic Cops **9.00** Police Raids: Caught by Surprise **10.00** Police Interceptors Unleashed
11.00 Frontline Police 24/7
12.00m't Banged Up Abroad
1.00am The Virginian: Men from Shiloh **2.30** The X-Files **4.10** Knight Rider **5.05** Now That's Funny! **5.55 to 6.00am** Access

CHALLENGE
Freeview 46
151 251 164 230 146 147

6.00am Teleshopping **7.00** Catchphrase **7.30** Deal or No Deal **9.00** The Chase **10.00** Dale's Supermarket Sweep
11.00 Bruce's Price Is Right
12.00noon Wheel of Fortune
1.00pm Catchphrase **2.00** Family Fortunes **2.30** All Star Family Fortunes **4.00** Bullseye
5.00 Golden Balls **6.00** Weakest Link **7.00** Pointless **8.00** Impossible **9.00** The Chase
10.00 Who Wants to Be a Millionaire? Back-to-back editions. **1.00am** Bullseye Double-bill. **12.00m't** Classic Who Wants to Be a Millionaire?
1.00am The Chase **4.00 to 6.00am** Deal or No Deal

DRAMA
Freeview 20
143 243 130 226 158

6.00am Teleshopping **7.10** Soldier, Soldier **9.00** The Bill **10.00** Classic Holby City **11.00** Classic Casualty **12.00noon** The Bill
1.00pm Classic EastEnders **2.20** London's Burning **3.20** Monarch of the Glen **4.20** Bergerac
5.25 Bread **6.00** Hi-de-Hi! **6.40** As Time Goes By **7.20** Last of the Summer Wine **8.00** Judge John Deed: A lawyer represents himself in a murder trial. **10.00** New Tricks: Ricky Hanson faces trial for trying to murder Jack.
11.15 Waking the Dead **1.45am** The Bill **2.50** London's Burning
4.00 to 6.00am Teleshopping

DAVE
Freeview 19 (+1 79)
111 211 127 227 131 157

6.00am Teleshopping **7.10** Eat Your Heart Out with Nick Helm **8.00** American Pickers
9.00 Storage Hunters **10.00** American Pickers **12.00noon** Timber Kings **1.00pm** Top Gear
2.00 Cop Car Workshop **3.00** Scrapyford Supercar **4.00** Top Gear **6.00** Taskmaster **7.00** Room 101 **8.20** Have I Got a Bit More News for You: Hosted by Rhod Gilbert. **9.20** QI **10.00** Taskmaster **11.00** Hypothetical **12.00m't** Taskmaster **1.00am** Have I Got a Bit More News for You **2.00** QI **2.40** Go 8 Bit: DLC
3.30 The Indestructibles **4.00 to 6.00am** Teleshopping

4SEVEN
Freeview 47 (HD 110)
137 143 203 127

9.00am Posh Pawn **10.00** Find It, Fix It, Flog It **11.00** Come Dine...
12.00noon A Place in the Sun
1.00pm Undercover Boss
Canada 2.00 See 7.00pm **3.00** Everybody Loves Raymond
4.00 Frasier **5.00** A Place in the Sun **6.00** A New Life in the Sun: Where Are... **7.00** Ramsay's Kitchen Nightmares USA **8.00** Love It or List It **9.00** Gogglebox
10.00 100 Kilo Kids... **11.05** The Great Celebrity Bake Off for SU2C **12.25am** The Windsors
12.55 Five Guys a Week **2.00** Hunted **3.05** As 6.00pm **4.10 to 4.40am** Four in a Bed

SKY & VIRGIN

SKY HD +1 **VIRGIN HD +1** **FREESAT HD +1** **BT HD +1**

SKY ONE

106 106 206 110 109

6.00am Monkey Life (S)
7.00 RSPCA Animal Rescue (S)
8.00 The Dog Whisperer
9.00 Stop, Search, Seize (S)
10.00 Highway Patrol (S)
11.00 NCIS: Los Angeles (S)
12.00noon NCIS: Los Angeles (S)
1.00pm Hawaii Five-0 (S)
3.00 MacGyver (S)
4.00 Modern Family: Double-bill. (S)
5.00 The Simpsons: Lisa takes out a restraining order against Bart. (S)
5.30 Futurama (S)


9.00 Strike Back: Vendetta

6.30 The Simpsons Triple-bill. (S)
8.00 An Idiot Abroad 2
 Karl Pilkington boards the Trans-Siberian Express. (S)
9.00 Strike Back: Vendetta
New episode The team runs into an old ally as it races to stop a weapon falling into Jihadist hands. (S8, ep3) (S)
10.00 The Trip to Greece 3 of 6.
New episode Rob and Steve enjoy a rainy day at Delphi.
10.30 The Force: North East
 A helicopter is used to locate a woman heard screaming in a park. (S)

11.30 Avenue 5: Judd calls on Ryan to help him. (S1, ep7) (S)
12.05am SEAL Team (S)
1.05 Caught on Dashcam
2.05 The Heist
3.05 Road Wars (S)
4.00 Stop, Search, Seize (S)
5.00 to 6.00am Futurama (S)

SKY ATLANTIC

108 108 208

6.00am The Guest Wing (S)
7.00 Without a Trace (S)
10.00 The West Wing (S)
12.00noon Blue Bloods (S2, ep11) (S)
1.00pm CSI: Crime Scene Investigation: The team investigates after a family disappears. (S6, ep5) (S)
2.00 The West Wing: Double-bill, including: Leo rejects the offer to end the investigation. (S3, ep11) (S)
4.00 Without a Trace: Double-bill, including: An insurance investigator goes missing. (S3, ep22) (S)


10.00 The L Word: Generation Q

6.00 Without a Trace Martin ends up critically ill in hospital after he is shot. (S6, ep6)
7.00 CSI: Crime Scene Investigation A mother is found dead. (S6, ep6)
8.00 Blue Bloods Danny's dedication puts his wife and sons in danger. (S2, ep12) (S)
9.00 Save Me A recording of a 999 call from Jody is traced to Streatham. (S1, ep4) (S)
10.00 The L Word: Generation Q
New episode Dani and Bette deal with the fallout from a recent scandal. (S1, ep6) (S)
11.05 Six Feet Under: Double-bill, including: Nate and David inherit the funeral business. (S1, ep2) (S)
1.35am Oz: Emerald City reopens after renovation and nearly all the inmates are in solitary (S)
3.45 Californication (S)
4.20 to 6.00am The West Wing (S)

11.05 Six Feet Under: Double-bill, including: Nate and David inherit the funeral business. (S1, ep2) (S)
1.35am Oz: Emerald City reopens after renovation and nearly all the inmates are in solitary (S)
3.45 Californication (S)
4.20 to 6.00am The West Wing (S)

SKY WITNESS

107 107 207 112 111 180

6.00am Nothing to Declare (S)
8.00 The Real A & E (S)
9.00 Blue Bloods (S7, ep11) (S)
10.00 Criminal Minds (S12, ep7) (S)
11.00 CSI: Crime Scene Investigation (S)
12.00noon Elementary (S6, ep13) (S)
1.00pm Blue Bloods (S7, ep13) (S)
2.00 Law & Order (S12, ep13)
3.00 The Real A & E: Double-bill (S)
4.00 Stop, Search, Seize: Following the work of Ireland's border force. (S)
5.00 Nothing to Declare: Double-bill. The work of customs officers.


9.00 The Good Doctor

6.00 Nothing to Declare
 Back-to-back editions.
8.00 Ghost Whisperer A spirit pulls Melinda into a family dispute. (S2, ep12) (S)
9.00 The Good Doctor
New episode Shaun makes a dramatic confession, but he may not get the results he is looking for. (S3, ep16)
10.00 Law & Order: Special Victims Unit **New episode**
 Rollins attempts to find a government worker who is withholding green cards in exchange for sex. (S21, ep14)
11.00 Law & Order: Special Victims Unit
12.00m't CSI: Crime Scene Investigation
1.00am Criminal Minds (S)
2.00 Shades of Blue
3.00 Criminal Minds (S)
4.00 Ghost Whisperer (S)
5.00 to 6.00am Brit Cops: Rapid Response (S)

11.00 Law & Order: Special Victims Unit
12.00m't CSI: Crime Scene Investigation
1.00am Criminal Minds (S)
2.00 Shades of Blue
3.00 Criminal Minds (S)
4.00 Ghost Whisperer (S)
5.00 to 6.00am Brit Cops: Rapid Response (S)

GOLD

110 110 210 124 194 310

6.00am Teleshopping **7.25** The Piglet Files **7.50** As Time Goes By (S)
8.25 The Good Life (S)
9.00 Porridge (S)
9.40 Hi-de-Hi! (S)
10.20 Last of the Summer Wine (S)
12.20pm Keeping Up Appearances
1.00 Porridge (S)
1.40 Hi-de-Hi! (S)
2.20 The Good Life (S)
3.00 Keeping Up Appearances
3.40 Dad's Army (S)
4.20 Last of the Summer Wine (S)


10.15 Live at the Apollo

6.20 The Good Life (S)
7.00 Porridge The inmates decide on a wager as the parole board gathers. (S)
7.40 Dad's Army Double-bill.
 Pike receives his call-up papers; and Private Godfrey faces homelessness. (S)
9.00 Mrs Brown's Boys
 Agnes goes on a diet. (S)
9.40 Gavin & Stacey The couple have their first lovers' tiff. (S)
10.15 Live at the Apollo Kevin Bridges introduces sets by Shappi Khorsandi and Jack Whitehall. (S)
11.20 Sandylands: 2 of 3. Emily becomes her father's partner-in-crime.
12.00m't Peep Show: Double-bill. (S)
1.05am Live at the Apollo (S)
2.05 Peep Show (S)
2.55 The Rebel (S)
3.30 The Piglet Files
4.00 to 6.00am Teleshopping

11.20 Sandylands: 2 of 3. Emily becomes her father's partner-in-crime.
12.00m't Peep Show: Double-bill. (S)
1.05am Live at the Apollo (S)
2.05 Peep Show (S)
2.55 The Rebel (S)
3.30 The Piglet Files
4.00 to 6.00am Teleshopping

DISCOVERY

125 125 225 250 258

6.00am Combat Dealers (S)
7.00 Tony Robinson's World War One
8.00 Kindig Customs
9.00 Jeremy Wade's Dark Waters (S)
10.00 Nasa's Unexplained Files (S)
11.00 Fast N' Loud (S) **12.00noon** Gold Rush: Dave Turin's Lost Mine (S)
1.00pm Alaska: The Last Frontier (S)
2.00 Combat Dealers (S)
3.00 World War Two: The Complete History (S)
4.00 Building Off the Grid (S)
5.00 Wheeler Dealers (S)


10.30 Gold Rush: Dave Turin's Lost Mine

6.00 Fast N' Loud 1 of 2.
 A 1955 pink Cadillac. (S)
7.00 Outback Truckers
 Brenton has three days to move 20,000 cattle. (S)
8.00 Richard Hammond's Big The Appomattox oil production platform in the Gulf of Mexico.
9.00 Gold Rush **New edition**
 The gold miners of the Yukon hope to strike it rich.
10.30 Gold Rush: Dave Turin's Lost Mine **New edition**
 Dave takes a gamble on a new piece of machinery.
11.30 Gold Rush: The Dirt **New edition**
 The crew discusses the latest series.
12.00m't Gold Rush
1.30am Gold Rush: The Dirt
2.00 Richard Hammond's Big
3.00 Gold Rush: Dave Turin's Lost Mine
3.50 Kindig Customs (S)
5.30 to 6.00am How It's Made (S)

11.30 Gold Rush: The Dirt **New edition**
 The crew discusses the latest series.
12.00m't Gold Rush
1.30am Gold Rush: The Dirt
2.00 Richard Hammond's Big
3.00 Gold Rush: Dave Turin's Lost Mine
3.50 Kindig Customs (S)
5.30 to 6.00am How It's Made (S)

W

109 109 209 125 211 190

6.10am MasterChef Australia **7.00** My Dream Home **8.00** Tipping Point **10.00** The Bill **11.00** Supernanny US **12.00noon** Tipping Point **2.00pm** Property Brothers: Forever Home **3.00** My Dream Home **5.00** Tipping Point **7.00** Property Brothers: Forever Home **8.00** Sun, Sea and Brides to Be **9.00** Inside the Ambulance **10.00** The Wedding Fixer **11.00** Inside the Ambulance **12.00m't** One Born Every Minute **1.00am** Emily Attack: Adulthood **1.50** Code Black **2.35** Renovate My Home: Leave It to Bryan **3.00** to **6.10am** Teleshopping

ALIBI

132 132 232 126 212 191

6.00am Teleshopping **7.10** Murdoch Mysteries **10.00** The Guardian **11.00** Sue Thomas: F.B.Eye **12.00noon** Major Crimes **1.00pm** Rush **3.00** Murdoch Mysteries **6.00am** Major Crimes (S4, ep4) **7.00** Motive **9.00** Frankie Drake Mysteries: The detectives investigate a fire-bombing at the campaign office of a female politician. (S3, ep8) **10.00** Ms Fisher's Modern Murder Mysteries: The investigation exposes a maze of fraudulent activity. **11.00** New Tricks **12.20am** Murdoch Mysteries **1.20** Bite Club **4.00** to **6.00am** Teleshopping

SKY COMEDY

113 113 122 121

6.00am Teleshopping **8.00** Everybody Hates Chris **9.00** Parks and Recreation **10.30** 30 Rock **12.00noon** The Mindy Project **1.30pm** Modern Family **2.30** Everybody Hates Chris **3.30** Parks and Recreation **5.00** 30 Rock **6.30** Modern Family **7.30** The Mindy Project **9.00** Ramy Youssef: Feelings **10.15** **NEW** Mrs Fletcher (S1, ep1) **See Highlights** **10.50** The Tonight Show Starring Jimmy Fallon **11.50** The Late Late Show with James Corden **12.50am** Entourage **1.25** Silicon Valley **2.35** Girls **3.45** 30 Rock **5.00** to **6.00am** Teleshopping

SYFY

114 114 214 138 137 229

6.00am Warehouse 13 **7.00** Merlin **8.00** Teleshopping **11.00** Stargate Atlantis **1.00pm** Star Trek: Voyager **3.00** Star Trek: The Next Generation **5.00** Star Trek: Deep Space Nine **7.00** Warehouse 13 (S2, ep4) **8.00** Merlin (S2, ep4) **9.00** The Twilight Zone: A camcorder turns back time. (S1, ep3) **10.00** **FILM** Twelve Monkeys: Sci-fi fantasy starring Bruce Willis. ★★★★★ (1995) **12.30am** The Twilight Zone **1.30** Star Trek: Deep Space Nine **3.30** Future Man **4.00** Marvel's Runaways **5.00** to **6.00am** Star Trek: Voyager

HISTORY

130 130 230 270 271

6.00am American Pickers **8.00** Pawn Stars **9.00** Lost Worlds **10.00** Storage Wars **11.00** Britain's Greatest Bridges **12.00noon** River Hunters **1.00pm** Forged in Fire **2.00** American Pickers **3.00** Storage Wars **5.00** Pawn Stars **6.00** Forged in Fire **7.00** American Pickers **8.00** The Railways That Built Britain with Chris Tarrant **9.00** Vikings (S5, ep11) **10.00** Ancient Aliens: Double-bill. **12.00m't** The Curse of Oak Island **1.00am** Britain's Greatest Bridges **2.00** Forged in Fire **3.00** River Hunters **4.00** to **6.00am** Storage Wars

ANIMAL PLANET

162 162 262 251 259

6.00am The Aquarium **7.00** Treehouse Masters: Out... **8.00** See **11.00pm** **10.00** AC Phoenix **12.00noon** Jeremy Wade's Dark Waters **1.00pm** My Cat from Hell **2.00** Alaskan Bush People **3.00** The Vet Life **5.00** Crikey! It's the Irwins **6.00** Bondi Vet: Coast to Coast **7.00** AC Detroit **8.00** The Zoo **9.00** The Aquarium **10.00** AC San Francisco **11.00** Pit Bulls & Parolees **12.00m't** I Was Prey **1.00am** AC Detroit **2.00** The Zoo **3.00** As **10.00pm** **3.50** Crikey! It's the Irwins **4.40** Nature's Strangest Mysteries... **5.10** to **6.00am** My Cat from Hell

SKY ARTS

122 122 123 156

6.00am Prokofiev **6.30** Plácido Domingo... **8.30** See **1.30pm** **9.00** Originals **9.30** Auction **10.00** See **4.00pm** **11.00** Grace Kelly **12.00noon** Lauren Bacall **1.00pm** Originals **1.30** Watercolour... **2.00** Fresco Fiasco **2.25** Imelda May: Live... **4.00** Tales of the Unexpected **5.00** Deborah Kerr **6.00** Ingrid Bergman **7.00** Portrait Artist of the Year **9.00** I Am Heath Ledger **11.00** The Nineties **12.00m't** As **7.00pm** **1.00am** Margaret Atwood: A Word After a Word... **3.00** The History of Comedy **4.00** Deborah Kerr **5.00** to **6.00am** As **6.00pm**

FOX

124 124 224 157 199 158

8.00am Republic of Doyle **9.00** Bones (S2, ep10) **10.00** Bull **11.00** NCIS (S12, ep23) **12.00noon** Bones **2.00pm** The Mentalist (S7, ep9) **3.00** NCIS (S12, ep24) **4.00** Bull **5.00** Bones (S2, ep13) **6.00** The Mentalist (S7, ep10) **7.00** NCIS: Double-bill, including: Gibbs asks the team to help bring down a drug dealer. (S13, ep2) **9.00** Family Guy: Back-to-back episodes. **11.00** American Dad! **12.00m't** Family Guy **1.00am** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic of Doyle **5.00** to **8.00am** Teleshopping

TLC

133 133 233 167 169

6.00am SYTtD: Bridesmaids **8.00** SYTtD: UK **9.00** Say Yes to the Dress **10.00** Curvy Brides Boutique **11.00** SYTtD Canada **12.00noon** SYTtD: Atlanta **2.00pm** Dr Pimple Popper **3.00** Sister Wives **4.00** SYTtD Canada **5.00** Curvy Brides Boutique **6.00** Say Yes to the Dress **7.00** My Big Fat Fabulous Life **8.00** Love After Lock Up **9.00** Dr Pimple Popper **10.00** Hot & Heavy **11.00** Dr Pimple Popper **12.00m't** Love After Lock Up **1.00am** Dr Pimple Popper **2.00** Hot & Heavy **3.00** Dr Pimple Popper **4.00** to **6.00am** SYTtD: Atlanta

CI

156 156 256 209 222

6.00am The First 48 **8.00** See **7.00pm** **10.00** Unusual Suspects **11.00** Homicide: Hours to Kill **12.00noon** Crimes That Shook Britain **1.00pm** Nightmare in Suburbia **2.00** I Lived with a Killer **3.00** See **7.00pm** **4.00** Unusual Suspects **5.00** Homicide: Hours to Kill **6.00** The First 48 **7.00** Homicide Hunter **8.00** Fear Thy Neighbour **9.00** Very Scary People **11.00** Homicide Hunter **12.00m't** Britain's Darkest Taboos **1.00am** Very Scary People **3.00** I Lived with a Killer **4.00** Homicide: Hours to Kill **5.00** to **6.00am** As **8.00pm**

NAT GEO

129 129 229 266 268 267

8.00am Nazi Megastructures **9.00** Hitler's Death Army: Das Reich **10.00** Buried Secrets of the Bible **11.00** World's Biggest Battleship... **12.00noon** Car S.O.S **2.00pm** Wicked Tuna **3.00** Ice Road Rescue **4.00** Air Crash Investigation **6.00** Car S.O.S **8.00** World War I Apocalypse **9.00** World War II: The Apocalypse **10.00** Apocalypse: Cold War **11.00** As **4.00pm** **12.00m't** Alaska State Troopers **1.00am** Extreme Airport Security **2.00** Ultimate Airport Dubai **3.00** Air Crash Investigation: Special Report **4.00** to **5.00am** As **4.00pm**

SKY CRIME

121 121 221 136 135 207

6.00am Motorway Patrol **7.00** Highway Cops **8.00** See **3.00pm** **9.00** Send in the Dogs **10.00** Road Wars **11.00** See **5.00pm** **12.00noon** Highway Cops **1.00pm** A Lie to Die For **2.00** Killer Colleagues **3.00** Border Security: Canada's... **4.00** Road Wars **5.00** Brit Cops: Rapid... **6.00** Send in the Dogs **7.00** Snapped **8.00** A Lie to Die For **9.00** World's Most Evil Killers **10.00** Snapped **11.00** As **9.00pm** **12.00m't** Murders That Shocked... **1.00am** Conman... **2.00** Snapped **3.00** Murder Calls **4.00** As **5.00pm** **5.00** to **6.00am** As **6.00am**

SKY CINEMA
PREMIERE

301 301 312 401 412 501

6.00am See 3.00am **8.15** Special **8.45** See 6.15pm **10.30** This Changes Everything: Documentary. ★★★ (2018) **12.15** The Top Ten Show **12.30** See 8.00pm **2.30** See 10.00pm **4.15** The Top Ten Show **4.30** See 11.45pm **6.15** We Die Young: Drama. ★★ (2019) **8.00** The Art of Self-Defense: Comedy starring Jesse Eisenberg. ★★★ (2018)

**8.00 The Art of Self-Defense**

10.00 Brightburn: Superhero horror starring Elizabeth Banks. ★★★ (2019) **11.45** Doom: Annihilation: Fantasy starring Amy Manson. ★★ (2019) **1.30am** Hell Is Where the Home Is: Horror starring Angela Trimbur. ★★ (2018) **3.00** The Counterfeiter: Action thriller. ★★★ (2018) **5.15** The Top Ten Show **5.30 to 6.00am** Special

SKY CINEMA
ACTION

311 311 407 507

6.00am See 3.45am **8.30** See 5.15pm **11.05** See 8.00pm **1.05pm** See 10.00pm **2.50** See 1.15am **5.15** Armageddon ★★ (1998) **8.00** Edge of Tomorrow: Starring Tom Cruise. ★★★★★ (2014) **10.00** Escape Plan 3: Starring Sylvester Stallone and Dave Bautista. ★ (2019) **11.45** Riot Girls ★★ (2019) **1.15am** Master and Commander: The Far Side of the World ★★★★★ (2003) **3.45 to 6.15am** The Karate Kid ★★★★★ (2010)

SKY CINEMA
GREATS

304 304 404 504

7.00am Carousel ★★★★★ (1956) **9.20** Vertigo ★★★★★ (1958) **11.40** See 9.00pm **1.40pm** The Bourne Supremacy ★★★★★ (2004) **3.40** Evita ★★★★★ (1996) **6.00** Braveheart ★★★★★ (1995) **9.00** Elizabeth: The Golden Age: Historical drama. ★★★ (2007) **11.00** Lethal Weapon 2 ★★★★★ (1989) **1.00am** The Juror ★ (1996) **3.05** American Beauty ★★★★★ (1999) **5.15 to 8.00am** The Bridge on the River Kwai ★★★★★ (1957)

SKY CINEMA
MONSTERS

307 307 411 511

6.00am See 1.15am **7.40** See 4.15pm **10.05** See 6.45pm **12.10pm** See 9.00pm **2.30** See 11.30pm **4.15** Godzilla: With Matthew Broderick. ★★★ (1998) **6.45** Godzilla: With Aaron Taylor-Johnson. ★★★★★ (2014) **9.00** Godzilla: King of the Monsters ★★★★★ (2019) **11.30** A Quiet Place ★★★★★ (2018) **1.15am** Slender Man ★ (2018) **3.00** The Top Ten Show **3.15** Resident Evil: Apocalypse ★★★★★ (2004) **5.00 to 6.00am** Sky Cinema Preview

SKY CINEMA
COMEDY

308 308 408 508

7.15am Sword of Trust: With Marc Maron. ★★★ (2019) **8.55** Eighth Grade: With Elsie Fisher. ★★★★★ (2018) **10.35** See 8.00pm **12.20pm** See 9.45pm **2.00** Jerry Maguire: With Tom Cruise. ★★★★★ (1996) **4.20** Click: With Adam Sandler. ★★★★★ (2006) **6.20** Family: With Taylor Schilling. ★★★★★ (2018) **8.00** Bad Teacher: With Cameron Diaz. ★★★★★ (2017)

**8.00 Bad Teacher**

9.45 Along Came Polly: With Ben Stiller and Jennifer Aniston. ★★★★★ (2003) **11.25** Sex Tape: With Cameron Diaz. ★★ (2014) **1.05am** Road Trip: With Breckin Meyer. ★★★★★ (2000) **2.45** Eurotrip: Starring Scott Mechlowicz. ★★ (2004) **4.35 to 6.45am** The Fighting Temptations: With Cuba Gooding Jr. ★★★★★ (2003)

SKY CINEMA
DRAMA

310 310 410 510

6.00am Foxtrot ★★★★★ (2017) **8.00** Damsel ★★ (2018) **10.00** The Leisure Seeker ★★★★★ (2017) **11.55** See 8.00pm **2.25pm** See 2.35am **4.20** The Butterfly Tree ★★ (2017) **6.05** Step Up: Dance drama. ★★★★★ (2006) **8.00** Burning ★★★★★ (2018) **10.40** Saturday Night Fever: Starring John Travolta. ★★★★★ (1977) **12.50am** Blue My Mind ★★★★★ (2017) **2.35** Puzzle ★★★★★ (2018) **4.30 to 6.30am** As 6.05pm

SKY CINEMA
HITS

303 303 403 503

6.20am Deep Impact ★★★★★ (1998) **8.25** Prince of Persia: The Sands of Time ★★★★★ (2010) **10.25** Bad Times at the El Royale ★★★★★ (2018) **12.50pm** See 9.00pm **2.35** See 10.50pm **4.55** Nutcracker and the Four Realms ★★ (2018) **6.40** Solo: A Star Wars Story ★★★★★ (2018) **9.00** Skyscraper ★★★★★ (2018) **10.50** Fury ★★★★★ (2014) **1.10am** Pet Sematary (2019) **3.05** Escape Room (2019) **4.50 to 6.40am** As 4.55pm

SKY CINEMA
SUPERHERO

302 302 402 502

6.00am See 4.05pm **8.25** See 6.30pm **11.00** See 9.00pm **2.05pm** Fantastic Four ★★★★★ (2005) **4.05** Avengers: Age of Ultron: Starring Robert Downey Jr. ★★★★★ (2015) **6.30** Avengers: Infinity War: Starring Robert Downey Jr. ★★★★★ (2018) **9.00** Avengers: Endgame: Starring Robert Downey Jr. ★★★★★ (2019) **12.05am** The Punisher ★★★★★ (2004) **2.15** Punisher War Zone ★★★★★ (2008) **4.10 to 6.05am** As 2.05pm

SKY CINEMA
FAMILY

306 306 406 506

6.00am See 3.05pm **7.35** See 6.30pm **9.05** Look Who's Talking: Comedy. ★★★★★ (1989) **10.50** See 4.40pm **12.40pm** See 8.00pm **3.05** The Grinch: Animation. ★★★★★ (2018) **4.40** Jumanji: Fantasy. ★★★★★ (1995) **6.30** Wonder Park: Animation. ★★★★★ (2019) **8.00** The Mask of Zorro: Adventure starring Antonio Banderas. ★★★★★ (1998)

**6.30 Wonder Park**

10.20 The Legend of Zorro: Swashbuckling adventure sequel starring Antonio Banderas. ★★★★★ (2005) **12.35am** The Polar Express: Animated adventure with the voice of Tom Hanks. ★★★★★ (2004) **2.25** Toys & Pets: Animated adventure. (2017) **4.15 to 6.10am** Cats: Animated adventure. ★★★★★ (2018)

SKY CINEMA
DISNEY

305 305 405 505

7.10am See 1.50pm **8.55** See 5.25pm **10.30** Brother Bear (2003) **12.00noon** See 7pm **1.50pm** Bedtime Stories (2008) **3.35** Big Hero 6 (2014) **5.25** Mulan (1998) **7.00** Cinderella (2014) **9.00** Tomorrowland: A World Beyond (2015) **11.15** Haunted Mansion (2003) **12.50am** The Story of Robin Hood and His Merrie Men (1952) **2.20** The Sword in the Stone (1963) **3.45** Dinosaur (2000) **5.20 to 6.55am** Beverly Hills Chihuahua 2 (2011)

SKY CINEMA
THRILLER

309 309 409 509

6.00am Beast of Burden (2017) **7.35** Danger One (2018) **9.20** Blood Brother (2018) **10.50** Cutterhead (2018) **12.20pm** Rust Creek ★★★★★ (2018) **2.10** The Bone Collector ★★★★★ (1999) **4.10** Accident ★ (2017) **5.45** Enemy of the State ★★★★★ (1998) **8.00** The Negotiator ★★★★★ (2018) **10.00** Basic Instinct ★★★★★ (1992) **12.15am** Lone Survivor (2013) **2.25** Single White Female (1992) **4.25 to 6.10am** Malpractice (2001)

TCM MOVIES

315 316 415 416 417 512

6.30am Hollywood's Best Film Directors **7.00** Charro! (1969) **9.05** Westward the Women (b/w) ★★★★★ (1951) **11.30** The Fastest Gun Alive (b/w) ★★ (1956) **1.30pm** 12 Angry Men (b/w) ★★★★★ (1957) **3.30** Frenchie ★★★★★ (1950) **5.10** Arizona Raiders ★★ (1965) **7.15** Ten Wanted Men ★★★★★ (1955) **9.00** Dirty Harry ★★★★★ (1971) **11.15** The Postman ★★★★★ (1997) **2.45am** Every Which Way But Loose ★★★★★ (1978) **4.40** Off Set **5.00 to 6.30am** Close Up

SKY SPORTS
MAIN EVENT

401 401 511 501 402

6.00am Good Morning Sports Fans Bitesize **7.00** Good Morning Sports Fans **10.00** Football Centre A round-up of the latest news. **12.00noon** Sky Sports News A round-up of the day's talking points. **1.00pm** **LIVE** The Players Championship Build-up to this year's tournament, taking place at TPC Sawgrass. **9.00** Sky Sports Tonight This evening's leading sports stories. **10.00** The Debate Discussion on the latest football news. **11.00** NBA: The Warm Up A look ahead to tonight's fixtures. **12.00m't to 6.00am** Sky Sports News

SKY SPORTS
CRICKET

404 404 514 504

6.00am Greatest Games **7.00** Best of England v Australia **7.45** Ashes Greats **8.00** Greatest Games **9.00** How The 2007 ICC World Cup Was Won **12.00noon** Greatest Games **1.00pm** Best of England v Australia **1.45** Ashes Greats **2.00** Greatest Games **3.00** How The 2007 ICC World Cup Was Won **6.00** Women's ICC World T20 **10.00** How The 2007 ICC World Cup Was Won **1.00am** Best of England v Australia **1.45** Ashes Greats **2.00** Greatest Games **3.00** Best of England v Australia **3.45** Ashes Greats **4.00** Greatest Games **5.00 to 6.00am** Highlights

SKY SPORTS
ARENA

408 408 518 508

6.00am Highlights **9.00** Sporting Records **10.00** Boxing Gold **10.30** Betfred Super League **11.00** Super League Gold **12.00noon** Betfred Super League **12.30pm** Sporting Greats **2.00** NBA Classic Games **4.30** Netball Superleague **6.30** Betfred Super League **7.00** Super League Gold **8.00** NBA Classic Games **9.00** Betfred Super League **9.30** NBA GameTime **10.00** NBA Heatcheck **11.00** NBA: The Warm Up **12.00m't** NBA Classic Games **2.00am** Super League Gold **3.00** Sporting Records **4.00 to 6.00am** Highlights

BT SPORT 1

413 413 527 408 430

6.00am Fishing: On The Bank – 2019 **7.00** WWE SmackDown **8.45** Early Kick-Off **9.00** PL Review **10.00** PL World **10.30** UEFA Champions League Magazine **11.00** UEFA Europa League Magazine **11.30** SPFL **11.45** BT Sport Goals Reload **12.00noon** Vanarama National League **12.30pm** Gallagher Premiership Rugby Highlights **3.00** Ligue 1 **4.00** WWE NXT **5.00** Vanarama National League **6.30** Vanarama National League Highlights **7.00** True Grit **8.00** WWE Raw **10.30** WWE NXT **12.15am** Nature Boy **1.45** World Poker Tour Series – Season 16 **3.45** Badminton **5.45 to 6.00am** MotoGP Rewind

SKY SPORTS
PREMIER LEAGUE

402 402 512 502

6.00am PL Greatest Games **7.00** PL Legends **8.00** MNF Pre Match **9.00** MNF Hits **9.30** Premier League 100 Club **10.00** Premier League Years **12.00noon** MNF **4.00pm** PL Greatest Games **5.00** MNF Pre Match **6.00** MNF Hits **6.30** PL Legends **7.00** Premier League Review **8.00** Gary Neville's Soccerbox **9.00** Premier League Review **10.00** The Debate **11.00** PL Best Goals **92/93** **12.00m't** The Debate **1.00am** Premier League Years **3.00** PL Greatest Games **4.00** PL Best Goals **93/94** **5.00** Best PL Goals: Man Utd v Newcastle **5.30 to 6.00am** PL 100 Club

SKY SPORTS
THE PLAYERS

405 405 515 505

6.00am PGA Tour Profiles **6.15** PGA Tour Golf A replay of the final day of the 2019 Players Championship. **11.45** PGA Tour Profiles **12.00noon** Best of the Sky Zone **12.30pm** PGA Tour Golf **1.00** **LIVE** The Players Championship Build up to this year's tournament, taking place at TPC Sawgrass. **9.00** Rory's Review of 2019 Rory McIlroy looks back at the year. **9.30** How The Players Was Won Action from the final day of the 2019 Players Championship. **11.30** Best of the Sky Zone **12.00m't** Golf Academy **1.00 to 6.00am** The Players Championship Official Film

SKY SPORTS
MIX

145 145 520 510

6.00am My Icon **7.00** Sporting Records **8.00** Sporting Greats **9.00** My Icon **10.00** NBA Classic Games **11.00** School of Golf **12.00noon** Sporting Greats **1.00pm** European Tour Golf **2.00** Fight Night International **3.00** Women's ICC World T20 Cricket **4.00** My Icon **5.00** NBA Classic Games: Spurs @ Heat **2013** **6.00** Soccer AM: The Best Bits **6.30** Netball Superleague **8.30** Soccer AM: The Best Bits **9.00** Women's ICC World T20 Cricket **10.00** Soccer AM: The Best Bits **10.30** My Icon **11.30** Soccer AM: The Best Bits **12.00m't to 6.00am** Mix Shorts: Masterclasses

BT SPORT 2

414 414 528 409 431

6.00am PSA Squash **7.00** Men's Hockey **9.00** Women's Hockey **11.00** MotoGP The Moto3, Moto2 and MotoGP races at the Grand Prix of Qatar **2.00pm** MotoGP Chequered Flag **3.00** Premier League Review **4.00** UEFA Champions League **5.00** BT Sport Films: Greavsie **7.00** **LIVE** UEFA Champions League RB Leipzig v Tottenham Hotspur. See Highlights **10.30** PL Reload **10.45** MotoGP Rewind **11.00** **LIVE** NHL Toronto Maple Leafs v Tampa Bay Lightning. **1.30am** UEFA Champions League **3.30** Dan Hardy's Open Mat **4.00** Bundesliga Highlights Show **5.00 to 6.00am** Ligue 1

SKY SPORTS
FOOTBALL

403 403 513 503

6.00am Highlights **9.30** EFL Play-Off Final **10.30** Greatest Games **11.30** Greatest Players **12.00noon** Football Countdowns **12.30pm** Football Years **1.00** SPFL Greatest Games **1.45** One2Eleven **2.00** EFL Play-Off Final **3.00** Greatest Players **3.30** Football Countdowns **4.00** Football Years **4.30** EFL Play-Off Final **5.30** Greatest Games **6.00** EFL Goals **6.30** MLS **7.00** Soccer AM **7.30** EFL Play-Off Final **8.30** EFL Goals **9.00** EFL Highlights **10.00** SPFL **10.30** Greatest Games **11.00** One2Eleven **11.15** Greatest Games **12.00m't to 6.00am** Highlights

SKY SPORTS
ACTION

407 407 517 507

6.00am Boxing Gold **7.00** Sporting Records **8.00** NFL: America's Game **10.00** Sporting Records **11.00** NFL: America's Game **12.00noon** NFL: America's Game **1.00pm** Sporting Records **2.00** Darts Gold **2.30** Boxing Gold **3.30** Darts Gold **4.30** Sporting Records **5.30** Hooked on Africa **6.00** NBC's Pro-Football Talk **8.00** NFL: America's Game **10.00** Hooked on Africa **10.30** Darts Gold **11.00** NFL: America's Game **1.00am** Super League Gold **2.00** Greatest Games **3.30** Darts Gold **4.00** Sporting Records **5.00 to 6.00am** Sporting Greats

EUROSPORT

410 410 521 412 435

6.00am Alpine Skiing **7.00** Cycling: Paris-Nice **8.00** Snooker **10.00** Motocross World Championship **10.35** Fencing **11.40** Table Tennis **12.40pm** Cycling: Paris-Nice **1.40** **LIVE** Cycling: Paris-Nice Stage three. **3.40** Cycling: Tirreno-Adriatico **4.40** Cycling: Get to Know **6.00** Alpine Skiing **8.00** Cycling: Paris-Nice **9.00** Cycling: Tirreno-Adriatico **10.00** Ski Jumping **11.00** Cycling: Paris-Nice **12.00m't** Cycling: Tirreno-Adriatico **1.00am** Cleveland Steelman Triathlon **2.00** Cycling: Paris-Nice **3.00** Cycling: Kuurne-Brussels-Kuurne **4.00** Ski Jumping **5.00 to 6.00am** Alpine Skiing

BT SPORT 3

417 417 529 410 432

6.00am Bundesliga **2** **7.00** Ligue 1 **2.30pm** Bundesliga **2** **3.30** Bundesliga Highlights Show **4.30** Coppa Italia **5.00** UEFA Europa League Magazine **5.30** UEFA Champions League Magazine **6.00** Early Kick-Off **6.15** UEFA Champions League – Stories of the Finals **6.45** UEFA Champions League **7.45** **LIVE** UEFA Champions League Valencia v Atalanta: (kick-off 8.00). **10.30** Coppa Italia **11.00** **LIVE** College Basketball A college basketball match. **1.00am** **LIVE** College Basketball Action from college basketball. **3.00** MotoGP **4.00** MotoGP Chequered Flag **5.00 to 6.00am** PSA Squash

WEDNESDAY HIGHLIGHTS

Maggie wishes
she had kept
her mouth shut



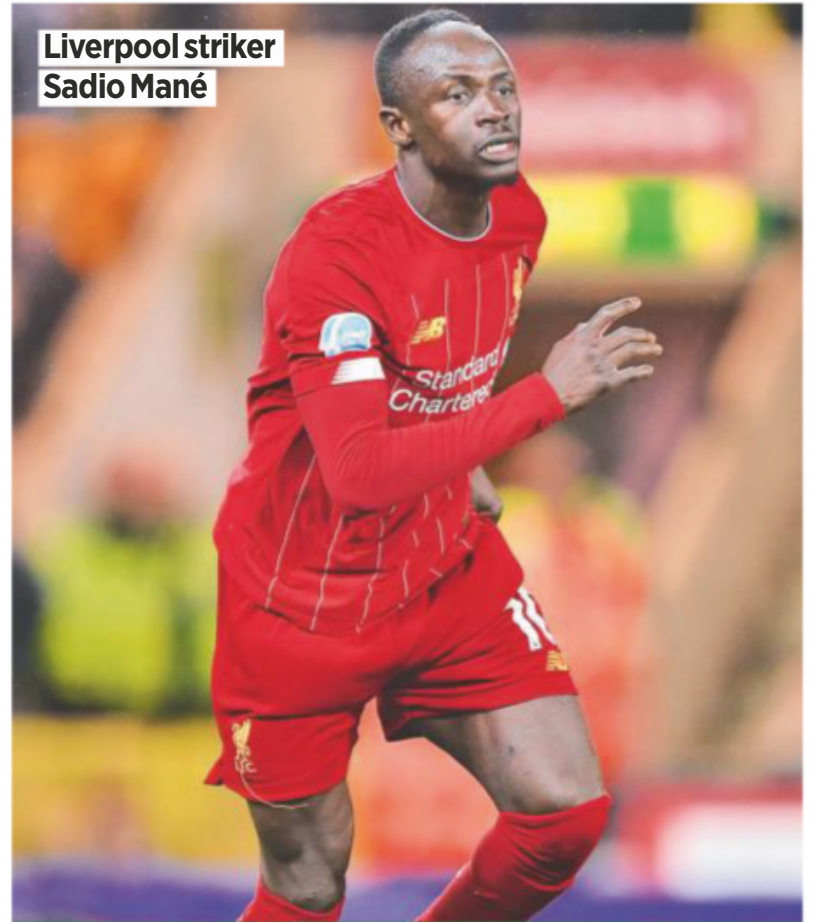
The Trouble with Maggie Cole

● **DRAMA** / 9pm / ITV

Thurlbury is still reeling from the bombshell of Maggie's disastrous radio interview last week, only now its revelations and nasty insinuations have gone viral. Newspapers are splashing big stories about it, too, much to the despair of Maggie and husband Peter. Maggie's former best friend Jill bonds with fellow members of the so-called 'Outed Six',

who include Neil and Kelly. The couple want to keep their stash of £70k secret so, inspired by Maggie's speculation about what's behind their excessive spending, decide to pretend they've won the lottery... The pace in this second episode remains gentle but the plotting is sharper, and there are still comedic moments among the ongoing mysteries. ★★★★★ *NC*

Liverpool striker
Sadio Mané



LIVERPOOL v ATLÉTICO MADRID

Champions League

● **FOOTBALL** / 7pm / BT Sport 2

LIVE Although the Premier League is all but sewn up for Liverpool, progressing in the Champions League is a different ball game altogether. Losing 1-0 to Atlético Madrid in the first leg gives the Reds quite a task in the return match tonight (k-o 8pm), especially as the Spanish side's modus operandi is to sit deep and counter-attack. Injured captain Jordan Henderson is unlikely to be back in time for this match. Will Roberto Firmino, Mo Salah and Sadio Mané provide the firepower? ★★★★★ *NP*



Recycling: Waste of time?

