SKY MOVIES SCREEN 1
Astra V 11.436GHz

06.00 **The Muppets Take Manhattan** (1984) (approx 94 mins) CERT: U Please see 15.00 for details 52796222 Text 129
07.45 **What a Way to Go!** (1964) (approx 106 mins) CERT: U Comedy about an eccentric young woman who gets hitched to a series of very different men who all seem to die very suddenly, leaving her richer as time goes on. Gene Kelly, Shirley MacLaine, Dean Martin, Paul Newman 347390
09.45 **Red Line 7000** (1965) (approx 106 mins) CERT: PG Romantic drama set in the world of car racing about driver Mike Marsh (James Caan) 21960135
11.30 **Loch Ness** (1994) (approx 97 mins) CERT: PG (888) Please see 17.00 for details 50702628
13.15 **Five Days One Summer** (1982) (approx 104 mins) CERT: PG Romantic drama about a hiker (Sean Connery) who tries to protect his daughter from the advances of a dashing tour guide 54662883
15.00 **The Muppets Take Manhattan** (1984) (approx 94 mins) CERT: U Crazy comedy featuring the loveable Muppets in a tale which sees them trying to conquer Broadway with their zany revue 69319
17.00 **Loch Ness** (1994) (approx 97 mins) CERT: PG (888) Family drama in which a scientist spies his chance for glory when he is sent to disprove the existence of the Loch Ness monster. Once in Scotland, he falls in love with a hotel owner, all the while trying to record some trace of Nessie. Ted Danson, Joely Richardson, Ian Holm 70339
19.00 **The Big Green** (1995) (approx 96 mins) CERT: U Family comedy about a group of young kids who are coached in the finer points of soccer by an out-of-shape sheriff. Steve Guttenberg, Olivia D'Abo, Jay O Sanders, Bug Hall 74932 P
21.00 **Assassins** (1996) (approx 127 mins) CERT: 15 (888) Thriller about Rath, a hitman who has made his last kill and wants a quieter life. But, he is about to find himself stalked by an up-and-coming killer, hungry to earn the price which has been placed on Rath's head and to inherit his rival's glory. Sylvester Stallone, Antonio Banderas, Julianne Moore Directed by Richard Donner 33097390 P
23.15 **Profile for Murder** (1996) (approx 91 mins) CERT: 18 Sexual thriller about a millionaire who is the prime suspect in a series of killings of beautiful young women. But the female criminal psychologist charged with probing his mind to elicit a confession finds herself strangely drawn to his sexual magnetism and begins to doubt his guilt. Lance Henriksen, Jeff Wincott, Joan Severance 383154
00.50 **Stolen Youth** (1996) (approx 83 mins) CERT: 12 Drama about a woman who becomes concerned when her teenage son embarks on a serious relationship with her best friend 6424365
02.15 **Something to Talk About** (1995) (approx 101 mins) CERT: 15 Romantic comedy about a couple whose relationship falls apart when she discovers that he has been cheating on her. Dennis Quaid, Julia Roberts, Robert Duvall 912549
04.00 **La Haine** (1995) (approx 94 mins) CERT: 15 French drama in which a teenage boy's suffering at the hands of the police sparks a youth riot 84592