Recycling: Is It a Con?

● **DOCUMENTARY** / 8pm / Channel 5

NEW The awful images of sealife being choked by plastic and beaches covered in rubbish have shocked us all into making more of an effort to be green. But are our local councils and supermarkets also doing their bit in the effort to make the planet cleaner? As the title suggests, this revealing documentary asks if all our recycling is a waste of time. ★★★ *LP*



The celebs are risking
life and limb for
Sport Relief

The Heat Is On: Sport Relief

● **DOCUMENTARY** / 8pm / BBC1

NEW We've seen some impressive celebrity challenges for Sport Relief, but this trek across Namibia is in another league. The coronavirus nixed the original plan for a Mongolian ice triathlon, but this four-day adventure has seen Robert Rinder, Louise Minchin, Karim Zeroual, Samantha Womack, Krishnan

Guru-Murthy, Nick Grimshaw and Frankie Bridge run and cycle 100 miles through the desert, scale the world's tallest sand dunes – and ski down the other side! All the while, Dr Zoe Williams was on hand to help with heat exhaustion and injuries. Did the camaraderie see them through? ★★★★★ *CC*
● See Robert Rinder interview, page 11



Phil and Kirstie return

Location, Location, Location

● **PROPERTY** / 8pm / C4

NEW Property shows come and go but tonight this TV institution starts its 34th series. So you'd imagine the househunters featured would listen to Phil and Kirstie... although we know that's not always true. Will this week's Bristol-based househunters pay attention? ★★★★★ *JP*

Rhianna has faced difficulties while filming the series



PICK OF THE DAY

Child of Our Time

Time to catch up with the babies from 2000 as they turn 20

DOCUMENTARY / 9pm / BBC2

NEW *Child of Our Time's* Millennium

babies have turned 20, and three now have kids of their own! In the latest check-in, they reflect on the challenges they've faced during their first two decades, from bereavement and growing up in care to dealing with parents divorcing. The impact of nurture is evident in the case of Rhianna, who developed anxiety because of her parents' difficult relationship. However, the outlook is a positive one, especially for Charlie, who was shunted between care homes, but now has her focus fixed on the future with her young son. Particularly moving following the death of Parys, it's an insightful snapshot of young lives. ★★★★★ IM



The genetically made Okja

Okja

FILM / Netflix

Before the Oscar-winning *Parasite*, Bong Joon-ho gave us this cautionary tale about an orphan living with her beloved pet, Okja, in the mountains of Korea. But Okja – a smart, friendly-looking pig the size of a small elephant – is a genetic experiment by a conglomerate, led by Tilda Swinton, that wants him back. A mash-up of genres begins as a child-friendly comedy but ends in some very dark places, by way of slapstick and pathos. ★★★★★ NP



Can Nicholas find love with another footy-fanatic?

The Undateables

REAL LIFE / 9pm / C4/All 4

NEW In a world where first impressions count, finding love, especially when you have a disability, can be challenging. So C4's award-winning dating show is back to help more 'undateables' find the one. Footy-mad Nicholas, 26, has one goal: to find the girl of his dreams; Robbie Williams superfan Sam, 28, wants an angel to share his life with; and studious Shantae, 22, is looking for a first-class family guy. All episodes available on All 4. ★★★★★ LP

ALSO ON...



Secret Life of Walter Mitty

FILM / 11.10am / Sony Movies Classic

Danny Kaye stars as the daydreamer in this classic 1947 adaptation of the James Thurber story. Virginia Mayo and Boris Karloff co-star.

SheBelieves Cup

FOOTBALL / 10pm / BBC4

LIVE England's women take on Spain (k-o 10.15pm) at Toyota Stadium in Frisco, Texas.

BBC1

HD Freeview HD 101 Sky HD 115 Virgin TV HD 108 (Scot 101) Freesat HD 106

6.00 **Breakfast** (S)(HD) 9.15 **Crimewatch Roadshow Live** (S)(HD) 10.00 **Homes Under the Hammer** (S)(R)(HD) 11.00 **Dom Does America** (S)(R)(HD)(AD) 11.45 **Saved on Camera** (S)(HD)

12.15 **Bargain Hunt** From the National Botanic Garden of Wales. (S)(R)(HD)(AD)

1.00 **BBC News at One** (S)(HD) and **Weather**

1.30 **BBC Regional News** (S) and **Weather**

1.45 **Doctors** *The Way Out of Limbo*: Valerie helps a cancer patient. (S)(HD)(AD)

2.15 **Five Bedrooms** *Twenty Guests*: 2 of 8. A housewarming causes trouble. (S)(HD)(AD)

3.00 **Escape to the Country** Searching for a property in east Devon. (S)(HD)(AD)

3.45 **Money for Nothing** Jay Blades salvages three items from a recycling centre in Altrincham, Greater Manchester. (S)(HD)

4.30 **Ready, Steady, Cook** Friends Rhesa and Ola compete in the culinary contest. (S)(HD)

5.15 **Pointless** Quiz show. (S)(R)(HD)

6.00 **BBC News at Six** (S)(HD) and **Weather**

6.30 **BBC Regional News** (S) and **Weather**

6.55 **Party Political Broadcast** By the Liberal Democrats. (S)(R)(HD)

7.00 **The One Show** Magazine show, with stories of interest from around the UK, plus celebrity guests in the studio. Presented by Alex Jones and Matt Baker. (S)(HD)

8.00 **The Heat Is On: Sport Relief** **NEW** **★★★★** Nick Grimshaw, Frankie Bridge, Robert Rinder, Krishnan Guru-Murthy, Samantha Womack, Karim Zeroual and Louise Minchin attempt to travel over 100 miles across the world's oldest desert in Namibia in just four days. (S)(HD) *See feature, page 11, and Highlights*

9.00 **MasterChef** Six more amateur cooks prepare a signature dish for judges John Torode and Gregg Wallace, hoping to secure their place in the next stage of the competition. After two contestants are sent home, the remaining four must come up with a dish using three specific ingredient – lamb, aubergine and red pepper. (S)(HD)(AD) ● *Continues tomorrow*

10.00 **BBC News at Ten** (S)(HD)

10.25 **BBC Regional News** (S) and **Weather**

10.30 **Weather** (S)(HD)

10.35 **Eating with My Ex** Ryan hopes to win Faye back; and Nick wants to know whether Tiff cheated on him at university. (S)(HD)

11.05 **Eating with My Ex** Shell attempts to prove to Laura that she is sorry. (S)(HD)

11.25 **Killing Eve** *I Have a Thing About Bathrooms*: 5 of 8. In an MI5 safe house, Eve questions the mole about Villanelle. (S)(R)(HD)(AD)
Eve Polastri.....SANDRA OH Villanelle.....JODIE COMER
Carolyn Martens.....FIONA SHAW Frank Hallett.....DARREN BOYD

12.05 **Killing Eve** *Take Me to the Hole*!: 6 of 8. Villanelle is smuggled into a Russian jail. (S)(R)(HD)(AD) 12.50 **Weather for the Week Ahead** (S)(HD) 12.55 to 6.00 **BBC News** (S)(HD)

BBC2

HD Freeview HD 102 Sky HD 102 Virgin HD TV 102 Freesat HD 102

6.30 **Money for Nothing** (S)(R)(HD) 7.15 **Ready, Steady, Cook** (S)(R)(HD) 8.00 **Great British Railway Journeys** (SL)(S)(R)(HD)(AD) 8.30 **Yorkshire Walks** (SL)(S)(R)(HD) 9.00 **BBC News at 9** (S)(HD) 10.00 **Victoria Derbyshire** (S)(HD) 11.00 **BBC Newsroom Live** (S)(HD) 11.15 **Politics Live: Budget 2020** Coverage of Chancellor Rishi Sunak's Budget. (S)(HD)

3.00 **Red Rock** Patricia may need an illicit solution for her faulty flats. (S)(R)(HD)(AD)

3.45 **The Great Interior Design Challenge** *Half Houses*: The three remaining contestants have to redesign a kitchen. (S)(R)(HD)(AD)

4.45 **Portillo's State Secrets** *Banned*: 8 of 10. Examining files outlining the state's strategy on Scientology. (S)(R)(HD)(AD)

5.15 **Flog It!** From Huddersfield. (S)(R)(HD)

6.00 **Richard Osman's House of Games** Former winners Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh compete. (S)(HD)

6.30 **Great British Railway Journeys** *Ealing Broadway to South Kensington*: Michael Portillo reaches the capital on his rail journey from Warwick to Rye in East Sussex. In Ealing, he is transformed for the silver screen by expert hair and make-up. (S)(R)(HD)(AD)

7.00 **The Andrew Neil Show** Interviews, discussion and analysis from Westminster, with Andrew Neil and guests. (S)(HD)

7.30 **Grand Tours of Scotland's Lochs** *A Mystical Journey*: 2 of 6. Paul Murton travels around the firths of Easter Ross and Sutherland, visiting Loch Ussie and crossing a fairy bridge over the Dornoch Firth. (S)(HD)

8.00 **Saving Lives at Sea** 5 of 10. A crew of RNLI volunteers is called out to a shipwreck off the Cornish coast, where a diver needs rescuing from 30 metres underwater; a yacht in the Dover Strait starts to sink – and may collide with a cargo ship before going under; and a Dorset crew searches for a windsurfer who is caught in a storm. (S)(R)(HD)(AD)

9.00 **Child of Our Time: Turning 20** **NEW** **★★★★** Documentary catching up with the children from *Child of Our Time* in 1999, exploring their childhood as the first generation of 21st-century Britain. Twenty years on, Eve, Jamie and Rhianna are now fully grown and can reflect on growing up during a time of great social change. (S)(HD)(AD) *See Highlights*

10.00 **Live at the Apollo** 2 of 7. Sitcom star and *The Last Leg* regular Josh Widdicombe plays host in this show recorded at London's Hammersmith Apollo. He will be warming up the audience and then introducing routines by Londoner Nathan Caton and Celia Pacquola from Australia. (S)(R)(HD)

10.30 **Newsnight** (S)(HD)

11.10 **Weather** (S)(HD)

11.15 **Dragons' Den** *As Sunday*. (S)(R)(HD)(AD)

12.15 **Universal Credit: Inside the Welfare State** In Bolton, a waitress struggles to organise her life on zero-hour contracts; and a new claimant struggles to pay back the advance she was given. **Last in the series** (SL)(S)(R)(HD) 1.15 to 2.15 **Hospital** A 15-strong team attempts to save the life of a young man who has been stabbed in the chest. (SL)(S)(R)(HD)

ITV

HD Freeview HD 103 Sky HD 103 Virgin TV HD 113 Freesat HD 111

6.00 **Good Morning Britain** (S)(HD) 9.00 **Lorraine** (S)(HD) 10.00 **This Morning** A mix of celebrity chat, lifestyle features and competitions. Including Local Weather. (S)(HD)

12.00 **ITV News Special: The Chancellor's Budget** Nina Hossain presents coverage of the Chancellor of the Exchequer Rishi Sunak's Budget Statement (S)(HD) and **Weather**

2.00 **ITV Racing: Cheltenham Festival Live** **SPORT** Ed Chamberlin and Francesca Cumani present coverage of the second day of the prestigious festival, including feature race the 3.30 Betway Queen Mother Champion Steeple Chase, plus races at 2.10, 2.50 and 4.10. (S)(HD)

4.30 **Tipping Point: Best Ever Finals** Compilation of the most dramatic endgames from the arcade-themed quiz. (S)(HD)

5.00 **The Chase** Bradley Walsh presents as Andrew, Joe, Sara and Paddy tackle general knowledge questions and work as a team to take on ruthless quiz genius The Chaser and secure a cash prize. (S)(R)(HD)

6.00 **Local News** (S)(HD) and **Weather**

6.25 **Party Political Broadcast** By the Liberal Democrats. (S)(HD)

6.30 **ITV News** (S)(HD) and **Weather**

7.00 **Emmerdale** Cain faces up to Malone; and Vanessa feels it is time to tell everyone about her diagnosis. (S)(HD)(AD)

7.30 **Coronation Street** Ali assures Ryan that someone must have spiked his drink; and Alya confronts Geoff about her belief he is behind the nasty online reviews for Speed Daal. (S)(HD)(AD) ● *Continues at 8.30pm*

8.00 **Harry Redknapp's Sandbanks Summer** The former football manager goes on a camping trip to Brownsea Island with his family. **Last in the series** (S)(HD)(AD)

8.30 **Coronation Street** James lies to his manager and press officer and assures them he is not gay; and Ali takes Maria on a terrifying car ride. (S)(HD)(AD)

9.00 **The Trouble with Maggie Cole** 2 of 6. The radio interview has gone viral and the village is reeling from the revelations; and Jill bonds with other fellow members of the 'outed six'. (S)(HD)(AD) *See Highlights*

Peter Cole.....MARK HEAP Maggie Cole.....DAWN FRENCH
Dr Carol Tomlin.....CHETNA PANDYA Karen Saxton.....VICKI PEPPERDINE
Jill Wheadon.....JULIE HESMONDHALGH Roxanna Dubiki.....EMILY REID
Brian Daniels.....LEE BOARDMAN Sydney Hurst.....HOLLIE EDWIN

10.00 **ITV News at Ten** (S)(HD) and **Weather** including **Local News** (S)(HD) and **Weather**

10.45 **Peston** Political magazine show presented by Robert Peston, featuring major interviews with MPs, topical guests and cultural figures. Including updates from social media taking in perspectives from viewers, experts and key players throughout the programme. (S)(HD)

11.45 **Tenable** Five contestants from Yorkshire answer questions about top 10 lists from the realms of pop culture and general knowledge, then try to score a perfect 10 in the final round to take home the prize money. Hosted by Warwick Davis. (S)(R)(HD)

12.45 **Teleshopping** (HD) 3.00 **Broadchurch** Hardy and Ellie appeal to Trish to be more open. (SL)(S)(R)(HD)(AD) 3.50 **ITV Nightscreen** (HD) 5.05 to 6.00 **Judge Rinder** (SL)(S)(R)(HD)

ITV+1 Freeview 33, Sky 203, Virgin 114, Freesat 112

CHANNEL 4

HD Freeview HD 104 Sky HD 138 Virgin TV HD 104/141

- 6.30 Cheers** (S)(R)(HD) **6.55 Cheers** (S)(R)(HD) **7.20 The King of Queens** (S)(R)(AD) **7.45 The King of Queens** (S)(R)(AD) **8.10 Everybody Loves Raymond** (S)(R)(AD) **8.40 Everybody Loves Raymond** (S)(R)(AD) **9.10 Frasier** (S)(R)(AD) **9.40 Frasier** (S)(R)(AD) **10.10 Undercover Boss Canada** (S)(R)(HD) **11.05 Ramsay's Kitchen Nightmares USA** From Florida. (S)(R)
- 12.00 Channel 4 News Summary** (S)(HD)
- 12.05 Come Dine with Me** (S)(R)(HD)
- 1.05 Posh Pawnbrokers** (S)(R)(HD)
- 2.10 Countdown** (S)(HD)
- 3.00 A Place in the Sun** (S)(R)(HD)
- 4.00 A New Life in the Sun: Where Are They Now?** 4 of 10. A Blackpool family who set up a car-parts business in France. (S)(R)(HD)
- 5.00 Four in a Bed** From County Durham. (S)(HD)
- 5.30 Come Dine with Me** Edinburgh. (S)(HD)
- 6.00 The Simpsons** *The City of New York v Homer Simpson*: Homer takes the family to New York City. (S)(R)(AD) ● **Repeated on Friday at 1.45am**
- 6.30 Hollyoaks** Mitchell comes to terms with the events of his birthday party. (S)(R)(HD)(AD) ● **The next episode follows on E4**
- 7.00 Channel 4 News** (S)(HD) and **Weather**
- 8.00 Location, Location, Location** **NEW** ★★★★★ Kirstie Allsopp and Phil Spencer go house-hunting to help one family and one pair of first-time buyers in Bristol. Kirstie's poker-loving couple, Liz and Ben, want to buy in Clifton where they have been renting. Meanwhile, Phil helps Greg and Joanna search for a property in a family-friendly area. (S)(HD) **See Highlights**
- 9.00 The Undateables** **NEW** ★★★★★ 1 of 5. Return of the dating series following extraordinary singletons as they search for romance. Nicholas, who has Asperger's, longs to find a partner to share his life with; and a 22-year-old with Down's Syndrome dreams of meeting a religious family man. (S)(HD)(AD) **See Highlights** ● **Repeated tomorrow at 1.00am**
- 10.00 Home** Comedy series starring Youssef Kerkour and Rebekah Staton. Sami seems to have disappeared and has not replied to messages for more than two weeks, so the family sets out to track him down. **Last in the series** (S)(HD)(AD) ● **Repeated tomorrow at 1.55am**
- 10.35 The Great Celebrity Bake Off for Stand Up to Cancer** *As last night.* (S)(R)(HD)(AD)
- 11.50 Gogglebox** *As Sunday.* (S)(R)(HD)(AD)
- 12.50 The Windsors** *As last night.* Camilla has disappointing news for Charles. (SL)(S)(R)(HD)(AD) **1.20 Ramsay's Kitchen Nightmares USA** A failing health-food restaurant in Hollywood. (S)(R) **2.10 Come Dine with Me** (S)(R)(HD) **3.05 My Family and the Galapagos** (SL)(S)(R)(HD)(AD) **4.00 Grand Designs** (S)(R)(HD)(AD) **4.55 Location, Location, Location** (S)(R)(HD) **5.50 to 6.30 Countdown** (S)(R)(HD)

CHANNEL 4+1 Freeview 15, Sky 204, Virgin 142, Freesat 121

(SL) Signed (S) Subtitles (R) Repeat

CHANNEL 5

HD Freeview HD 105 Sky HD 105 Virgin HD 154 Freesat HD 105

- 6.00 to 9.15 Milkshake!** **9.15 Jeremy Vine** (S)(HD) **11.15 Nightmare Tenants, Slum Landlords** (S)(R)(HD) followed by **5 News at Lunchtime**
- 12.15 Parking Hell: At War with the Law** A beach race day causes problems. (S)(R)(HD)
- 1.10 Access** Showbiz news and gossip. (S)(HD)
- 1.15 Home and Away** Alf suggests the Bay pays its respects to the departed. (S)(R)(HD)(AD) ● **Repeated at 6.00pm and on 5STAR at 3.30pm**
- 1.45 Neighbours** Paul is delighted for Lucy over Mark's proposal. (S)(HD)(AD) ● **Repeated at 5.30pm and on 5STAR at 3.00pm and 6.00pm**
- 2.15 Killing Your Daughter** **FILM PREMIERE** Thriller with Allison Paige. A woman gets a shock after a DNA test helps her connect with her birth parents. (S)(HD) ★★ (2019) **See Films, pages 30-35**
- 4.00 Friends** (S4, ep6) (S)(R)(HD)
- 4.30 Friends** (S4, ep7) (S)(R)(HD)
- 5.00 5 News** (S)(HD)
- 5.30 Neighbours** *As 1.45pm.* (S)(R)(HD)(AD)
- 6.00 Home and Away** *As 1.15pm.* (S)(R)(HD)(AD) ● **The next episode follows on 5STAR**
- 6.30 5 News Tonight** (S)(HD)
- 7.00 Britain: A Year in the Wild** Revealing the hidden lives of animals across the United Kingdom. Tonight, cameras follow barn owls as they hunt for small mammals through the British countryside; and a heath potter wasp builds an intricate clay pot for her young, captured in its entirety for the very first time. (S)(HD) followed by **5 News Update**
- 8.00 Recycling: Is It a Con?** **NEW** ★★★★★ Paul Connolly and Jean Johansson investigate the environmentally friendly claims of councils and supermarkets. Paul meets a family of keen recyclers whose efforts to be green may mean their recycled waste is ending up in landfill. (S)(HD) **See Highlights** ● **Repeated on Friday at 4.00am** followed by **5 News Update**
- 9.00 Elizabeth I & II: Two Queens, Two Enemies** 2 of 2. Examining the importance of two women who enter the queens' lives; Mary, Queen of Scots and Diana, Princess of Wales. When these women join the royal circle, they are expected to be great additions to the court, but it becomes clear their popularity is in contrast to the monarchs'. (S)(HD)
- 10.00 Guilty: Worst Crimes at the Old Bailey** Documentary examining the most famous and feared criminal court in the United Kingdom, and some of the cases that have been tried there, including Doctor Crippen. The history of the building itself is also assessed, from the creation of the first Old Bailey in 1539 to its iconic facelift in 1907. (S)(R)(HD)
- 11.05 Ian Huntley: Soham Murders Revisited** Documentary examining events that took place in the Cambridgeshire town. (S)(R)(HD)
- 12.30 Traffic Cops** Ant and Dan are on the hunt for a disqualified driver. (S)(R)(HD) **1.20 The 21.co.uk Live Casino Show** (S)(HD) **3.15 Our Dream Hotel** (S)(R)(HD) **4.00 Tribal Teens – Here Comes Trouble Kenya** (SL)(S)(R)(HD) **4.45 House Doctor** (SL)(S)(R) **5.10 Great Scientists** (SL)(S)(R) **5.35 to 6.00 Wildlife SOS** (SL)(S)(R)(HD)

CHANNEL 5+1 Freeview 44, Sky 205, Virgin 155, Freesat 128

ON DEMAND



CRIME DRAMA

Safe NETFLIX

Fans of *The Stranger* might want to give this earlier Netflix series from crime writer Harlan Coben a try. Dark secrets come to light when surgeon and widower Tom (*Dexter's* Michael C Hall) searches for his missing 16-year-old daughter... **All episodes available now**

OR WHY NOT TRY...

Dirty Money NETFLIX

More corporate greed and corruption is exposed in the second series of the acclaimed investigative documentary series. **All episodes available from today**

ITV VARIATIONS

- ANGLIA** No variations
BORDER No variations
CENTRAL No variations
CHANNEL No variations
GRANADA No variations
LONDON No variations
MERIDIAN No variations
TYNE TEES No variations
WEST No variations
WESTCOUNTRY No variations
YORKSHIRE No variations

7 PM

8 PM

9 PM

10 PM

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BBC4

Freeview 9/68 (HD 106)

116 116 107 107 107

BBC4 programmes
begin at 7pm

8.00 The Victorian House of Arts...

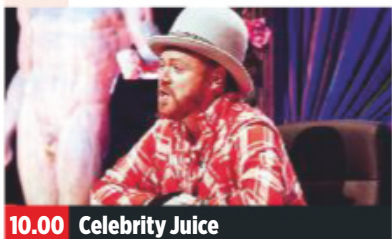
7.00 **Beyond 100 Days** (S) and **Weather**
 7.30 **Handmade on the Silk Road** Traditional crafts. (S)
 8.00 **The Victorian House of Arts and Crafts** 2 of 4. (S)
 9.00 **Bloody Queens: Elizabeth and Mary** (S)
 10.00 **LIVE Football: SheBelieves Cup** *England Women v Spain Women*: From the Toyota Stadium in Frisco, Texas (kick-off 10.15). (S)
 12.30 **am** *Blood and Gold: The Making of Spain with Simon Sebag Montefiore: Examining Spain's Golden Age. Last in the series* (S)
 1.30 *Treasures of Ancient Greece* (S)
 2.30 *Anni Albers: A Life in Thread*
 3.00 **to 4.00am** *The Victorian House of Arts and Crafts* (SL)(S)

ITV2

Freeview 6 (+1 27)

118 118 218 115 176 116 113 114

6.00 **am** Teleshopping 7.00 *The Ellen DeGeneres Show* 7.50 *Emmerdale*
 8.20 *You've Been Framed! Gold: Unleashed!* 9.20 *Superstore*
 10.15 *Dinner Date* (S)
 11.15 *Dress to Impress* (S)
 12.15 **pm** *Emmerdale* (S)
 12.45 *You've Been Framed! Gold: Reloaded: Comical clips.* (S)
 1.50 *The Ellen DeGeneres Show* (S)
 2.45 *Dinner Date* (S)
 3.50 *Dress to Impress* (S)
 4.55 *Take Me Out: Dating game.* (S)



10.00 Celebrity Juice

6.00 **You've Been Framed! Gold** Back-to-back episodes. (S)
 8.00 **Two and a Half Men** Double-bill. Lyndsey learns about Alan's relationship with Gretchen; and Gretchen hopes to spend time at Alan's house. (S)
 9.00 **Family Guy** Double-bill. (S)
 10.00 **Celebrity Juice** With Stacey Solomon, Kate Nash, Laurence Fox, Maverick Sabre and Chris Ramsey. (S)
 10.50 **Family Guy** (S)
 11.20 *American Dad!* (S)
 12.15 **am** *Two and a Half Men* (S)
 1.10 *Timewasters* (S)
 2.10 *CelebAbility* (S)
 2.55 *Totally Bonkers Guinness World Records*
 3.20 *Nightscreen*
 3.30 **to 6.00am** Teleshopping

ITV3

Freeview 10 (+1 34)

119 119 219 117 177 174 115 116

6.00 **am** *Classic Coronation Street* (S)
 6.55 *Classic Emmerdale* (S)
 7.55 *Heartbeat* (S)
 8.55 *Man About the House* (S)
 10.00 *That's My Boy* (S)
 10.30 *Agatha Christie's Marple* (S)
 12.40 **pm** *Heartbeat* (S)
 1.45 *Classic Emmerdale* (S)
 2.50 *Classic Coronation Street* (S)
 3.55 *Midsomer Murders: A mischievous trickster is found murdered.* (S)
 5.55 *Heartbeat: Reverend Jacob Thwaite's wife is murdered.* (S)



11.05 A Touch of Frost

7.00 **Agatha Christie's Poirot** Double-bill. A woman thinks her cheating husband has made plans to poison her; and a young woman asks the sleuth to investigate her father's murder – a 14-year-old crime for which her mother was found guilty and executed. (S)
 10.00 **Scott & Bailey** Andy punishes Janet by keeping her out of an investigation into a gangland killing. (S)
 11.05 *A Touch of Frost: Double-bill. A rapist arouses Frost's righteous indignation; and Jack joins forces with DS Lawson to investigate a spate of attacks on defenceless senior citizens.* (S)
 3.10 **am** *Nightscreen*
 3.30 **to 6.00am** Teleshopping

ITV4

Freeview 24 (+1 59)

120 120 220 118 178 175 117 154

6.00 **am** *World of Sport: Kings of the Canvas* 6.10 *Only When I Laugh*
 6.35 *Quincy ME* 7.25 *Kojak* 8.20 *The Saint* 9.30 *ITV Racing: The Opening Show* 10.30 *Minder*
 11.35 *The Professionals* 12.35 **pm** *Football's Greatest* 1.00 **LIVE** *ITV Racing: Cheltenham Festival Live* 2.05 *River Monsters*
 2.40 *Kojak* (S)
 3.45 *The Saint* (S)
 4.50 *Minder* (S)
 5.55 *The Professionals* (S)



9.00 Coogan's Bluff

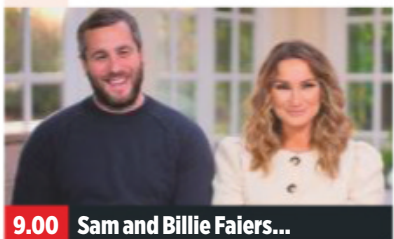
7.00 **Cycling: Paris-Nice Highlights** Stage four from Saint-Amand-Montrond. (S)
 8.00 **Junk and Disorderly** Henry Cole and Sam Lovegrove experience mixed results at the Stafford Show. (S)
 9.00 **FILM** *Coogan's Bluff* Thriller starring Clint Eastwood as an Arizona cop on the trail of an escaped killer in New York City. With Susan Clark and Don Stroud. (W)(S) ★★★ (1968)
 11.05 **FILM** *Magnum Force: Thriller sequel starring Clint Eastwood. Inspector 'Dirty' Harry Callahan investigates a wave of underworld killings.* (W)(S) ★★★ (1973)
 1.40 **am** *The Americans* (S)
 2.40 *Nightscreen*
 3.00 **to 6.00am** Teleshopping

ITVBE

Freeview 26 (+1 58)

131 231 119 179 120 118 119

6.00 **am** Teleshopping
 7.00 *Bachelor in Paradise*
 8.45 *Be Beautiful* (S)
 9.00 *LittleBe*
 12.00 **noon** *Income Property* (S)
 12.25 **pm** *The Real Housewives of Beverly Hills: Reality series.* (S)
 1.20 *Absolutely Ascot* (S)
 2.20 *Million Dollar Listing: NYC* (S)
 3.15 *The Real Housewives of New York City: Reality series.* (S)
 4.10 *The Real Housewives of Dallas: Double-bill.* (S)



9.00 Sam and Billie Faiers...

6.00 **Masters of Flip New edition** Kortney works to complete a large kitchen island. (S)
 7.00 **Buying and Selling** Jonathan Scott tackles a budget-friendly renovation.
 8.00 **Dinner Date** Jamie chooses three blind dates. (S)
 9.00 **Sam and Billie Faiers: The Mummy Diaries New edition** Sam and Paul head to Venice alone. (S)
 10.00 **Growing Up Chrisley New editions** Double-bill. (S)
 11.00 *Singletown: The residents of both apartments hit the town for a hedonistic night out.* (S)
 12.05 **am** *The Only Way Is Essex: The Essex gang heads off on its annual jaunt to Marbella.* (S)
 12.50 *Nightscreen*
 12.55 **to 6.00am** Teleshopping

5STAR

Freeview 30 (+1 55)

128 228 151 186 131 141

6.00am Teleshopping
 8.00 *3rd Rock from the Sun*
 8.20 *House*
 10.05 *Bad Tenants, Rogue Landlords: Double-bill.*
 12.05pm *Can't Pay? We'll Take It Away!: Triple-bill.*
 3.00 *Neighbours*
 3.30 *Home and Away*
 4.00 *House: Double-bill. A personal trainer collapses. (S5, ep10); and Foreman and Thirteen grow closer. (S5, ep11)*

6.00 *Neighbours* (S)
 6.30 **Home and Away New episode** (S)
 7.00 *Maternity Ward* (S)
 8.00 **10 Years Younger in 10 Days** A recovering alcoholic wants to change her look. (S)
 9.00 **Filthy House SOS New edition** Britain's dirtiest homes. (S)
 10.00 **Hoarders: Trapped By My Trash** A pensioner needs help decluttering his two-bedroom flat. (S)

11.00 **FILM** *28 Days Later...: Horror. ★★★ (2002)*
 1.20am *Young, Dumb and Banged Up in the Sun*
 2.20 *Spray Tan Mums: Single and Proud*
 3.15 *Celebrity Botched Up Bodies*
 4.00 **to 6.00am** Teleshopping

5USA

Freeview 21 (+1 56)

141 241 153 185 129 130

6.00am Teleshopping
 9.00 *Criminals: Caught on Camera*
 9.25 *Murder, She Wrote*
 10.15 *CSI: NY* (S6, ep5)
 11.10 *The Mysteries of Laura*
 12.10pm *Law & Order: Back-to-back episodes, including: Cyrus Lupo returns to New York. (S18, ep1); McCoy targets the CEO of a pharmaceutical company. (S15, ep4); and Green goes undercover to investigate gun dealers. (S15, ep5)*

6.00 **Law & Order** Double-bill. (S15, ep14/15) (S)
 8.00 **NCIS: New Orleans** The team searches for a missing marine who assaulted six men in a bar. (S3, ep17) (S)
 9.00 **Rookie Blue** A bomb explodes in a downtown parking garage. (S5, ep10) (S)
 10.00 **Law & Order: Special Victims Unit** Double-bill, including: A child abductor goes on trial. (S17, ep9) (S)

11.55 *Law & Order: Special Victims Unit: Double-bill, including: A Chicago crime resembles a decade-old New York City case. (S16, ep20)*
 1.50am *Law & Order: Los Angeles*
 3.50 *Access*
 4.00 **to 6.00am** Teleshopping

YESTERDAY

Freeview 25

155 255 129 200 159

6.00am *Secrets of the Bible*
 7.10 *Secrets of the Railways*
 8.00 *Forbidden History*
 9.00 *Hitler's Propaganda Machine*
 10.00 *Auschwitz: The Nazis and the Final Solution*
 11.00 *Abandoned Engineering*
 12.00noon *Impossible Railways*
 1.00pm *Time Team* 2.00 *Wigan Pier: Walking Through History*
 3.00 *Abandoned Engineering*
 4.00 *Impossible Engineering*
 5.00 *Hitler's Propaganda Machine*

6.00 **Auschwitz: The Nazis and the Final Solution** (S)
 7.00 **Abandoned Engineering** (S)
 8.00 **Impossible Engineering New edition** The Independent, a residential skyscraper in Austin, Texas. (S)
 9.00 **Porridge** Triple-bill, including: Fletch tries to shirk his duties; and Fletcher becomes an agony aunt. (S)

11.00 *Impossible Engineering: The history of pioneering modern-day mega structures.*
 12.00m't *Abandoned Engineering*
 1.00am *Auschwitz: The Nazis and the Final Solution*
 2.00 *Secrets of the Bible*
 3.00 **to 6.00am** Teleshopping

REALLY

Freeview 17

142 128 160

6.00am *Fantasy Homes by the Sea*
 7.00 Teleshopping
 8.00 *Homes Under the Hammer*
 10.00 *Celebrity Antiques Road Trip*
 11.00 *Antiques Road Trip*
 1.00pm *Fantasy Homes by the Sea*
 3.00 *French Collection: Three collectors visit a market in Paris.*
 4.00 *DIY SOS: The Big Build: A family home in Hull in desperate need of future-proofing; and a property in Loughborough that requires an extension.*

6.00 **Celebrity Antiques Road Trip** Actor Robert Powell and actress Liza Goddard compete. (S)
 7.00 **Antiques Road Trip** Double-bill. (S)
 9.00 **How to Look Good Naked New edition** Super-stylist Gok Wan helps people to feel good about the way they look.
 10.00 **The Bad Skin Clinic** A man seeks surgery for his bulbous nose.

11.00 *Helicopter ER: A pensioner dies after a car crashes into a queue at a bus stop.*
 12.00m't *Ghost Adventures*
 1.00am *Most Haunted*
 2.00 Teleshopping
 4.00 **to 6.00am** *Antiques Road Trip: Double-bill.*

TALKING PICTURES

Freeview 81

328 445 306

6.00am **FILM** *Up in the Air*
 7.15 *Dick Tracy* (b/w)
 7.45 **FILM** *Silent Dust* (1949)
 9.25 **FILM** *Do You Know This Voice?* (b/w) ★★ (1964)
 11.00 *Richard Diamond* (b/w)
 11.30 **FILM** *The Frightened City*
 1.30pm **FILM** *Quiet Weekend*
 3.20 **FILM** *The Strange Love of Martha Ivers* ★★★★★ (1946) *See Films, pages 30-35*
 5.40 **FILM** *Hour of Decision: Mystery.* (b/w) ★★ (1957)

7.15 **FILM** *Pool of London* Crime thriller starring Bonar Colleano. A sailor gets involved in a murder. (b/w) (S) ★★★ (1950)
 9.00 **Rumpole of the Bailey** Rumpole has woman trouble.
 10.05 **FILM** *Fools' Parade* Comedy starring James Stewart and George Kennedy. Three ex-cons tangle with a crooked bank manager. ★★★ (1977)

12.05am **FILM** *Cosh Boy: Crime drama.* (b/w) ★★ (1952)
 1.40 **FILM** *The Hand* ★★ (1960)
 2.55 *Tell Me Another*
 3.10 **FILM** *Variety Jubilee: Music drama.* (b/w) ★★ (1943)
 5.00 *Honey West* (b/w)
 5.30 **to 6.00am** *Rooms*

QUEST

Freeview 12 (HD 114 +176)

144 144 244 169 213 172 168

6.00am *How Do They Do It?*
 6.20 *American Pickers: Best Of*
 7.10 *Deadliest Catch*
 8.00 *Gold Divers*
 9.00 *Outback Truckers*
 10.00 *Wheeler Dealers*
 11.00 *Chasing Classic Cars*
 12.00noon *American Pickers: Best Of* 1.00pm *Railroad Alaska*
 2.00 *Deadliest Catch*
 3.00 *Gold Divers*
 4.00 *Salvage Hunters*
 5.00 *Outback Truckers*

6.00 **Wheeler Dealers** A Citroen HY Van. (S)
 7.00 **American Pickers: Best Of** American rarities found by Mike Wolfe and Frank Fritz.
 8.00 **Salvage Hunters** Double-bill. Drew hunts for stock in a circus museum; and **New edition** Drew looks for potentially valuable items. (S)
 10.00 **Find It, Fix It, Flog It** The duo restore an aluminium boat.