SKY MOVIES SCREEN 2
Astra V 11.479GHz

06.10 **Dangerous Moonlight** (1941) (approx 93 mins) CERT: U WW2 drama about a musician who becomes a bomber pilot for the Allies 29966390 Text 129
08.00 **Last American Hero** (1973) (approx 91 mins) CERT: PG Light-hearted drama starring Jeff Bridges as a North Carolinan moonshiner who tries his hand at stock car racing to raise extra cash 69512
10.00 **The Three Worlds of Gulliver** (1959) (approx 95 mins) CERT: U Film version of Swift's Lilliput story, with Kerwin Mathews in the lead role having to contend with the best that Ray Harryhausen's magical special effects can throw at him 36609
12.00 **Hart to Hart: Two Harts in 3/4 Time** (1996) (approx 92 mins) CERT: PG Another adventure for crime sleuths Jonathan and Jennifer Hart, who this time to ensure that Max, their late butler's inheritance goes to his niece. Stephanie Powers, Robert Wagner, Joan Collins 59135
14.00 **The War Lover** (1962) (approx 101 mins) CERT: PG Steve McQueen and Robert Wagner star as a couple of pilots who both fall for Shirley Anne Field in this WW2 melodrama 51932
16.00 **August** (1995) (approx 89 mins) CERT: PG Drama about an ageing alcoholic who is visited by a Professor and his wife. Initially he is grateful for their company, but it slowly becomes clear that there is more than a social purpose behind their visit. Anthony Hopkins, Leslie Phillips 9932
18.00 **Criminal Intent** (1996) (approx 88 mins) CERT: PG Thriller in which a police officer finds himself trapped in a love triangle with his partner and another woman. But his boss suggests that his partner is dealing in drugs and he discovers that the women in his life are not what they seem 71796
20.00 **Crime of the Century** (1996) (approx 111 mins) CERT: TBC Drama following the real-life case of Bruno Richard Hauptmann (Stephen Rea), the man convicted of the murder of aviation pioneer Charles Lindbergh's infant son. Hauptmann is executed in the chair, but the truth behind the case reveals an innocent man was sent to his death 76241 P
22.00 **Leaving Las Vegas** (1995) (approx 107 mins) CERT: 18 (888) (DS) Drama about an alcoholic who loses his job at a major Hollywood studio and decides to go to Las Vegas to drink himself into oblivion. Here he meets a prostitute who shows him that there may be more to life than alcohol. Nicolas Cage, Elisabeth Shue 246999
23.55 **The Movie Show** 782135
00.25 **Mallrats** (1995) (approx 91 mins) CERT: 18 Comedy about a pair of hip teenagers trying to get through life after problems with their girlfriends and an addiction to arcade games 563075
02.05 **Diana Kilmury: Teamster** (1996) (approx 89 mins) CERT: 15 Fact-based drama about a woman who challenges union corruption when she and her son are seriously injured in a car crash 803452
03.40 **The Terror Inside** (1996) (approx 90 mins) CERT: 18 Thriller about a woman (Heather Locklear) with a personality disorder who must confront the secrets of the past to save herself 12448617

BOX OFFICE 1 11.597GHz PAY-PER-VIEW (PPV: see below)

22.00 **The Saint** (1997) (116 mins) CERT: 12 Val Kilmer plays Simon Templar - a gentleman and a master thief with a thousand different identities - in this big screen version of the classic '60s TV series. Also stars Elizabeth Shue (rpt 00.00, 02.00 and 04.00)

BOX OFFICE 2 10.877GHz PAY-PER-VIEW (PPV: see below)

11.00 **Jungle 2 Jungle** (1997) (105 mins) CERT: PG *Home Improvement's* Tim Allen is a commodities trader who must finalise his divorce from his first wife before he can marry his fiancée (rpt 13.00, 15.00, 19.00, 21.00, 23.00, 01.00 and 03.00)

BOX OFFICE 3 10.862GHz PAY-PER-VIEW (PPV: see below)

06.00 **Space Jam** (1997) (84 mins) CERT: PG Michael Jordan is sucked into Looney Tune Land to help Bugs Bunny and Co. in a basketball game (rpt 07.30, 09.00, 10.30, 12.00, 13.30, 15.00, 16.30, 20.00, 21.30, 23.00, 00.30, 02.00 & 03.30)

BOX OFFICE 4 10.847GHz PAY-PER-VIEW (PPV: see below)

20.00 **William Shakespeare's Romeo & Juliet** (1996) (115 mins) CERT: PG Re-telling of Shakespeare's classic love story in a modern setting. Starring Leonardo DiCaprio as Romeo and Claire Danes as Juliet (rpt 22.00 and 04.00)

SKY MOVIES GOLD
Astra V
11.127GHz from 16.00-05.00 (weekdays)
11.127GHz from 11.00-05.00 (weekends)
11.597GHz from 22.00-06.00 (weekdays)

11.00 **Fire Down Below** (1956) (110 mins) CERT: PG Romantic drama with Robert Mitchum 5309222
13.00 **Berlin Express** (1948) (86 mins) CERT: TBC Post-WW2 thriller 23681777
14.45 **Love Me Tender** (1956) (85 mins) CERT: U Elvis Presley stars in his feature film debut 68208357
16.30 **Love and Death** (1975) (81 mins) CERT: PG Woody Allen comedy with Diane Keaton 7488932
18.00 **The Secret of My Success** (1987) (105 mins) CERT: PG (DS) Career-climbing comedy starring Michael J Fox 5807203
20.00 **Scrooged** (1988) (96 mins) CERT: PG (DS) Festive comedy starring Bill Murray as a mean-spirited TV boss 5819048 Text 129
22.00 **Working Girl** (1988) (108 mins) CERT: 15 Comedy merging the talents of Melanie Griffith, Sigourney Weaver. When boss Weaver is taken ill, secretary Griffith uses the opportunity to pose as a high-flying executive 5200406
23.55 **Nine To Five** (1980) (104 mins) CERT: 18 Revenge comedy about three put-upon secretaries. Dolly Parton, Jane Fonda, Lily Tomlin 3875636
01.45 **Gung Ho** (1986) CERT: 15 Comedy about an unemployed man, Michael Keaton 3864549
03.40 **The Secret of my Success** See 18.00 2890433
05.25 **Closedown**

TNT Classic Movies
Astra H 11.023GHz

21.00 **Anchors Aweigh** (1945) Musical about two sailors (Gene Kelly, Frank Sinatra) who find love while on shore leave in Hollywood 15870970 Text 100
23.30 **Ask Any Girl** (1959) Comedy with Shirley MacLaine who arrives in New York with the dual intention of finding a job and a husband 69785319
01.15 **Hysteria** (1965) Suspense story in which a man suffering from amnesia after a car crash, finds that he has an anonymous benefactor 48068278
02.40 **Anchors Aweigh** Please see 21.00 22885839

bravo
Astra V 11.097GHz

20.00 **Monkey** 9012628
21.00 **Real Life Stories of the Highway Patrol** 8642222 Text 210
21.30 **Cops** 2602883
22.00 **Twisted** Mystery drama 7740390
22.30 **Italian Stripping Housewives** 7766338
23.00 **Film: COD** (1981, Comedy) Comedy in which a one-man advertising agency must persuade celebrities to use a particular brand of bra 6084338
01.00 **Beverly Hills Bordello** 7613471
01.30 **Film: LA Bounty** (1989) An ex-cop-turned-bounty-hunter sets out on the trail of a gang of drug dealers who have kidnapped a political candidate. Sybil Danning, Wings Hauser, Henry Darrow 5774520
03.30 **Film: Death Warmed Up** (1984) Horror yarn about a mad scientist who creates mutant killers on a remote island 6983655
05.30 **Twisted** Please see 22.00 for details 9967162
06.00 **Closedown**

DISNEY CHANNEL
Astra V 11.597GHz

06.00 Eyewitness 15390 **06.30** Jungle Cubs 39406 **07.00** Aladdin - the series 69135 **07.30** Mighty Ducks 71970 **08.00** Men in Black 81796 **08.30** Ned's Newt - Double Bill 75593 **09.30** Brand Spanking New Doug 35280 **10.00** Recess 53086 **10.30** Teen Angel 60203 **11.00** Student Bodies 28154 **11.30** Smart Guy 29883 **12.00** Boy Meets World 84883 **12.30** Disney's Honey, I Shrunk the Kids - the TV series 4773883 **13.10** Woof 16047845 **13.35** Flash Forward 19077135 **14.00** Watership Down 43319 **15.30** The Wonder Years: Square Dance. Gym class is given over to square dancing, and Kevin's embarrassed to get the school's least popular girl as a partner 4777 **16.00** Home Improvement - Double Bill 19406 **17.00** Disney's Honey, I Shrunk the Kids - the TV series. Amy has a crash on her dishy history teacher 6457357 **17.45** Smart Guy 332864 **18.10** Teen Angel 850086 **18.35** Boy Meets World 266883 **19.00 Film:** The Phoenix and the Carpet (1997) Take a magical carpet ride with Cyril, Anthea, Robert, Jane and a mystical phoenix in a series of exciting adventures 42810338 **20.35** Classic Toon 135154 **21.00** Dr Quinn: Medicine Woman 34203 **22.00** Closedown