11.00 *How Do They Do It?*
 12.00m't *Wheeler Dealers: Mike buys a cult VW Corrado coupe.*
 1.00am *Outback Truckers*
 2.00 *American Chopper*
 3.00 *Fantomworks*
 4.00 *Dirty Jobs*
 5.00 **to 6.00am** *How It's Made*

(b/w) black and white (W) Widescreen (HD) High Definition

E4

Freeview 13 (+1 28)

135 **135** **235** **106** **145** **146** **122** **123**

6.00 am Hollyoaks (S)
7.00 How I Met Your Mother (S)
8.00 Baby Daddy (S)
9.00 Mike & Molly (S)
10.00 The Big Bang Theory (S)
11.00 The Goldbergs (S)
12.00 noon Brooklyn Nine-Nine (S)
1.00 pm The Big Bang Theory (S)
2.00 Baby Daddy: Double-bill. (S)
3.00 Mike & Molly: Double-bill. (S)
4.00 The Goldbergs: Double-bill. (S)
5.00 Brooklyn Nine-Nine: Double-bill, including: Jake injures himself. (S)



8.30 **Schooled**

6.00 **The Big Bang Theory** Double-bill. (S)
7.00 **Hollyoaks** **New episode** (S)
7.30 **Man with a Plan** **New episode** (S)
8.00 **The Goldbergs** **New episode** (S)
8.30 **Schooled** **New episode** CB hopes to spend time with Lainey on a ski trip. (S)
9.00 **Celebs Go Dating** **New edition** (S)
10.00 **Zoey's Extraordinary Playlist** **New episode** (S)
11.05 The Big Bang Theory (S)
12.05 am Brooklyn Nine-Nine (S)
1.05 Celebs Go Dating (S)
2.10 First Dates Hotel (S)
3.05 Zoey's Extraordinary Playlist (S)
4.00 The Goldbergs (S)
4.25 Schooled (S)
4.50 to 6.00am The Big Bang Theory (S)

QUEST RED

Freeview 38 (+1 72)

149 **249** **170** **169** **170**

6.00am SYtTD **7.00** Bondi Vet
8.00 Animal Cops Phoenix
10.00 Money for Nothing **11.00** Forensic Detectives **12.00noon** Disappeared **2.00pm** Murder Comes to Town **3.00** Say Yes: Wedding SOS **4.00** Say Yes to the Dress: Bridesmaids **6.00** Money for Nothing **7.00** Posh Pawnbrokers **8.00** My 600lb Life
9.00 Long Lost Family Australia
10.00 Body Bizarre **11.00** FBI Files **12.00m't** Forensic Detectives **1.00am** Crime Stories **2.00** Murder Comes to Town **3.00** FBI Files **3.50** Animal Cops Phoenix **4.40** Bondi Vet **5.30 to 6.00am** SYtTD

FOOD NETWORK

Freeview 41

140 **240** **278** **148** **149**

6.00am See 3pm **6.30** See 3.30pm
7.00 Giada in Italy **9.00** See 4pm
11.00 Barefoot Contessa - Back to... **11.30** Barefoot Contessa **12.00noon** See 8pm **1.00pm** See 7.00pm **2.00** James Martin's Brittany **3.00** Jamie's 30 Minute Meals **3.30** 30 Minute Meals
4.00 Pioneer Woman **6.00** James Martin: Delicious **6.30** James Martin's Christmas... **7.00** Gordon Ramsay's Ultimate... **8.00** Hairy Bikers' Food... **9.00** A Cook Abroad... **10.00** James Martin:... **11.00** Mystery Diners **12.00m't** Diners, Drive-Ins... **2.00am** As 11.00pm **3.00 to 6.00am** Shop

(SL) Signed (S) Subtitles (R) Repeat

MORE4

Freeview 18 (+1 86)

136 **136** **236** **147** **195** **196** **124** **125**

8.55 am Kirstie's Handmade Treasures
9.15 A Place in the Sun: Winter Sun (S)
10.05 A Place in the Sun: Summer Sun: A holiday home on Naxos. (S)
11.05 Find It, Fix It, Flog It (S)
1.15 pm Escape to the Chateau: DIY (S)
2.20 Four in a Bed: Back-to-back editions of the series. (S)
4.55 The Secret Life of the Zoo: Two Asian elephants fall ill. (S)
5.55 Car S.O.S: Tim and Fuzz head off on a road trip to revisit some of their favourite cars. (S)



9.00 **The Great Pottery Throw Down**

6.55 **Escape to the Chateau: DIY** Tim and Rebecca prepare for their first guests. (S)
8.00 **Jon Snow's Very Hard Questions** **New edition** No De Cologne and Guns N' Hoses compete. (S)
9.00 **The Great Pottery Throw Down: The Final** **New edition** The finalists face their toughest challenges so far. **Last in the series** (S)
10.00 **Jon Snow's Very Hard Questions** **New edition** (S)
11.00 24 Hours in A&E (S)
12.00 m't 8 Out of 10 Cats Does Countdown: With Rob Beckett and Claudia Winkleman. (S)
1.05 am The Great Pottery Throw Down: The Final (S)
2.05 24 Hours in A&E (S)
3.10 to 3.40am Food Unwrapped (S)

CBS JUSTICE

Freeview 39 (+1 69)

148 **192** **137**

6.00am Teleshopping **9.00** Diagnosis Murder **11.00** Matlock
12.00noon Perry Mason **1.05pm** Walker, Texas Ranger **2.05** CSI: Miami (S2, ep7) **3.00** NCIS (S7, ep24) **4.00** NCIS: Los Angeles (S2, ep17) **5.00** Matlock **6.00** Perry Mason (S9, ep21) **7.05** Scorpion (S4, ep1) **8.00** Walker, Texas Ranger (S8, ep2)
9.00 NCIS: An explosion kills a US Marine. (S11, ep6) **10.00** NCIS: Los Angeles (S2, ep18) **11.00** Scorpion **12.00m't** CSI: Miami (S2, ep8) **1.00am** NCIS (S11, ep6) **2.00** Scorpion **3.05** Bonanza (The Lost Episodes) **4.50 to 6.00am** Mission: Impossible

CBS REALITY

Freeview 66 (+1 67)

146 **246** **148** **201** **135** **136**

6.00am Teleshopping **9.00** Judge Judy: Back-to-back editions.
7.00pm Medical Detectives: Double-bill. **8.00** 48 Hours: Mystery: A recording captures the dying words of Lorenzen Wright. **9.00** Cold Blood: Help from an unlikely source aids police as they track a killer.
10.00 Murder Wall: The case of Christopher Donovan. **11.00** Killer Doctors on Death Row **12.00m't** Snapped: Killer Couples **1.00am** Cold Blood **2.00** Murder Wall **3.00** I Survived **3.45** Unsolved Mysteries **5.10 to 6.00am** Bondi Rescue

(SL) Signed (S) Subtitles (R) Repeat

FILM4

Freeview 14 (+1 45)

313 **313** **314** **428** **429** **430** **300** **301**

11.00 am Waterloo Road: Wartime drama starring John Mills. (b/w) (S) ★★ (1944)
12.35 pm A Night to Remember: Disaster drama starring Kenneth More. (b/w) (S) ★★ (1958)
3.10 Tulsa: Adventure drama starring Susan Hayward and Robert Preston. (S) ★★ (1949)
4.55 The Bravados: Western starring Gregory Peck as a rancher searching for the bandits who killed his wife. (S) ★★ (1958)



6.55 **Keeping Up with the Joneses**

6.55 **Keeping Up with the Joneses** Action comedy starring Zach Galifianakis, Isla Fisher, Jon Hamm and Gal Gadot. (S) ★★ (2016)
9.00 **Little Fockers** Comedy sequel starring Robert De Niro, Ben Stiller, Owen Wilson and Dustin Hoffman. (S) ★★ (2010)
10.55 **Mr. & Mrs. Smith** Offbeat comedy thriller starring Brad Pitt and Angelina Jolie. (S) ★★ (2004)
1.15 to 3.05am Rafiki: Romantic drama starring Samantha Mugatsia and Sheila Muniya. Two Kenyan women start dating, but have to be careful about keeping the relationship a secret. With Neville Misati and Jimmy Gathu. Partially subtitled. (W) ★★ (2018)

SONY MOVIES

Freeview 32

321 **322** **425** **302**

6.00am Teleshopping **9.00** Murder Unresolved ★★ (2015)
10.55 Framed for Murder ★★ (2007) **1.00pm** Fatal Acquittal ★★ (2014) **2.45** Still Life: A Three Pines Mystery **4.30** Hitch ★★ (2005) **6.50** Playing for Keeps: Comedy starring Gerard Butler. ★★ (2012)
9.00 The Expendables 2: Action thriller sequel starring Sylvester Stallone and Jason Statham. ★★ (2012) **11.10** First Kill: Action thriller starring Bruce Willis. ★★ (2017) **1.15am** The Social Network ★★ (2010) **3.45 to 4.40am** Short Circuit 2 ★★ (1988)

SONY CLASSIC

Freeview 50

319 **320** **424** **303** **304**

6.00am On Dangerous Ground (1951) **7.40** The Great Lover (1949) **9.20** Rhythm Serenade ★★ (1943) **11.10** The Secret Life of Walter Mitty ★★ (1947) **1.25pm** Road to Bali ★★ (1952) **3.20** Passport to China ★★ (1960) **5.00** Rock Around the Clock ★★ (1956) **6.40** Philadelphia ★★ (1993) **9.00** There's a Girl in My Soup ★★ (1970) **10.55** The Admirable Crichton (1957) **12.45am** A Prize of Arms (1967) **2.50** Conduct Unbecoming (1975) **4.35 to 6.00am** The Giants of Thessaly (1960)

(SL) Signed (S) Subtitles (R) Repeat

HGTV

Freeview 42

158 **258** **279** **283** **166**

6.00 am Teleshopping
7.00 Homes Under the Hammer (S)
8.00 Bargain Hunt (S)
9.00 Flog It! (S)
11.00 Escape to the Country (S)
12.00 noon Cash in the Spare Room
1.00 pm A Place in the Sun: Winter Sun: Double-bill, including: A couple seek a home on the Algarve. (S)
3.00 Flog It!: In Portsmouth. (S)
4.00 Homes Under the Hammer: Double-bill, including: Properties in London and Co Durham. (S)



10.00 **My Dream Derelict Home**

6.00 **A Place in the Sun: Winter Sun** Double-bill, including: Buyers explore central Algarve in Portugal. (S)
8.00 **Escape to the Country** Double-bill, including: A couple search for a Wiltshire property. (S)
10.00 **My Dream Derelict Home** Simon O'Brien visits Matt and Margareta, whose dreams of converting a former dairy have been thwarted by problems. (S)
11.00 Fantasy Homes by the Sea: Powerboat racer Daisy Coleman wants to return to Pembrokeshire.
12.00 m't Homes Under the Hammer (S)
1.00 am Flog It! (S)
2.00 Hawaii Life (S)
3.00 Our House
4.00 to 6.00am Teleshopping

SONY CHANNEL

Freeview 48

157 **257** **189** **220** **142** **152**

6.00am Sony Movie News Extra
6.10 The Waltons **7.10** Hart to Hart **9.10** Days of Our Lives
10.00 Hart to Hart **11.00** Charlie's Angels **12.00noon** Starsky & Hutch **1.00pm** T.J. Hooker **2.00** Hart to Hart
4.00 Murder, She Wrote **6.00** Charlie's Angels: The women investigate a dating service.
7.00 M*A*S*H: Back-to-back editions. **9.00** Classic Who Wants to Be a Millionaire?: Back-to-back editions. **1.00am** M*A*S*H **2.00** Charlie's Angels **3.00** M*A*S*H **3.30** The Waltons **4.20** Touched by an Angel **5.10 to 6.00am** Highway to Heaven

PARAMOUNT NET.

Freeview 31

150 **250** **187** **150** **132**

6.00am Teleshopping **9.00** The A-Team **11.00** Knight Rider
1.00pm Police Interceptors
3.00 Traffic Cops **5.00** The A-Team: Double-bill. **7.00** Police Interceptors: Double-bill.
9.00 **FILM** Money Train: Action comedy starring Wesley Snipes and Woody Harrelson as New York subway cops who decide to rob a train loaded with millions of dollars. With Jennifer Lopez. ★★ (1995) **11.20** WWE - NXT UK **12.20am** Banged Up Abroad **1.20** Knight Rider **3.20** The X-Files **4.55** Now That's Funny! **5.50 to 6.00am** Access

(SL) Signed (S) Subtitles (R) Repeat

PICK

Freeview 11 (+1 97)

152 **252** **165** **144** **145**

6.00 am Teleshopping
7.00 Motorway Patrol (S)
8.00 Police Force: Australia (S)
9.00 Nothing to Declare (S)
10.00 See 4.00pm
11.00 Road Wars (S)
11.30 Caught Red Handed (S)
1.00 pm Police Force: Australia (S)
2.00 Border Patrol (S)
3.00 Nothing to Declare (S)
4.00 Border Security: Canada's Front Line: Double-bill. (S)
5.00 Stargate SG-1 (S)



9.00 **Instinct**

6.00 **Star Trek: The Next Generation** Geordi is taken hostage. (S2, ep17)
7.00 **Hawaii Five-0** The team works with a conman to solve a murder. (S6, ep8) (S)
8.00 **Elementary** A man dies after eating a poisoned sausage. (S5, ep8) (S)
9.00 **Instinct** An author is almost killed in her home, so Dylan and Lizzie draw up a suspect list. (S1, ep10) (S)
10.00 **Air Ambulance ER** (S)
11.00 The Force: Essex: A woman threatening to kill herself. (S)
12.00 m't Banged Up Abroad (S)
1.00 am Road Wars (S)
2.00 Nothing to Declare (S)
3.00 Stop, Search, Seize (S)
4.00 Motorway Patrol (S)
5.00 to 6.00am Highway Patrol (S)

DAVE

Freeview 19 (+1 79)

111 **211** **127** **227** **131** **157**

6.00am Teleshopping **7.10** Eat Your Heart Out with Nick Helm **8.00** American Pickers
9.00 Storage Hunters **10.00** American Pickers **12.00noon** Timber Kings **1.00pm** Top Gear
2.00 Cop Car Workshop **3.00** Scaryard Supercar **4.00** Top Gear **6.00** Taskmaster **7.00** Room 101: Double-bill. **8.20** Have I Got a Bit More News for You **9.20** QI **10.00** Hypothetical **11.00** Dara O Briain's Go 8 Bit **12.00m't** Taskmaster **1.00am** Have I Got a Bit More News for You **2.00** QI **2.40** Go 8 Bit: DLC **3.30** The Indestructibles **4.00 to 6.00am** Teleshopping

4SEVEN

Freeview 47 (HD 110)

137 **143** **203** **127**

9.00am Posh Pawn **10.00** Find It, Fix It, Flog It **11.00** Come Dine with Me **12.00noon** A Place in the Sun **1.00pm** Undercover Boss Canada **2.00** See 7.00pm **3.00** Everybody Loves Raymond **4.00** Frasier **5.00** A Place in the Sun **6.00** A New Life in the Sun: Where Are... **7.00** Ramsay's Kitchen Nightmares USA **8.00** Emergency Helicopter Medics **9.00** 24 Hours in A&E **11.05** Five Guys a Week **12.10am** The Undateables **1.15** Location, Location, Location **2.20** The Supertv **3.25** As 6.00pm **4.25 to 4.55am** Four in a Bed

(SL) Signed (S) Subtitles (R) Repeat

SKY & VIRGIN

SKY HD +1 **VIRGIN HD +1** **FREESAT HD +1** **BT HD +1**

SKY ONE

106 106 206 110 109

6.00am Monkey Life (S)
7.00 RSPCA Animal Rescue (S)
8.00 The Dog Whisperer
9.00 Stop, Search, Seize (S)
10.00 Highway Patrol (S)
11.00 NCIS: Los Angeles (S)
12.00noon NCIS: Los Angeles (S)
1.00pm Hawaii Five-0: Double-bill. (S)
3.00 MacGyver (S)
4.00 Modern Family: Double-bill. (S)
5.00 The Simpsons: Selma's hopes of bearing a child are diminishing. (S)
5.30 Futurama (S)


9.00 SEAL Team

6.00 Futurama (S)
6.30 The Simpsons Back-to-back episodes, including: Lisa enters a televised singing competition. (S)
9.00 **SEAL Team** **New episode** Jason is thrown back into the deep end as he leads his first mission. (S3, ep10) (S)
10.00 **Avenue 5** **New episode** Karen supervises the throwing of non-essential items from the ship. (S1, ep8)
10.35 **Intelligence** 5 of 6. Jerry's confession makes Joseph question their friendship.

11.05 Intelligence
11.35 Caught on Dashcam
12.35am The Heist
1.35 Road Wars (S)
2.00 The Real A & E (S)
3.00 The Force: Manchester (S)
4.00 Stop, Search, Seize (S)
5.00 to 6.00am Futurama (S)

SKY ATLANTIC

108 108 208

6.00am The Guest Wing (S)
7.00 Without a Trace (S)
10.00 The West Wing (S)
12.00noon Blue Bloods (S2, ep12) (S)
1.00pm CSI: Crime Scene Investigation
2.00 The West Wing: Double-bill, including: President Bartlet faces a tough opponent. (S3, ep13) (S)
4.00 Without a Trace: Double-bill. The team investigates after a teenager goes missing. (S4, ep2); and Elena Delgado helps search for missing Dina Kingston. (S4, ep3) (S)


9.00 Empire Falls

6.00 **Without a Trace** A missing student's backpack and ID mysteriously turn up at a second-hand shop. (S4, ep4)
7.00 **CSI: Crime Scene Investigation** A shootout leaves four dead. (S6, ep7)
8.00 **Blue Bloods** A woman claims God told her the identity of her mother's murderer. (S2, ep13) (S)
9.00 **NEW** **Empire Falls** 1 of 2. Award-winning drama starring Ed Harris, Philip Seymour Hoffman, Helen Hunt and Paul Newman. (S)

11.05 The End: A difficult decision gives Edie a new lease of life. (S1, ep5)
11.40 John Adams: The elderly statesman witnesses his son become president. (S1, ep7) (S)
1.00am Oz (S)
3.25 Without a Trace (S)
4.15 to 6.00am The West Wing (S)

SKY WITNESS

107 107 207 112 111 180

6.00am Nothing to Declare (S)
8.00 The Real A & E (S)
9.00 Blue Bloods (S7, ep13) (S)
10.00 Criminal Minds (S12, ep9) (S)
11.00 CSI: Crime Scene Investigation (S)
12.00noon Elementary (S6, ep14) (S)
1.00pm Blue Bloods (S7, ep14) (S)
2.00 Law & Order: Special Victims Unit
3.00 The Real A & E: Double-bill. (S)
4.00 Stop, Search, Seize: Following the work of Ireland's border force. (S)
5.00 Nothing to Declare: Double-bill. Fly-on-the-wall documentary.


10.00 CSI: Crime Scene Investigation

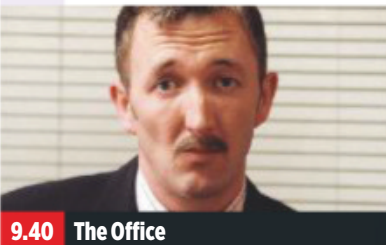
6.00 **Nothing to Declare** Back-to-back editions.
8.00 **Ghost Whisperer** Melinda tries to protect her pregnant friend from a dangerous spirit. (S2, ep13) (S)
9.00 **Criminal Minds** 2 of 2. Horrific discoveries await as the team pursues the serial killer snatching drug addicts. (S4, ep26) (S)
10.00 **CSI: Crime Scene Investigation** Grissom suspects a cop has delivered his own form of retribution in a case. (S4, ep2) (S)

11.00 Law & Order: Special Victims Unit
12.00m't CSI: Crime Scene Investigation
1.00am The Rookie (S)
2.00 Blue Bloods (S)
3.00 Ghost Whisperer (S)
4.00 Road Wars (S)
5.00 to 6.00am Brit Cops: Rapid Response (S)

GOLD

110 110 210 124 194 310

6.00am Teleshopping **7.20** The Piglet Files **7.45** As Time Goes By (S)
8.20 The Good Life (S)
9.00 Porridge (S)
9.40 Hi-de-Hi! (S)
10.20 Last of the Summer Wine (S)
12.20pm Keeping Up Appearances
1.00 Porridge (S)
1.40 Hi-de-Hi! (S)
2.20 The Good Life (S)
3.00 Keeping Up Appearances
3.40 Dad's Army (S)
4.20 Last of the Summer Wine (S)


9.40 The Office

6.20 **The Good Life** Perky the pig gives birth to her litter. (S)
7.00 **Porridge** Godber revises for another O-level exam. (S)
7.40 **Dad's Army** Double-bill. Private Godfrey faces homelessness; and the platoon tries to capture three German airmen. (S)
9.00 **Gavin & Stacey** The couple announce that they are engaged. (S)
9.40 **The Office** The Swindon members of staff arrive. (S)
10.20 **Sandylands** 3 of 3. Les plots his escape from Sandylands.

11.00 Peep Show: Double-bill. (S)
12.00m't Gavin & Stacey (S)
12.40am The Office (S)
1.20 Peep Show (S)
2.20 The Rebel (S)
2.55 Lenny Henry's Race Through Comedy: A look at sitcoms. (S)
4.00 to 6.00am Teleshopping

DISCOVERY

125 125 225 250 258

6.00am Combat Dealers (S)
7.00 Tony Robinson's World War One
8.00 Kindig Customs
9.00 Jeremy Wade's Dark Waters (S)
10.00 Nasa's Unexplained Files (S)
11.00 Fast N' Loud (S)
12.00noon Gold Rush (S)
1.00pm Alaska: The Last Frontier (S)
2.00 Combat Dealers (S)
3.00 World War Two: The Complete History (S)
4.00 Building Off the Grid (S)
5.00 Wheeler Dealers (S)


10.00 Disasters Engineered

6.00 **Fast N' Loud** 2 of 2. The crew rushes to get the 1955 pink Cadillac finished. (S)
7.00 **Outback Truckers** Shane wrestles an old truck. (S)
8.00 **Mighty Ships** A profile of the luxury cruise vessel *Quantum of the Seas*. (S)
9.00 **Richard Hammond's Big New edition** Exploring elements that engineering projects have in common.
10.00 **Disasters Engineered New edition** The fatal explosion at a chemical factory in Tianjin, China. (S)

11.00 Massive Engineering Mistakes: America's first space station. (S)
12.00m't Richard Hammond's Big
1.00am Disasters Engineered (S)
2.00 Deadliest Catch (S)
3.00 Richard Hammond's Big
3.50 Kindig Customs (S)
5.30 to 6.00am How It's Made (S)

W

109 109 209 125 211 190

6.10am MasterChef Australia **7.00** My Dream Home **8.00** Tipping Point **10.00** The Bill **11.00** Supernanny US **12.00noon** Tipping Point **2.00pm** Property Brothers: Forever Home **3.00** My Dream Home **5.00** Tipping Point **7.00** Property Brothers: Forever Home **8.00** Sun, Sea and Brides to Be **9.00** Emma Willis: Delivering Babies
10.00 Finding Joy (S1, ep6)
10.35 Inside the Ambulance
11.35 One Born Every Minute
12.35am I've Got Something to Tell You **1.30** Code Black
2.15 Women on the Verge
3.00 to 6.10am Teleshopping

ALIBI

132 132 232 126 212 191

6.00am Teleshopping **7.10** Murdoch Mysteries **10.00** The Guardian **11.00** Sue Thomas: F.B.Eye **12.00noon** Major Crimes **1.00pm** Rush **3.00** Murdoch Mysteries **6.00** Major Crimes (S4, ep5) **7.00** Motive: Double-bill. Flynn and her team chase a killer with access to a lethal pathogen; and an ex-con is murdered near a nightclub.
9.00 The Gulf: The death of an armed intruder sparks ferocious tension on the island. (S1, ep3) **11.00** New Tricks
12.20am Murdoch Mysteries
1.20 In the Dark **4.00 to 6.00am** Teleshopping

SKY COMEDY

113 113 122 121

6.00am Shop **8.00** See 2.30pm
9.00 Parks and Recreation
10.30 30 Rock **12.00noon** The Mindy Project **1.30pm** Modern Family **2.30** Everybody Hates Chris **3.30** Parks and Recreation
5.00 30 Rock **6.30** Modern Family **7.30** The Mindy Project
9.00 The Righteous Gemstones
9.40 Work in Progress **10.15** Sex and the City **10.50** The Tonight Show Starring Jimmy Fallon
11.50 The Late Late Show with James Corden **12.50am** Entourage **1.25** Silicon Valley
2.35 Girls **3.10** Parks and Recreation **3.35** 30 Rock
5.00 to 6.00am Teleshopping

SYFY

114 114 214 138 137 229

6.00am Warehouse 13 **7.00** Merlin **8.00** Teleshopping **11.00** Stargate Atlantis **1.00pm** Star Trek: Voyager **3.00** Star Trek: The Next Generation **5.00** Star Trek: Deep Space Nine **7.00** Warehouse 13 (S2, ep5)
8.00 Merlin (S2, ep5) **9.00** Marvel's Runaways: The former Runaways make new lives for themselves. **Last in the series** (S3, ep10) **10.00** **FILM** Armed Response: Thriller with Wesley Snipes. ★★ (2017) **12.00m't** Marvel's Runaways **1.00am** Star Trek: Deep Space Nine **3.00** Blood & Treasure **4.00 to 6.00am** Star Trek: Voyager

HISTORY

130 130 230 270 271

6.00am See 7.00pm **8.00** Pawn Stars **9.00** WWII Turning Points
10.00 Storage Wars **11.00** See 8.00pm **12.00noon** River Hunters **1.00pm** Forged in Fire **2.00** See 7.00pm **3.00** Storage Wars **5.00** Pawn Stars **6.00** Forged in Fire **7.00** American Pickers **8.00** The Railways That Built Britain with Chris Tarrant
9.00 The Curse of Oak Island
10.00 Gold Hunters: The Legend of the Superstition Mountains **11.00** As 7.00pm
12.00m't Forged in Fire **1.00am** Britain's Greatest Bridges **2.00** As 6.00pm **3.00** As 12.00noon
4.00 to 6.00am Storage Wars

ANIMAL PLANET

162 162 262 251 259

6.00am The Aquarium **7.00** Treehouse Masters: Out ... **8.00** See 11.00pm **10.00** AC Phoenix
12.00noon Dark Waters
1.00pm My Cat from Hell **2.00** See 9.00pm **3.00** The Vet Life
5.00 Crikey! It's the Irwins
6.00 Bondi Vet: Coast to Coast
7.00 AC Detroit **8.00** Nature's Strangest Mysteries: Solved
9.00 Alaskan Bush People
10.00 AC San Francisco **11.00** Pit Bulls & Parolees **12.00m't** I Was Prey **1.00am** As 7.00pm
2.00 As 8.00pm **3.00** As 10.00pm **3.50** Crikey! It's the Irwins **4.40** As 8.00pm **5.10 to 6.00am** My Cat from Hell

SKY ARTS

122 122 123 156

6.00am Sons of Vienna **6.30** Katherine Jenkins... **8.30** See 1.30pm **9.00** Originals **9.30** Auction **10.00** See 5.30pm
11.00 Deborah Kerr **12.00noon** Ingrid Bergman **1.00pm** Originals **1.30** Watercolour...
2.00 Glyndebourne Opera Cup
5.30 Tales of the Unexpected
6.00 Ava Gardner **7.00** Portrait Artist... **8.00** Passions **9.00** Friedkin Uncut **11.05** The Directors **12.05am** What Was Virginia Woolf Afraid Of? **1.05** **FILM** Janis: Little Girl Blue ★★★★★ **3.00** The History of Comedy **4.00** Ginger Rogers
5.00 to 6.00am Ava Gardner

FOX

124 124 224 157 199 158

8.00am Republic of Doyle
9.00 Bones (S2, ep12) **10.00** Bull **11.00** NCIS (S13, ep1)
12.00noon Bones **2.00pm** The Mentalist (S7, ep10) **3.00** NCIS (S13, ep2) **4.00** Bull **5.00** Bones (S2, ep15) **6.00** The Mentalist (S7, ep11) **7.00** NCIS: Back-to-back episodes, including: The death of a naval intelligence ensign is linked to a larger conspiracy. (S12, ep22)
11.00 American Dad! **12.00m't** Family Guy **1.00am** American Dad! **2.00** The Walking Dead (S10, ep11) **3.00** American Dad!
4.00 Republic of Doyle **5.00 to 8.00am** Teleshopping

TLC

133 133 233 167 169

6.00am SYTtD: Bridesmaids **8.00** SYTtD: UK **9.00** SYTtD **10.00** Curvy Brides Boutique **11.00** SYTtD Canada **12.00noon** SYTtD: Atlanta **2.00pm** Dr Pimple Popper **3.00** Sister Wives **4.00** SYTtD Canada
5.00 Curvy Brides Boutique
6.00 SYTtD **7.00** SYTtD: UK
8.00 Unexpected: Teenage & Pregnant **9.00** SYTtD **10.00** Curvy Brides Boutique **11.00** Dr Pimple Popper **12.00m't** Unexpected: Teenage & Pregnant **1.00am** SYTtD **2.00** Curvy Brides Boutique **3.00** Dr Pimple Popper **4.00 to 6.00am** Say Yes to the Dress: Atlanta

CI

156 156 256 209 222

6.00am The First 48 **8.00** See 7.00pm **10.00** See 4.00pm
11.00 Homicide: Hours to Kill
12.00noon Crimes That Shook Britain **1.00pm** Nightmare in Suburbia **2.00** I Lived with a Killer **3.00** See 7.00pm **4.00** Unusual Suspects **5.00** Homicide: Hours to Kill
6.00 The First 48 **7.00** Homicide Hunter **8.00** Murder for Hire
10.00 50 Ways to Kill Your Lover **11.00** Homicide Hunter
12.00m't Britain's Darkest Taboos **1.00am** Murder for Hire
2.00 The First 48 **3.00** I Lived with a Killer **4.00** As 5.00pm
5.00 to 6.00am Murder for Hire

NAT GEO

129 129 229 266 268 267

8.00am Nazi Megastructures
9.00 Hitler's Death Army: Das Reich **10.00** Buried Secrets of the Bible **11.00** Drain the Ocean: Egypt's Lost Wonder
12.00noon Car S.O.S **2.00pm** Wicked Tuna **3.00** Ice Road Rescue **4.00** Air Crash Investigation
6.00 Car S.O.S
8.00 Brain Games **9.00** Car S.O.S
10.00 Ultimate Supercar **11.00** Air Crash Investigation
12.00m't Alaska State Troopers
1.00am Airport Security: Peru
2.00 Brain Games: Best Of **3.00** Air Crash Investigation: Special Report **4.00 to 5.00am** Air Crash Investigation

SKY CRIME

121 121 221 136 135 207

6.00am Motorway Patrol **7.00** Highway Cops **8.00** See 3.00pm
9.00 Send in the Dogs **10.00** Road Wars **11.00** See 5.00pm
12.00noon Highway Cops
1.00pm A Lie to Die For **2.00** Killer Colleagues **3.00** Border Security: Canada's... **4.00** Road Wars **5.00** Brit Cops: Rapid...
6.00 Send in the Dogs **7.00** Snapped **8.00** A Lie to Die For
9.00 **NEW** Killer Siblings
10.00 Snapped **11.00** World's Most Evil... **12.00m't** Murders That... **1.00am** How I Caught the Killer **2.00** Snapped **3.00** Murder Calls **4.00** As 5.00pm
5.00 to 6.00am As 6.00am

**SKY CINEMA
PREMIERE****301 301 312 401 412 501**

6.00 Special **6.30** See 3.15am
8.15 Straight Up: Romantic
comedy. ★★★ (2019) **10.00**
The Top Ten Show **10.15** See
6.00pm **12.15pm** See 8.00pm
2.00 The Top Ten Show **2.15**
See 9.45pm **4.00** This
Changes Everything:
Documentary. ★★★ (2018)
5.45 The Top Ten Show **6.00**
The Art of Self-Defense:
Comedy thriller. ★★★ (2018)

**9.45 Cold Blood Legacy**

8.00 Brightburn: Horror. ★★★
(2019) **9.45** Cold Blood
Legacy: Thriller starring Jean
Reno. ★★ (2019) **11.30** We Die
Young: Drama. ★★ (2019)
1.15am Mapplethorpe: Biopic.
★★ (2018) **3.15** Doom:
Annihilation: Fantasy. ★★
(2019) **5.00** The Hurricane
Heist: The Eye of the Storm
5.30 to 6.00am Special

**SKY CINEMA
ACTION****311 311 407 507**

6.15am See 3.05pm **8.30** See
5.20pm **11.05** See 8.00pm
1.20pm See 12.15am **3.05**
Vertical Limit ★★★ (2000)
5.20 The Lone Ranger: Starring
Johnny Depp. ★★★ (2013)
8.00 Mortal Engines: Starring
Hera Hilmar. ★★★ (2018)
10.15 War of the Worlds: With
Tom Cruise and Dakota Fanning.
★★★★ (2005) **12.15am** Big
Trouble in Little China ★★★
(1986) **2.00** Red Heat ★★★
(1988) **4.00 to 6.00am** Next
Karate Kid ★★ (1994)

**SKY CINEMA
GREATS****304 304 404 504**

8.00am Babe (1995) **9.35** Babe:
Pig in the City (1998) **11.15**
See 11.30pm **1.15pm** Psycho
(b/w) (1960) **3.15** The
Bourne Ultimatum ★★★
(2007) **5.15** Groundhog
Day ★★★★★ (1993)
7.00 Twins ★★★ (1988) **9.00**
Sleepers ★★★ (1996) **11.30**
The Hand That Rocks the Cradle
★★★★ (1992) **1.30am** Lethal
Weapon 3 (1992) **3.35** Monty
Python's The Meaning of Life
(1983) **5.30 to 7.30am**
Remember the Titans (2000)

**SKY CINEMA
MONSTERS****307 307 411 511**

6.00am See 4.00am **8.00** See
6.00pm **10.00** See 10.15pm
12.15pm See 8.00pm **2.30**
Little Monsters ★★★
(2019) **4.15** Zombieland
★★★★ (2009) **6.00**
Slaughterhouse Rulez ★★★
(2018) **8.00** Jurassic World:
Fallen Kingdom ★★★ (2018)
10.15 John Carter ★★★ (2012)
12.30am As 4.15pm **2.15**
Resident Evil: Extinction
★★★ (2007) **4.00 to**
6.00am Jason and the
Argonauts ★★★★★ (1963)

**SKY CINEMA
COMEDY****308 308 408 508**

6.45am See 6.00pm **8.45** See
10.00pm **10.35** See 11.50pm
12.30pm See 1.35am **2.20**
Benchwarmers 2: Breaking
Balls: With Chris Klein. ★
(2019) **4.05** About a Boy:
With Hugh Grant. ★★★★★
(2002) **6.00** Forgetting Sarah
Marshall: With Jason Segel.
★★★★★ (2008) **8.00** Night
School: With Kevin Hart and
Tiffany Haddish. ★★ (2018)

**10.00 Life of the Party**

10.00 Life of the Party: With
Melissa McCarthy and Matt
Walsh. ★★ (2018) **11.50** Eaten
by Lions: With Antonio Aakeel.
★★★ (2018) **1.35am** Stella's
Last Weekend: With Nat Wolff.
★★ (2018) **3.25** Metal Heart:
Starring Jordanne Jones.
★★★ (2018) **5.05 to 6.45am**
Napoleon Dynamite: Starring
Jon Heder. ★★★★★ (2004)

**SKY CINEMA
DRAMA****310 310 410 510**

6.30am See 3.55am **8.30** See
10.00pm **10.10** See 6.15pm
11.55 See 8.00pm **1.55pm** See
11.35pm **4.15** See 1.55am **6.15**
The Old Man & the Gun: With
Robert Redford. ★★★★★
(2018) **8.00** JT LeRoy: With
Kristen Stewart. ★★★ (2018)
10.00 Cruise: With Spencer
Boldman. ★★★ (2018) **11.35**
Men of Honor: Starring Cuba
Gooding Jr. ★★★★★ (2000)
1.55am Ray & Liz ★★★★★
(2018) **3.55 to 6.00am**
Sabrina (b/w) ★★ (1954)

**SKY CINEMA
HITS****303 303 403 503**

6.40am Leave No Trace (2018)
8.40 Identity Thief ★★★
(2013) **10.40** See 8.00pm
12.50pm Star Wars: The
Phantom Menace ★★★
(1999) **3.10** Star Wars: Attack
of the Clones ★★ (2002)
5.35 Star Wars: Revenge of the
Sith ★★★★★ (2005) **8.00**
Aladdin ★★★★★ (2019)
10.10 Greta ★★★★★ (2018)
12.00m't Mamma Mia! Here
We Go Again (2018) **2.00am**
Love, Simon (2018) **4.00 to**
6.00am Tooth Fairy (2010)

**SKY CINEMA
SUPERHERO****302 302 402 502**

6.05am See 3.40am **8.30**
Superman II ★★ (1980)
10.40 See 9.35pm **12.40pm**
See 11.40pm **2.40** See 1.45am
4.35 Man of Steel: Starring
Henry Cavill. ★★★ (2013)
7.00 Batman v Superman:
Dawn of Justice: Starring
Ben Affleck and Henry Cavill.
★★★★ (2016) **9.35** Ant-Man
and the Wasp ★★★★★ (2018)
11.40 Kick-Ass ★★★★★
(2010) **1.45am** Kick-Ass 2
★★★ (2013) **3.40 to 6.10am**
Superman ★★ (1978)

**SKY CINEMA
FAMILY****306 306 406 506**

6.10am A Wizard's Tale:
Animated adventure. ★★
(2018) **7.55** See 6.10pm **9.55**
See 4.25pm **11.40** Stuart Little:
Comedy adventure. ★★★★★
(1999) **1.10pm** See 8.00pm
2.40 See 9.30pm **4.25**
Matilda: Fantasy. ★★★★★
(1996) **6.10** The Lego Movie 2:
The Second Part: Animated
adventure, featuring the voice
of Chris Pratt. ★★★★★ (2019)

**6.10 The Lego Movie 2...**

8.00 Teen Titans Go! To the
Movies: Animated adventure.
★★★ (2018) **9.30** Star Wars:
The Clone Wars ★★★ (2008)
11.15 Who Framed Roger
Rabbit ★★★★★ (1988)
1.10am The Adventures of
Sharkboy and Lavagirl ★★
(2005) **2.55** Anastasia ★★
(1997) **4.40 to 6.20am** The
Swan Princess ★★★ (1994)

**SKY CINEMA
DISNEY****305 305 405 505**

6.55am See 6.30pm **8.25** See
4.45pm **10.10** Lilo & Stitch
★★★★ (2002) **11.40** Robin
Hood ★★ (1973) **1.10pm**
See 1.45am **2.45** See 8.00pm
4.45 Tangled ★★★★★ (2010)
6.30 The Little Mermaid ★★★★★
(1989) **8.00** Ralph Breaks the
Internet ★★★★★ (2018)
10.00 101 Dalmatians ★★★★★
(1996) **11.50** Pete's Dragon
★★★ (1977) **1.45am** Aladdin
(1992) **3.25** Christopher
Robin (2018) **5.20 to 7.00am**
Spooky Buddies (2011)

**SKY CINEMA
THRILLER****309 309 409 509**

6.10am Distorted (2018) **7.50**
Kissing Candice ★★ (2017)
9.40 Ride ★★ (2017) **11.20**
See 7.00pm **1.20pm** See
9.00pm **3.25** The International
★★★★ (2009) **5.25** Jacob's
Ladder ★ (2019) **7.00** White
Boy Rick ★★ (2018)
9.00 Hotel Mumbai: Fact-based
thriller. ★★★★★ (2018)
11.05 Face/Off ★★ (1997)
1.35am Midnight Express
★★★★ (1978) **3.45** Outlaws
★ (2017) **5.30 to 7.15am**
Point Last Seen ★★ (1998)

TCM MOVIES**315 316 415 416 417 512**

6.30am For Whom the Bell Tolls
★★★ (1943) **9.40** You Can't
Cheat an Honest Man (b/w)
★★★★ (1939) **11.20** Escape
from Fort Bravo ★★ (1953)
1.30pm Casablanca (b/w)
★★★★★ (1942) **3.35** Day of
the Evil Gun ★★ (1968) **5.35**
The Lone Ranger ★★ (1956)
7.25 Rope ★★ (1948) **9.00**
Magnum Force ★★ (1973)
11.40 Money Talks ★ (1997)
1.45am Jackie Chan's First
Strike ★★ (1996) **3.20** Off
Set **3.30** Best Film Directors
5.00 to 6.00am Close Up

**SKY SPORTS
MAIN EVENT****401 401 511 501 402**

6.00am Good Morning Sports
Fans Bitesize 7.00 Good
Morning Sports **Fans 10.00**
Football Centre 11.00 Football
Centre 12.00noon Sky Sports
News 1.00pm **LIVE** The
Players Championship Build up
to this year's tournament,
taking place at TPC Sawgrass.
9.00 Sky Sports Tonight This
evening's leading sports stories.
10.00 The Debate Discussion
on the latest football news.
11.00 **NBA: The Warm Up**
A look ahead to tonight's
fixtures. **11.30** **LIVE** **NBA**
Philadelphia 76ers v Detroit
Pistons: (tip-off **11.30**). **2.00 to**
6.00am Sky Sports News

**SKY SPORTS
CRICKET****404 404 514 504**

6.00am Highlights **8.00** Greatest
Games **9.00** Best of England v
Australia **9.50** Ashes Greats
10.00 How the 2009 ICC World
Twenty20 Was Won **12.00noon**
Greatest Games **1.00pm** Best
of England v Australia **1.50**
Ashes Greats **2.00** Greatest
Games **3.00** Best of England v
Australia **3.50** Ashes Greats
4.00 How the 2009 ICC World
Twenty20 Was Won **6.00**
Women's ICC World T20
Cricket **10.00** Winning Over
The World **11.00** How the 2009
ICC World Twenty20 Was Won
1.00am Best of England v
Australia **1.50** Ashes Greats
2.00 to 6.00am Highlights

**SKY SPORTS
ARENA****408 408 518 508**

6.00am Highlights **9.00**
Sporting Records **10.00**
Boxing Gold **11.00** Netball
Superleague **1.00pm** Sporting
Greats **2.00** NBA Classic Games
4.00 Hooked on Africa **4.30**
Sporting Greats **5.00** Boxing
Gold **6.00** Betfred Super
League **6.30** Super League
Gold **7.00** Inside Super League
8.00 Betfred Super League
8.30 NBA GameTime **9.00**
NBA Heatcheck **10.00** Inside
Super League **11.00** NBA: The
Warm Up **11.30** **LIVE** NBA
Philadelphia 76ers v Detroit
Pistons. **2.00am** Super League
Gold **3.00** Sporting Records
4.00 to 6.00am Highlights

BT SPORT 1**413 413 527 408 430**

6.00am Goals Reload **6.30** Early
Kick-Off **6.45** PL Reload **7.00**
WWE Raw **9.30** Europa League
Magazine **10.00** Rugby Union
12.30pm Rallying **1.00** Mobil 1:
The Grid **1.30** Fishing **2.30**
Premier League **4.00** Score
Best Bits **4.30** Reload
5.00 SPFL **5.15** PL Reload **5.30**
LIVE Gladbach v Cologne
Borussia Moenchengladbach v
FC Cologne. **7.30** PL World **8.00**
MotoGP **9.00** Rugby Tonight
On Tour **9.30** Badminton
Unlimited **10.00** WWE NXT UK
11.00 WWE NXT **12.00m't** WWE
Raw **1.00am** **LIVE** WWE NXT
Wrestling action. **3.15** MotoGP
Rewind **3.30** Rugby Tonight On
Tour **4.00 to 6.00am** Boxing

**SKY SPORTS
PREMIER LEAGUE****402 402 512 502**

6.00am PL Greatest Games **6.45**
Football Gold **7.00** The Debate
8.00 Best PL Goals **9.00** PL 100
Club **9.30** PL 100 Club:
England's Finest **10.00** PL
Years **12.00noon** The Debate
1.00pm PL Years **3.00** PL Best
Goals **04/05** **4.00** PL Greatest
Games **5.00** PL 100 Club **6.00**
PL Legends **7.00** PL World
7.30 The Tyler Archives **8.00**
Gary Neville's Soccerbox **9.00**
PL World **9.30** Tyler Archives
10.00 The Debate **11.00** PL Best
Goals **12.00m't** The Debate
1.00am PL Years **3.00** PL
Greatest Games **4.00** PL Best
Goals **5.00** Best PL Goals
5.30 to 6.00am PL 100 Club

**SKY SPORTS
THE PLAYERS****405 405 515 505**

6.00am The Players
Championship Official Film
10.00 Golf Academy **11.00** How
The Players Was Won Action
from the final day of the 2019
Players Championship.
1.00pm **LIVE** The Players
Championship Build up to this
year's tournament, taking
place at TPC Sawgrass. **9.00**
PGA Tour: The Cut A look
behind the scenes of the tour.
9.30 Rory's Review of 2019
Rory McIlroy looks back at the
year. **10.00** Golf Academy **11.00**
Best of the Sky Zone **11.30**
PGA Tour: The Cut **12.00m't**
to **6.00am** The Players
Championship Official Film

**SKY SPORTS
MIX****145 145 520 510**

6.00am My Icon **7.00** Sporting
Records **8.00** Sporting Greats
9.00 My Icon **10.00** NBA Classic
Games **11.00** School of Golf
12.00noon Sporting Greats
1.30pm Cricket's Greatest
Games **2.00** Fight Night
International See 10.00pm.
3.00 My Icon **4.00** Women's
ICC World T20 Cricket Action
from the semi-finals and final
of the tournament **7.00** Netball
Superleague **9.00** Rugby 7s
The Los Angeles Sevens. **10.00**
Fight Night International Katie
Taylor v Rose Volante. **11.00**
Premier League World **11.30**
My Icon **12.00m't to 6.00am**
Mix Shorts: Masterclasses

BT SPORT 2**414 414 528 409 431**

6.00am UEFA Champions League
8.00 MotoGP **11.00** MotoGP
Chequered Flag **12.00noon**
Vanarama National League
1.30pm Ligue **12.30**
Bundesliga Highlights Show
3.30 Coppa Italia **4.00** WWE
SmackDown **5.00** WWE Raw
6.00 UEFA Champions League
7.00 **LIVE** UEFA Champions
League Liverpool v Atletico
Madrid: The last-16 second-leg
from Anfield (kick-off **8.00**).
See Highlights **10.30** UEFA
Champions League Highlights
11.30 Dan Hardy's Open Mat
12.00m't UFC **3.00am** UFC
on ESPN **4.00** UFC Unleashed
5.00 to 6.00am Fishing:
On The Bank – 2019

**SKY SPORTS
FOOTBALL****403 403 513 503**

6.00am Highlights **9.30** Play-Off
Final Highlights **10.30** Greatest
Games **11.30** Greatest Players
12.00noon Football
Countdowns **12.30pm** Football
Years **1.00** Greatest Games
1.45 One2Eleven **2.00** EFL
Play-Off Final **3.00** Greatest
Players **3.30** Football
Countdowns **4.00** Football
Years **4.30** EFL Play-Off Final
5.30 Greatest Games **6.00**
Carling Cup Final 2011/12 **7.00**
MLS **7.30** EFL Goals **8.00** EFL
Highlights **10.00** SPFL **10.30**
Greatest Games **11.00**
One2Eleven **11.15** Greatest
Games **12.00m't** Football Years
12.30 to 6.00am Highlights

**SKY SPORTS
ACTION****407 407 517 507**

6.00am Highlights **8.00** NFL:
America's... **10.00** Sporting
Records **10.30** Hooked on
Africa **11.00** NFL: America's...
12.00noon NFL: America's
Game **1.00pm** Sporting
Records **2.00** Darts Gold **2.30**
Boxing Gold **3.00** When Naz
Hit New York **3.30** Darts Gold
4.30 Sporting Records **5.00**
Hooked on Africa **5.30** Darts
Gold **6.00** NBC's Pro-Football
Talk **8.00** NFL: America's Game
10.00 Motorsport Mundial
10.30 Hooked on Africa
11.00 NFL: America's Game
1.00am Super League Gold
2.00 Greatest Games **3.30**
to **6.00am** Highlights

EUROSPORT**410 410 521 412 435**

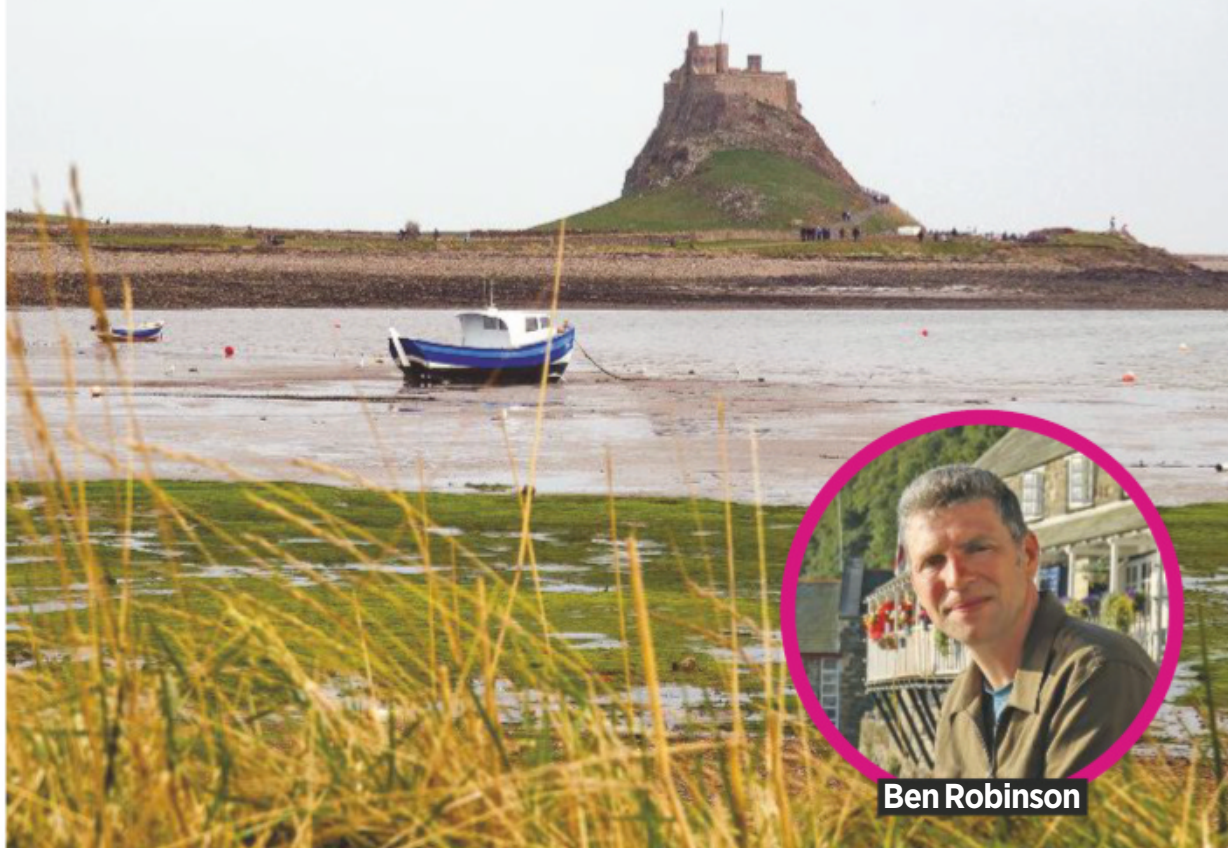
6.00am Alpine Skiing **7.00**
Cycling: Paris-Nice **8.00**
Snooker: Scottish Open **10.00**
Triathlon: Llanelli Sprint **10.30**
Table Tennis **11.35** Fencing:
Grand Prix Series **12.40pm**
Cycling: Paris-Nice **1.40** **LIVE**
Cycling: Paris-Nice Stage four.
3.40 Ski Jumping **4.25** **LIVE**
Ski Jumping From Norway.
5.45 Alpine Skiing **7.45** Cycling:
Milan-San Remo **8.00** Cycling:
Paris-Nice **9.00** Cycling:
Tirreno-Adriatico **10.00** Ski
Jumping **11.00** Cycling:
Paris-Nice **12.00m't** Cycling:
Tirreno-Adriatico **1.00am**
Bala Triathlon **2.00** Cycling
4.00 Ski Jumping **5.00 to**
6.00am Alpine Skiing

BT SPORT 3**417 417 529 410 432**

6.00am Hyundai A-League
12.00noon UEFA Champions
League **2.00pm** Score Best Bits
2.30 Hyundai A-League **3.30**
Ladbroke's SPFL **3.45** UEFA
Europa League Magazine **4.15**
UEFA Champions League **6.15**
Borussia Dortmund v PSG **7.15**
LIVE UEFA Champions
League Paris Saint-Germain v
Borussia Dortmund: From Parc
des Princes (kick-off **8.00**).
10.15 PL Review **11.15** Bundesliga
Special **11.45** MotoGP Rewind
12.00m't UEFA Champions
League **2.00am** Gladbach v
Cologne **3.00** Ligue **14.00**
Coppa Italia **4.30** Vanarama
National League **5.00 to**
6.00am Hyundai A-League

THURSDAY HIGHLIGHTS

The monastery on Lindisfarne



Ben Robinson

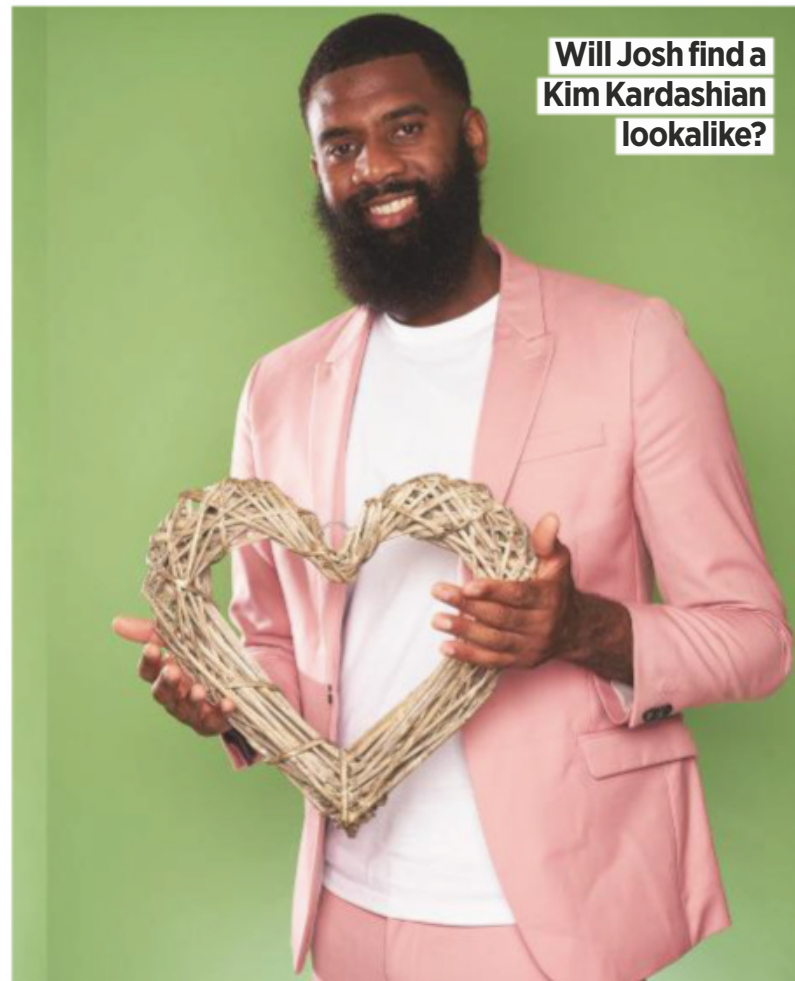
Villages by the Sea

● DOCUMENTARY / 7.30pm / BBC2 (not Wales)

Archaeologist Ben Robinson is exploring Lindisfarne or Holy Island, as it's also known. This rocky island off the coast of Northumberland has a rich religious history as the site of one of the first monasteries ever built in Britain. From their island home the monks spread Christianity across the world, increasing their fame and popularity thanks to their most famous former resident, Saint

Cuthbert. Ben reveals what life was like for the monks as they fished and cultivated the rich soil, much like the fishermen and farmers still do today. He also explores the threats the island has weathered, from vicious Vikings to ferocious Scots and King Henry VIII, who dissolved the monasteries and changed life on this little village by the sea forever. ★★★★★ *JL*

Will Josh find a Kim Kardashian lookalike?



First Dates

● REAL LIFE / 10pm / C4

Is the world ready for Josh? A 'customer-success executive' in a pink suit, 30-year-old Josh describes himself as an 'alpha male' and is looking out for a Kim Kardashian type. Is glamourpuss Yasmin woman enough? No less eye-catching is 42-year-old Sherie, a waxing entrepreneur – careers advisers never mentioned that at school – who's hoping that the Marilyn Monroe dress she's had specially made for the occasion will wow fellow Northerner Richard. ★★★★★ *SM*



Edna Panambo

Hospital

● FACTUAL / 9pm / BBC2

A huge problem for Liverpool hospitals is patients with nowhere to go. John, 71, has dementia and has been in hospital for two months. He needs a bed at a care home but there isn't one. And it's not just the elderly who become 'super-stranded'. Three-year-old Hari has a genetic condition that means he's stuck at Alder Hey Children's Hospital because his home is not suitable. ★★★★★ *JL*



Nothing like a foot in the face to aid sleep...

Breeders

● COMEDY / from 10pm / Sky One/NOW TV

NEW Most parents would willingly die for their kids, but they also quite often feel like killing them! It's that paradox that provides the inspiration for this honest and uncompromising comedy pulling no punches as it explores the pressures of raising a family. Millions of mums and dads across Britain will

sympathise with Paul (*Sherlock* star Martin Freeman) and Ally (*Back to Life's* Daisy Haggard) who play a pair of parents struggling to look after two youngsters while maintaining full-time careers. The 10-part series kicks off with a double bill this week, so prepare for laughs, tears and plenty of swearing! ★★★★★ *SMA*



Restoring a mosaic

Secrets of the Museum

● FACTUAL / 8pm / BBC2

LAST ONE It's the final episode of this series taking a deep dive into London's V&A Museum and there's concern that a customised 1962 Chevy Impala newly arrived from LA won't fit into the exhibition space. Meanwhile, a table with a micro-mosaic top needs restoration before leaving the museum. ★★★★★ *JP*

Dr Javid is ready to go canoeing



Ever had the urge to knock a few years off the clock?

● **FACTUAL / 8pm / C4**

NEW The first in this new health series presented by Kate Quilton and Dr Javid Abdelmoneim offers tips on how to mitigate the effects of ageing. Eight guinea pigs are given five weeks to tweak their lifestyles, but first they are tested to find out their 'biological age'. This tells them what age demographic they are similar to. So when 51-year-old hotel manager Andy learns his biological age is 82, his blood pressure goes even higher! The good news is that the 'health hacks' on offer are easy to incorporate into your life, and the volunteers see a huge difference after trying them out. Later in the run they'll be looking at stress, chronic pain, and diet. ★★★ *IM*

● See Kate Quilton interview, page 20

PICK OF THE DAY

How to Beat Ageing

The 'orange army' in action at New Street



The Station

● **FACTUAL / 9pm / ITV**

NEW ...*Trouble on the Tracks* goes behind the scenes at Network Rail to show the reality of working on or using our often troubled railways. At Birmingham New Street flooding is causing havoc as engineer Ryan, part of the 'orange army,' tries to get trains moving. A Banksy painting on a wall in Birmingham causes a unique challenge for staff, as do some passengers, including one trying to travel without a ticket. ★★★ *JL*



Is Home Secretary Hadley a glass-half-full kind of guy?

Noughts + Crosses

● **DRAMA / 9pm / BBC1**

Proud parents Meggie and Ryan (Helen Baxendale and Ian Hart) turn up for Callum's 'passing in' military parade in the second episode of the drama based on Malorie Blackman's young adult novels. But the atmosphere is soured by black protestors and the home secretary (Paterson Joseph) making a speech about 'strength in difference' – in other words, the less mixing between the races, the better. ★★★ *IM*

ALSO ON...



Phil Spencer's Stately Homes

● **FACTUAL / 9pm / More4**

LAST ONE For the last episode in the series, Phil visits 900-year-old Leeds Castle in Kent to find out about its history.

MasterChef

● **FOOD / 8pm / BBC1**

Six heat-winners in this quarter-final are aiming for a place in the Knockout Week, but first they must rise to food writer and critic William Sitwell's challenge to impress with a plant-based dish.

THURSDAY 12 March

BBC1

HD Freeview HD 101 Sky HD 115 Virgin TV HD 108 (Scot 101) Freesat HD 106

- 6.00 Breakfast** (S)(HD) **9.15 Crimewatch Roadshow Live** (S)(HD) **10.00 Homes Under the Hammer** (S)(HD)(AD) **11.00 Dom Does America** (S)(R)(HD)(AD) **11.45 Saved on Camera** (S)(HD)
- 12.15 Bargain Hunt** Coverage from Southwell Racecourse in Nottinghamshire. (S)(HD)(AD)
- 1.00 BBC News at One** (S)(HD) and **Weather**
- 1.30 BBC Regional News** (S) and **Weather**
- 1.45 Doctors** *The Joe Pasquale Problem*: A patient thinks she is being stalked. (S)(HD)(AD)
- 2.15 Five Bedrooms** *Three Millimetres*: 3 of 8. There are bad feelings towards Ben, who has kept some key information. (S)(HD)(AD)
- 3.00 Escape to the Country** A couple seek a property in Somerset. (S)(R)(HD)(AD)
- 3.45 Money for Nothing** Sarah Moore saves old tents, four dining chairs and a dressing screen from being thrown in the tip. (S)(HD)
- 4.30 Ready, Steady, Cook** A mother and daughter take on the challenge alongside chefs Ellis Barrie and Mike Reid. (S)(HD)
- 5.15 Pointless** Quiz show. (S)(R)(HD)
- 6.00 BBC News at Six** (S)(HD) and **Weather**
- 6.30 BBC Regional News** (S) and **Weather**
- 7.00 The One Show** Live topical reports. (S)(HD)
- 7.30 EastEnders** A game in the pub takes a turn when Isaac shows his true colours to Patrick; Chantelle feels pressure to find work; Mitch's suspicions about Gray reach fever pitch; and Mick is proud of Linda for going to a meeting but Stuart spots and he realises that she is struggling. (S)(HD)(AD) ● **Continues at 8.30pm**
- 8.00 MasterChef** Restaurant critic William Sitwell sets the brief for the third quarter-final, challenging all the heat-winners to serve up a plant-based dish. (S)(HD)(AD)
- 8.30 EastEnders** Mitch follows Gray to find out what he is up to; Stuart comes up with a plan to cheer up Rainie; and Sheree berates Isaac for his attitude towards Patrick. (S)(HD)(AD)
- 9.00 Noughts + Crosses** 2 of 6. Callum and Sephy resort to desperate measures to find somewhere they can be alone together, but Lekan suspects Sephy is hiding something from him. (S)(HD)(AD) **See Highlights**
- Sephy Hadley MASALI BADUZA Callum McGregor JACK ROWAN
Meggie McGregor Kamal Hadley PATERSON JOSEPH
HELEN BAXENDALE Jack Dorn SHAUN DINGWALL
Jude McGregor JOSH DYLAN Lekan Baako JONATHAN AJAYI
- 10.00 BBC News at Ten** (S)(HD)
- 10.25 BBC Regional News** (S) and **Weather**
- 10.30 Weather** (S)(HD)
- 10.35 Question Time** Fiona Bruce chairs the topical debate from West Bromwich, inviting an audience to question a panel of politicians and other guests on issues of the day. (S)(HD)
- 11.35 Newscast** Laura Kuenssberg, Chris Mason, Katya Adler and Adam Fleming present their weekly round-up from Westminster, delivering their usual analysis and light-hearted gossip about stories in politics. (S)(HD) ● **Repeated tomorrow at 10.30pm on BBC Parliament**
- 12.05 Weather for the Week Ahead** (S)(HD)
12.10 to 6.00 BBC News (S)(HD)

BBC2

HD Freeview HD 102 Sky HD 102 Virgin HD TV 102 Freesat HD 102

- 6.30 Money for Nothing** (S)(R)(HD) **7.15 Escape to the Country** (S)(R)(HD)(AD) **8.00 Great British Railway Journeys** From Canterbury. (SL)(S)(R)(HD)(AD) **8.30 Lose Weight and Get Fit with Tom Kerridge** (SL)(S)(R)(HD)(AD) **9.00 BBC News at 9** (S)(HD) **10.00 Victoria Derbyshire** (S)(HD) **11.00 BBC Newsroom Live** (S)(HD)
- 12.15 Politics Live** With Jo Coburn. (S)(HD)
- 1.00 Hardball** Hosted by Ore Oduba. (S)(R)(HD)
- 1.45 Best House in Town** (S)(R)(HD)
- 2.30 Terry and Mason's Great Food Trip** The duo's tour reaches Bristol. (S)(R)(HD)
- 3.00 Red Rock** Johnno reckons Mick was involved in Keith's disappearance. (S)(R)(HD)(AD)
- 3.40 The Great Interior Design Challenge** *Modern Riverside*: In Marlow. (S)(R)(HD)(AD)
- 4.40 Portillo's State Secrets** *On Trial*: 9 of 10. The Church's role in slavery. (S)(R)(HD)(AD)
- 5.10 Flog It!** (S)(R)(HD)
- 6.00 Richard Osman's House of Games** Previous winners Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh compete. (S)(HD)
- 6.30 Great British Railway Journeys** *Piccadilly Circus to Gravesend*: Michael Portillo visits a West End store. (S)(R)(HD)(AD)
- 7.00 MOTDx** **SPORT** ● ● ● ● ● Jermaine Jenas is joined by Craig Mitch, Chelcee Grimes and Reece Parkinson to take an offbeat look at the Premier League. (S)(HD)
- 7.30 Villages by the Sea** *The Holy Island*: Archaeologist Ben Robinson examines the history of the monks and villagers of the Holy Island of Lindisfarne. (S)(R)(HD) **See Highlights**
- 8.00 Secrets of the Museum** A customised 1962 Chevrolet Impala arrives at the Victoria & Albert for an exhibition dedicated to cars. The vehicle has come all the way from Los Angeles and as if that move was not tough enough, Catherine Sargent is now worried it will be a tight fit getting the car into the hall. **Last in the series** (S)(HD)(AD) **See Highlights**
- 9.00 Hospital** 5 of 8. The documentary focuses on medically fit patients stranded in hospital due to a lack of after-care. They include a 70-year-old dementia patient who is stuck in Aintree University Hospital until he and his wife can find a residential home to deal with his needs; and the story of a three-year-old with a rare disease. (S)(HD) **See Highlights**
- 10.00 Vic & Bob's Big Night Out** 3 of 4. Vic presents Bob with a striking new wig, before revealing his secret beatboxing skills; and the Man with the Stick makes his return. Plus, other sketches include the Free Runners and Frank Roddam's inventions. (S)(R)(HD)(AD)
- 10.30 Newsnight** (S)(HD)
- 11.10 Weather** (S)(HD)
- 11.15 Miriam's Big Fat Adventure** 1 of 2. *As Monday*. Actress Miriam Margolyes travels around the nation to discover why so many people are overweight, despite there being so much information available about healthy lifestyles. She wants to understand the impact being obese has on people. (S)(R)(HD)(AD)
- 12.15 Young, Sikh and Proud** (SL)(S)(R)(HD) **12.55 Dom Does America** (SL)(S)(R)(HD)(AD) **1.40 to 2.10 Trust Me, I'm a Doctor** (SL)(S)(R)(HD)

ITV

HD Freeview HD 103 Sky HD 103 Virgin TV HD 113 Freesat HD 111

- 6.00 Good Morning Britain** (S)(HD) **9.00 Lorraine** Entertainment and fashion news. (S)(HD) **10.00 This Morning** Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Including Local Weather. (S)(HD)
- 12.30 ITV News** (S)(HD) and **Weather** including **Local News** (S)(HD) and **Weather**
- 1.00 ITV Racing: Cheltenham Festival Live** **SPORT** ● ● ● ● ● Coverage of the third day of the prestigious festival, including feature race the **3.30** Paddy Power Stayers' Hurdle Race, plus further at **1.30, 2.10, 2.50** and **4.10**. (S)(HD)
- 4.30 Tipping Point: Best Ever Finals** Compilation of some of the most dramatic endgames from the arcade-themed quiz show hosted by Ben Shephard, in which contestants competes for the £10,000 jackpot. (S)(R)(HD)
- 5.00 The Chase** Bradley Walsh presents as four contestants answer various general knowledge questions and work as a team to take on ruthless quiz genius The Chaser and secure a cash prize. (S)(R)(HD)
- 6.00 Local News** (S)(HD) and **Weather**
- 6.30 ITV News** (S)(HD) and **Weather**
- 7.00 Emmerdale** Laurel is forced to reveal all to Jai; Malone exerts his authority over Cain; and Mandy and Dan go on a date together. (S)(HD)(AD) ● **Continues at 8.00pm**
- 7.30 Tonight** *Can Robots Save the NHS*: Dr Oscar Duke asks whether artificial intelligence could provide a lifeline for the over-stretched health service. (S)(HD) ● **Repeated at 3.00am**
- 8.00 Emmerdale** Samson finds a way to fund his trip; Laurel fights for her relationship with Jai; and Jamie is rattled. (S)(HD)(AD)
- 8.30 How to Spend It Well on Holiday** 2 of 4. Phillip Schofield presents as a family travels to Thailand, seeing how they cope with airport transfers, changing money, tipping and haggling at markets. (S)(HD)(AD)
- 9.00 The Station: Trouble on the Tracks** **NEW** ★ ★ ★ ★ ★ 1 of 3. Documentary following the staff of Network Rail, which operates the country's railway tracks, focusing on Birmingham New Street station. Engineers battle the elements after extensive flooding; and beleaguered staff deal with various stranded passengers demanding answers. (S)(HD) **See Highlights**
- 10.00 ITV News at Ten** (S)(HD) and **Weather** including **Local News** (S)(HD) and **Weather**
- 10.45 Liar** 2 of 6. *As Monday*. Thriller series starring Joanne Froggatt and Katherine Kelly. Feeling the full force of Renton's investigation, Laura looks to those closest to her for support, but when suspicions fall on Ian, she is left to question who she can trust. (S)(R)(HD)(AD)
- 11.45 Dancing on Ice** *As Sunday*. Phillip Schofield and Holly Willoughby host the final of the skating challenge. Just three celebrities and their partners remain, and each pair must perform a special routine choreographed by Christopher Dean and Jayne Torvill. (S)(R)(HD)
- 1.30 Teleshopping** (HD) **3.00 Tonight** (S)(R)(HD) **3.25 ITV Nightscreen** (HD) **5.05 to 6.00 Judge Rinder** Real life-cases. (SL)(S)(R)(HD)

ITV+1 Freeview 33, Sky 203, Virgin 114, Freesat 112

CHANNEL 4

HD Freeview HD 104 Sky HD 138 Virgin TV HD 104/141

- 6.30 Cheers** (S)(R)(HD) **6.55 Cheers** (S)(R)(HD) **7.20 The King of Queens** (S)(R)(AD) **7.45 The King of Queens** (S)(R)(AD) **8.10 Everybody Loves Raymond** (S)(R)(AD) **8.40 Everybody Loves Raymond** (S)(R)(AD) **9.10 Frasier** (S)(R)(AD) **9.40 Frasier** (S)(R)(AD) **10.10 Undercover Boss Canada** (S)(R)(HD) **11.05 Ramsay's Kitchen Nightmares USA** From California. (S)(R)
- 12.00 Channel 4 News Summary** (S)(HD)
- 12.05 Come Dine with Me** Hampshire (S)(R)(HD)
- 1.05 Posh Pawnbrokers** (S)(R)(HD)
- 2.10 Countdown** (S)(HD)
- 3.00 A Place in the Sun** Cannes. (S)(R)(HD)
- 4.00 A New Life in the Sun: Where Are They Now?** 5 of 10. The hairdresser who gambled everything on a salon in Spain. (S)(R)(HD)
- 5.00 Four in a Bed** From Whitby. (S)(HD)
- 5.30 Come Dine with Me** Edinburgh. (S)(HD)
- 6.00 The Simpsons** *Bart After Dark*: Bart goes to work in a burlesque theatre and proves a hit with its clientele. (S)(R)(AD)
- 6.30 Hollyoaks** Celeste wants Toby to promise that he has not changed his mind. (S)(R)(HD) (AD) ● *The next episode follows on E4*
- 7.00 Channel 4 News** (S)(HD) and **Weather**
- 8.00 How to Beat...Ageing**
NEW Kate Quilton and Dr Javid Abdelmoneim explore small changes people can make to take care of their mental and physical health. They begin by recruiting volunteers to take part in an experiment to see if making changes can knock years off their biological ages. (S)(HD) (AD) *See feature, pages 20-21, and Highlights*
- 9.00 Hunted** Ben Owen and his team of hunters hope for another capture as they go in hot pursuit of Dan through Cheshire; Jess and Ella are tired and hungry after days off-grid, so they return to their hometown to replenish supplies; and the hunters track Hayley and Dan to the Lake District, where the couple are hiding out in a friend's caravan. (S)(HD)(AD)
- 10.00 First Dates** Self-described alpha male Josh struts in brimming with confidence, and hopes 25-year-old Yasmin will prove to be his very own Kardashian; and after years out of the dating game, waxing entrepreneur Sherie has decided now is the perfect time to find a man. She is paired with Richard – but his anecdotes could backfire. (S)(HD)(AD) *See Highlights*
- 11.05 Five Guys a Week** As *Tuesday*. Five men move in with a girl for a week. (S)(R)(HD)(AD)
- 12.10 Ramsay's Kitchen Nightmares USA** (S)(R)
- 1.00 The Undateables** (SL)(S)(R)(HD)(AD)
- 1.55 Home** (S)(R)(HD)(AD) **2.25 Baghdad Central** (SL)(S)(R)(HD)(AD) **3.20 Dispatches** (SL)(S)(R)(HD)(AD) **3.50 Come Dine with Me** (S)(R)(HD) **4.45 Location, Location, Location** (S)(R)(HD) **5.40 Kirstie's Vintage Gems** (S)(R)(HD) **5.50 to 6.30 Countdown** (S)(R)(HD)

CHANNEL 4+1 Freeview 15, Sky 204, Virgin 142, Freesat 121

(SL) Signed (S) Subtitles (R) Repeat

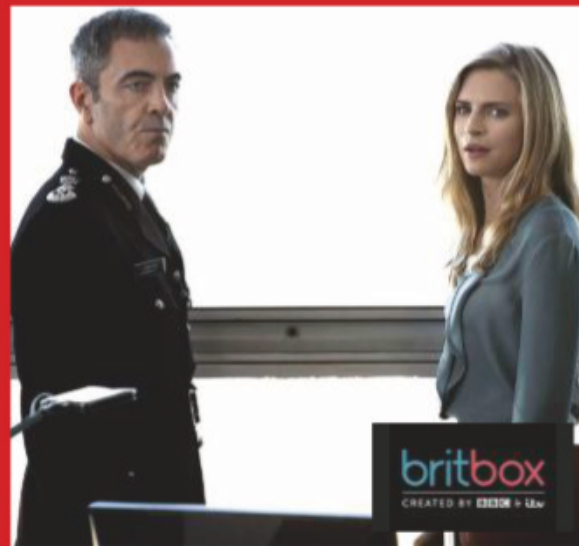
CHANNEL 5

HD Freeview HD 105 Sky HD 105 Virgin HD 154 Freesat HD 105

- 6.00 to 9.15 Milkshake!** **9.15 Jeremy Vine** (S)(HD) **11.15 Nightmare Tenants, Slum Landlords** (S)(R)(HD) followed by **5 News at Lunchtime**
- 12.15 Britain's Parking Hell** Residents protest about parking at football matches. (S)(R)(HD)
- 1.10 Access** Showbiz news and gossip. (S)(HD)
- 1.15 Home and Away** Martha accepts Alf's proposal. (S)(R)(HD)(AD) ● *Repeated at 6.00pm and on 5STAR at 3.30pm*
- 1.45 Neighbours** Harlow learns some potentially explosive information. (S)(HD)(AD) ● *Repeated at 5.30pm and on 5STAR at 3.00pm and 6.00pm*
- 2.15 Snatched at Birth**
FILM Thriller with Kaitlyn Black and David Gallagher. A woman who lost her child immediately after giving birth sets off down a dark path when she discovers that her best friend is pregnant. (S)(HD) ★★ (2017) *See Films, pages 30-35*
- 4.00 Friends** (S4, ep8) (S)(R)(HD)
- 4.30 Friends** (S4, ep9) (S)(R)(HD)
- 5.00 5 News** (S)(HD)
- 5.30 Neighbours** As 1.45pm. (S)(R)(HD)(AD)
- 6.00 Home and Away** As 1.15pm. (S)(R)(HD)(AD) ● *The next episode follows on 5STAR*
- 6.30 5 News Tonight** (S)(HD)
- 7.00 The Dog Rescuers with Alan Davies** RSPCA officers respond to reports of appalling treatment, atrocious living conditions and neglect of dogs. Herchy rescues a Staffie from a tower block; while Nicky cannot find a kennel for an dog signed over by an owner to ill to care for it. (S)(HD) followed by **5 News Update**
- 8.00 Britain's Naughtiest Nursery** Documentary following child psychologist Laverne Antrobus as she tackles the extreme and shocking behaviour of some of the UK's most challenging children – aged three to five, Louie is brought in as he lashes out when things do not go his way. (S)(HD) ● *Previously scheduled for 5 March* followed by **5 News Update**
- 9.00 10 Years Younger in 10 Days** *Myrah and Lyndsey*: 3 of 6. Cherry Healey comes to the aid of a busy mum who wants a brand new image to help her succeed as a life coach; and a mum-of-one who hopes to reinvent herself after battling cancer. (S)(HD)
- 10.00 Shipman: Five Mistakes That Caught a Killer**
NEW Documentary looking at the case of serial killer Harold Shipman, the doctor who in 2000 was convicted of murdering 15 of his patients by injecting them with diamorphine – but is believed to have been responsible for the deaths of more than 200 people. (S)(HD)
- 11.05 The Nightmare Neighbour Next Door** 1 of 10. As *Sunday*. Documentary about disputes between neighbours. (S)(R)(HD)
- 12.05 Robbing Your Relatives** 2 of 2. (S)(R)(HD) **1.00 The 21.co.uk Live Casino Show** (S)(HD) **3.00 Access** (S)(HD) **3.10 Our Dream Hotel** (S)(R)(HD)(AD) **4.00 My Mum's Hotter Than Me!** (SL)(S)(R)(HD) **4.45 House Doctor** *Hammersmith* (SL)(S)(R) **5.10 Great Scientists** (SL)(S)(R)(HD) **5.35 to 6.00 Wildlife SOS** (SL)(S)(R)(HD)

CHANNEL 5+1 Freeview 44, Sky 205, Virgin 155, Freesat 128

ON DEMAND



COMEDY DRAMA

Babylon BRITBOX

This 2014 series was co-created by Oscar-winning director Danny Boyle. It follows a London police commissioner (James Nesbitt) after he hires a new director of communications (Brit Marling) to revamp the force's image. *All episodes available now*

YOU ALSO MIGHT LIKE...

The Worrier Trilogy BRITBOX

Bill Nighy plays an M15 officer working in the post-Cold War espionage world in this political thriller. Also stars Rachel Weisz and Michael Gambon. *All episodes available now*

ITV VARIATIONS

ANGLIA No variations
BORDER No variations
CENTRAL No variations
CHANNEL No variations
GRANADA No variations
LONDON No variations
MERIDIAN No variations
TYNE TEES No variations
WEST No variations
WESTCOUNTRY No variations
YORKSHIRE No variations

ON THIS DAY 2016



The last episode of BBC2 black comedy *Stag* aired. The three-parter starred Stephen Campbell Moore, Jim Howick, Amit Shah and Reece Shearsmith. Watch it on Netflix.

FREEVIEW

SKY HD +1 VIRGIN HD +1 FREETV HD +1 BT HD +1

BBC4

Freeview 9/68 (HD 106)

116 116 107 107 107

BBC4 programmes
begin at 7pm

7.30 The Wonder of Animals

- 7.00** **Beyond 100 Days** (S) and **Weather**
7.30 **The Wonder of Animals**
 1 of 12. Penguins. (S)
8.00 **Shipwrecks: Britain's Sunken History** The stories behind the *Mary Rose* and the Spanish Armada. (S)
9.00 **Can Science Make Me Perfect? With Alice Roberts**
 The presenter rebuilds her own body from scratch. (S)
10.30 **Horizon: Why Are We Getting So Fat?** (S)
11.30 **Lisbon: An Art Lovers' Guide:**
 Janina Ramirez and Alastair Sooke visit the Portuguese capital. (S)
12.30 am **Our Classical Century** (S)
1.30 **Love and Betrayal in India:**
 The White Mughal (S)
2.30 to 3.30am **Shipwrecks:**
 Britain's Sunken History (SL)(S)

ITV2

Freeview 6 (+1 27)

118 118 218 115 176 116 113 114

- 6.00 am** Teleshopping
7.00 **The Ellen DeGeneres Show** (S)
7.50 **Emmerdale** (SL)(S)
8.20 **Coronation Street** (SL)(S)
9.20 **Superstore** (S)
10.15 **Dinner Date** (S)
11.15 **Dress to Impress** (S)
12.15 pm **Emmerdale** (S)
12.45 **Coronation Street** (S)
1.50 **The Ellen DeGeneres Show** (S)
2.45 **Dinner Date** (S)
3.50 **Dress to Impress** (S)
4.50 **Take Me Out: Dating game.** (S)



1.50 The Ellen DeGeneres Show

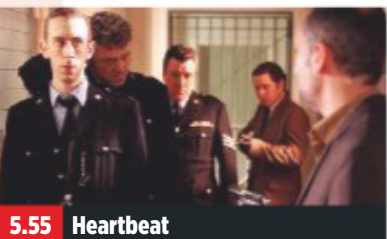
- 6.00** **You've Been Framed! Gold**
 Narrated by Harry Hill. (S)
7.00 **You've Been Framed! Gold: A-Z** Comical clips. (S)
8.00 **Two and a Half Men**
 Double-bill. (S)
9.00 **FILM** **Ride Along** Police comedy starring Ice Cube and Kevin Hart. A tough cop takes his sister's boyfriend with him on duty, leading to a dangerous encounter with the city's most wanted criminal. (W)(S) ★★ (2014)
11.10 **Family Guy** (S)
12.10 am **American Dad!** (S)
1.05 **The Stand Up Sketch Show** (S)
1.35 **Two and a Half Men** (S)
2.30 **CelebAbility: With guests Lydia Bright and Jake Quickenden.** (S)
3.15 **Nightscreen**
3.30 to 6.00am Teleshopping

ITV3

Freeview 10 (+1 34)

119 119 219 117 177 174 115 116

- 6.00 am** **Classic Coronation Street** (S)
6.55 **Classic Emmerdale** (S)
7.55 **Heartbeat** (S)
8.55 **Man About the House** (S)
9.55 **That's My Boy** (S)
10.25 **A Touch of Frost** (S)
12.40 pm **Heartbeat** (S)
1.45 **Classic Emmerdale** (S)
2.50 **Classic Coronation Street** (S)
3.55 **Midsomer Murders: Plans to build a supermarket lead to murder.** (S)
5.55 **Heartbeat: The officers find themselves under siege.** (S)



5.55 Heartbeat

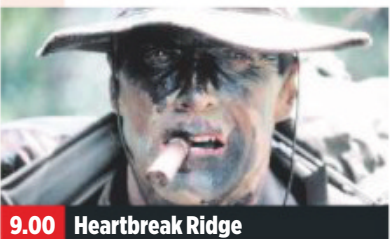
- 6.55** **Agatha Christie's Poirot**
 A wealthy banker goes missing and Poirot tries to solve the case without leaving his apartment. (S)
8.00 **Lewis** A visiting professor is discovered murdered the morning after delivering a speech that students and academics believed could spark racist activity. (S)
10.00 **Scott & Bailey** Rachel becomes the prime suspect after Nick is assaulted. (S)
11.00 **A Touch of Frost: Double-bill.**
 Jack joins forces with DS Lawson to investigate a spate of attacks on defenceless senior citizens in their homes; and Jack investigates a police informant's death. (S)
3.10 am **Nightscreen**
3.30 to 6.00am Teleshopping

ITV4

Freeview 24 (+1 59)

120 120 220 118 178 175 117 154

- 6.00 am** **Football's Greatest: Diego Maradona** **6.10** **Only When I Laugh**
6.35 **Quincy ME** **7.25** **Kojak**
8.20 **The Saint** (S)
9.30 **ITV Racing: The Opening Show** (S)
10.30 **Minder** (S)
11.30 **The Professionals** (S)
12.30 pm **The Sweeney** (S)
1.40 **Quincy ME** (S)
2.40 **Kojak** (S)
3.45 **The Saint** (S)
4.50 **Minder** (S)
5.55 **The Professionals** (S)



9.00 Heartbreak Ridge

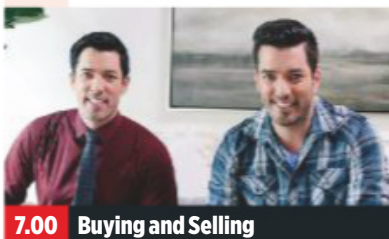
- 7.00** **Cycling: Paris-Nice Highlights** Stage five. (S)
8.00 **Heathrow: Britain's Busiest Airport** Double-bill. Ian goes in for a promotion; and a new Border Force Officer arrives on a hectic day. (S)
9.00 **FILM** **Heartbreak Ridge**
 Action drama starring Clint Eastwood as a US Marine sergeant leading a squadron of rookies into battle in Grenada. (W)(S) ★★★ (1986)
11.40 **FILM** **Coogan's Bluff: Thriller**
 starring Clint Eastwood as an Arizona cop on the trail of an escaped killer in New York City. (W)(S) ★★★ (1968)
1.45 am **Minder** (SL)(S)
2.40 **Nightscreen**
3.00 to 6.00am Teleshopping

ITVBE

Freeview 26 (+1 58)

131 231 119 179 120 118 119

- 6.00 am** Teleshopping
7.00 **Bachelor in Paradise**
8.00 **The Bachelor** (S)
8.50 **Be Beautiful** (S)
9.00 **LittleBe**
12.00 noon **Income Property** (S)
12.25 pm **The Real Housewives of Beverly Hills: Reality series.** (S)
1.20 **Absolutely Ascot** (S)
2.20 **Little Women: LA** (S)
3.15 **The Real Housewives of New York City: Reality series.** (S)
4.10 **The Real Housewives of Dallas** (S)



7.00 Buying and Selling

- 6.00** **Masters of Flip New edition**
 Dave and Kortney create a family friendly home. (S)
7.00 **Buying and Selling**
 A couple want to overhaul their Nashville log cabin.
8.00 **Dinner Date** Dani from Lancashire. (S)
9.00 **Totally Unbelievable** (S)
10.00 **Married to Medicine New edition** Toya confronts Contessa for hitting her. (S)
10.55 **Singletown** Exes Meg and Nat enter the flats. (S)
12.00 **m't** **The Only Way Is Essex: The Essex gang continues its annual jaunt in Marbella. The glamorous guys and girls are back in their Spanish retreat for plenty of partying, sun, sea and drama.** (S)
12.45 am **Nightscreen**
12.55 to 6.00am Teleshopping