UK TV
UK TV PREVIEW
Astra V 10.817GHz

07.00 Tomorrow's World Plus **08.00** Your Horizons **09.00** Monkey in the Mirror **10.00** Accounts of a Forgotten Army **11.00** 1914-18 **12.00** Jeremy Clarkson's Motorworld **12.30** The Power and the Glory **13.00** Top Gear GTi **14.00** Call My Bluff **14.30** Dream Ticket **15.00** Travel Show Guide **15.30** Holiday in Style **16.30** From A to B: Tales of Modern Motoring **17.30** Tracks **18.00** Hotel **18.30** Off Your Trolley with Loyd Grossman **19.00** Children's Hospital: Special Edition **20.00** Meet the Ancestors: Special Edition. Fascinating Bronze Age burials unearthed **21.00** The Cruise **21.30** Loved Up. Modern-day drama **23.00** Later on... Sting at Glastonbury **00.00** Closedown

5
FilmNet Transponder 63 10.920GHz

06.00 Mixing It 8578086 **06.30** Havakazoo 3523951 **07.00** Dappledown Farm 3838154 **07.30** Milkshake! 3783628 **07.35** Wimzie's House 7633999 **08.00** Do You Believe In? 1211390 **08.30** Alpha Zone 1210661 **09.00** Stickin' Around 1234241 **09.30** The Incredible Hulk 3820512 **10.30** The Valley Between 1230425 **11.00** Deepwater Black 7089203 **11.30** USA High 7080932 **12.00** The Mag 20962796 **13.10** Mariella Frostrup's Brunch 82938680 **13.40** 5 News 32095609 **13.50** Exclusive! 30991241 **15.10** Family Affairs Omnibus 14055796 **17.25** Mixing It 48182680 **17.55** 5 News and Sport 3873609 **18.00** Rugby Express 4926154 **19.00** Aliens Among Us 1284406 **19.30** 100 Per Cent 2015777 **20.00** Sci-Five: UFOs 1048048 **21.00** Film 4883338 **23.30** Film 5666116 **01.10** Indycar Racing 2858297 **01.55** Sport 86286839 **04.40**Monsters 29472075 **05.05** Throb 53539389 **05.30** Whittle 8462471

P Premiering Film — L Last Play — WS Widescreen — DS Dolby Surround Sound — 888 Subtitled
PPV INFORMATION LINE: 0990 800 888 OR CHECK SKY TEXT 177

SKY ONE — Astra V 11.318GHz

Text 126

06.00 **The Hour of Power** 28338
07.00 **Double Dragon** 99488
07.30 **Free Willy** 88135
08.00 **Wild West Cowboys of Moo Mesa** 81661
08.30 **Super Human Samurai Syber-squad** 80932
09.00 **What-a-Mess** 20852
09.30 **Orson & Olivia** 23135
10.00 **Adventures of Sinbad** 42154
11.30 **Sea Rescue** 47241
12.00 **Dream Team** (888) Omnibus 46086
13.00 **WWF: Superstars** 22406
14.00 **Kung Fu** 47390
15.00 **Star Trek** 58357
16.00 **Star Trek: The Next Generation** (888) 37864
17.00 **Star Trek: Deep Space Nine** (888) Riker's renegade duplicate steals the Defiant 6086
18.00 **The Simpsons** (888) 5609
18.30 **The Simpsons** (888) 9661
19.00 **3rd Rock from the Sun** (888) 7715
19.30 **3rd Rock from the Sun** (888) 5845
20.00 **Earth: Final Conflict** (888) 89715
21.00 **The X-Files** (888) A teenager is suspected of being a vampire 69951
22.00 NEW **Hot Summer Downunder** 79338
23.00 **South Park** 38593
23.30 **Forever Knight** 58203
00.30 **Jimmy's** (888) 32687
01.00 **Dream On** 22013
01.30 **Dream On** 37433
02.00 **Long Play**