5STAR

Freeview 30 (+1 55)

128 228 151 186 131 141

- 6.00am** Teleshopping
8.00 **3rd Rock from the Sun**
8.20 **House**
10.05 **Bad Tenants, Rogue Landlords: Double-bill.**
12.05pm **Can't Pay? We'll Take It Away!: Triple-bill.**
3.00 **Neighbours**
3.30 **Home and Away**
4.00 **House: Double-bill.**
 A man suffers constant pain. (S5, ep12); and a special-needs teacher collapses. (S5, ep13)
6.00 **Neighbours** (S)
6.30 **Home and Away**
New episode (S)
7.00 **Spray Tan Mums: Single and Proud**
8.00 **FILM** **The Twilight Saga: Breaking Dawn - Part 2** Supernatural romantic thriller with Kristen Stewart. (S) ★★★ (2012)
10.10 **FILM** **Hercules**
 Mythological adventure starring Dwayne Johnson. (S) ★★★ (2014)
12.05am **Florida's Mega Sinkholes** **Last in the series**
1.05 **Young, Dumb and Banged Up in the Sun**
2.05 **My Mum's Hotter Than Me!**
3.05 **Celebrity Botched Up Bodies**
3.55 **Access**
4.00 to 6.00am Teleshopping

5USA

Freeview 21 (+1 56)

141 241 153 185 129 130

- 6.00am** Teleshopping
9.00 **Criminals: Caught on Camera**
9.25 **Murder, She Wrote**
10.15 **CSI: NY** (S6, ep9)
11.10 **The Mysteries of Laura**
12.10pm **Law & Order: Back-to-back episodes, including: The team investigates a scientist's latest experiments. (S18, ep3); a plastic surgeon is prosecuted for criminal negligence. (S15, ep6); and a governor's wife is murdered. (S15, ep7)**
6.00 **Law & Order** Double-bill. (S15, ep16/17) (S)
8.00 **NCIS: New Orleans**
 Tammy reunites with her ex-husband. (S3, ep18) (S)
9.00 **Law & Order: Special Victims Unit**
 Triple-bill, including: The team is asked to disprove accusations. (S18, ep17); and a home invasion escalates into a hostage situation. (S17, ep11) (S)
11.55 **Law & Order: Special Victims Unit: Double-bill, including: Benson's adoption of baby Noah becomes entangled in a legal showdown. (S16, ep23)**
1.55am **Law & Order: Los Angeles**
3.50 **Access**
4.00 to 6.00am Teleshopping

YESTERDAY

Freeview 25

155 255 129 200 159

- 6.00am** **Secrets of the Bible**
7.10 **Viking Dead**
8.00 **Forbidden History**
9.00 **Hitler's Propaganda Machine**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Abandoned Engineering**
12.00noon **See 4.00pm**
1.00pm **Time Team** **2.00** **Walking Through History: Northumbria**
3.00 **Abandoned Engineering**
4.00 **Impossible Engineering**
5.00 **Hitler's Propaganda Machine**
6.00 **Auschwitz: The Nazis and the Final Solution** (S)
7.00 **Abandoned Engineering** (S)
8.00 **Bangers and Cash**
9.00 **Warbird Workshop**
New edition
 A US Army Air Force Douglas C-47 that dropped paratroopers during D-Day. (S)
10.00 **Narrow Escapes of World War Two**
 The story of Major General Robert Laycock. (S)
11.00 **Impossible Engineering: The Rion-Antirion Bridge.**
12.00m't **Abandoned Engineering**
1.00am **Auschwitz: The Nazis and the Final Solution**
2.00 **Secrets of the Bible: Solving the mystery of the Holy Grail.**
3.00 to 6.00am Teleshopping

REALLY

Freeview 17

142 128 160

- 6.00am** **Fantasy Homes by the Sea**
7.00 **Teleshopping**
8.00 **Homes Under the Hammer**
10.00 **Celebrity Antiques Road Trip**
11.00 **Antiques Road Trip**
1.00pm **Fantasy Homes by the Sea**
3.00 **French Collection**
4.00 **DIY SOS: The Big Build:**
 Transforming an Epsom home.
5.00 **DIY SOS: Homes for Veterans, Part One:**
 Transforming a street of properties for military veterans.
6.00 **Celebrity Antiques Road Trip**
 Natasha Kaplinsky and Michael Buerk compete. (S)
7.00 **Antiques Road Trip**
 Double-bill. (S)
9.00 **Ghost Nation**
New edition Claims of apparitions in a home in Brooktondale, New York. (S)
10.00 **Paranormal Lockdown UK**
 From the former Newsham Park Hospital in Liverpool. (S)
11.00 **Helicopter ER: Paramedics**
 Lee and Al assist two injured charity fund-raisers.
12.00m't **Ghost Adventures**
1.00am **Most Haunted**
2.00 **Teleshopping**
4.00 to 6.00am **Antiques Road Trip: Double-bill.**

TALKING PICTURES

Freeview 81

328 445 306

- 6.00am** **FILM** **Old Mother Riley in Paris** ★★★ (1938)
7.35 **FILM** **I'll Be Seeing You**
9.20 **FILM** **Thunder in the City**
11.00 **Richard Diamond (b/w)**
11.30 **FILM** **Jigsaw** (1962)
1.35pm **FILM** **Night Mail** (1936)
2.00 **Rooms**
2.30 **FILM** **Captain Boycott**
4.30 **Glimpses: London Airport Early 1960s**
4.55 **FILM** **Mr Winkle Goes to War: Comedy.** ★★ (1944)
6.35 **FILM** **No Highway in the Sky**
 Suspense drama starring James Stewart and Marlene Dietrich. (b/w) (S) ★★★ (1951)
8.30 **Tell Me Another**
 With Diana Dors, Jimmy Jewel and Ted Ray.
9.00 **Funny Man**
 Drama and David Schofield.
10.00 **FILM** **Man in the Attic**
 Thriller starring Jack Palance and Constance Smith. (S) ★★★ (1953)
11.40 **FILM** **Up the Chastity Belt: Comedy.** ★★ (1971)
1.30am **FILM** **Department Store**
2.50 **Miss MacTaggart**
 Won't Lie Down: Short comedy.
3.25 **FILM** **Dentist in the Chair: Comedy.** (b/w) ★★ (1960)
5.00 to 6.00am **Rooms**

QUEST

Freeview 12 (HD 114 +176)

144 144 244 169 213 172 168

- 6.00am** **How Do They Do It?**
6.20 **American Pickers: Best Of**
7.10 **Deadliest Catch**
8.00 **Cooper's Treasure**
9.00 **Outback Truckers**
10.00 **Wheeler Dealers**
11.00 **Chasing Classic Cars**
12.00noon **American Pickers: Best Of**
1.00pm **Railroad Alaska**
2.00 **Deadliest Catch**
3.00 **Gold Divers**
4.00 **Salvage Hunters**
5.00 **Outback Truckers**
6.00 **Wheeler Dealers** (S)
7.00 **American Pickers: Best Of**
 Memorable moments featuring booms and busts.
8.00 **Salvage Hunters**
 Drew Pritchard visits a 900-year-old abbey in Somerset. (S)
9.00 **Wheeler Dealers**
 The duo restore a 1973 Saab. (S)
10.00 **Fantomworks New edition**
 Sean wants a 1969 Camaro that can be customised. (S)
11.00 **How Do They Do It?**
12.00m't **Wheeler Dealers: The boys take on their first Honda.**
1.00am **Outback Truckers**
2.00 **American Chopper**
3.00 **Fantomworks**
4.00 **Dirty Jobs**
5.00 to 6.00am **How It's Made**

(b/w) black and white (W) Widescreen (HD) High Definition

12 March

THURSDAY

THURSDAY

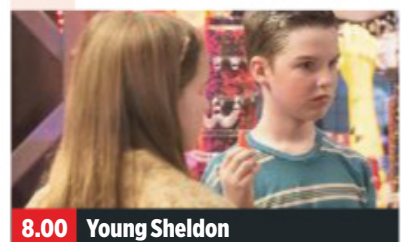
6pm - 11pm

E4

Freeview 13 (+1 28)

135 135 235 106 145 146 122 123

6.00 am Hollyoaks (S)
7.00 How I Met Your Mother (S)
8.00 Baby Daddy (S)
9.00 Mike & Molly (S)
10.00 The Big Bang Theory (S)
11.00 The Goldbergs (S)
12.00 noon Brooklyn Nine-Nine (S)
1.00 pm The Big Bang Theory (S)
2.00 Baby Daddy: Double-bill. (S)
3.00 Mike & Molly: Double-bill. (S)
4.00 The Goldbergs: Double-bill. (S)
5.00 Brooklyn Nine-Nine: Double-bill, including: Rosa causes a stir. (S)



8.00 Young Sheldon

6.00 The Big Bang Theory Double-bill. (S)
7.00 Hollyoaks New episode (S)
7.30 Man with a Plan New episode (S)
8.00 Young Sheldon Double-bill, including: New episode Paige struggles with her parents' divorce. (S)
9.00 Celebs Go Dating New edition Dean Gaffney seeks wooing wisdom from friend Richard Blackwood. (S)
10.00 Celebrity Gogglebox (S)

11.05 The Big Bang Theory (S)
12.05 am Brooklyn Nine-Nine (S)
1.05 Celebs Go Dating (S)
2.10 First Dates Hotel (S)
3.05 Celebrity Gogglebox (S)
4.00 The Big Bang Theory (S)
4.50 to 6.00am How I Met Your Mother: Double-bill. (S)

MORE4

Freeview 18 (+1 86)

136 136 236 147 195 196 124 125

8.55 am Kirstie's Handmade Treasures
9.15 A Place in the Sun: Winter Sun (S)
10.05 A Place in the Sun (S)
11.05 Find It, Fix It, Flog It (S)
1.15 pm Escape to the Chateau: DIY (S)
2.20 Four in a Bed: Back-to-back editions of the series. (S)
4.55 The Secret Life of the Zoo: Underwater Special: Tales from Chester Zoo's aquatic habitat. (S)
5.55 Car S.O.S: Fuzz and Tim restore a 1971 Fiat Dino coupe for a man with a rare type of cancer. (S)



9.00 Phil Spencer's Stately Homes

6.55 Escape to the Chateau: DIY Anna and Edward host another big wedding. (S)
7.55 Grand Designs Transforming an underground water reservoir into a home. (S)
9.00 Phil Spencer's Stately Homes New edition Phil visits Leeds Castle in Kent. Last in the series (S)
10.00 24 Hours in A&E A man is rushed in with severe knife wounds. (S)

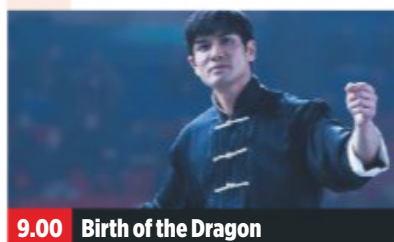
11.05 999: What's Your Emergency?: A woman has been badly cut in a Saturday night pub fight. (S)
12.05 am Phil Spencer's Stately Homes: As 9.00pm. (S)
1.05 24 Hours in A&E (S)
2.10 999: What's Your Emergency? (S)
3.15 to 3.45am Food Unwrapped (S)

FILM4

Freeview 14 (+1 45)

313 313 314 428 429 430 300 301

11.00 am The Dam Busters: World War Two adventure starring Richard Todd and Michael Redgrave. (b/w) (S) ★★★★★ (1954)
1.35 pm McLintock!: Comedy western, an updated version of *The Taming of the Shrew*, starring John Wayne, Yvonne De Carlo and Maureen O'Hara. (S) ★★★ (1963)
4.20 The Cassandra Crossing: Disaster movie starring Sophia Loren, Richard Harris, Ava Gardner and Martin Sheen. (S) ★★★ (1977)



9.00 Birth of the Dragon

7.05 Crocodile Dundee Comedy adventure starring Paul Hogan and Linda Kozlowski. (S) ★★★★★ (1986)
9.00 PREMIERE Birth of the Dragon Martial-arts biopic starring Billy Magnussen Philip Ng and Xia Yu. (W)(S) ★★★ (2017) See Films, pages 30-35
10.50 Babylon A.D Sci-fi thriller with Gérard Depardieu and Vin Diesel. (S) ★★★ (2008) See Films, pages 30-35
12.35 to 2.35am Lost & Found: Comedy drama following seven interconnecting stories set in and around a lost and found office at an Irish train station. Written, directed by and starring Liam O Mochain, co-starring Norma Sheahan Moya. (S) ★★ (2017)

HGTV

Freeview 42

158 258 279 283 166

6.00 am Teleshopping
7.00 Homes Under the Hammer (S)
8.00 Bargain Hunt (S)
9.00 Flog It! (S)
11.00 Escape to the Country (S)
12.00 noon Escape to the Country (S)
1.00 pm A Place in the Sun: Winter Sun: Double-bill, including: A couple look for a home in the Algarve. (S)
3.00 Flog It!: From Exeter. (S)
4.00 Homes Under the Hammer: Double-bill, including: Properties in North Yorkshire and Kent. (S)



10.00 Fixer Upper

6.00 A Place in the Sun: Winter Sun Double-bill, including: A couple search for a holiday home in Florida. (S)
8.00 Escape to the Country Double-bill, including: Jules Hudson helps a couple find a property in Wales. (S)
10.00 Fixer Upper New edition Jenny and Ramil are moving from California to Waco, so they enlist Chip and Joanna to create the rustic Italian-style home they desire.

11.00 My Lottery Dream Home: Double-bill, including: A woman seeks a Florida home with her winnings.
12.00 m't Homes Under the Hammer (S)
1.00 am Flog It! (S)
2.00 Hawaii Life (S)
3.00 Our House
4.00 to 6.00am Teleshopping

PICK

Freeview 11 (+1 97)

152 252 165 144 145

6.00 am Teleshopping
7.00 Motorway Patrol (S)
8.00 Police Force: Australia (S)
9.00 Nothing to Declare (S)
10.00 See 4.00pm
11.00 Road Wars (S)
11.30 Caught Red Handed (S)
1.00 pm Police Force: Australia (S)
2.00 Border Patrol (S)
3.00 Nothing to Declare (S)
4.00 Border Security: Canada's Front Line: Double-bill. (S)
5.00 Stargate SG-1 (S)



9.00 The Pacific

6.00 Star Trek: The Next Generation The Enterprise rescues a missing Earth colony. (S2, ep18)
7.00 Hawaii Five-0 Danny goes undercover as a college professor. (S6, ep9)
8.00 Elementary Shinwell is framed for murder. (S5, ep9)
9.00 The Pacific Lena meets Basilone's family for the first time. (S1, ep10) (S)
10.15 Britain's Most Evil Killers The story of David Heiss. (S)

11.15 The Force: Essex: Police are called to a mass brawl. (S)
12.15 am Banged Up Abroad (S)
1.10 Road Wars (S)
2.00 Nothing to Declare (S)
3.00 Stop, Search, Seize (S)
4.00 Motorway Patrol (S)
5.00 to 6.00am Highway Patrol (S)

QUEST RED

Freeview 38 (+1 72)

149 249 170 169 170

6.00am SYTTD 7.00 Bondi Vet
8.00 Animal Cops Phoenix
10.00 Money for Nothing 11.00 Forensic Detectives 12.00noon Disappeared 2.00pm Murder Comes to Town 3.00 Say Yes to the Dress: Bridesmaids 6.00 Money for Nothing 7.00 Posh Pawnbrokers 8.00 My 600lb Life
9.00 Inside the Mind of a Serial Killer 10.00 The Lady Killers
11.00 British Police: Our Toughest Cases 12.00m't Forensic Detectives 1.00am Crime Stories 2.00 Murder Comes to Town 3.00 FBI Files 3.50 Animal Cops Phoenix 4.40 Bondi Vet 5.30 to 6.00am SYTTD

FOOD NETWORK

Freeview 41

140 240 278 148 149

6.00am See 3pm 6.30 See 3.30pm
7.00 Giada in Italy 9.00 See 4.00pm 11.00 Barefoot Contessa
12.00noon See 8.00pm 1.00pm Gordon Ramsay's Ultimate Cookery Course 2.00 James Martin's Brittany 3.00 Jamie's 30 Minute Meals 3.30 30 Minute Meals 4.00 Pioneer Woman
6.00 James Martin's Favourite Feasts 7.00 Gordon Ramsay's Ultimate... 8.00 Hairy Bikers' Food... 9.00 Cook Abroad... 10.00 James Martin: Home... 11.00 Mystery Diners 12.00m't Diners, Drive-Ins... 2.00am As 11.00pm 3.00 to 6.00am Shop

CBS JUSTICE

Freeview 39 (+1 69)

148 192 137

6.00am Teleshopping 9.00 Diagnosis Murder 11.00 Matlock
12.00noon Perry Mason 1.05pm Walker, Texas Ranger 2.05 CSI: Miami (S2, ep8) 3.00 NCIS (S8, ep1) 4.00 NCIS: Los Angeles (S2, ep18) 5.00 Matlock 6.00 Perry Mason (S9, ep22) 7.05 Scorpion (S4, ep2) 8.00 Walker, Texas Ranger (S8, ep3)
9.00 NCIS: Gibbs' father looks for a friend. (S11, ep7) 10.00 NCIS: Los Angeles (S2, ep19) 11.00 Scorpion 12.00m't CSI: Miami (S2, ep9) 1.00am NCIS (S11, ep7) 2.00 Scorpion 3.05 Bonanza (The Lost Episodes) 4.50 to 6.00am Mission: Impossible

CBS REALITY

Freeview 66 (+1 67)

146 246 148 201 135 136

6.00am Teleshopping 9.00 Judge Judy: Back-to-back editions.
7.00pm Medical Detectives: Double-bill. 8.00 48 Hours: Mystery: A filmmaker tries to solve a real-life murder. 9.00 Cold Blood: A woman is found murdered in Plymouth.
10.00 NEW New Scotland Yard Files: Examining murder cases in London. 11.00 Killer Doctors on Death Row 12.00m't Snapped: Killer Couples 1.00am Cold Blood 2.00 New Scotland Yard Files 3.00 I Survived 3.45 Unsolved Mysteries 5.10 to 6.00am Bondi Rescue

SONY MOVIES

Freeview 32

321 322 425 302

6.00am Teleshopping 9.00 A Sister's Secret ★★ (2009)
11.05 Reluctant Witness ★★ (2015) 1.00pm By Appointment Only ★ (2007) 2.50 The Perfect Bride ★ (1991) 4.40 Ricki and the Flash ★★ (2015) 6.45 Stranger Than Fiction: Fantasy comedy starring Will Ferrell. ★★★★★ (2006) 9.00 Body of Lies: Spy thriller with Leonardo DiCaprio. ★★★★★ (2008)
11.30 Empire State: Crime thriller starring Liam Hemsworth. ★★ (2013) 1.25am Girl, Interrupted ★★ (1999) 4.00 Ruth & Alex ★★ (2014) 5.50 to 6.00am Sony Movie News Extra

SONY CLASSIC

Freeview 50

319 320 424 303 304

6.00am The Fugitive (b/w) ★★★★★ (1947) 8.05 All the King's Men (b/w) ★★★★★ (1949) 10.25 I Didn't Do It (b/w) ★★ (1945) 12.30pm Don't Panic Chaps (b/w) ★★ (1959) 2.20 Walk, Don't Run ★★ (1966) 4.40 The Loneliness of the Long Distance Runner (b/w) ★★ (1962)
6.50 To Sir, with Love ★★ (1966) 9.00 Philadelphia: Drama. ★★★★★ (1993) 11.20 The Fisher King ★★★★★ (1997) 2.15am Nest of Vipers ★★ (1969) 4.25 to 6.00am Long John Silver ★★ (1954)

SONY CHANNEL

Freeview 48

157 257 189 220 142 152

6.00am Sony Movie News Extra
6.10 The Waltons 7.10 Hart to Hart 9.10 Days of Our Lives
10.00 Hart to Hart 11.00 Charlie's Angels 12.00noon Starsky & Hutch 1.00pm T.J. Hooker 2.00 Hart to Hart 4.00 Murder, She Wrote 6.00 Charlie's Angels: The trio investigate a clairvoyant.
7.00 M*A*S*H: Back-to-back episodes. 9.00 Classic Who Wants to Be a Millionaire?: Back-to-back editions. 1.00am M*A*S*H 2.00 Charlie's Angels 3.00 M*A*S*H 3.30 The Waltons 4.20 Touched by an Angel 5.10 to 6.00am Highway to Heaven

PARAMOUNT NET.

Freeview 31

150 250 187 150 132

6.00am Teleshopping 9.00 The A-Team 11.00 Knight Rider
1.00pm Police Interceptors 3.00 Traffic Cops 5.00 The A-Team 7.00 Police Interceptors: Double-bill. 9.00 Trucking Hell
10.00 At War with the Law: Parking Hell 11.00 FILM Game of Death: Thriller starring Wesley Snipes. A CIA agent becomes an undercover bodyguard to an arms dealer. ★★ (2010) 1.05am Frontline Police 24/7 2.05 Knight Rider 3.50 Wentworth Prison 5.30 Criminals: Caught on Camera 5.55 to 6.00am Access

CHALLENGE

Freeview 46

151 251 164 230 146 147

6.00am Shop 7.00 Catchphrase
7.30 Deal or No Deal 9.00 The Chase 10.00 Dale's Supermarket Sweep 11.00 Bruce's Price Is Right 12.00noon Wheel of Fortune 1.00pm Catchphrase
2.00 Family Fortunes 2.30 All Star Family Fortunes Christmas Special 3.15 All Star Family Fortunes 4.00 Bullseye 5.00 Golden Balls 6.00 Weakest Link
7.00 Pointless 8.00 Impossible 9.00 The Chase 10.00 Who Wants to Be a Millionaire? 11.00 Bullseye 12.00m't Classic Who Wants to Be a Millionaire? 1.00am The Chase 4.00 to 6.00am Deal or No Deal

DRAMA

Freeview 20

143 243 130 226 158

6.00am Teleshopping 7.10 Soldier, Soldier 9.00 The Bill
10.00 Classic Holby City 11.00 Casualty 12.00noon The Bill
1.00pm Classic EastEnders 2.20 London's Burning 3.20 Monarch of the Glen 4.20 Bergerac
5.25 Bread 6.00 Hi-de-Hi! 6.40 As Time Goes By 7.20 Last of the Summer Wine 8.00 The Inspector Lynley Mysteries
10.00 New Tricks: The team investigates an arson attack.
11.10 Waking the Dead 1.40am The Bill 2.45 London's Burning 3.35 Garden Hopping 4.00 to 6.00am Teleshopping

DAVE

Freeview 19 (+1 79)

111 211 127 227 131 157

6.00am Teleshopping 7.10 Eat Your Heart Out with Nick Helm 8.00 American Pickers
9.00 Storage Hunters 10.00 American Pickers 12.00noon Timber Kings 1.00pm Top Gear
2.00 Cop Car Workshop 3.00 Scrapyard Supercar 4.00 Top Gear 6.00 Taskmaster
7.00 Room 101 8.20 Have I Got a Bit More News for You 9.20 QI
10.00 Meet the Richardsons
10.40 QI 11.20 Mock the Week
12.00m't Taskmaster 1.00am Have I Got a Bit More News for You 2.00 QI 2.40 Go 8 Bit: DLC
3.30 The Indestructibles 4.00 to 6.00am Teleshopping

4SEVEN

Freeview 47 (HD 110)

137 143 203 127

9.00am Posh Pawn 10.00 Find It, Fix It, Flog It 11.00 Come Dine with... 12.00noon A Place in...
1.00pm Undercover Boss... 2.00 See 7.00pm 3.00 Everybody Loves Raymond 4.00 Frasier
5.00 A Place in the Sun 6.00 A New Life in the Sun: Where...
7.00 Ramsay's Kitchen Nightmares USA 8.00 Location, Location,...
9.00 The Great Celebrity Bake Off for SU2C 10.20 Ramsay's Kitchen Nightmares USA 11.20 Hunted 12.25am First Dates
2.35 How to Beat - Ageing 3.40 As 6.00pm 4.35 to 5.05am Cooking Up a Fortune

(SL) Signed (S) Subtitles (R) Repeat

SKY & VIRGIN LISTINGS over the page

TV TIMES 81

SKY & VIRGIN

SKY HD +1 VIRGIN HD +1 FREESAT HD +1 BT HD +1

SKY ONE

106 106 206 110 109

6.00am Monkey Life (S)
7.00 RSPCA Animal Rescue (S)
8.00 The Dog Whisperer
9.00 Stop, Search, Seize (S)
10.00 Highway Patrol (S)
11.00 NCIS: Los Angeles (S)
12.00noon NCIS: Los Angeles (S)
1.00pm Hawaii Five-0: Double-bill. (S)
3.00 MacGyver (S)
4.00 Modern Family: Double-bill. (S)
5.00 The Simpsons: Homer moves into a camper van in the backyard. (S)
5.30 Futurama (S)



10.00 Breeders

6.30 The Simpsons Triple-bill. (S)
8.00 A League of Their Own Jimmy Carr, Claudia Winkleman and Micah Richards take part. (S)
9.00 The Heist **New edition** A tracking signal gives the detectives a shot at catching one looter. (S2, ep6)
10.00 **NEW** Breeders Double-bill. Sitcom following the lives of Paul and Ally as they juggle careers, aging parents, a mortgage and their children. With Martin Freeman. (S) *See Highlights*

11.05 An Idiot Abroad 2 (S)
12.05am Intelligence
1.05 Caught on Dashcam
2.00 The Late Late Show with James Corden: Best of the Week
3.00 The Force: Manchester (S)
4.00 Stop, Search, Seize (S)
5.00 to 6.00am Futurama (S)

SKY ATLANTIC

108 108 208

6.00am Urban Secrets (S)
7.00 Without a Trace (S)
10.00 The West Wing (S)
12.00noon Blue Bloods (S2, ep13) (S)
1.00pm CSI: Crime Scene Investigation
2.00 The West Wing: Double-bill, including: President Bartlet engages Sam and Toby in intricate chess matches. (S3, ep15) (S)
4.00 Without a Trace: Double-bill, including: Jack and Danny head to Mexico to search for a wealthy American tourist. (S4, ep6) (S)



9.00 The Sopranos

6.00 Without a Trace An FBI agent disappears. (S4, ep9)
7.00 CSI: Crime Scene Investigation Further investigation into the death of Officer Bell reveals he may have been shot by a fellow cop. (S6, ep8) (S)
8.00 Blue Bloods A thief is shot dead. (S2, ep14) (S)
9.00 The Sopranos Double-bill. Bobby 'Bacala' Baccalieri Sr comes out of retirement. (S3, ep5); and Meadow's social life takes a turn for the worse. (S3, ep6) (S)
11.20 Babylon Berlin: Double-bill. Gereon gets sent to investigate a deadly accident on a film set. (S3, ep1); and a witness steps forward with information. (S3, ep2)
1.20am Public Enemy: Double-bill.
3.30 Without a Trace (S)
4.20 to 6.00am The West Wing (S)

SKY WITNESS

107 107 207 112 111 180

6.00am Nothing to Declare (S)
8.00 The Real A & E (S)
8.30 The Real A & E (S)
9.00 Blue Bloods (S7, ep14) (S)
10.00 Criminal Minds (S12, ep10) (S)
11.00 CSI: Crime Scene Investigation (S)
12.00noon Elementary (S6, ep15) (S)
1.00pm Blue Bloods (S7, ep16) (S)
2.00 Law & Order (S12, ep15)
3.00 The Real A & E: Double-bill. (S)
4.00 Stop, Search, Seize: Following the work of Ireland's border force. (S)
5.00 Nothing to Declare



9.00 The Rookie

6.00 Nothing to Declare (S)
8.00 Ghost Whisperer Melinda investigates a secret drag-racing society. (S2, ep14) (S)
9.00 The Rookie **New episode** Officer Harper's past threatens to jeopardise an overnight visit with her daughter. (S2, ep9) (S)
10.00 CSI: Crime Scene Investigation The murder of a seemingly respectable man, who was tortured before being killed, leads the team into the world of sadomasochism. (S9, ep5)
11.00 Law & Order: Special Victims Unit
12.00m't CSI: Crime Scene Investigation
1.00am Chicago Med
2.00 Chicago Fire (S)
3.00 Chicago PD (S)
4.00 Road Wars (S)
5.00 to 6.00am Brit Cops: Law & Disorder (S)

GOLD

110 110 210 124 194 310

6.00am Teleshopping **7.20** The Piglet Files **7.45** As Time Goes By (S)
8.20 The Good Life (S)
9.00 Porridge (S)
9.40 Hi-de-Hi! (S)
10.20 Last of the Summer Wine (S)
12.20pm Keeping Up Appearances
1.00 Porridge (S)
1.40 Hi-de-Hi! (S)
2.20 The Good Life (S)
3.00 Keeping Up Appearances
3.40 Dad's Army (S)
4.20 Last of the Summer Wine (S)



10.20 Peep Show

6.20 The Good Life Tom invents a means of transport. (S)
7.00 Porridge Final episode of the prison sitcom. (S)
7.40 Dad's Army Double-bill, including: Corporal Jones suffers a financial crisis. (S)
9.00 Gavin & Stacey The Shipmans drive to Wales for the wedding fayre. (S)
9.40 The Office The staff receive their annual appraisals. (S)
10.20 Peep Show Double-bill. Mark invites his parents over for Christmas lunch; and Mark feels depressed. (S)
11.30 Gavin & Stacey (S)
12.10am The Office (S)
12.50 Lenny Henry's Race Through Comedy: Stand-up comedy over the past five decades. (S)
1.50 Peep Show (S)
2.45 The Rebel (S)
4.00 to 6.00am Teleshopping

DISCOVERY

125 125 225 250 258

6.00am Combat Dealers (S)
7.00 Tony Robinson's World War One
8.00 Kindig Customs
9.00 Jeremy Wade's Dark Waters (S)
10.00 Nasa's Unexplained Files (S)
11.00 Fast N' Loud (S)
12.00noon Gold Rush (S)
1.00pm Alaska: The Last Frontier (S)
2.00 Combat Dealers (S)
3.00 World War Two: The Complete History: The Battle of Kursk. (S)
4.00 Building Off the Grid (S)
5.00 Wheeler Dealers (S)



10.00 River of No Return

6.00 Fast N' Loud 1 of 2. A 1957 Shorty School bus. (S)
7.00 Outback Truckers Russell hauls a building down a load-destroying track. (S)
8.00 Wheeler Dealers Mike finds a Volvo Amazon 122 with a rally heritage. (S)
9.00 Alaskan Bush People **New edition** Bear goes hunting and reflects on a big life decision.
10.00 River of No Return **New edition** Heavy rain threatens to destroy Aubrey's ranch. (S)
11.00 Richard Hammond's Big: Elements that projects have in common.
12.00m't Alaskan Bush People
1.00am River of No Return (S)
2.00 Deadliest Catch (S)
3.00 Alaskan Bush People
3.50 Kindig Customs (S)
5.30 to 6.00am How It's Made (S)

W

109 109 209 125 211 190

6.10am MasterChef Australia
8.00 See 5.00pm **10.00** The Bill **11.00** Supernanny US
12.00noon See 5.00pm **2.00pm** See 7.00pm **3.00** My Dream Home **5.00** Tipping Point
7.00 Property Brothers: Forever Home **8.00** Sun, Sea and Brides to Be **9.00** Stacey Dooley Investigates Russia's War on Women **10.00** One Born: What Happened Next? **11.00** Inside the Ambulance **12.00m't** One Born Every Minute **1.00am** I've Got Something to Tell You **1.50** Code Black **2.35** Renovate My Home: Leave It to Bryan **3.00 to 6.10am** Teleshopping

ALIBI

132 132 232 126 212 191

6.00am Teleshopping **7.10** Murdoch Mysteries **10.00** The Guardian **11.00** Sue Thomas: F.B. Eye **12.00noon** Major Crimes **1.00pm** Rush **3.00** Murdoch Mysteries **6.00am** Major Crimes (S4, ep6) **7.00** Motive
9.00 Carter: Harley is forced to work with his replacement, Hollywood star David Arquette. (S2, ep3) **10.00** Frankie Drake Mysteries: Frankie teams up with an unexpected ally after becoming the main suspect in a jewellery heist. (S1, ep1) **11.00** New Tricks **12.20am** Murdoch Mysteries **1.20** In the Dark
4.00 to 6.00am Teleshopping

SKY COMEDY

113 113 122 121

6.00am Teleshopping **8.00** Everybody Hates Chris **9.00** Parks and Recreation **10.30** 30 Rock **12.00noon** The Mindy Project **1.30pm** Modern Family **2.30** Everybody Hates Chris **3.30** Parks and Recreation **5.00** 30 Rock **6.30** Modern Family **7.30** The Mindy Project **9.00** Richard Jeni: A Big Steaming Pile of Me **10.15** Sex and the City **10.50** The Tonight Show Starring Jimmy Fallon **11.50** The Late Late Show with James Corden **12.50am** Entourage **1.25** Silicon Valley **2.35** Parks and Recreation **3.30** 30 Rock
5.00 to 6.00am Teleshopping

SYFY

114 114 214 138 137 229

6.00am Warehouse 13 **7.00** Merlin **8.00** Teleshopping **11.00** Stargate Atlantis **1.00pm** Star Trek: Voyager **3.00** Star Trek: The Next Generation **5.00** Star Trek: Deep Space Nine **7.00** Warehouse 13 (S2, ep6) **8.00** Merlin (S2, ep6) **9.00** **NEW** Project Blue Book: Hynek and Quinn follow General Harding to New Mexico. (S2, ep1)
10.00 **FILM** The Colony: Sci-fi horror thriller starring Kevin Zegers. ★★ (2013) **12.00m't** Project Blue Book **1.00am** Star Trek: Deep Space Nine **3.00** Dimension 404 **4.00 to 6.00am** Star Trek: Voyager

HISTORY

130 130 230 270 271

6.00am American Pickers **8.00** Pawn Stars **9.00** WWII Turning Points **10.00** Storage Wars
11.00 See 8.00pm **12.00noon** River Hunters **1.00pm** Forged in Fire **2.00** American Pickers **3.00** Storage Wars **5.00** Pawn Stars **6.00** Forged in Fire
7.00 American Pickers **8.00** The Railways That Built Britain with Chris Tarrant **9.00** Forged in Fire **10.00** Kings of Pain **11.00** Truck Off! **12.00m't** Britannia: Secrets of the Royal Yacht **1.00am** Britain's Greatest Bridges **2.00** Forged in Fire **3.00** River Hunters **4.00 to 6.00am** Storage Wars

ANIMAL PLANET

162 162 262 251 259

6.00am The Aquarium **7.00** Treehouse Masters: Out...
8.00 See 11.00pm **10.00** AC Philadelphia **12.00noon** The Zoo: San Diego **1.00pm** My Cat from Hell **2.00** Alaskan Bush People **3.00** The Vet Life
5.00 Crikey! It's the Irwins **6.00** Bondi Vet: Coast... **7.00** AC Detroit **8.00** Dr Jeff: Rocky Mountain Vet **9.00** The Vet Life **10.00** AC San Francisco **11.00** Pit Bulls & Parolees **12.00m't** I Was Prey **1.00am** As 7.00pm **2.00** As 8.00pm **3.00** As 10.00pm **3.50** As 5.00pm **4.40** Nature's Strangest Mysteries...
5.10 to 6.00am As 1.00pm

SKY ARTS

122 122 123 156

6.00am Kiri Te Kanawa... **7.00** Beyond the Grace Note **8.30** See 1.30pm **9.00** Originals **9.30** Auction **10.00** See 4.00pm
11.00 Ginger Rogers **12.00noon** Ava Gardner **1.00pm** Originals
1.30 Watercolour... **2.00** Spielberg and... **2.30** Il Divo...
4.00 Tales of the... **5.00** Cary Grant **6.00** Robert Mitchum
7.00 What Was Virginia Woolf...
8.00 Comedy Legends **9.00** Directors **10.00** Dustin Hoffman
11.00 Hollywood Couples
12.00m't Pavarotti **1.00** **FILM** Joan Jett: Bad Reputation **3.00** History of... **4.00** Cary Grant
5.00 to 6.00am As 6.00pm

FOX

124 124 224 157 199 158

8.00am Republic of Doyle
9.00 Bones (S2, ep14) **10.00** Bull **11.00** NCIS (S13, ep3)
12.00noon Bones **2.00pm** The Mentalist (S7, ep11) **3.00** NCIS (S13, ep4) **4.00** Bull **5.00** Bones (S2, ep17) **6.00** The Mentalist (S7, ep12) **7.00** NCIS: Double-bill, including: Armed men storm a laboratory. (S13, ep5)
9.00 War of the Worlds (S1, ep3) **10.00** NCIS (S12, ep23) **11.00** American Dad!: Double-bill.
12.00m't Family Guy **1.00am** American Dad! **2.00** Family Guy **3.00** American Dad!
4.00 Republic of Doyle **5.00 to 8.00am** Teleshopping

TLC

133 133 233 167 169

6.00am SYTtD: Bridesmaids **8.00** SYTtD: UK **9.00** SYTtD **10.00** Curvy Brides Boutique **11.00** Say Yes to the Dress Canada **12.00noon** SYTtD: Atlanta **2.00pm** Dr Pimple Popper **3.00** Sister Wives **4.00** Say Yes to the Dress Canada **5.00** Curvy Brides Boutique **6.00** Say Yes to the Dress **7.00** SYTtD: UK
8.00 **NEW** 90 Day Fiance: Before the 90 Days: Darcey seeks answers. **10.00** Dr Pimple Popper **11.00** 90 Day Fiance: Before the 90 Days **2.00am** Dr Pimple Popper **3.00** 90 Day Fiance: Before the 90 Days
4.00 to 6.00am SYTtD: Atlanta

CI

156 156 256 209 222

6.00am The First 48 **8.00** See 10.00pm **10.00** See 4.00pm
11.00 Homicide: Hours to Kill
12.00noon Crimes That Shook Britain **1.00pm** Nightmare in Suburbia **2.00** I Lived with a Killer **3.00** See 10.00pm
4.00 Unusual Suspects **5.00** Homicide: Hours to Kill **6.00** The First 48 **7.00** See 10.00pm
8.00 Fear Thy Neighbour **9.00** Homicide: Hours to Kill **10.00** Homicide Hunter **12.00m't** Britain's Darkest Taboos
1.00am Homicide: Hours to Kill **2.00** As 10.00pm **3.00** I Lived with a Killer **4.00** As 5.00pm
5.00 to 6.00am As 8.00pm

NAT GEO

129 129 229 266 268 267

8.00am Car S.O.S: Back-to-back editions, including: Fuzz Townshend and Tim Shaw get help from actor James Nesbitt as they attempt to restore a 1959 MGA roadster; and Tim and Fuzz restore a Porsche which is in the worst condition of any car on the series.
9.00pm Ultimate Supercar: Lamborghini reimagines its most famous supercar, the Aventador SVJ. **10.00** Running Wild with Bear Grylls: Free climber Alex Honnold joins Bear for an adventure in the Alps. **11.00pm to 5.00am** Car S.O.S: Back-to-back editions.

SKY CRIME

121 121 221 136 135 207

6.00am Motorway Patrol **7.00** Highway Cops **8.00** See 3.00pm
9.00 See 6.00pm **10.00** Road Wars **11.00** See 5.00pm
12.00noon Highway Cops **1.00pm** A Lie to Die For **2.00** Killer Colleagues **3.00** Border Security: Canada's... **4.00** Road Wars **5.00** Brit Cops: Rapid...
6.00 Send in the Dogs **7.00** Snapped **8.00** A Lie to Die For **9.00** How I Caught the Killer **10.00** Snapped **11.00** World's Most Evil Killers **12.00m't** Murders That... **1.00am** Dateline **2.00** Snapped **3.00** Murder Calls **4.00** As 5.00pm
5.00 to 6.00am As 6.00am

SKY CINEMA
PREMIERE

301 301 312 401 412 501

6.00am The Counterfeiter: Action thriller. ★★★ (2018) **8.15** Straight Up ★★★ (2019) **9.55** We Die Young: Drama. ★★ (2019) **11.35** This Changes Everything: Documentary. ★★★ (2018) **1.20pm** See 8.00pm **3.00** See 9.45pm **4.30** Doom: Annihilation: Fantasy. ★★ (2019) **6.15** Cold Blood Legacy: Action thriller with Jean Reno. ★★ (2019)

**9.45** I'll Take Your Dead

8.00 Brightburn: Horror starring Elizabeth Banks. ★★★ (2019) **9.45** I'll Take Your Dead: Horror with Aidan Devine. ★★★ (2019) **11.30** The Art of Self-Defense: Comedy thriller. ★★★ (2018) **1.30am** Hell Is Where the Home Is: Horror starring Angela Trimbur. ★★ (2018) **3.15** As 6.15pm **5.00** to **6.00am** Special

SKY CINEMA
ACTION

311 311 407 507

6.00am See 5.45pm **8.15** See 8.00pm **10.15** See 3.05am **12.15pm** See 10.00pm **2.00** See 11.40pm **3.45** Legion ★★★ (2010) **5.45** The Karate Kid ★★★ (1984) **8.00** The Karate Kid Part II: Starring Ralph Macchio. ★★ (1986) **10.00** First Blood: With Sylvester Stallone. ★★★★★ (1982) **11.40** Rambo: First Blood Part II ★★★ (1985) **1.20am** Rambo III ★★★ (1987) **3.05** The Karate Kid: Part III ★★ (1989) **5.00** to **6.00am** Previews

SKY CINEMA
GREATS

304 304 404 504

7.30am Stand by Me ★★★★★ (1986) **9.05** Gran Torino ★★★★★ (2008) **11.05** The Birds ★★★★★ (1963) **1.10pm** Cape Fear (b/w) ★★★★★ (1962) **3.10** The Bourne Legacy ★★★ (2012) **5.30** Flash Gordon ★★★★★ (1980) **7.30** Catch Me If You Can ★★★★★ (2002) **10.00** The Big Lebowski ★★★★★ (1998) **12.00m't** Basic Instinct ★★★★★ (1992) **2.15am** Lethal Weapon 4 ★★★★★ (1998) **4.30** to **6.30am** As 5.30pm

SKY CINEMA
MONSTERS

307 307 411 511

6.00am See 4.00am **7.45** See 4.00pm **10.00** See 6.15pm **11.45** The Top Ten Show **12.00noon** See 8.00pm **2.00pm** See 10.05pm **4.00** Pacific Rim ★★★ (2013) **6.15** A Quiet Place: With Emily Blunt. ★★★★★ (2018) **8.00** The Meg: With Jason Statham. ★★★★★ (2018) **10.05** Rampage ★★★★★ (2018) **12.05am** Overlord ★★★★★ (2018) **2.10** Resident Evil: Afterlife ★★★★★ (2010) **4.00** to **6.00am** Labyrinth ★★★★★ (1986)

SKY CINEMA
COMEDY

308 308 408 508

6.45am My Cousin Vinny: With Joe Pesci. ★★★★★ (1992) **8.50** See 4.50pm **11.00** See 9.00pm **12.55pm** Shanghai Noon: With Jackie Chan. ★★★★★ (2000) **2.50** Shanghai Knights: With Jackie Chan. ★★★★★ (2003) **4.50** About Time: With Domhnall Gleeson. ★★★★★ (2013) **7.00** She's Out of My League: Starring Jay Baruchel. ★★★★★ (2010)

**7.00** She's Out of My League

9.00 Little: Starring Regina Hall and Marsai Martin. ★★ (2019) **11.00** Dirty Cops: Starring Guillaume Canet and Gilles Lellouche. ★★ (2018) **1.10am** Gloves Off: With Brad Moore and Ricky Tomlinson. ★★ (2016) **2.55** Changeland: With Seth Green. (2019) **4.35** to **6.15am** Gulliver's Travels: With Jack Black. ★★ (2010)

SKY CINEMA
DRAMA

310 310 410 510

6.00am All Summers End (2017) **7.35** Eternal Love ★★★★★ (2018) **9.10** See 10.30pm **11.20** See 8.00pm **1.40pm** See 12.50am **3.50** Babel ★★★★★ (2006) **6.15** Love Story: With Ryan O'Neal. ★★★★★ (1970) **8.00** As Good As It Gets: With Jack Nicholson. ★★★★★ (1997) **10.30** The Bodyguard: ★★★★★ (1992) **12.50am** The Evening Star ★★ (1996) **3.10** As 6.15pm **5.05** to **6.00am** Elf: Buddy's Musical Christmas ★★★★★ (2014)

SKY CINEMA
HITS

303 303 403 503

6.00am We're the Millers (2013) **8.00** See 4.40am **9.40** The Front Runner (2018) **11.40** Star Wars: The Phantom Menace (1999) **2.00pm** Star Wars: Attack of the Clones (2002) **4.25** Star Wars: Revenge of the Sith (2005) **6.50** Star Wars: A New Hope (1977) **9.00** Star Wars: Empire Strikes Back (1980) **11.10** Star Wars: Return of the Jedi (1983) **1.30am** The Spy Who Shagged Me (1999) **3.10** Lucky (2018) **4.40** to **6.20am** Journey 2 (2012)

SKY CINEMA
SUPERHERO

302 302 402 502

6.10am Superman III ★★★★★ (1983) **8.20** Superman IV – The Quest for Peace ★★ (1987) **9.55** See 6.40pm **12.10pm** See 9.00pm **2.15** See 11.05pm **4.30** Captain America: The First Avenger ★★★★★ (2011) **6.40** X-Men: First Class ★★★★★ (2011) **9.00** Deadpool 2 ★★★★★ (2018) **11.05** Glass ★★★★★ (2019) **1.20am** As 4.30pm **3.30** Batman: Mystery of the Batwoman ★★★★★ (2003) **4.50** to **6.10am** Lego Batman: The Movie (2013)

SKY CINEMA
FAMILY

306 306 406 506

6.20am See 4.45pm **7.50** See 1.40am **9.35** See 6.15pm **11.20** Bernie the Dolphin: Adventure. ★★★★★ (2018) **1.00pm** See 10.00pm **2.40** See 8.00pm **4.45** Asterix: The Secret of the Magic Potion: Animated family comedy. ★★★★★ (2018) **6.15** Despicable Me: Animated comedy. ★★★★★ (2010) **8.00** The Kid Who Would Be King: Fantasy. ★★★★★ (2019)

**8.00** The Kid Who Would Be...

10.00 The Pacifier: Family comedy starring Vin Diesel and Brittany Snow. ★★★★★ (2005) **11.40** Lu Over the Wall: Animated fantasy. ★★★★★ (2017) **1.40am** A Dog's Way Home: Family adventure. ★★★★★ (2019) **3.25** Monster Family: Animated comedy. ★★ (2017) **5.10** to **6.50am** Wheely: Animation. ★ (2018)

SKY CINEMA
DISNEY

305 305 405 505

7.00am See 2.40pm **8.30** See 6.00pm **10.30** Dumbo (1941) **11.45** The Emperor's New Groove (2000) **1.10pm** See 11.45pm **2.40** Beauty and the Beast (1991) **4.10** Finding Nemo (2003) **6.00** Cars (2006) **8.00** Toy Story 4 (2019) **9.45** Prince of Persia: The Sands of Time (2010) **11.45** Snow White and the Seven Dwarfs (1937) **1.20am** The Nutcracker and the Four Realms (2018) **3.10** Ice Princess (2004) **5.00** to **6.35am** Underdog (2007)

SKY CINEMA
THRILLER

309 309 409 509

7.15am Bad Samaritan ★★★★★ (2018) **9.15** Breaking In ★★ (2018) **10.50** Thoroughbreds ★★★★★ (2017) **12.25pm** Hoffa ★★ (1992) **2.50** Out of Blue ★★★★★ (2018) **4.45** Contraband ★★★★★ (2012) **6.45** Everybody Knows: Drama. ★★★★★ (2018) **9.00** Argo: Drama. ★★★★★ (2012) **11.05** Assassination Nation ★★★★★ (2018) **12.55am** Charlie Says ★★★★★ (2018) **2.50** Wild Things ★★★★★ (1998) **4.50** to **6.25am** Kid Cop ★★ (1996)

TCM MOVIES

315 316 415 416 417 512

6.00am Hollywood's Best Film Directors **7.00** Horse Feathers (b/w) ★★★★★ (1932) **8.30** The Lion in Winter ★★★★★ (1968) **11.20** Return of the Gunfighter ★★ (1966) **1.30pm** Cool Hand Luke ★★★★★ (1967) **4.05** Gambit: Suspense thriller. ★★★★★ (1966) **6.25** The Man Who Knew Too Much ★★★★★ (1956) **9.00** The Postman ★★★★★ (1997) **12.30am** A Perfect Murder ★★★★★ (1998) **2.50** Off Set **4.30** Hollywood's Best Directors **5.55** to **6.20am** Off Set

SKY SPORTS
MAIN EVENT

401 401 511 501 402

6.00am Good Morning Sports Fans **8.00** **LIVE** European Tour Golf Day one of the Kenya Open. **10.00** Match Centre **11.30** **LIVE** The Players Championship Coverage of day one at TPC Sawgrass. **11.00pm** NBA: The Warm Up **12.30m't** Sky Sports News **12.30am** Welcome To The Weekend **1.00** **LIVE** Formula 1 The Australian Grand Prix first practice session. **2.45** Karun Drives the W10 **2.55** F1 Cars Through 1000 Races **3.00** Sky Sports News **4.00** F1 Classic Races **4.45** to **6.45am** **LIVE** Formula 1 The Australian Grand Prix second practice session.

SKY SPORTS
CRICKET

404 404 514 504

6.00am Highlights **9.00** Best of Sky Cricket **9.30** Best of England v Windies **9.40** Best of Sky Cricket **10.00** How the 2010 ICC World T20 Was Won **12.00noon** Cricket's Greatest Games **1.00pm** Best of Sky Cricket **1.30** Best of England v Windies **1.40** Best of Sky Cricket **2.00** Greatest Games **3.00** Best of Sky Cricket **3.30** Best of England v Windies **3.40** Best of Sky Cricket **4.00** How the 2010 ICC World T20 Was Won **6.00** International T20 Cricket **10.30** The Story of a Genius **11.00** How the 2010 ICC World T20 Was Won **1.00** to **6.00am** Highlights

SKY SPORTS
ARENA

408 408 518 508

6.00am Highlights **8.00** Sporting Greats **9.00** **LIVE** NRL Parramatta Eels v Canterbury-Bankstown Bulldogs. **11.00** Inside Super League **12.00noon** Netball Superleague **2.00pm** NBA Classic Games **3.00** Inside Super League **4.00** NBA **5.45** Betfred Super League **6.00** Inside Super League **7.00** **LIVE** Betfred Super League Hull F.C v Warrington Wolves. **10.00** NBA GameTime **10.30** NBA Action **11.00** NBA: The Warm Up **12.00m't** **LIVE** NBA Milwaukee Bucks v Boston Celtics. **2.30am** NBA Action **3.00** to **6.00am** Highlights

BT SPORT 1

413 413 527 408 430

6.00am Mobil 1: The Grid **6.30** Score Best Bits **7.00** WWE Raw **9.00** UEFA Champions League **10.00** UEFA Europa League Magazine **10.30** PL World **11.00** PL Reload **11.15** SPFL **11.30** Badminton **1.30pm** PSA Squash **2.30** MotoGP **3.30** Hyundai A-League **4.30** Coppa Italia **5.00** WWE SmackDown **6.30** WWE Raw **9.00** WWE NXT **10.45** World Poker Tour Series – Season 16 **12.45am** The WRC Magazine **1.15** SPFL **1.30** Bundesliga Weekly **2.00** Ligue 1 Show **2.30** to **6.00am** **LIVE** ODI Cricket Australia v New Zealand: Coverage of the first match in the series from Sydney Cricket Ground.

SKY SPORTS
PREMIER LEAGUE

402 402 512 502

6.00am PL Greatest Games **7.00** The Debate **8.00** Best PL Goals **9.00** PL 100 Club **9.30** PL 100 Club: England's Finest **10.00** PL Years **12.00noon** The Debate **1.00pm** PL Years **3.00** PL Best Goals **12/13** **4.00** PL Greatest Games **5.00** PL 100 Club **6.00** PL Legends **7.00** PL Match Pack **7.30** PL World **8.00** Gary Neville's Soccerbox **9.00** PL Match Pack **9.30** PL World **10.00** The Debate **11.00** PL Match Pack **11.30** PL World **12.00m't** The Debate **1.00am** PL Years **3.00** PL Greatest Games **4.00** PL Best Goals **5.00** Best PL Goals **5.30** to **6.00am** PL 100 Club: England's Finest

SKY SPORTS
THE PLAYERS

405 405 515 505

6.00am The Players Championship Official Film **8.00** **LIVE** European Tour Golf The Kenya Open. **10.00** PGA Tour Profiles **10.15** PGA Tour: The Cut **10.45** PGA Tour Profiles **11.00** Rory's Review of 2019 **11.30** **LIVE** The Players Championship The featured groups on the opening day. **5.00pm** **LIVE** The Players Championship Day one at TPC Sawgrass. **11.00** PGA Tour Profiles **11.15** Best of the Sky Zone **11.45** The Players Championship Official Film **12.45am** PGA Tour Profiles **1.00** to **6.00am** The Players Championship Official Film

SKY SPORTS
MIX

145 145 520 510

6.00am My Icon **7.00** Sporting Records **8.00** **LIVE** European Tour Golf The Kenya Open. **10.00** Netball Superleague **12.00noon** **LIVE** European Tour Golf Day one of the Kenya Open. **3.00pm** My Icon **4.00** Netball Superleague **5.00** NBA **6.45** My Icon: Jeanette Kwakye **7.00** **LIVE** Betfred Super League Hull F.C v Warrington Wolves: Coverage of the match from the seventh round of fixtures, taking place at KCOM Stadium (kick-off **7.45**). **10.00** Netball Superleague **11.00** Netball Superleague **12.00m't** to **6.00am** Mix Shorts: Masterclasses

BT SPORT 2

414 414 528 409 431

6.00am Badminton **6.30** Rugby Tonight On Tour **7.00** MotoGP **8.00** Ligue 1 **9.00** Bundesliga **10.00** Hyundai A-League **11.00** Champions League **1.00pm** Score Best Bits **1.30** Coppa Italia **2.00** Early Kick-Off **2.15** PL World **2.45** UEFA Champions League **5.45** **LIVE** UEFA Europa League A Europa League match. **8.00** **LIVE** UEFA Europa League A Europa League match. **10.30** Europa League Highlights **11.45** Ligue 1 **12.15am** Goals Reload **12.30** UEFA Europa League **2.00** **LIVE** Rallying **3.00** UEFA Europa League **4.30** Champions League Highlights **5.30** to **6.00am** Classic Boxing

SKY SPORTS
FOOTBALL

403 403 513 503

6.00am Highlights **9.30** EFL: Play Off Finals **10.30** Greatest Games **11.30** Greatest Players **12.00noon** Football Countdowns **12.30pm** Football Years **1.00** SPFL Greatest Games **1.45** One2Eleven **2.00** EFL Play-Off Final **3.00** Greatest Players **3.30** Football Countdowns **4.00** Football Years **4.30** EFL Play-Off Final **5.30** Greatest Games **6.00** EFL: Championship Season Review **7.00** SPFL **7.30** EFL Highlights **10.00** SPFL **10.30** Greatest Games **11.00** One2Eleven **11.15** Football League Archive **2017** **11.30** Greatest Games **12.00m't** to **6.00am** Highlights

SKY SPORTS
ACTION

407 407 517 507

6.00am Boxing Gold **7.00** Sporting Records **8.00** NFL: America's Game **9.00** NFL: America's Game **10.00** Sporting Records **11.00** NFL: America's Game **12.00noon** NFL: America's Game **1.00pm** Sporting Records **2.00** Darts Gold **2.30** Boxing Gold **3.30** Darts Gold **5.00** NBC's Pro-Football Talk **7.00** **LIVE** Premier League Darts Round six from M&S Bank Arena in Liverpool. **10.30** Darts Gold **11.00** NFL: America's Game **12.00m't** NFL: America's Game **1.00am** Premier League Darts **4.30** Sporting Records **5.00** to **6.00am** Sporting Greats

EUROSPORT

410 410 521 412 435

6.00am Alpine Skiing **7.00** Cycling **8.00** Snooker: Welsh Open **10.00** Fencing **10.10** Cycling: Track World Championships **11.40** Cycling: Tirreno-Adriatico **12.40pm** Cycling: Paris-Nice **1.40** **LIVE** Cycling: Paris-Nice Stage five. **3.30** Cycling: Tirreno-Adriatico **4.15** Cycling: Tour of Flanders **4.30** Cycling: Track World Championships **6.00** Cycling: Milan-San Remo **7.00** Athletics **8.00** Cycling: Paris-Nice **9.00** Cycling: Tirreno-Adriatico **9.45** Cycling: Milan-San Remo **10.45** Cycling: Paris-Nice **11.45** Cycling: Tirreno-Adriatico **12.30am** Cycling: Paris-Nice **2.00** to **6.45am** Highlights

BT SPORT 3

417 417 529 410 432

6.00am Bundesliga **7.00** UEFA Champions League **9.00** PSA Squash **10.00** Rugby Tonight On Tour **10.30** WRC **11.00** Rallying **12.00noon** MotoGP **1.00pm** Sailing **1.30** Rolex Invitational Regatta **2.00** Bundesliga **3.00** Hockey **3.30** WRC **4.00** BT Best Bits **4.30** PL Reload **4.45** Bundesliga **5.15** Europa League **5.45** **LIVE** UEFA Europa League A Europa League match. **8.00** **LIVE** UEFA Europa League A Europa League match. **10.15** PL Match Pack **10.45** MotoGP **11.00** **LIVE** College Basketball **1.30am** **LIVE** College Basketball **3.30** to **6.00am** Highlights

FRIDAY HIGHLIGHTS

Simba and Scar:
One of these two
is up to no good



The Lion King

● FILM / 12.50pm & 8pm / Sky Premiere

PREMIERE It's curious, but this photo-realistic CGI take on Disney's beloved 1994 cartoon is somehow less engaging than the original. It's a virtual (in every respect) shot-for-shot remake except for some changes in the voice acting – bringing in Donald Glover, Beyoncé, Chiwetel Ejiofor and others – but even with James Earl Jones returning as the

voice of King Mafusa, there is something fundamentally missing. Call it heart. That said, if you have never watched the cartoon, this is a great story about plucky lion cub Simba who, after being ostracized by his pride, comes back to claim his throne. And the Elton John/Tim Rice songs, like *Circle of Life* and *Can You Feel the Love Tonight*, sound better than ever. ★★★ NP



The Cuban tody
lives mainly
on insects

Wild Cuba

● WILDLIFE / 8.30pm / BBC2

LAST ONE Colin Stafford-Johnson's gentle Irish accent and the salsa-tinged soundtrack have put a fresh spin on the traditional wildlife show. Now, this very short, very sweet series concludes with another hour of stunning visuals, starting with turtles hauling themselves up the beach to lay their eggs. And from there it's inland to the teeming forests, underwater into limestone caves and then on to meet the Cuban garfish, which can breathe air if it needs to. ★★★★★ SM

TV TIMES OFFER

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Who is murdering
young women?



Lost Girls

● DRAMA / Netflix

NEW This poignant true-crime drama looks at the investigation into the unsolved case of the Long Island Serial Killer, who is believed to have murdered up to 16 people, mostly female sex workers, over a period of 20 years. The drama focuses on single mum-of-three Mari Gilbert (Amy Ryan), who reports her

24-year-old daughter, Shannan, missing in 2010. Police inaction causes Mari to take matters into her own hands... But then multiple bodies are found near a gated community, where Shannan made a frantic 911 call. Will Mari find out what happened to her daughter? ★★★★★ RM
● See Amy Ryan interview, page 22



Sue Barker presents

Question of Sport Relief

● GAME SHOW / 10pm / BBC2

NEW With a light dusting of comedy talent, this QoS fundraising special chaired by Sue Barker should be even more lighthearted than usual. Phil Tufnell and Matt Dawson are joined by Mel Giedroyc, Chris Kamara, Paddy McGuinness and Tom Davis. ★★★★★ SM

When Lee and Jason join the team, it all goes to their heads...



Sport Relief

The sporting telethon is back for another glittery night

● **FUNDRAISER** / from 7pm / BBC1

NEW Sweatbands and swimming hats at the ready as a host of stars including Gary Lineker, Paddy McGuinness, Emma Willis and Alex Scott present the fundraiser. The night features a hotly contested celebrity rowing race, Clash of the Channels. Sketches to look out for include a *Line of Duty* send-up in which a potentially corrupt cop (Jason Isaacs) could – maybe! – offer some clues about the identity of ‘H’, and famous Steves should beware as an assassin is on the loose in *Killing Steve*. Meanwhile, the appeal films showcase Sport Relief’s wonderful work tackling everything from homelessness to child poverty in the UK and across the world. ★★★★★ CC
● See interview, page 10

No, that isn’t Sabrina Grant’s stomach rumbling



How Healthy Is Your Gut?

● **FACTUAL** / 8pm / C4

NEW The organisms that live in the human gut help us to digest food, absorb vitamins and stay healthy. Sabrina Grant fronts this fascinating one-off lifting the lid on recent research by getting six volunteers with dodgy guts to try out various therapies, from bone broth to a 10-night ayurvedic detox. ★★★★★ SM



Bill, Pete, Jennie and Anne

Britain by Barge

● **TRAVELOGUE** / 9pm / Channel 5

Bill Oddie, Pete Waterman, Jennie Bond and Anne Diamond are on what used to be one of the country’s busiest canals – the Grand Union – this week. Connecting London to Birmingham and the Midlands industrial powerhouse, the canal is also a direct route into the past – the quartet learn about canal art, a family that used to transport gunpowder by boat and Braunston’s All Saints Church aka ‘the Cathedral of the Canals’. ★★★★★ SM

ALSO ON...



Gogglebox

● **ENTERTAINMENT** / 9pm / C4

Jenny and Lee, and the rest of the nation’s pithiest (and most comfortable) TV critics, give their views on what they’ve been watching.

Bargain Hunt

● **ENTERTAINMENT** / 12.15pm / BBC1

NEW In this Sport Relief special two teams go head to head to see who can spot the difference between trash and treasure and then sell for a handsome profit at auction.

BBC1

HD Freeview HD 101 Sky HD 115 Virgin TV HD 108 (Scot 101) Freesat HD 106

6.00 Breakfast (S)(HD) **9.15 Crimewatch Roadshow Live** (S)(HD) **10.00 Homes Under the Hammer** (S)(R)(HD)(AD) **11.00 Dom Does America** (S)(R)(HD)(AD) **11.45 Saved on Camera** (S)(HD)

12.15 Bargain Hunt Sport Relief Special
Olympians Tessa Sanderson and Iwan Thomas compete against sports broadcasters John Watson and Manish Bhasin. (S)(HD)(AD)

1.00 BBC News at One (S)(HD) and **Weather**

1.30 BBC Regional News (S) and **Weather**

1.45 Doctors *The Sharpest Cut*: Emma comes under fire from the police. (S)(HD)(AD)

2.15 Five Bedrooms *Zero Dollars*: 4 of 8. Money worries overwhelm Liz, posing a threat to the potentially loved-up household. (S)(HD)(AD)

3.00 Escape to the Country A couple look for a property in Shropshire. (S)(R)(HD)(AD)

3.45 Money for Nothing Jay Blades tries his best to transform a side table. (S)(HD)

4.30 Ready, Steady, Cook An engaged couple take on the culinary challenge. (S)(HD)

5.15 Pointless Quiz show. (S)(R)(HD)

6.00 BBC News at Six (S)(HD) and **Weather**

6.30 BBC Regional News (S) and **Weather**

7.00 Sport Relief

NEW Gary Lineker, Alex Scott, Paddy McGuinness, Emma Willis, Oti Mabuse, Tom Allen and Rylan Clark-Neal host this year's extravaganza, raising funds for good causes both in the UK and overseas. Highlights include two teams of celebrities leaving it all on the dance floor in a bid to be crowned *The Greatest Dancer* for Sport Relief; the rebirth of *Killing Eve* as *Killing Steves* for a one-off Sport Relief spoof; the Battle of the Channels Celebrity Boat Race sees crews representing BBC, ITV, Channel 4 and Sky compete for victory; comedian Romesh Ranganathan takes on tennis legend Andy Murray in a game of crazy golf; and live music comes from artists including Rita Ora, John Newman and Celeste. (S)(HD)
See feature, pages 10-11, and Highlights
● **A Question of Sport Relief follows on BBC2**

10.00 BBC News at Ten (S)(HD)

10.25 BBC Regional News (S) and **Weather**

10.30 Weather (S)(HD)
followed by **National Lottery Update**

10.35 Sport Relief Hosts Tom Allen and Maya Jama are joined by dance sensations AJ and Curtis Pritchard. Plus, music by superstar YouTuber KSI and rising star Celeste. (S)(HD)

12.45 Catchpoint for Sport Relief 2 of 2. *As Saturday*. Paddy McGuinness hosts a celebrity special edition of the family-friendly game show combining physical fun and an exciting question mechanic, as cricketer Graeme Swann and comedian Rachel Parris take on Olympic hockey player Sam Quek and comedian Mark Watson. (S)(R)(HD) **1.20 Weather for the Week Ahead** (S)(HD) **1.25 to 6.00 BBC News** (S)(HD)

BBC2

HD Freeview HD 102 Sky HD 102 Virgin HD TV 102 Freesat HD 102

6.30 Money for Nothing (S)(R)(HD) **7.15 Ready, Steady, Cook** (S)(R)(HD) **8.00 Back in Time for the Corner Shop** (SL)(S)(R)(HD)(AD) **9.00 BBC News at 9** (S)(HD) **10.00 Victoria Derbyshire** (S)(HD) **11.00 BBC Newsroom Live** (S)(HD)

12.15 Politics Live With Jo Coburn. (S)(HD)

1.00 Hardball Hosted by Ore Oduba. (S)(R)(HD)

1.45 Best House in Town (S)(R)(HD)(AD)

2.30 Terry and Mason's Great Food Trip
The duo visit Tunbridge Wells. (S)(R)(HD)(AD)

3.00 Red Rock Kevin Dunne fears the intended framing of Doyle has failed. (S)(R)(HD)(AD)

3.45 The Great Interior Design Challenge
Self-Build: From London. (S)(R)(HD)(AD)

4.45 Portillo's State Secrets *National Security*: Michael Portillo trawls through the National Archives. **Last in the series** (S)(R)(HD)(AD)

5.15 Flog It! From Dover Castle in Kent. (S)(HD)

6.00 Richard Osman's House of Games
Former winners Hugh Dennis, Sarah Greene, Nish Kumar and Holly Walsh compete. (S)(HD)

6.30 Great British Railway Journeys
East Malling to Rye: Michael Portillo tours the home of author Henry James. (S)(R)(HD)(AD)

7.00 Extreme Wales with Richard Parks
Extreme Kayaking: River Teifi: The presenter explores the River Teifi, taking part in some adrenaline-filled activities. (S)(R)(HD)

7.30 Rick Stein's Secret France 1 of 6. The chef takes a culinary tour of France, starting his trip in Dieppe, where he prepares freshly caught turbot and forages for sea herbs by the Bay of the Somme. (S)(R)(HD)(AD)

8.30 Wild Cuba: A Caribbean Journey
2 of 2. Conclusion of the documentary in which Colin Stafford-Johnson explores parts of Cuba few have seen. The naturalist encounters bats emerging from a labyrinth of limestone caves to feed on nectar from giant hibiscus flowers; and miniscule frogs – smaller than a human fingernail – living in patches of hidden emerald forest. (S)(HD)(AD) **See Highlights**

9.30 QI *Oceans*: Aisling Bea, Joe Lycett and David Mitchell join regular panellist Alan Davies and host Sandi Toksvig for an unconventional look at the oceans. One of the questions touches on one publisher's suggestion for an improvement to *Moby Dick*. (S)(R)(HD)

10.00 A Question of Sport Relief

NEW A special edition of the light-hearted sports quiz hosted by Sue Barker. Joining regular captains Matt Dawson and Phil Tufnell are Mel Giedroyc, Tom Davis, Chris Kamara and Paddy McGuinness. (S)(HD) **See Highlights**
● **Sport Relief continues on BBC1 at 10.35pm**

10.35 Newsnight (S)(HD)

11.05 Weather (S)(HD)

11.10 Miriam's Big Fat Adventure
2 of 2. *As Tuesday*. Actress Miriam Margolyes attempts to find out what is being done to combat the obesity crisis. (S)(R)(HD)(AD)

12.10 Panorama *The Million Pound Disability Payout*: *As Monday*. (SL)(S)(R)(HD) **12.40 to 1.40 Murder 24/7** Documentary following murder investigations by the Essex police beginning with the fatal stabbing of a 36-year-old in Southend-on-Sea. (SL)(S)(R)(HD)(AD)

ITV

HD Freeview HD 103 Sky HD 103 Virgin TV HD 113 Freesat HD 111

6.00 Good Morning Britain (S)(HD) **9.00 Lorraine**
Entertainment, current affairs and fashion news, as well as showbiz stories and gossip. (S)(HD) **10.00 This Morning** Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more. (S)(HD)

12.30 ITV News (S)(HD) and **Weather**
including **Local News** (S)(HD) and **Weather**

1.00 ITV Racing: Cheltenham Festival Live

SPORT Coverage of the fourth and final day of the festival, including feature race the **3.30** Magners Cheltenham Gold Cup Steeple Chase, plus races at **1.30**, **2.10**, **2.50** and **4.10**. (S)(HD)

4.30 Tipping Point: Best Ever Finals

Compilation of some of the most dramatic endgames from the arcade-themed quiz show hosted by Ben Shephard, in which contestants competes for the £10,000 jackpot. (S)(R)(HD)

5.00 The Chase Bradley Walsh presents as four contestants answer various general knowledge questions and work as a team to take on ruthless quiz genius The Chaser and secure a cash prize. (S)(R)(HD)

6.00 Local News (S)(HD) and **Weather**

6.30 ITV News (S)(HD) and **Weather**

7.00 Emmerdale Jimmy is surprised by what he learns; Samson comes clean; and Andrea gets an idea on how to set up Kim. (S)(HD)(AD)

7.30 Coronation Street Geoff tries his best to persuade Yasmeen that Alya is out to get him; Gary convinces Maria that he did nothing to provoke Ali; and Imran starts to put pressure on Toyah to find a new job. (S)(HD)(AD)

8.30 Vera *Little Lazarus*: 4 of 4. Detective drama starring Brenda Blethyn and David Leon, with Kerry Fox. A woman is killed in a hedgerow but her son survives the attack, only to fall beneath the ice of a frozen pond as he makes his escape. DCI Vera Stanhope wades in and drags him out, and against all the odds he pulls through. As the investigation into the mother's killing unfolds, Vera finds a kindred spirit in the boy and comes to realise that the key to solving the case may lie deep within in his memory. (S)(R)(HD)(AD)

DCI Vera Stanhope **BRENDA BLETHYN** DS Joe Ashworth **DAVID LEON**
DC Holly **WUNMI MOSAKU** Billy Cartwright **PAUL RITTER**
Aidan Carmichael **TIM DUTTON** Theresa **JUDI EARL**
Patricia Carmichael **KERRY FOX** Adam Wilde **SAM JARVIS**

10.20 ITV News (S)(HD) and **Weather**
including **Local News** (S)(HD) and **Weather**

11.10 McDonald & Dodds *Wilderness of Mirrors: As Sunday*. 2 of 2. The detective duo investigate the murder of a wealthy patient at a private clinic – an investigation made all the more difficult by the complex relationships of the other residents. (S)(R)(HD)(AD)

1.00 Teleshopping (HD) **3.00 Who's Doing the Dishes?** Former *Big Brother* winner Josie Gibson plays host to four strangers. (SL)(S)(R)(HD)(AD) **3.50 to 6.00 ITV Nightscreen** (HD)

ITV+1 Freeview 33, Sky 203, Virgin 114, Freesat 112

CHANNEL 4

HD Freeview HD 104 Sky HD 138 Virgin TV HD 104/141

- 6.30 **Cheers** (S)(R)(HD) 6.55 **Cheers** (S)(R)(HD) 7.20 **The King of Queens** (S)(R)(AD) 7.45 **The King of Queens** (S)(R)(AD) 8.10 **Everybody Loves Raymond** (S)(R)(AD) 8.40 **Everybody Loves Raymond** (S)(R)(AD) 9.10 **Frasier** (S)(R)(AD) 9.40 **Frasier** (S)(R)(AD) 10.10 **Undercover Boss Canada** (S)(R)(HD) 11.05 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
- 12.00 **Channel 4 News Summary** (S)(HD)
- 12.05 **Come Dine with Me** (S)(R)(HD)
- 1.05 **Posh Pawnbrokers** (S)(R)(HD)
- 2.10 **Countdown** (S)(HD)
- 3.00 **A Place in the Sun** (S)(R)(HD)
- 4.00 **A New Life in the Sun: Where Are They Now?** Catching up with two restaurateurs working on the Costa del Sol. (S)(R)(HD)
- 5.00 **Four in a Bed** The B&B owners meet for the last time to settle some scores. (S)(HD)
- 5.30 **Come Dine with Me** Edinburgh. (S)(HD)
- 6.00 **The Simpsons** *A Milhouse Divided:* Milhouse's parents get divorced. (S)(R)(AD)
- 6.30 **Hollyoaks** Mitchell asks Martine and Walter for details about his father. (S)(R)(HD)(AD) ● *The next episode follows on E4*
- 7.00 **Channel 4 News** (S)(HD) and **Weather**
- 8.00 **How Healthy Is Your Gut?** **NEW** Sabrina Grant examines why the gut is so important to a person's overall wellbeing and how it affects everything from their moods and energy to sleep and health. Assisted by six volunteers, Sabrina puts some of the most popular regimes to the test and sees whether they actually work. (S)(HD)(AD) *See Highlights*
- 9.00 **Gogglebox** The armchair critics share their opinions on what they have been watching during the week. The programme captures their reactions and lively discussions from the comfort of their own homes. (S)(HD)(AD)
- 10.00 **The Last Leg** Adam Hills, Josh Widdicombe and Alex Brooker are joined by guests for a comic review of the significant moments of the past seven days. As usual, the hashtag #isitok paves the way for the gang to round up, examine and explain the leading and most entertaining news stories of the week. (S)(HD)
- 11.05 **The Big Narstie Show** (S)(R)(HD) 12.10 **FILM Popstar: Never Stop Never Stopping** Comedy starring Andy Samberg. (W)(S)(HD) ★★★ (2016) *See Films, pages 30-35* 1.45 **The Simpsons** (S)(R)(AD) 2.10 **The Simpsons** (S)(R)(AD) 2.35 **Come Dine with Me** (S)(R)(HD) 3.05 **Come Dine with Me** (S)(R)(HD) 3.30 **Come Dine with Me** (S)(R)(HD) 4.00 **Come Dine with Me** (S)(R)(HD) 4.25 **Come Dine with Me** (S)(R)(HD) 4.55 **Location, Location, Location** (S)(R)(HD) 5.50 to 6.00 **Kirstie's Handmade Treasures** (S)(R)(HD)

CHANNEL 4+1 Freeview 15, Sky 204, Virgin 142, Freesat 121

(SL) Signed (S) Subtitles (R) Repeat

CHANNEL 5

HD Freeview HD 105 Sky HD 105 Virgin HD 154 Freesat HD 105

- 6.00 to 9.15 **Milkshake!** 9.15 **Jeremy Vine** (S)(HD) 11.15 **Nightmare Tenants, Slum Landlords** (S)(R)(HD) followed by **5 News at Lunchtime**
- 12.15 **Parking Hell: At War with the Law** (S)(R)
- 1.10 **Access** Showbiz news and gossip. (S)(HD)
- 1.15 **Home and Away** Marilyn bonds with newcomers the Parata family. (S)(R)(HD)(AD) ● *Repeated at 6.00pm and on 5STAR at 3.30pm*
- 1.45 **Neighbours** Finn blurts out to Elly that he wants to be with her. (S)(HD)(AD) ● *Repeated at 5.30pm and on 5STAR at 3.00pm and 6.00pm*
- 2.15 **Killer Contractor** **FILM PREMIERE** Thriller starring Alyshia Ochse. A woman hires an old classmate to renovate her former home – but he ends up causing a series of fatal mishaps. (W)(S)(HD) (2019) *See Films, pages 30-35*
- 4.00 **Friends** (S4, ep11) (S)(R)(HD)
- 4.30 **Friends** (S4, ep12) (S)(R)(HD)
- 5.00 **5 News** (S)(HD)
- 5.30 **Neighbours** As 1.45pm. (S)(R)(HD)(AD)
- 6.00 **Home and Away** As 1.15pm. (S)(R)(HD)(AD) ● *The next episode follows on 5STAR*
- 6.30 **5 News Tonight** (S)(HD)
- 7.00 **Secrets of the Royal Train** The story of the trains used by the monarchy for more than 150 years. The programme meets staff who have served on the train, including the foreman who walked in on the Queen in her nightgown; and an 86-year-old signaller who encouraged Diana, Princess of Wales to play jokes on his friends. (S)(R)(HD) followed by **5 News Update**
- 8.00 **The Yorkshire Steam Railway: All Aboard** 4 of 6. As a bank holiday coincides with a heatwave, a trackside wall collapse threatens to cause major problems – but a group of volunteers comes to the rescue, working through the night to get it fixed; and Piglet suggests sending a train to another railway. (S)(HD) followed by **5 News Update**
- 9.00 **Celebrity Britain by Barge: Then & Now** 5 of 6. Bill Oddie, Jennie Bond, Anne Diamond and Pete Waterman head to Northamptonshire to navigate the Grand Union Canal, once the main transport link between Birmingham and London. Travelling through a notoriously dark and deadly tunnel at Weedon Bec, they visit a once-secret arms store. (S)(HD) *See Highlights*
- 10.20 **The Royals: A Family in Crisis** As Saturday. Documentary exploring issues affecting the monarchy in 2019. (S)(R)(HD)
- 11.50 **My Houseful of Animals: 90 Cats & More** 1 of 2. Heartwarming and dramatic stories of animal rehabilitation. (S)(R)(HD)
- 12.50 **Lip Sync Battle UK: Michelle Keegan v Jason Manford** (S)(R)(HD) 1.15 **The 21.co.uk Live Casino Show** (S)(HD) 3.15 **The Dog Rescuers with Alan Davies** (S)(R)(HD) 4.00 **Recycling: Is It a Con?** (S)(R)(HD) 4.45 **House Doctor** (SL)(S)(R) 5.10 **Great Scientists** (SL)(S)(R) 5.35 to 6.00 **Wildlife SOS** (SL)(S)(R)

CHANNEL 5+1 Freeview 44, Sky 205, Virgin 155, Freesat 128

ON DEMAND



NETFLIX

ONE-OFF DRAMA

NEW

Lost Girls NETFLIX

Based on Robert Kolker's non-fiction bestseller, Oscar-nominee Amy Ryan plays single mother Mari Gilbert, who conducts her own investigation into her 24-year-old daughter's disappearance when she becomes frustrated by the police's lack of action... *Available from today*

YOU ALSO MIGHT LIKE...

The Wire NOW TV

Amy Ryan also stars alongside Dominic West and Idris Elba in this American crime drama series. *All episodes available now*

ITV VARIATIONS

- ANGLIA** No variations
BORDER No variations
CENTRAL No variations
CHANNEL No variations
GRANADA No variations
LONDON No variations
MERIDIAN No variations
TYNE TEES No variations
WEST No variations
WESTCOUNTRY No variations
YORKSHIRE No variations

7 PM

8 PM

9 PM

10 PM

ON THIS DAY 2011



BBC1 sci-fi drama **Outcasts** came to an end. Set on a fictional planet in 2060, the all-star cast included Hermione Norris, Daniel Mays and Ashley Walters.