NATIONAL GEOGRAPHIC CHANNEL — Astra H 11.303GHz

19.00 **Danger at the Beach** 8192203
20.00 **Marriage in Rajasthan** The first programme of three tonight that looks at the traditions and wildlife of India 8101951
21.00 **Monkeys of Hanuman** 8121715
22.00 **Elephant** 8191574
23.00 **Destination Antarctica** 5310086
23.30 **The Fur Seals Nursery** 2983116
00.00 **Zaire River Journey** 7621164
00.30 **Lifeboat: Friendly Rivals** 4890162
01.00 **Closedown**

UK GOLD — Astra H 11.553GHz

07.20 **The Onedin Line** 1461116
08.15 **Selwyn** 9461512
08.45 **The Gingerbread Girl** 9460883
09.15 **Fairly Secret Army** 9467796
09.45 **Blake's Seven** 51370390
10.50 **Dr Who** 74602864
12.40 **Film: To Kill a Mockingbird** (1962) The Oscar-winning story through the eyes of two children whose white lawyer father is defending a black farmer accused of rape 67964357
15.00 **The Bill** 44764067
17.25 **Only when I Laugh** 3147425
18.00 **The House of Eliott** 85664785
19.05 NEW **Driving School** Documentary series looking at seven learner drivers 5087883
19.45 **Keeping Up Appearances** Hyacinth's visit to a stately home goes wrong 5610845
20.25 **Open All Hours** 8712834
21.05 **Taggart** 72251319
00.10 **The New Statesman** 5492839
00.40 **Spitting Image** 7259029
01.10 **The Equalizer** 5829568
02.00 **Film: The Lucky Texan** (1934) Western featuring John Wayne as a college graduate who travels to help his father's partner mine for gold 9491758
02.55 **Shopping at Night**

SCI FI CHANNEL — Astra V 11.568GHz

20.00 **Quantum Leap** Sam is drawn into the lives of a struggling actor and an ageing singer 3644864
21.00 **Secrets of the Paranormal** 7776241
21.30 **Amazing Stories** 7095406
22.00 **The Hunger** 7002680
22.30 **Film: Heavy Metal** (1981) Animated anthology of science fiction stories, based on a comic book 7328593
00.30 **The Hunger** 5659029
01.00 **The Hunger** 7876029
01.30 **The World of Hammer** 2888926
02.00 **Friday the 13th** 9647433
03.00 **Tales of the Unexpected** 7783365
03.30 **Dark Shadows** 7226181
04.00 **Closedown**

GRANADA PLUS — Astra H 11.244GHz

06.00 **The Box** 4935852
07.00 **Bootsie & Snudge** 2861357
07.30 **Nearest and Dearest** 2840864
08.00 **Cannon & Ball Show** 7253796
08.30 **No Honestly** 7252067
09.00 **Blind Date** 6274574
10.00 **E! Mysteries and Scandals** 7825609
10.30 **E! Gossip** 7232203
11.00 **E! Celebrity Profile** 2859512
12.00 **Jason King** 5924241
13.00 **Blind Date** Cilla Black plays Cupid for more romantic hopefuls 5900661
14.00 **We'll Meet Again** Vera learns about Letty's secret 7826338
15.00 **Forever Green** Travellers set up camp on the farm 6536951
16.00 **The Saint** Templar is asked to take a diamond to Amsterdam 6555086
17.00 **Classic Coronation Street** Omnibus 9261999
19.30 **Doctor At Sea** Waring and Stuart-Clark put their jobs on the line 1773222
20.00 **Jason King** Has Jason suddenly become clairvoyant? 7936338
21.00 **Clive James Special** The man who brought Endurance to Britain visits Japan 7916574
22.00 **The Glory Boys** In the second part of this thriller, terrorist expert Jimmy battles to prevent the murder of a nuclear scientist 7919661
23.00 **Closedown**

MEN & MOTORS — Astra H 11.244GHz

23.00 2 Wheels Better 6556715
23.30 Pro-superbike 7814593
00.00 Biker's Night Off 6181810
00.30 Through the Gears 7884128
01.00 E! Extreme Close-up 3312839 **01.30** E! Gossip 8688568
02.00 Closedown