FREEVIEW

SKY HD +1 VIRGIN HD +1 FREETV HD +1 BT HD +1

BBC4

Freeview 9/68 (HD 106)

116 116 107 107 107

BBC4 programmes
begin at 7pm

9.00 Top of the Pops: 1989

7.00 World News Today (S) and **Weather**
7.30 Top of the Pops: 1989 With music by Bon Jovi, Roxette and Kylie Minogue. (S)
8.00 Queens of Soul Celebration of the female singers who define the genre. (S)
9.00 Top of the Pops: 1989 With music by Swing Out Sister, Chaka Khan and Queen. (S)
9.30 Metal Britannia The emergence of the genre in the 1960s and 1970s. (S)
11.00 Slipknot Unmasked: All Out Life: A profile of the metal band. (S)
12.00 m't On Guitar – Lenny Kaye! (S)
1.00 am Showbands: How Ireland Learned to Party (S)
2.00 Hits, Hype & Hustle: An Insider's Guide to the Music Business (S)
3.00 to 4.00am Queens of Soul (S)

ITV2

Freeview 6 (+1 27)

118 118 218 115 176 116 113 114

6.00 am Teleshopping
7.00 The Ellen DeGeneres Show (S)
7.50 Emmerdale (SL)(S)
8.50 You've Been Framed! Gold (S)
9.20 Superstore (S)
10.15 Dinner Date (S)
11.15 Dress to Impress (S)
12.15 pm Emmerdale (S)
1.15 You've Been Framed! Gold (S)
1.50 The Ellen DeGeneres Show (S)
2.45 Dinner Date (S)
3.50 Dress to Impress (S)
4.50 Take Me Out: Dating game. (S)



9.00 The Hangover

6.00 You've Been Framed! Gold: Funniest 100 (S)
7.00 You've Been Framed! Gold: Family Special (S)
8.00 Two and a Half Men Double-bill. (S)
9.00 FILM The Hangover Comedy starring Bradley Cooper, Ed Helms and Zach Galifianakis. Three friends attempt to find the missing groom after a riotous bachelor party in Las Vegas. (W)(S) ★★★★★ (2009)
11.10 Family Guy (S)
12.00 m't American Dad! (S)
1.00 am The Cleveland Show (S)
1.30 Two and a Half Men (S)
2.25 Plebs: Double-bill, including: Marcus is asked out by Gloria. (S)
3.20 Nightscreen
3.30 to 6.00am Teleshopping

ITV3

Freeview 10 (+1 34)

119 119 219 117 177 174 115 116

6.00 am Classic Coronation Street (S)
6.55 Classic Emmerdale (S)
7.55 Heartbeat (S)
8.55 Man About the House (S)
9.55 That's My Boy (S)
10.25 A Touch of Frost (S)
12.40 pm Heartbeat (S)
1.45 Classic Emmerdale (S)
2.50 Classic Coronation Street (S)
3.55 Midsomer Murders: A choir member is discovered dead. (S)
5.55 Heartbeat: Bernie attracts the attentions of a widow. (S)



8.00 Doc Martin

6.55 Agatha Christie's Poirot The sleuth investigates the theft of a collection of miniature portraits. (S)
8.00 Doc Martin Double-bill. Louisa plans a special evening to celebrate Martin's birthday; and Ken's arrival does not bring good news for Al and Bert. (S)
10.00 Scott & Bailey Janet discovers a severed head at the bottom of the stairs in an elderly couple's home. (S)
11.00 A Touch of Frost: Double-bill. Jack finds his patience pushed to the limit while investigating the death of a police informant; and the apparent accidental death of a drug addict takes a turn. (S)
3.10 am Nightscreen
3.30 to 6.00am Teleshopping

ITV4

Freeview 24 (+1 59)

120 120 220 118 178 175 117 154

6.00 am Goals of the 70s (S)
6.10 Only When I Laugh (S)
6.35 Quincy ME (S)
7.25 Kojak (SL)(S)
8.20 The Saint (S)
9.30 ITV Racing: The Opening Show (S)
10.30 Minder (S)
11.35 The Professionals (S)
12.35 pm The Sweeney (S)
1.45 Quincy ME (S)
2.45 Kojak (S)
3.50 The Saint (S)
4.50 Minder (S)



9.00 Firefox

6.00 The Professionals (S)
7.00 Cycling: Paris-Nice Highlights Stage six. (S)
8.00 The Chase Celebrity Special With Mathew Horne, Danny Care, Jodie Kidd and Al Murray. (S)
9.00 FILM Firefox Cold War action adventure starring Clint Eastwood. A maverick US pilot goes behind enemy lines to steal a top-secret Russian fighter. (W)(S) ★★ (1982)
11.45 All Elite Wrestling: Dynamite **New edition** Highlights of the latest edition of the AEW event. (S)
2.00 am Minder: Terry injures his hand, and Arthur's new sidekick gets him mixed up in narcotics. (SL)(S)
2.55 Nightscreen
3.00 to 6.00am Teleshopping

ITVBE

Freeview 26 (+1 58)

131 231 119 179 120 118 119

6.00 am Teleshopping
7.00 The Bachelor (S)
8.45 Be Beautiful (S)
9.00 LittleBe
12.00 noon Income Property (S)
12.25 pm The Real Housewives of Beverly Hills: Reality series. (S)
1.20 Absolutely Ascot (S)
2.20 Little Women: LA (S)
3.15 The Real Housewives of New York City: Reality series. (S)
4.10 The Real Housewives of Dallas: Double-bill. Reality series. (S)



10.55 Chrisley Knows Best

6.00 Masters of Flip New edition Dave and Kortney attempt to flip a tiny house. (S)
7.00 Buying and Selling
8.00 Dinner Date Joanna from London looks for love. (S)
9.00 Botched Double-bill. Dr Paul Nassif helps a woman with blowfish lips; and Paul Nassif treats a nose that is stuck at an angle. (S)
10.55 Chrisley Knows Best Faye is angered when Todd meddles in her routine. (S)
11.25 Chrisley Knows Best: The Chrisleys set up a newly single Chase on a double blind date. (S)
11.55 The Only Way Is Essex: Sam and Joey's split has everyone talking; and Mario vows revenge. (S)
12.45 am Nightscreen
12.55 to 6.00am Teleshopping

5STAR

Freeview 30 (+1 55)

128 228 151 186 131 141

6.00am Teleshopping
8.00 3rd Rock from the Sun
8.20 House
10.05 Bad Tenants, Rogue Landlords: Double-bill.
12.05pm Can't Pay? We'll Take It Away!: Triple-bill.
3.00 Neighbours
3.30 Home and Away
4.00 House: Double-bill. Thirteen reacts badly to the clinical trial. (S5, ep14); and a priest claims he saw a vision of Jesus. (S5, ep15)

6.00 Neighbours (S)
6.30 Home and Away **New episode** (S)
7.00 Nightmare Tenants, Slum Landlords (S)
8.00 Sinkholes: Buried Underground (S)
9.00 FILM Hansel & Gretel: Witch Hunters Darkly comic horror fantasy with Jeremy Renner and Gemma Arterton. (S) ★★★★★ (2013)
10.50 Impact Wrestling Wrestling show.

12.50am Young, Dumb and Banged Up in the Sun: A man caught guarding a field of marijuana by Spanish police.
1.50 Britain's Pushiest Parents
2.50 Celebrity Botched Up Bodies
3.35 Two and a Half Men
4.00 to 6.00am Teleshopping

5USA

Freeview 21 (+1 56)

141 241 153 185 129 130

6.00am Teleshopping
9.00 Criminals: Caught on Camera
9.20 Murder, She Wrote
10.15 CSI: NY (S6, ep11)
11.10 The Mysteries of Laura
12.10pm Law & Order: Back-to-back episodes, including: A white teenage boy and a black girl are shot and killed. (S18, ep5); an attack on a DJ is connected to the Mafia. (S15, ep8); and Green is investigated by Internal Affairs. (S18, ep14)

6.00 Law & Order Double-bill. (S15, ep18/20) (S)
8.00 NCIS: New Orleans Double-bill. A deadly virus is unleashed on a naval base. (S3, ep19); and a link is discovered between the police and a drugs ring. (S3, ep20)(S)
10.00 Law & Order: Special Victims Unit A woman is raped in full view of her neighbours, who ignore the situation. (S17, ep13) (S)

11.00 Law & Order: Special Victims Unit: Triple-bill, including: The first instalment of a two-part cross-over with *Chicago PD*. (S17, ep14)
1.55am Law & Order: Los Angeles
3.50 Access
4.00 to 6.00am Teleshopping

YESTERDAY

Freeview 25

155 255 129 200 159

6.00am Ronnie Kray and the Pervert Peer **7.10** Viking Dead
8.00 Murder Maps
9.00 Hitler's Propaganda Machine
10.00 Auschwitz: The Nazis and the Final Solution **11.00** See **3.00pm** **12.00noon** See **4.00pm**
1.00pm Time Team
2.00 Walking Through History: North Norfolk
3.00 Abandoned Engineering
4.00 Impossible Engineering
5.00 The Good Nazi

6.00 Auschwitz: The Nazis and the Final Solution (S)
7.00 Abandoned Engineering (S)
8.00 Warbird Workshop A US Army Air Force Douglas C47 that dropped paratroopers during D-Day. (S)
9.00 Abandoned Engineering Double-bill, including: An Albanian village that was home to Allied secret agents. (S)

11.00 Impossible Engineering: The Shanghai Tower.
12.00m't Abandoned Engineering
1.00am Auschwitz: The Nazis and the Final Solution
2.00 Ronnie Kray and the Pervert Peer: Documentary.
3.00 to 6.00am Teleshopping

REALLY

Freeview 17

142 128 160

6.00am Fantasy Homes by the Sea
7.00 Teleshopping
8.00 Homes Under the Hammer
10.00 Celebrity Antiques Road Trip
11.00 Antiques Road Trip
1.00pm Fantasy Homes by the Sea
3.00 French Collection
4.00 DIY SOS: Homes for Veterans: Double-bill. Transforming a street of properties for veterans; and the team creates a home for a veteran who is a triple amputee.

6.00 Celebrity Antiques Road Trip Jenni Murray and Oona King compete. (S)
7.00 Antiques Road Trip Double-bill. Charlie Ross and Natasha Raskin compete. (S)
9.00 Destination Fear New edition The team investigates a haunted location in Michigan. (S)
10.00 Most Haunted 2 of 2. The team ventures into the cellars.

11.00 Ghost Adventures: Double-bill, including: The crew investigates an abandoned Arizona hospital.
1.00am Most Haunted
2.00 Teleshopping
4.00 to 6.00am Antiques Road Trip: Double-bill.

TALKING PICTURES

Freeview 81

328 445 306

6.00am FILM Johnny on the Spot: Crime drama. ★★ (1954)
7.30 FILM Convoy (1940)
9.15 FILM Trouble in Store
11.00 Richard Diamond (b/w)
11.30 Glimpses
11.35 FILM Catch Us If You Can
1.25pm Talking Pictures With...
2.00 Rooms
2.30 FILM Pink String and Sealing Wax ★★★★★ (1945)
4.20 Glimpses: Screenagers!
4.35 FILM Love Story (1944)

6.50 Glimpses: Guernsey in the 1970s
7.15 FILM Ring of Spies Espionage thriller based on the Portland secrets trial. Stars Bernard Lee. (b/w) (S) ★★★★★ (1963)
9.00 Hazell The private eye is hired by a man whose wife has gone missing.
10.00 FILM Over the Hill Drama with Olympia Dukakis and Sigrid Thornton. ★★ (1993)

12.05am FILM Frankenstein Created Woman: Horror with Peter Cushing. ★★★★★ (1966)
2.05 FILM Invasion of the Bee Girls: Sci-fi thriller. ★★ (1973)
3.50 FILM The Black Abbot: Comedy. (b/w) ★★ (1933)
5.00 to 6.00am Rooms

QUEST

Freeview 12 (HD 114 +176)

144 144 244 169 213 172 168

6.00am How Do They Do It?
6.20 American Pickers: Best Of
7.10 Deadliest Catch
8.00 Cooper's Treasure
9.00 Outback Truckers
10.00 Wheeler Dealers
11.00 Chasing Classic Cars
12.00noon American Pickers: Best Of **1.00pm** Railroad Alaska
2.00 Deadliest Catch
3.00 Gold Divers
4.00 Salvage Hunters
5.00 Outback Truckers

6.00 Wheeler Dealers (S)
7.00 American Pickers: Best Of Some of Mike and Frank's premium picks, related to the rich and famous.
8.00 Salvage Hunters Drew scours sites around the UK for valuable items. (S)
9.00 Hunting Hitler An FBI report places Hitler in Colombia. (S)
10.00 Houdini's Last Secrets Assessing the torture-escape stunt.

11.00 How Do They Do It?
12.00m't Wheeler Dealers: Mike buys a junior supercar in Italy.
1.00am Outback Truckers
2.00 American Chopper
3.00 Fantomworks
4.00 Dirty Jobs
5.00 to 6.00am How It's Made

(b/w) black and white (W) Widescreen (HD) High Definition

E4**Freeview 13** (+1 28)**135 135 235 106 145 146 122 123**

6.00 am Hollyoaks (S)
7.00 How I Met Your Mother (S)
8.00 Baby Daddy (S)
9.00 Mike & Molly (S)
10.00 The Big Bang Theory (S)
11.00 The Goldbergs (S)
12.00 noon Brooklyn Nine-Nine (S)
1.00 pm The Big Bang Theory (S)
2.00 Baby Daddy: Double-bill. (S)
3.00 Mike & Molly: Double-bill. (S)
4.00 The Goldbergs: Double-bill. (S)
5.00 Brooklyn Nine-Nine: Double-bill, including: Holt is transferred. (S)

**11.30 Mr Pickles**

6.00 The Big Bang Theory Double-bill. (S)
7.00 Hollyoaks New episode (S)
7.30 Man with a Plan New episode A client does not want Don at a meeting. (S)
8.00 FILM Transformers: Revenge of the Fallen Sci-fi sequel starring Shia LaBeouf. A college student and his girlfriend get caught up in a titanic struggle between good and evil alien robots. (W)(S) ★★ (2009)

11.00 Rick and Morty (S)
11.30 Mr Pickles New episode (S)
11.45 Robot Chicken (S)
12.00 m't Rick and Morty (S)
12.30 am The Big Bang Theory (S)
1.30 Brooklyn Nine-Nine **2.30** The Sex Clinic **3.25** The Big Bang Theory
4.15 to 6.00am How I Met Your Mother

MORE4**Freeview 18** (+1 86)**136 136 236 147 195 196 124 125**

8.55 am Kirstie's Handmade Treasures
9.15 A Place in the Sun (S)
10.05 A Place in the Sun: Winter Sun (S)
11.05 Find It, Fix It, Flog It (S)
1.15 pm Escape to the Chateau: DIY (S)
2.20 Four in a Bed: Back-to-back editions of the series. (S)
4.55 The Secret Life of the Zoo: Red panda Jung is getting the cold shoulder from his partner. (S)
5.55 Car S.O.S: Fuzz Townshend and Tim Shaw attempt to restore a 1962 Jaguar Mk2. (S)

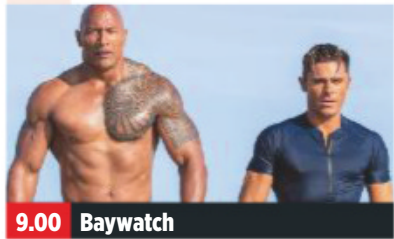
**6.55 Escape to the Chateau: DIY**

6.55 Escape to the Chateau: DIY Three sisters raised in the UK travel to France in search of the perfect chateau. (S)
7.55 Grand Designs Building a house wrapped around an oak tree in Suffolk. (S)
9.00 Just One Look New episode French thriller starring Virginie Ledoyen. Eva finally discovers the key to the mystery. Subtitled. **Last in the series**
10.15 24 Hours in A&E (S)
11.20 24 Hours in A&E: A 23-year-old groom-to-be is examined following a seizure. (S)
12.20 am Ramsay's Kitchen Nightmares USA: A restaurant in Connecticut neglected by its managers. (S)
1.20 24 Hours in A&E (S)
3.25 to 3.50am Food Unwrapped (S)

11.20 24 Hours in A&E: A 23-year-old groom-to-be is examined following a seizure. (S)
12.20 am Ramsay's Kitchen Nightmares USA: A restaurant in Connecticut neglected by its managers. (S)
1.20 24 Hours in A&E (S)
3.25 to 3.50am Food Unwrapped (S)

FILM4**Freeview 14** (+1 45)**313 313 314 428 429 430 300 301**

11.00 am The Greatest Show on Earth: Cecil B DeMille's circus drama with James Stewart and Charlton Heston. (S) ★★ ★ (1952)
2.10 pm Man in the Saddle: Western starring Randolph Scott and Alexander Knox. (S) ★★ ★ (1951)
4.05 The Pink Panther Strikes Again: Comedy starring Peter Sellers. Former Chief Inspector Dreyfus escapes from a psychiatric hospital and tries to eliminate Clouseau. (S) ★★ ★ (1976)

**9.00 Baywatch**

6.25 Now You See Me 2 Crime thriller sequel with Jesse Eisenberg. A gang of magicians reunite to expose the illegal activities of a ruthless businessman. (S) ★★ ★ (2016)
9.00 Baywatch Action comedy starring Dwayne Johnson and Zac Efron. A veteran lifeguard teams up with an Olympic swimmer to scupper a criminal scheme. (S) ★★ (2017)
11.15 This Is England: Shane Meadows' coming-of-age drama set in 1983, starring Thomas Turgoose, Joe Gilgun and Stephen Graham. (W)(S) ★★ ★ ★ ★ (2006)
1.20 to 3.15am Green Room: Thriller starring Anton Yelchin and Patrick Stewart. (S) ★★ ★ ★ (2015)

11.15 This Is England: Shane Meadows' coming-of-age drama set in 1983, starring Thomas Turgoose, Joe Gilgun and Stephen Graham. (W)(S) ★★ ★ ★ ★ (2006)
1.20 to 3.15am Green Room: Thriller starring Anton Yelchin and Patrick Stewart. (S) ★★ ★ ★ (2015)

HGTV**Freeview 42****158 258 279 283 166**

6.00 am Teleshopping
7.00 Homes Under the Hammer (S)
8.00 Bargain Hunt (S)
9.00 Flog It! (S)
11.00 Escape to the Country (S)
12.00 noon Escape to the Country (S)
1.00 pm A Place in the Sun: Winter Sun: Double-bill, including: A couple seeks a holiday home in Spain. (S)
3.00 Flog It!: From Ashridge House. (S)
4.00 Homes Under the Hammer: Double-bill, including: Properties in Kent, Cumbria and Wiltshire. (S)

**4.00 Homes Under the Hammer**

6.00 Extreme Makeover: Home Edition The team renovates the home of a teacher.
7.00 Cash in the Spare Room A Cotswolds farming couple seek help to turn a field into a luxury holiday rental.
8.00 Escape to the Country Double-bill, including: Searching for a property in north Wales. (S)
10.00 A Place in the Sun: Winter Sun Potential buyers looks for a home in Florida. (S)
11.00 A Place in the Sun: Winter Sun: Seeking a Florida property. (S)
12.00 m't Homes Under the Hammer: Properties in Devon and Leeds. (S)
1.00 am Flog It! (S)
2.00 Hawaii Life (S)
3.00 Our House
4.00 to 6.00am Teleshopping

11.00 A Place in the Sun: Winter Sun: Seeking a Florida property. (S)
12.00 m't Homes Under the Hammer: Properties in Devon and Leeds. (S)
1.00 am Flog It! (S)
2.00 Hawaii Life (S)
3.00 Our House
4.00 to 6.00am Teleshopping

PICK**Freeview 11** (+1 97)**152 252 165 144 145**

6.00 am Teleshopping
7.00 Motorway Patrol (S)
8.00 Police Force: Australia (S)
9.00 Nothing to Declare (S)
10.00 See 4.00pm
11.00 Road Wars (S)
11.30 Caught Red Handed
1.00 pm Police Force (S)
2.00 Border Patrol (S)
3.00 Nothing to Declare (S)
4.00 Border Security: Canada's Front Line: Double-bill. (S)
5.00 Stargate SG-1 (S)

**9.00 Ross Kemp: Extreme World**

6.00 Star Trek: The Next Generation Troi's mother pays a visit. (S2, ep19)
7.00 Hawaii Five-0 The brother of a promising boxer is murdered. (S6, ep10) (S)
8.00 Elementary Watson is implicated in a DEA investigation. (S5, ep10) (S)
9.00 Ross Kemp: Extreme World Ross gains unprecedented access to the Camorra crime syndicate in Naples. (S)
10.00 The Force: Manchester (S)
11.00 The Force: Essex: Officers pursue a joyrider in Southend-on-Sea. (S)
12.00 m't Banged Up Abroad (S)
1.00 am Road Wars (S)
2.00 Nothing to Declare (S)
3.00 Stop, Search, Seize (S)
4.00 Motorway Patrol (S)
5.00 to 6.00am Highway Patrol (S)

11.00 The Force: Essex: Officers pursue a joyrider in Southend-on-Sea. (S)
12.00 m't Banged Up Abroad (S)
1.00 am Road Wars (S)
2.00 Nothing to Declare (S)
3.00 Stop, Search, Seize (S)
4.00 Motorway Patrol (S)
5.00 to 6.00am Highway Patrol (S)

QUEST RED**Freeview 38** (+1 72)**149 249 170 169 170**

6.00am SYtTD **7.00** Bondi Vet
8.00 Animal Cops Phoenix
10.00 Money for Nothing **11.00** Forensic Detectives **12.00noon** Disappeared **2.00pm** Murder Comes to Town **3.00** Say Yes to the Dress: Bridesmaids
6.00 Money for Nothing **7.00** Posh Pawnbrokers **8.00** Embarrassing Fat Bodies **9.00** Criminal Confessions **10.00** Dr G: Medical Examiner **11.00** The Lady Killers **12.00m't** Forensic Detectives **1.00am** Crime Stories **2.00** Murder Comes to Town **3.00** FBI Files **3.50** Animal Cops Phoenix **4.40** Bondi Vet **5.30 to 6.00am** SYtTD

FOOD NETWORK**Freeview 41****140 240 278 148 149**

6.00am See 3.00pm **6.30** See 3.30pm **7.00** Giada in Italy **9.00** See 4.00pm **11.00** Barefoot Contessa **12.00noon** See 8.00pm **1.00pm** See 7.00pm **2.00** James Martin's Brittany **3.00** Jamie's 30 Minute Meals **3.30** 30 Minute Meals **4.00** Pioneer Woman **6.00** A Cook Abroad: Monica Galetti's... **7.00** Gordon Ramsay's Ultimate... **8.00** Hair Bikers' Food Tour... **9.00** Hugh's Scandimania **10.00** James Martin: Home Comforts **11.00** Mystery Diners **12.00m't** Diners, Drive-Ins... **2.00am** Mystery Diners **3.00 to 6.00am** Shop

CBS JUSTICE**Freeview 39** (+1 69)**148 192 137**

6.00am Teleshopping **9.00** Diagnosis Murder **11.00** Matlock
12.00noon Perry Mason **1.05pm** Walker, Texas Ranger **2.05** CSI: Miami (S2, ep9) **3.00** NCIS (S8, ep2) **4.00** NCIS: Los Angeles (S2, ep19) **5.00** Matlock **6.00** Perry Mason (S9, ep23) **7.05** Scorpion (S4, ep3) **8.00** Walker, Texas Ranger (S8, ep4)
9.00 NCIS: A petty officer dies. (S11, ep8) **10.00** NCIS: Los Angeles (S2, ep20) **11.00** Scorpion **12.00m't** CSI: Miami (S2, ep10) **1.00am** NCIS (S11, ep8) **2.00** Scorpion **3.05** Bonanza (The Lost Episodes) **4.50 to 6.00am** Mission: Impossible

CBS REALITY**Freeview 66** (+1 67)**146 246 148 201 135 136**

6.00am Teleshopping **9.00** Judge Judy: Back-to-back editions.
7.00pm Medical Detectives: Double-bill. **8.00** 48 Hours: Mystery: The team examines the investigation into the search for Peter Chadwick.
9.00 Cold Blood: The death of an elderly woman in 1999. **10.00** Mind of a Murderer: The motives for violent crime. **11.00** Killer Doctors on Death Row **12.00m't** Snapped: Killer Couples
1.00am Cold Blood **2.00** Mind of a Murderer **3.00** I Survived **3.45** Unsolved Mysteries **5.10 to 6.00am** Bondi Rescue

SONY MOVIES**Freeview 32****321 322 425 302**

6.00am Teleshopping **9.00** The Bad Twin ★★ (2016) **11.05** Driven Underground ★★ (2015) **1.00pm** Wrong Swipe ★★ (2016) **2.45** Lies and Deception ★★ (2005) **4.30** My Girl 2 ★ (1994) **6.35** Little Women: Period drama starring Winona Ryder. ★★ ★ (1994)
9.00 The Hunger Games: Sci-fi adventure starring Jennifer Lawrence. ★★ ★ ★ (2012)
11.45 The 5th Wave: Sci-fi adventure starring Chloe Grace Moretz. ★★ ★ (2015) **2.05am** Aftermath ★★ (2016) **3.55** I Spy ★★ ★ (2002) **5.50 to 6.00am** Sony Movie News Extra

SONY CLASSIC**Freeview 50****319 320 424 303 304**

6.00am The Narrow Margin (b/w) (1952) **7.25** I Didn't Do It (1945)
9.30 The Secret Life of Walter Mitty ★★ ★ ★ (1947) **11.45** The Princess and the Pirate ★★ ★ ★ (1944) **1.40pm** A Weekend with Lulu ★★ (1961)
3.30 The Great Lover ★★ (1949)
5.10 Road to Bali ★★ ★ (1952)
7.05 The Admirable Crichton ★★ ★ (1957) **9.00** Stakeout ★★ ★ ★ (1987) **11.25** The Big Chill ★★ ★ ★ (1983) **1.30am** A Man Called Django ★★ (1977) **3.20** Strongroom ★★ ★ (1961) **4.35 to 6.00am** The Giants of Thessaly ★★ (1960)

SONY CHANNEL**Freeview 48****157 257 189 220 142 152**

6.00am Sony Movie News Extra
6.10 The Waltons **7.10** Hart to Hart **9.10** Days of Our Lives
10.00 Hart to Hart **11.00** Charlie's Angels **12.00noon** Starsky & Hutch **1.00pm** T.J. Hooker **2.00** Hart to Hart
4.00 Murder, She Wrote **6.00** Charlie's Angels: A rollerskating champion is found murdered.
7.00 M*A*S*H: Back-to-back episodes. **9.00** Classic Who Wants to Be a Millionaire?: Back-to-back editions. **1.00am** M*A*S*H **2.00** Charlie's Angels **3.00** M*A*S*H **3.30** The Waltons **4.20** Touched by an Angel **5.10 to 6.00am** Highway to Heaven

PARAMOUNT NET.**Freeview 31****150 250 187 150 132**

6.00am Teleshopping **9.00** The A-Team **11.00** Knight Rider
1.00pm Police Interceptors **3.00** Traffic Cops **5.00** The A-Team **7.00** Police Interceptors **8.00** Traffic Cops: Double-bill.
10.00 Criminals: Caught on Camera: How CCTV footage helped police track down arsonists in Leicester. **11.00** Gangs & Guns: Caught on Camera **12.00m't** Spartacus: War of the Damned **1.05am** Airwolf **3.05** Vikings **3.55** Wentworth Prison **4.45** Now That's Funny! **5.30 to 6.00am** Criminals: Caught on Camera

CHALLENGE**Freeview 46****151 251 164 230 146 147**

6.00am Teleshopping **7.00** Catchphrase **7.30** Deal or No Deal **9.00** The Chase **10.00** Dale's Supermarket Sweep **11.00** Bruce's Price Is Right **12.00noon** Wheel of Fortune
1.00pm Catchphrase **2.00** Family Fortunes **2.30** All Star Family Fortunes **4.00** Bullseye **5.00** Golden Balls **6.00** Weakest Link **7.00** Pointless **8.00** Impossible **9.00** The Chase
10.00 Who Wants to Be a Millionaire? **11.00** Bullseye: Double-bill. **12.00m't** Classic Who Wants to Be a Millionaire? **1.00am** The Chase **4.00 to 6.00am** Deal or No Deal

DRAMA**Freeview 20****143 243 130 226 158**

6.00am Teleshopping **7.10** Soldier, Soldier **9.00** The Bill
10.00 Classic Holby City **11.00** Casualty **12.00noon** The Bill
1.00pm Classic EastEnders **2.20** London's Burning **3.20** Monarch of the Glen **4.20** Bergerac **5.25** Bread **6.00** Hi-de-Hi!
6.40 As Time Goes By **7.20** Last of the Summer Wine **8.00** Murdoch Mysteries **9.00** Death in Paradise: A murder uncovers a case of money-laundering. **10.15** New Tricks **11.35** Waking the Dead **2.00am** The Bill **2.50** London's Burning **4.00 to 6.00am** Teleshopping

DAVE**Freeview 19** (+1 79)**111 211 127 227 131**

6.00am Teleshopping **7.10** Eat Your Heart Out with Nick Helm **8.00** American Pickers
9.00 Storage Hunters **10.00** American Pickers **12.00noon** Timber Kings **1.00pm** Top Gear
2.00 Cop Car Workshop **3.00** Scrapyard Supercar **4.00** Top Gear **6.00** Taskmaster **7.00** Room 101 **8.20** Have I Got a Bit More News for You **9.20** Would I Lie to You? **10.00** Red Dwarf **11.20** Meet the Richardsons
12.00m't Taskmaster **1.00am** Have I Got a Bit More News for You **2.00** Room 101 **2.40** Go 8 Bit: DLC **3.30** The Indestructibles **4.00 to 6.00am** Teleshopping

4SEVEN**Freeview 47** (HD 110)**137 143 203 127**

9.00am Posh Pawnbrokers **10.00** Find It, Fix It, Flog It **11.00** Come Dine... **12.00noon** A Place in...
1.00pm Undercover Boss... **2.00** See 7.00pm **3.00** Everybody Loves Raymond **4.00** Frasier **5.00** A Place in the Sun **6.00** A New Life in the Sun: Where...
7.00 Ramsay's Kitchen Nightmares USA **8.00** The Supertv **9.00** 24 Hours in A&E **10.00** The Great Celebrity Bake Off for SU2C **11.15** Gogglebox **12.20am** 8 Out of 10 Cats Does... **1.20** First Dates **2.25** The Undateables **3.30** As 6.00pm **4.30 to 5.00am** Food Unwrapped

SKY & VIRGIN

SKY HD **VIRGIN HD** **FREESAT HD** **BT HD**

SKY ONE

106 **106** **206** **110** **109**

6.00am Monkey Life (S)
7.00 RSPCA Animal Rescue (S)
8.00 The Dog Whisperer
9.00 Stop, Search, Seize (S)
10.00 Highway Patrol (S)
11.00 NCIS: Los Angeles (S)
12.00noon NCIS: Los Angeles (S)
1.00pm Hawaii Five-0: Double-bill. (S)
3.00 MacGyver (S)
4.00 Modern Family: Double-bill. (S)
5.00 The Simpsons: Marge is unhappy with Springfield's lack of culture. (S)
5.30 Futurama: Double-bill. (S)


8.30 Modern Family

6.00 Futurama (S)
6.30 The Simpsons (S)
8.30 **Modern Family New episode** Cam tries to keep his big interview a secret, but just ends up making Mitch suspicious. (S)
9.00 **Carpool Karaoke: Special** Singer Celine Dion joins James Corden for a spin around Las Vegas. (S)
10.00 **The Late Late Show with James Corden: Best of the Week New edition** Highlights of the talk show, with music and comedy.

11.00 The Trip to Greece
11.35 Avenue 5
12.10am Caught on Dashcam
1.05 Flintoff: Lord of the Fries (S)
2.05 The Force: Manchester (S)
3.05 Road Wars (S)
4.00 Stop, Search, Seize (S)
5.00 to 6.00am Futurama (S)

SKY ATLANTIC

108 **108** **208**

6.00am Urban Secrets (S)
7.00 Without a Trace (S)
10.00 The West Wing (S)
12.00noon Blue Bloods (S2, ep14) (S)
1.00pm CSI: Crime Scene Investigation
2.00 The West Wing: Double-bill, including: President Bartlet causes a scandal. (S3, ep17). (S)
4.00 Without a Trace: Double-bill. Samantha tracks a missing woman with amnesia who is a suspect. (S4, ep10); and a paramedic goes missing from a hospital. (S4, ep11)


9.00 Babylon Berlin

6.00 **Without a Trace** A therapist disappears. (S4, ep12)
7.00 **CSI: Crime Scene Investigation** Grissom investigates the case of a man who died from overeating. (S6, ep9)
8.00 **Blue Bloods** An officer is killed during a drugs operation. (S2, ep15) (S)
9.00 **Babylon Berlin New episodes** Double-bill, including: Rath begins to look into the Betty Winter case; and Greta receives an unexpected visitor. (S3, ep3)
11.00 The Outsider: The group finds itself in a climactic showdown. (S1, ep10)
12.05am Oz: Cyril is sent to death row. (S)
2.35 **FILM** Real Women Have Curves: Hispanic family drama starring America Ferrera and Lupe Ontiveros. (W)(S) ★★ (2002)
4.15 to 6.00am The West Wing (S)

11.00 The Outsider: The group finds itself in a climactic showdown. (S1, ep10)
12.05am Oz: Cyril is sent to death row. (S)
2.35 **FILM** Real Women Have Curves: Hispanic family drama starring America Ferrera and Lupe Ontiveros. (W)(S) ★★ (2002)
4.15 to 6.00am The West Wing (S)

SKY WITNESS

107 **107** **207** **112** **111** **180**

6.00am Nothing to Declare (S)
8.00 The Real A & E (S)
9.00 Blue Bloods (S7, ep16) (S)
10.00 Criminal Minds (S12, ep11) (S)
11.00 CSI: Crime Scene Investigation (S)
12.00noon Elementary (S6, ep16) (S)
1.00pm Blue Bloods (S7, ep17) (S)
2.00 Law & Order: A girl is found suffocated to death. (S12, ep16)
3.00 The Real A & E: Double-bill. (S)
4.00 Stop, Search, Seize: Following the work of Ireland's border force. (S)
5.00 Nothing to Declare


9.00 Chicago Fire

6.00 **Nothing to Declare** Back-to-back editions. (S)
8.00 **Chicago Med New episode** A major accident shakes the department. (S5, ep11) (S)
9.00 **Chicago Fire New episode** A pest control issue forces the 51 team to bunk with Firehouse 20. (S8, ep11) (S)
10.00 **Chicago PD New episode** A string of deadly acts of vandalism raises tension in a close-knit neighbourhood; and Ruzek and Burgess' secret seriously affects their work. (S7, ep11) (S)

11.00 Law & Order: Special Victims Unit
12.00m't CSI: Crime Scene Investigation:
1.00am Shades of Blue (S)
2.00 Blue Bloods
3.00 Ghost Whisperer (S)
4.00 Road Wars (S)
5.00 to 6.00am Brit Cops: Law & Disorder (S)

GOLD

110 **110** **210** **124** **194** **310**

6.00am Teleshopping
7.20 The Piglet Files
7.45 As Time Goes By (S)
8.20 Porridge (S)
9.40 Hi-de-Hi! (S)
10.20 Last of the Summer Wine (S)
12.20pm Keeping Up Appearances
1.00 Hi-de-Hi! (S)
1.40 The Good Life (S)
2.20 Keeping Up Appearances
3.00 Dad's Army: Double-bill. (S)
4.20 Last of the Summer Wine: Triple-bill of the series. (S)


7.00 Porridge

6.20 **The Good Life** Barbara and Tom talk to their plants. (S)
7.00 **Porridge** A visitor poses problems for Fletch. (S)
7.40 **Dad's Army** Double-bill. Corporal Jones suffers a financial crisis; and Captain Mainwaring initiates a recruitment campaign. (S)
9.00 **Only Fools and Horses** The brothers jet off to Monte Carlo five years after becoming millionaires. (S)
10.35 **Peep Show** Life begins to take a positive turn for Jeremy and Mark. (S)

11.05 Peep Show: Mark's book *Business Secrets of the Pharaohs* is accepted by a publisher. (S)
11.40 All Round to Mrs Brown's
1.00am Harry Enfield and Chums (S)
1.35 Peep Show (S)
2.35 The Rebel (S)
4.00 to 6.00am Teleshopping

DISCOVERY

125 **125** **225** **250** **258**

6.00am Combat Dealers (S)
7.00 The Somme: The First 24 Hours (S)
8.00 Kindig Customs (S)
9.00 Jeremy Wade's Dark Waters (S)
10.00 Nasa's Unexplained Files (S)
11.00 Fast N' Loud (S)
12.00noon Gold Rush (S)
1.00pm Alaska: The Last Frontier (S)
2.00 Combat Dealers (S)
3.00 World War Two: The Complete History (S)
4.00 Building Off the Grid (S)
5.00 Wheeler Dealers (S)


12.00 People Magazine Investigates

6.00 **Fast N' Loud 2 of 2.** The team creates a one-of-a-kind restoration. (S)
7.00 **Gold Rush** Following the gold miners of the Yukon.
8.30 **Gold Rush: The Dirt** The crew discuss the latest gold mining season in Alaska.
9.00 **Curse of the Bermuda Triangle New edition** Documentary examining the mysteries surrounding the Bermuda Triangle.
10.00 **Son of Sam: The Hunt for a Killer 1 of 2.** The case of David Berkowitz. (S)

11.00 Son of Sam: The Hunt for a Killer: 2 of 2. Victims recount their stories.
12.00m't People Magazine Investigates **New edition** The Grim Sleeper.
1.00am FBI Files (S)
3.50 Kindig Customs (S)
4.40 Bitchin' Rides (S)
5.30 to 6.00am How It's Made (S)

W

109 **109** **209** **125** **211** **190**

6.10am MasterChef Australia **7.30** Renovate My Home: Leave It to Bryan **8.00** Tipping Point **10.00** The Bill **11.00** Supernanny US
12.00noon Tipping Point
2.00pm Property Brothers: Forever Home **3.00** My Dream Home **5.00** Tipping Point **7.00** Property Brothers: Forever Home **8.00** Sun, Sea and Brides to Be **9.00** 999 Rescue Squad
10.00 Should I Go Under the Knife?: A clinic for customers on low incomes. **11.00** Inside the Ambulance **12.00m't** One Born Every Minute **1.00am** I've Got Something to Tell You
3.00 to 6.10am Teleshopping

ALIBI

132 **132** **232** **126** **212** **191**

6.00am Teleshopping **7.10** Murdoch Mysteries **10.00** The Guardian **11.00** Sue Thomas: F.B.Eye **12.00noon** Major Crimes **1.00pm** Rush **3.00** Murdoch Mysteries **6.00** Major Crimes (S4, ep7)
7.00 Motive: Double-bill. **9.00** Death in Paradise: The owner of a private island is shot dead at a family gathering. **10.20** Frankie Drake Mysteries: Frankie and Trudy interrupt a break-in at a factory and are hired by the owner to find the culprits. **11.20** New Tricks **12.40am** Murdoch Mysteries
4.00 to 6.00am Teleshopping

SKY COMEDY

113 **113** **122** **121**

6.00am Teleshopping **8.00** Everybody Hates Chris **9.00** Parks and Recreation **10.30** 30 Rock **12.00noon** The Mindy Project **1.30pm** Modern Family **2.30** Everybody Hates Chris **3.30** Parks and Recreation **5.00** 30 Rock **6.30** Modern Family
7.30 The Mindy Project **9.00** Veep: Double-bill. **10.15** Sex and the City (S3, ep5) **10.50** The Tonight Show Starring Jimmy Fallon **11.50** The Late Late Show with James Corden **12.50am** Entourage (S3, ep19) **1.25** Silicon Valley **2.35** Parks and Recreation **3.30** 30 Rock
5.00 to 6.00am Teleshopping

SYFY

114 **114** **214** **138** **137** **229**

6.00am Warehouse 13 **7.00** Merlin **8.00** Teleshopping **11.00** Stargate Atlantis **1.00pm** Star Trek: Voyager **3.00** Star Trek: The Next Generation **5.00** Star Trek: Deep Space Nine **7.00** Warehouse 13 (S2, ep7)
8.00 Merlin (S2, ep7) **9.00** **FILM** Lara Croft Tomb Raider: The Cradle of Life: Fantasy adventure sequel starring Angelina Jolie. ★★ (2003)
11.30 The Twilight Zone **12.30** **FILM** Final Recall: Thriller with Wesley Snipes. ★ (2017)
2.30 Future Man **3.00** Star Trek: Deep Space Nine **5.00 to 6.00am** Star Trek: Voyager

HISTORY

130 **130** **230** **270** **271**

6.00am American Pickers **8.00** Pawn Stars **9.00** WWII Turning Points **10.00** Storage Wars
11.00 See 8.00pm **12.00noon** River Hunters **1.00pm** Forged in Fire **2.00** American Pickers
3.00 Storage Wars **5.00** Pawn Stars **6.00** Forged In Fire
7.00 American Pickers **8.00** How They Built Concorde **9.00** Great British Royal Ships **10.00** Lost Gold of WWII **11.00** Pawn Stars **12.00m't** Uncharted Mysteries **1.00am** Britain's Greatest Bridges **2.00** Forged in Fire **3.00** River Hunters
4.00 to 6.00am Storage Wars

ANIMAL PLANET

162 **162** **262** **251** **259**

6.00am The Aquarium **7.00** Treehouse Masters: Out... **8.00** See 8.00pm **10.00** Animal Cops Philadelphia **12.00noon** The Zoo: San... **1.00pm** My Cat from Hell **2.00** Alaskan Bush People **3.00** Dr Dee: Alaska Vet **5.00** Crikey! It's the Irwins **6.00** Bondi Vet: Coast to Coast
7.00 AC Detroit **8.00** Pit Bulls & Parolees **9.00** Amanda to the Rescue **10.00** AC San Francisco **11.00** As 8.00pm **12.00m't** I Was Prey **1.00am** AC Detroit **2.00** As 8.00pm **3.00** As 10.00pm **3.50** As 5.00pm **4.40** Nature's Strangest Mysteries...
5.10 to 6.00am As 1.00pm

SKY ARTS

122 **122** **123** **156**

6.00am Darbar Festival 2017
7.00 Il Divo... **8.30** See 1.30pm
9.00 Originals **9.30** Auction
10.00 See 4.00pm **11.00** Cary Grant **12.00noon** Robert Mitchum **1.00pm** Originals **1.30** Watercolour Challenge **2.00** Passions **3.00** Portrait Artist of the Year 2020 **4.00** Tales of the Unexpected **5.00** Fred Astaire
6.00 Humphrey Bogart **7.00** The Music of Buddy Holly and the Crickets **9.00** ZZ Top: That Little Ol' Band from Texas **11.00** Iron Maiden: Somewhere...
12.20 **FILM** Bachman **2.00** Suzi Q **4.00** Fred Astaire **5.00 to 6.00am** Humphrey Bogart

FOX

124 **124** **224** **157** **199** **158**

8.00am Republic of Doyle
9.00 Bones (S2, ep16) **10.00** Bull **11.00** NCIS (S13, ep5)
12.00noon Bones **2.00pm** The Mentalist (S7, ep12) **3.00** NCIS (S13, ep6) **4.00** Bull **5.00** Bones (S2, ep19) **6.00** The Mentalist (S7, ep13) **7.00** NCIS: Triple bill.
10.00 War of the Worlds: As the dust settles, the survivors are forced to face some cold truths. (S1, ep3) **11.00** American Dad!: Double-bill. **12.00m't** Family Guy **1.00am** American Dad! **2.00** Family Guy **3.00** American Dad! **4.00** Republic of Doyle **5.00 to 8.00am** Teleshopping

TLC

133 **133** **233** **167** **169**

6.00am SYtTD: Bridesmaids
8.00 SYtTD: UK **9.00** Say Yes to the Dress **10.00** Curvy Brides Boutique **11.00** SYtTD Canada **12.00noon** SYtTD: Atlanta **2.00pm** Dr Pimple Popper **3.00** Sister Wives **4.00** SYtTD Canada **5.00** Curvy Brides **6.00** Say Yes to the Dress **7.00** SYtTD: UK **8.00** Curvy Brides Boutique
9.00 Say Yes to the Dress: America **10.00** Say Yes to the Dress: UK **11.00** Dr Pimple Popper **12.00m't** Curvy Brides Boutique **1.00am** SYtTD: America **2.00** SYtTD: UK **3.00** Dr Pimple Popper **4.00 to 6.00am** SYtTD: Atlanta

CI

156 **156** **256** **209** **222**

6.00am The First 48 **8.00** See 7.00pm **10.00** Unusual Suspects **11.00** Homicide: Hours to Kill **12.00noon** Crimes That Shook Britain **1.00pm** Nightmare in Suburbia **2.00** I Lived with a Killer **3.00** See 7.00pm **4.00** Unusual Suspects **5.00** Homicide: Hours to Kill
6.00 The First 48 **7.00** Homicide Hunter **8.00** Fear Thy Neighbour **9.00** Police Patrol **11.00** As 7.00pm **12.00m't** Britain's Darkest Taboos **1.00am** Police Patrol **2.00** The First 48 **3.00** I Lived with a Killer **4.00** Homicide: Hours to Kill **5.00 to 6.00am** As 8.00pm

NAT GEO

129 **129** **229** **266** **268** **267**

8.00am Nazi Megastructures
9.00 Ultimate Survival WWII
10.00 Lost Treasures of the Maya **11.00** WW1 Wrecks: Draining the Ocean **12.00noon** Car S.O.S **2.00pm** Wicked Tuna **3.00** Ice Road Rescue
4.00 Air Crash Investigation
6.00 Car S.O.S **8.00** Britain's Underworld **9.00** America's Hardest Prisons **10.00** Hard Time: Locked Up **11.00** As 4.00pm **12.00m't** Alaska State Troopers **1.00am** Airport Security: Peru **2.00** Ultimate Airport Dubai **3.00** Air Crash Investigation: Special Report
4.00 to 5.00am As 4.00pm

SKY CRIME

121 **121** **221** **136** **135** **207**

6.00am Motorway Patrol **7.00** Highway Cops **8.00** See 3.00pm
9.00 See 6.00pm **10.00** Road Wars **11.00** See 5.00pm
12.00noon Highway Cops **1.00pm** A Lie to Die For **2.00** Killer Colleagues **3.00** Border Security: Canada's Front Line
4.00 Road Wars **5.00** Brit Cops: Rapid Response **6.00** Send in the Dogs **7.00** Snapped **8.00** Murders That Shocked the Nation **9.00** Dateline **10.00** Snapped **11.00** World's Most Evil Killers **1.00am** Killer Lovers
2.00 Snapped **3.00** Murder Calls **4.00** As 5.00pm **5.00 to 6.00am** As 6.00am

SKY CINEMA
PREMIERE

301 301 312 401 412 501

6.00am This Changes Everything: Documentary. ★★★ (2018)
7.45 See 3.15am **9.25** We Die Young: Drama with Jean-Claude Van Damme. ★★ (2019) **11.05** Doom: Annihilation: Fantasy. ★★ (2019) **12.50pm** See 8.00pm **2.50** See 10.00pm **4.30** See 11.45pm **6.00** The Art of Self-Defense: Comedy thriller starring Jesse Eisenberg. ★★★ (2018)

**8.00** The Lion King

8.00 The Lion King: CGI-animated remake with the voice of Donald Glover. ★★★ (2019) See Films, pages 30-35, and Highlights **10.00** Brightburn: Horror. ★★★ (2019) **11.45** I'll Take Your Dead ★★★★★ (2019) **1.30am** Hell's Where the Home Is ★★ (2018) **3.15** Cold Blood Legacy ★★ (2019) **5.00 to 6.00am** Special

SKY CINEMA
ACTION

311 311 407 507

6.00am See 3.50pm **8.00** See 6.00pm **10.00** See 8.00pm **1.00pm** See 11.00pm **3.50** Total Recall: Starring Colin Farrell. ★★★ (2012) **6.00** Cliffhanger: With Sylvester Stallone. ★★★★★ (1993)
8.00 Braveheart: With Mel Gibson. ★★★★★ (1995)
11.00 Gladiator: With Russell Crowe. ★★★★★ (2000)
1.45 The Top Ten Show **2.00** Starship Troopers ★★★★★ (1997) **4.15 to 6.00am** Stone of Destiny ★★ (2008)

SKY CINEMA
GREATS

304 304 404 504

6.30am See 5.15pm **8.30** Marnie ★★★★★ (1964) **10.45** Erin Brockovich ★★★★★ (2000)
1.00pm Enemy of the State ★★★★★ (1998) **3.15** The Royal Tenenbaums ★★★★★ (2001)
5.15 The Goonies ★★★★★ (1985)
7.15 Zero Dark Thirty ★★★★★ (2012) **10.00** Friday the 13th ★★ (2009) **11.50** Friday the 13th Part II: Horror. ★ (1981)
1.20am Friday the 13th Part III ★★ (1982) **3.00** Friday the 13th Part IV ★ (1984) **4.35 to 6.00am** Robin Hood (1973)

SKY CINEMA
MONSTERS

307 307 411 511

6.00am See 1.30am **7.30** See 4.25pm **10.00** See 6.50pm **12.05pm** See 9.00pm **2.25** See 11.30pm **4.25** Godzilla: Starring Matthew Broderick. ★★★★★ (1998) **6.50** Godzilla: Starring Aaron Taylor-Johnson. ★★★★★ (2014)
9.00 Godzilla: King of the Monsters ★★★★★ (2019) **11.30** Pet Sematary ★★★★★ (2019)
1.30am Lifechanger ★★★★★ (2018) **3.10** Resident Evil: Retribution ★★ (2012) **5.00 to 6.00am** Sky Cinema Preview

SKY CINEMA
COMEDY

308 308 408 508

6.15am See 3.35pm **8.00** See 5.20pm **9.40** See 10.20pm **11.35** See 2.20am **1.35pm** See 12.20am **3.35** 50 First Dates: With Adam Sandler. ★★★★★ (2004) **5.20** Big Daddy: With Adam Sandler. ★★★★★ (1999)
7.00 Jack and Jill: With Adam Sandler and Katie Holmes. ★ (2011) **8.40** Happy Gilmore: With Adam Sandler and Julie Bowen. ★★★★★ (1996)

**3.35** 50 First Dates

10.20 You Don't Mess with the Zohan: With Adam Sandler, John Turturro and Emmanuelle Chriqui. ★★★★★ (2008)
12.20am The Longest Yard: With Adam Sandler, Chris Rock and Burt Reynolds. ★★★★★ (2005) **2.20** Just Go with It: Starring Adam Sandler and Jennifer Aniston. ★ (2011)
4.25 to 6.10am As 7.00pm

SKY CINEMA
DRAMA

310 310 410 510

6.00am See 6.15pm **7.45** Deceit ★★★★★ (2017) **9.30** See 12.15am **11.10** See 8.00pm **1.10pm** The Browning Version ★★★★★ (1994) **2.50** Lez Bomb ★★ (2018) **4.25** See 4.05am **6.15** The Last Movie Star: With Burt Reynolds. ★★ (2017)
8.00 Can You Ever Forgive Me? ★★★★★ (2018) **10.00** Hotel Mumbai ★★★★★ (2018)
12.15am Euphoria ★★★★★ (2017) **2.05** White Boy Rick ★★★★★ (2018) **4.05 to 6.00am** Roxanne ★★★★★ (1987)

SKY CINEMA
HITS

303 303 403 503

6.20am Tully (2018) **8.00** Safe House (2012) **10.00** See 9.00pm **12.00noon** Solo: A Star Wars Story (2018) **2.20pm** Star Wars: A New Hope (1977)
4.30 Star Wars: The Empire Strikes Back ★★★★★ (1980) **6.40** Star Wars: Return of the Jedi ★★★★★ (1983) **9.00** Us (2019) **11.00** Wanted (2008) **1.00am** Austin Powers in Goldmember (2002) **2.45** The Girl in the Spider's Web (2018) **4.45 to 6.35am** Christopher Robin (2018)

SKY CINEMA
SUPERHERO

302 302 402 502

6.10am See 3.20pm **8.25** See 10.10pm **10.55** See 8.00pm **1.10pm** See 12.40am **3.20** Spider-Man 2 ★★★★★ (2004) **5.35** Spider-Man 3 ★★★★★ (2007) **8.00** Captain Marvel ★★★★★ (2019)
10.10 Aquaman ★★★★★ (2018) **12.40am** Spider-Man ★★★★★ (2002) **2.50** Batman: Mystery of the Batwoman ★★★★★ (2003) **4.15** Super-Villain High ★★ (2018)
5.40 to 7.05am Attack of the Legion of Doom! ★★ (2015)

SKY CINEMA
FAMILY

306 306 406 506

6.50am See 3.00pm **8.20** See 4.30pm **10.00** See 6.15pm **11.45** See 9.30pm **1.25pm** See 8.00pm **3.00** Antz: Animated comedy. ★★★★★ (1998)
4.30 Smallfoot: Animated adventure. ★★★★★ (2018) **6.15** Despicable Me 2: Animated comedy sequel. ★★★★★ (2013)
8.00 Johnny English: Spy comedy starring Rowan Atkinson. ★★★★★ (2002)

**4.30** Smallfoot

9.30 Bean: Comedy starring Rowan Atkinson. ★★★★★ (1997) **11.05** Who Framed Roger Rabbit: Comedy starring Bob Hoskins. ★★★★★ (1988) **1.00am** Look Who's Talking: Family comedy. ★★★★★ (1989) **2.45** The Stolen Princess: Animated fantasy. ★★★★★ (2018) **4.25 to 6.00am** Cats ★★★★★ (2018)

SKY CINEMA
DISNEY

305 305 405 505

6.35am Brother Bear (2003)
8.05 The Many Adventures of Winnie the Pooh (1977) **9.25** Confessions of a Teenage Drama Queen (2004) **11.00** See 11.20pm **12.30pm** See 6.00pm **2.30** Finding Nemo (2003) **4.15** Toy Story 4 (2019)
6.00 Incredibles 2 (2018) **8.00** Up (2009) **9.45** The Haunted Mansion (2003) **11.20** The Jungle Book (1967) **12.50am** John Carter (2012) **3.10** As 9.45pm **4.50 to 6.30am** Meet the Robinsons (2006)

SKY CINEMA
THRILLER

309 309 409 509

6.25am Mara (2018) **8.05** Truth or Dare ★★ (2018) **9.50** See 5.10pm **11.40** See 11.10pm **1.35pm** Superfly ★★ (2018)
3.35 Galveston ★★★★★ (2018)
5.10 The Vanishing ★★★★★ (2018) **7.00** The Recruit: Action thriller. ★★★★★ (2003)
9.00 Cape Fear ★★★★★ (1991)
11.10 Extremely Wicked, Shockingly Evil, and Vile ★★★★★ (2019) **1.05am** Domino (2019) **2.40** Feedback (2019) **4.30 to 6.15am** Deep Family Secrets (1997)

TCM MOVIES

315 316 415 416 417 512

6.20am Westward the Women (b/w) ★★★★★ (1951) **8.45** How the West Was Won ★★★★★ (1962) **11.45** Ten Wanted Men ★★★★★ (1955) **1.30pm** Charro! ★ (1969) **3.35** Stranger Than Fiction ★★★★★ (2006)
6.00 Hired Gun (b/w) ★★ (1957)
7.20 Saddle Tramp ★★★★★ (1950) **9.00** Absolute Power ★★★★★ (1996) **11.35** Frantic ★★★★★ (1988) **2.05am** Carrie ★★★★★ (1976) **3.50** Off Set **4.00** Best Directors **5.00** Off Set **5.15 to 8.20am** For Whom the Bell Tolls (1943)

SKY SPORTS
MAIN EVENT

401 401 511 501 402

6.45am My Icon **7.00** Good Morning Sports Fans **7.30** Formula 1 **8.00** **LIVE** European Tour Golf The Kenya Open. **10.00** Football Centre **11.00** Football Centre **11.30** **LIVE** The Players Championship Coverage of the second day at TPC Sawgrass.
7.00pm **LIVE** EFL Fulham v Brentford: (kick-off 7.45). **10.00** **LIVE** The Players Championship More from day two. **11.00** NBA: The Warm Up **12.00m't** Sky Sports News **2.30am** My Icon **2.45** **LIVE** Formula 1 The Australian Grand Prix third practice session. **4.30 to 5.00am** F1 Classic Races

SKY SPORTS
CRICKET

404 404 514 504

6.00am Greatest Games **7.00** My Icon **8.00** Cricket's Greatest Games **9.00** My Icon **10.00** How the 2011 ICC Cricket World Cup Was Won **12.00noon** Greatest Games **1.00pm** My Icon **2.00** Greatest Games **3.00** My Icon **4.00** How the 2011 ICC Cricket World Cup Was Won A look back at the 10th staging of the tournament.
6.00 International T20 Cricket South Africa v England. **10.30** The Story of a Genius **11.00** How the 2011 ICC Cricket World Cup Was Won **1.00am** My Icon **2.00** Greatest Games **3.00** My Icon **4.00** Cricket's Greatest Games **5.00 to 6.00am** My Icon

SKY SPORTS
ARENA

408 408 518 508

6.00am Highlights **7.00** **LIVE** NRL Canberra Raiders v Gold Coast Titans. **9.00** Highlights **12.00noon** Inside the NBA **1.00pm** NBA Heatcheck **2.00** Classic Games **3.00** Hooked on Africa
3.30 Motorsport Mundial **4.00** Super League Gold **4.45** Super League **5.00** NBA **6.45** Betfred Super League **7.00** **LIVE** Betfred Super League Salford Red Devils v Wigan Warriors. **10.15** Super League Gold **10.30** Betfred Super League **11.00** NBA: The Warm Up **12.00m't** Highlights **2.30am** **LIVE** NBA LA Clippers v Brooklyn Nets. **5.00 to 6.00am** Highlights

BT SPORT 1

413 413 527 408 430

6.00am **LIVE** ODI Cricket Australia v New Zealand: More from Sydney. **10.45** PL Match Pack **11.15** PL World **11.45** BT Reload **12.00noon** Squash **1.30pm** Premier League Match Pack **2.00** MotoGP **3.00** WWE Raw **5.00** WWE NXT **6.00** MotoGP Rewind **6.15** Premier League Match Pack **6.45** Scottish Football Extra
7.15 **LIVE** SPFL Motherwell v Aberdeen (kick-off 7.45). **10.00** WWE NXT UK **11.00** WWE NXT **12.00m't** WWE SmackDown **1.00am** **LIVE** WWE Friday Night SmackDown **3.00** Premier League Preview **3.30** ODI Cricket Highlights **4.30 to 6.00am** Classic Boxing

SKY SPORTS
PREMIER LEAGUE

402 402 512 502

6.00am PL Greatest Games **7.00** The Debate **8.00** Best PL Goals **9.00** PL 100 Club **9.30** PL 100 Club: England's... **10.00** PL Years **12.00noon** The Debate **1.00pm** PL Years **3.00** PL Best Goals **14/15** **4.00** PL Greatest Games **5.00** PL 100 Club **6.00** PL Legends **7.00** PL Preview **7.30** PL Match Pack **8.00** PL Preview **9.30** PL Match Pack **10.00** PL World **10.30** Tyler Archives **11.00** PL Preview **11.30** PL Match Pack **12.00m't** PL World **12.30am** PL Preview **1.00** PL Years **3.00** PL Greatest Games **3.15** Football Gold **3.30 to 6.00am** Highlights

SKY SPORTS
THE PLAYERS

405 405 515 505

6.00am The Players Championship Official Film **7.00** The Players Championship **8.00** **LIVE** European Tour Golf The Kenya Open. **10.00** Rory's Review of 2019 **10.30** The Players Championship **11.30** **LIVE** The Players Championship Coverage of the featured groups on the second day's play of the tournament, taking place at TPC Sawgrass.
5.00pm **LIVE** The Players Championship Further coverage of the second day's play of the tournament, taking place at TPC Sawgrass. **11.00 to 6.00am** The Players Championship Official Film

SKY SPORTS
MIX

145 145 520 510

6.00am My Icon **7.00** Sporting Records **8.00** **LIVE** European Tour Golf Day two of the Kenya Open from Karen Country Club in Nairobi. **10.00** Sporting Greats **11.00** Sporting Records **12.00noon** **LIVE** European Tour Golf Further coverage of day two of the Kenya Open.
3.00pm My Icon **4.00** Netball Superleague **6.00** NBA Classic Games: Raptors @ Lakers 2013 **7.00** Betfred Super League Highlights **7.15** NBA: Boston @ Milwaukee **9.00** Netball Superleague **11.00** Premier League World **11.30** My Icon **12.00m't** to **6.00am** Mix Shorts: Masterclasses

BT SPORT 2

414 414 528 409 431

6.00am Hyundai A-League **7.00** WWE Raw **8.00** WWE NXT **9.45** PL Reload **10.00** Rugby Tonight On Tour **10.30** Badminton **11.00** MotoGP **12.00noon** Fishing **1.00pm** BT Reload **1.30** FIH Hockey **2.00** Badminton **2.30** Rugby Tonight On Tour **3.00** Ligue 1 **3.30** ODI Cricket **4.30** Bundesliga Specials **5.30** **LIVE** Bundesliga 2 SpVgg Greuther Furth v Hamburg SV: (kick-off 5.30). **7.30** **LIVE** Bundesliga Fortuna Dusseldorf v SC Paderborn: (kick-off 7.30). **9.30** UFC Live **10.00** UFC **10.30** PL Preview **11.00** **LIVE** College Basketball **1.30am** **LIVE** College Basketball **3.30 to 6.00am** Highlights

SKY SPORTS
FOOTBALL

403 403 513 503

6.00am Highlights **9.00** SPFL **9.30** EFL Play-Off Final **10.30** Greatest Games **11.30** Greatest Players **12.00noon** Football Countdowns **12.30pm** Football Years **1.00** SPFL **1.30** Greatest Games **1.45** One2Eleven **2.00** EFL Play-Off Final **3.00** Greatest Players **3.30** Football Countdowns **4.00** Football Years **4.30** EFL Play-Off Final **5.30** SPFL **6.30** EFL Highlights **7.00** **LIVE** EFL Fulham v Brentford: (kick-off 7.45). **10.30** SPFL Highlights **11.00** EFL Highlights **11.15** Greatest Games **11.30** SPFL Highlights **12.00m't** Football Years **12.30 to 6.00am** Highlights

SKY SPORTS
ACTION

407 407 517 507

6.00am **LIVE** Super Rugby Chiefs v Hurricanes: (kick-off 6.05). **8.00** NFL: America's Game **9.00** NFL: America's Game **10.00** NFL: America's Game **11.00** Sporting Records **12.00noon** Premier League Darts **3.30pm** Darts Gold **4.30** Sporting Records **5.30** Darts Gold **6.00** NBC's Pro-Football Talk **8.00** NFL: America's Game **9.00** NFL: America's Game **10.00** Darts Gold **10.45** Legends of Darts **11.00** NFL: America's Game **1.00am** Super League Gold **1.45** NFL: America's Game **3.40 to 6.00am** **LIVE** Super Rugby Sunwolves v Crusaders: (kick-off 3.45).

EUROSPORT

410 410 521 412 435

6.45am Alpine Skiing **8.45** Ski Jumping **9.45** Cycling: Paris-Nice **10.45** Alpine Skiing **11.55** Cycling: Tirreno-Adriatico **12.40pm** Cycling: Paris-Nice **1.40** **LIVE** Cycling: Paris-Nice Stage six from Sorgues to Apt. **3.30** Cycling: Tirreno-Adriatico **4.15** **LIVE** Snooker: Gibraltar Open The opening day. **6.20** Snooker: Get to Know **6.30** Alpine Skiing **7.30** Cycling: Paris-Nice **8.30** **LIVE** Cycling: Six Days Manchester The opening day. **10.05** Cycling: Tirreno-Adriatico **11.10** Cycling: Paris-Nice **12.10am** Cycling: Tirreno-Adriatico **12.55 to 1.55am** Cycling: Paris-Nice

BT SPORT 3

417 417 529 410 432

6.00am UEFA Europa League **8.30** **LIVE** Hyundai A-League Brisbane Roar v Central Coast Mariners **10.30** UEFA Europa League Highlights **11.30** Ligue 1 **12.00noon** Bundesliga Weekly **12.30pm** UEFA Europa League **4.30** Hyundai A-League **5.30** Rugby Tonight On Tour **6.00** PSA Squash **7.30** **LIVE** PSA Squash The Men's and Women's finals of the Canary Wharf Classic. **10.00** UEFA Champions League Magazine **10.30** World Poker Tour Series **12.30am** Scottish Football Extra **1.00** SPFL **2.30** BT Reload **2.45** **LIVE** W-League Football **5.00** PL Preview **5.30 to 6.00am** PL Match Pack

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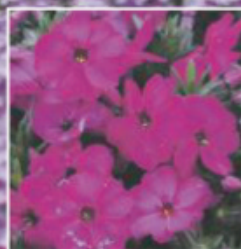
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63240	Phlox 'Pharoah Blue Eyes' 5 Postiplugins	£9.99		
63239	Phlox 'Pharoah Blue Eyes' 10 Postiplugins	£19.98	£16.99	
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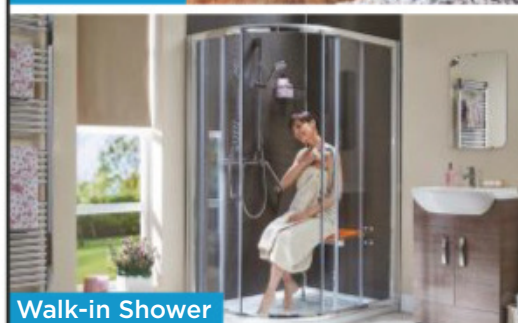
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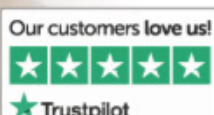
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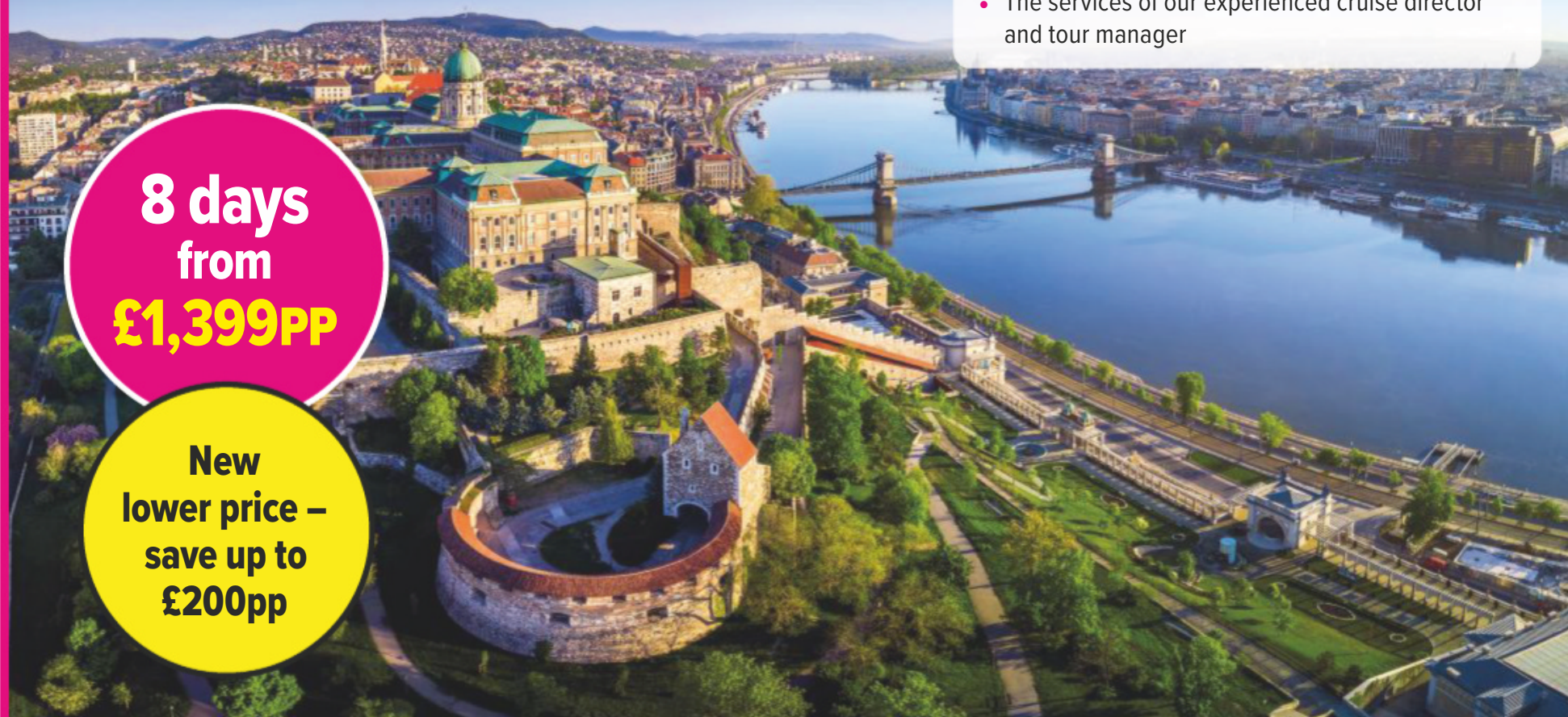
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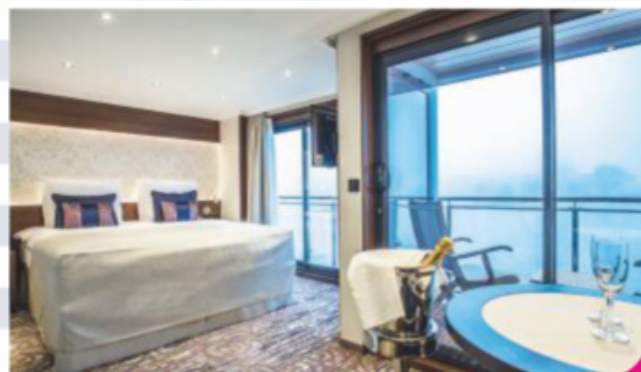
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ANSWERS

CROSSWORD SOLUTION NO 7

The answer was *The Switch*

Across: 1 Brady 4 Widows 8 Manville 9 Beth
10 Nighy 11 Welsh 14 Stage 16 Chloe 20 Kate
21 Ross Kemp 22 Ashley 23 Brian

Down: 2 Real 3 Davies 4 Week 5 Debbie
6 Watchdog 7 Alf 12 Eggheads 13 Cowell
15 Tinker 17 Troy 18 CSI 19 Emma

SUDOKU SOLUTION

6	9	8	4	1	5	3	2	7
4	1	2	7	3	9	8	6	5
3	7	5	6	2	8	1	4	9
2	6	9	4	1	8	7	9	3
5	1	2	7	9	6	3	8	4
8	7	9	6	2	3	4	1	5
1	3	5	6	2	4	5	7	8
7	2	7	8	9	4	1	3	6
9	8	4	1	7	2	3	5	6
2	6	7	5	3	1	4	8	9

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(2010-2019), David
Williams (2020),
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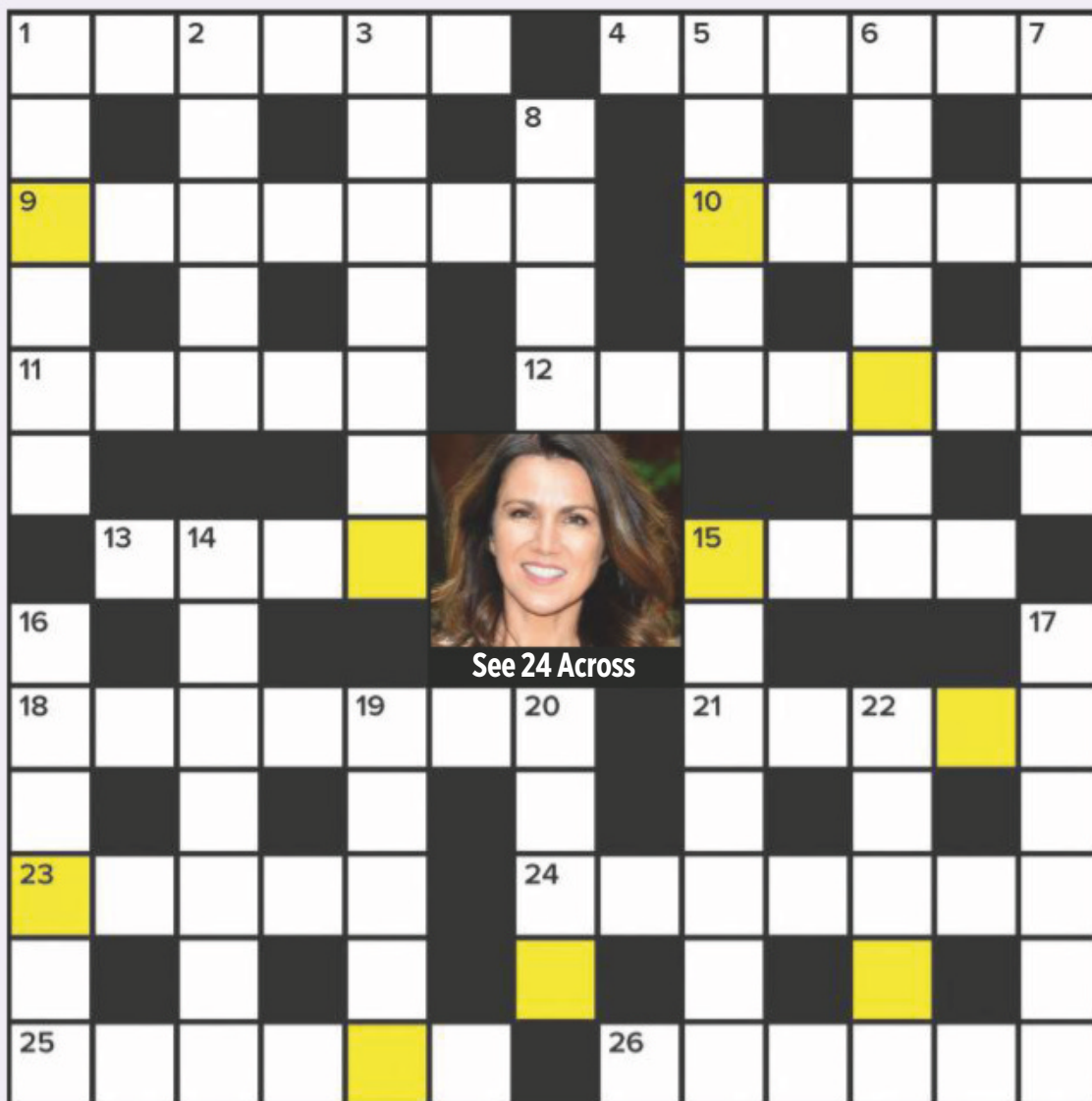
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CROSSWORD

You can **WIN £100!** Rearrange the letters in the yellow squares to spell out the name of a comedian and actor (4,6)

ACROSS

- 1 *EastEnders* star Diane in hospital east of French capital (6)
- 4 Old maths problem for Mr Atkinson, who played *Emmerdale's* Lachlan (6)
- 9 Stand-up comedian Mr Howard makes whispering noise (7)
- 10 An Oscar for Olivia, who played Remy 'Thirteen' Hadley in *House* (5)
- 11 Part of theme librettist hid from Ms Sandé, who sang at the 2012 Olympics opening ceremony (5)
- 12 One earl going out with *The War of the Worlds* actor Ms Tomlinson (7)
- 13 *Hall* in BBC history drama series requires bolt (4)
- 15 Number the Spanish used for Graham Norton's character Father Furlong in C4's *Father Ted* (4)
- 18 Speaker's boost for TV host Mr Schofield (7)
- 21 Tailed off without energy for British actor of film and TV, Ms Swinton (5)
- 23 A legal right to see Robin Williams' sitcom character Mork, for instance (5)
- 24 As part of census, annalist names breakfast presenter Ms Reid (7)
- 25 Gabriel Macht's Mr Specter in legal drama *Suits* is Jimmy Stewart's invisible best friend (6)
- 26 *Countdown* star Ms Riley's unusually clear about Hewer, initially (6)



DOWN

- 1 Sarah Jessica has to leave vehicle with hesitation (6)
- 2 US comic O'Donnell is making tea with Lee (5)
- 3 Timothy Olyphant in *Deadwood*, say, is one identified by star (7)
- 5 Shaw keen to include *Stranger Things* Maya (5)
- 6 Mean lie made up about TV presenter Sykes (7)
- 7 Dot Branning's tippie enjoyed by Ms Stringfield, who played Dr Susan Lewis in *ER* (6)
- 8 Grand shelter for US musical TV series (4)
- 14 Hardy cover for one grand actor Laurence (7)
- 15 Ms Kaplinsky has a tan (7)
- 16 TV diving series with Tom Daley was a sensation (6)
- 17 All may fancy *The New Statesman* star Rik (6)
- 19 Angle represented by actor Jessica (5)
- 20 Section of tempo's high for Spice Girl Victoria (4)
- 22 *Twin Peaks* director and writer David may appear in front of mob (5)

TV LINKS

Can you work out what links the celebrities pictured below?
Answers on the left of this page



2	7	5			
				3	6
	5	6		9	
8		2	5		1
4				8	
3		7	1		2
	1	2		5	
				2	4
7	3	1			

SUDOKU

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. Answers on the left of this page



What you're watching...

Hilarious Jack

The *BRIT Awards* on ITV were a good evening's entertainment, with appearances from top acts including Harry Styles and Sir Rod Stewart. The outstanding performance for me, however, was the hilarious presenting of fabulously funny host Jack Whitehall.

Miss Linda Keen, Sheffield

Fantastic tribute

Gary Rhodes: The First Rock Star Chef on ITV was a fantastic show. This tribute to a very talented chef emphasised how loved, respected and humble he was with his peers and the public. What a gentleman!

Carolyn Overall, Braintree

Top comedy

I'm so pleased to see *This Country* back for a third series on BBC3 Online. The spoof documentary about rural life is well-scripted with no shortage of comedy moments. Much credit to the cast – particularly siblings



Come back soon!

Although I wasn't sure about the show at first, ITV's quirky and fun *The Masked Singer* grew on me. The final, in particular, was very entertaining and Nicola Roberts was a worthy winner.

Mrs Manisa Kuinkel, Harrow

Daisy May and Charlie Cooper in the lead roles.

John Grant, Glasgow

Well done, David!

Confronting Holocaust Denial on BBC2 was scary, to say the least. It was very hard to hear the bigoted views that some of the interviewees expressed

to justify their ignorance of Nazi atrocities. I'm amazed presenter David Baddiel was able to keep his temper.

Stephen McCarthy, Glasgow

A great lady

Cilla: The Lost Tapes on ITV was a lovely reminder of a great lady. I enjoyed the films showing Cilla Black in the company of other stars but it was heartbreaking to see her grieving the loss of her husband Bobby. My thanks to her family for sharing these moments with us.

Mark Attwood, Basingstoke



Treasure: Cilla Black

Delighted & proud

I really enjoyed the first series of Channel 5's *Warship: Life at Sea* and have been delighted to see it return. Watching the crew protect this country makes me proud.

Luke Russell, Wakefield

TV TURN-OFF

The Pale Horse

I wish writer Sarah Phelps would keep her hands off Agatha Christie's iconic novels. I didn't enjoy her version of *Ordeal by Innocence* or John Malkovich in her Poirot story, and I found BBC1's *The Pale Horse* incomprehensible and very dreary.

Keverne Weston, London



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ARIES (21 March-19 April)

Setting some goals to work towards will help put you in a competitive mood this week. Is it also a productive one, though? A compliment from an unexpected source will have you feeling dreamy and romantic.

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TAURUS (20 April-20 May)

Being mindful of other people's feelings this week is important, and being open about your own feelings will help mend a broken relationship. Listening to your amazing instincts will help on all fronts.

Call... 09058 170 400*

GEMINI (21 May-20 June)

Working out the cause of a problem will be at the forefront of your mind this week, and you'll make some headway. Using your judgments to pave the way will help form a strong alliance.

Call... 09058 170 401*

CANCER (21 June-22 July)

Your culinary skills may be called upon this week when you are needed to help out at a family function. Sharing the burden may be necessary if everybody is to relax and enjoy the event to the full.

Call... 09058 170 402*

LEO (23 July-22 August)

A secret will come to light this week, and you'll need to stay tight-lipped about it if you want to avoid upsetting anyone. Forgetting a birthday or celebration will not go down well – keep close tabs on your diary.

Call... 09058 170 403*

VIRGO (23 August-22 September)

A chance meeting reunites you with an old friend. Sharing memories of the past will have you feeling warm and nostalgic. Back in the present, a dinner date will be arranged that you mustn't say no to.

Call... 09058 170 404*

LIBRA (23 September-23 October)

Be on your guard – care may be needed to see that you don't allow anyone to con you out of money this week. Taking the lead in something will show who's boss. Try not to rise to anyone's bait right now.

Call... 09058 170 405*

SCORPIO (24 October-22 November)

Triple-check any paperwork that needs signing this week or you may come unstuck if you've missed something important in the small print. Having a pampering session brings a feeling of rejuvenation.

Call... 09058 170 406*

SAGITTARIUS (23 November-21 December)

Make sure you are conforming to any rules and regulations that you should be aware of, or you may get a slap on the wrists from someone in authority. Spending time with family strengthens a bond.

Call... 09058 170 407*

CAPRICORN (22 December-20 January)

Consider someone's feelings this week and buy them a thoughtful gift that will mean a lot. Harmony will blossom when people are able to see that you are thinking of others before yourself.

Call... 09058 170 408*

AQUARIUS (21 January-18 February)

Someone might annoy you this week, but rather than seething in silence about it, hold your ground and say what you think – they will soon back down. Something you do may lead to a snap decision.

Call... 09058 170 409*

PISCES (19 February-20 March)

Sorting out the entire contents of your wardrobe and cupboards may be exasperating, but persevere and the upside is that more space will be created for you to treat yourself to some fancy new clothes.

Call... 09058 170 410*

*STARLINES cost 80p per minute plus your telephone company's network access charge and last approx 4 mins. Callers must be 18+. You must have the bill payer's permission. Updated every Thursday. SP Spoke: 0333 202 3390.

Next week in **TVTimes**

ON SALE
Tuesday
10 March



NEW

Penance Channel 5

We talk to the stars of a thriller based on a 'deadly and morally corrupt triangle'



NEW

Kate & Koji ITV

Brenda Blethyn tells us about putting aside fighting crime to run a seaside cafe in a new topical sitcom



Coronation Street ITV

The Street braces itself as Bernie makes a comeback and Norris returns



NEW

Animal Rescue School C4

Find out why abseiling and firearms are part of being an RSPCA inspector



NEW

Great British Menu BBC2

New host Susan Calman on this year's theme of classic children's stories

On the cover in... **2003**

8-14 March

Richard Hillman, played by Brian Capron, is among *Coronation Street*'s most memorable villains.

The financial adviser murdered his ex-wife Patricia and young mum Maxine Peacock, plus attempted to kill Emily Bishop. He also tried to convince Audrey Roberts that she was going mad and defrauded the Duckworths.

When Richard was finally forced to confess his crimes to new wife Gail, she famously dubbed him 'Norman Bates with a briefcase'.

But Richard then kidnapped Gail and her family – David, Sarah and Bethany – with the intention of them all dying together. His final words were, 'I love you,' as he drove them into the canal. But while he died, they all survived.

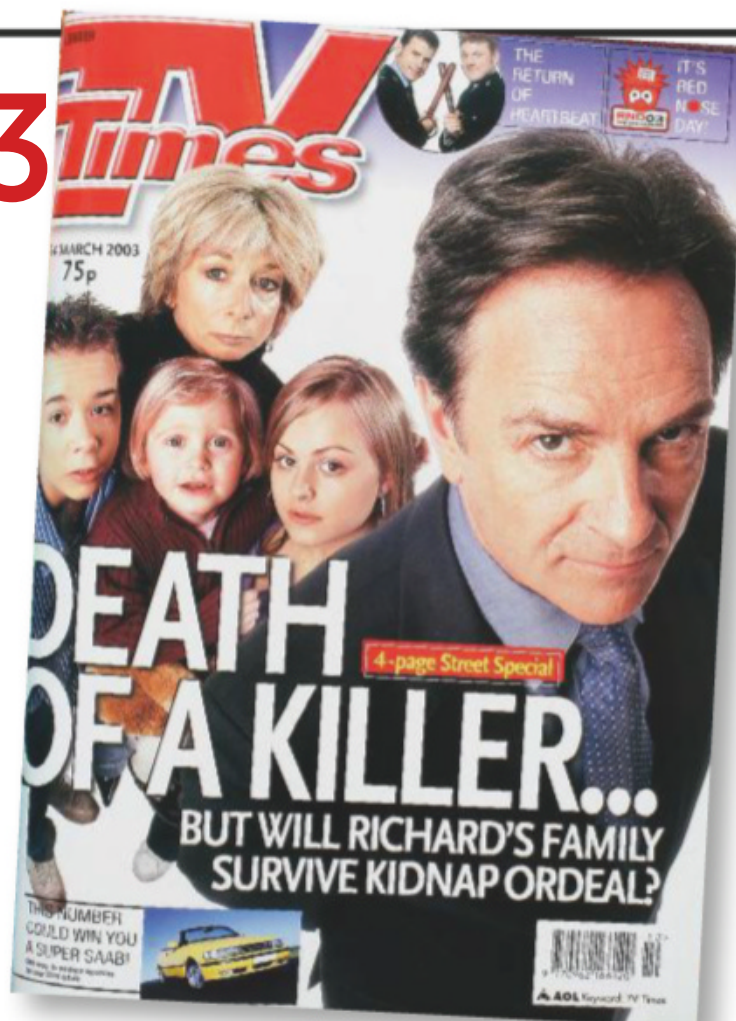
'The producers have really gone to town to give Richard the grisly send-off he truly deserves,' Brian told us.

Also that week...

● **The Crown's Ben Daniels** starred in BBC2 drama *Real Men* as a detective investigating sexual abuse at a children's home.

● **Singer and actor Adam Faith**, who had starred in TV shows *Budgie* and *Love Hurts*, died of a heart attack, aged 62.

● **In ITV's reality show *Reborn in the USA***, 10 pop acts, including Spandau Ballet's Tony Hadley (left), attempted to revive their careers by touring America.





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