The Racing Channel — Astra V 10.877GHz

The Racing Channel does not transmit on Sundays

EUROSPORT — Astra V 11.259GHz

Text 127

07.30 **Rally: FIA World Championship** 13845
08.00 **Live Motorcycling: World Championship - Spanish Grand Prix** Warm-up 64390
09.30 **Motocross** 83628
10.00 **Live Motorcycling: World Championship** Grand Prix in 125, 250 and 500cc categories 5932999
14.00 **Live Tennis: ATP Tournament** Final 93932
16.00 **Artistic Gymnastics: European Championships for Women Seniors** Finals 79864
17.00 **Motorcycling: World Championship** 8086
18.00 **Weightlifting: European Championships** Men 105 kg 13796
20.00 **Sailing: Whitbread Round the World Race** Eighth leg: Annapolis (USA) to La Rochelle (France) 14425
21.00 **Fishing: The 1996 Marlin World Cup** 94661
22.00 **Motorcycling: World Championship** 48208
23.00 **Tennis: ATP Tournament** 43086
00.00 **Sailing: Whitbread Round the World Race** 55617
00.30 **Closedown**

SKY SPORTS 2 — Astra H 11.170GHz

UPDATE 0336 413 416

06.00 **Irish Showjumping** 7697999
06.30 **Inside The Senior PGA Tour** 4862222
07.00 **Aerobics Oz Style** 9486390
07.30 **Formula Three** 9405425
08.00 **Soccer Extra** 8362680
11.00 **Sports Unlimited** 9481845
12.00 **Live Football League** From the Nationwide League 1736951
15.30 **Gillette World Sport Special** 9255947
16.00 **Australian Rules Football** 9348883
18.00 **NHL: Power Week** 3620777
20.00 **Live Ford Golf USA: Shell Houston Open** Fourth day action from the TPC in Texas 9460425
23.00 **Inside the Senior PGA Tour** 8720319
23.30 **Football League Review** 7678864
01.30 **Gillette World Sport Special** 3376617
02.00 **Closedown**

SKY SPORTS 1 — Astra V 11.509GHz

Text 127

06.00 **Rugby League: Challenge Cup Final** 68970
07.00 **Squash** 55067
08.00 **Aerobics Oz Style** 56086
08.30 **Rebel Sports** 55357
09.00 **Saturday Fight Night** 17870
11.00 **Goals on Sunday** Anna Walker presents all of the goals on Saturday 37425
12.00 **World Wide Rugby** 13357
14.00 **Superbouts** 94222
15.00 **Live Ford Super Sunday: Arsenal v Everton** Live coverage from this Premiership clash 5676883
18.30 **Live Spanish Football** Action from one of the matches of the week from the Primera Liga 74999
20.30 **Motor Cycling: Spanish Grand Prix** Fast track coverage where some of the quickest competitors on the circuit meet at Jerez de le Frontera 76845
22.30 **Ford Football Special** The best of the action from today's Premier League clash 54086
23.30 **Euro Tour Golf: Italian Open** 939154
02.00 **Spanish Football** 10839
04.00 **Motor Cycling: Spanish Grand Prix** 34655

SKY SPORTS 3 — Astra H 11.671GHz

12.00 **Motorsport** 58991628
13.00 **Formula Three** 36891628
13.30 **Live Football League** 15915845
15.30 **Inside the Senior PGA Tour** 57202086
16.00 **Euro Tour Golf: Italian Open Day 4** Coverage from Italy 26927661
17.00 **Motor Cycling: Spanish Grand Prix** Fast track coverage from the Spanish Grand Prix 78226767
18.30 **Live Basketball: Championship Final** Coverage of British Basketball's Championship final from Wembley Arena 74990086
21.00 **NFL Europe: Scotland v Barcelona** NFL Europe action from Crystal Palace 35414203
23.00 **Gillette World Sport Special** 26928390
23.30 **Irish Showjumping** 67768951
00.00 **Closedown**

	6pm	7pm	8pm	9pm	10pm	11pm
SKY MOVIES SCREEN 1	Cont Loch Ness	The Big Green		Assassins		
SKY MOVIES SCREEN 2	Criminal Intent		Crime of the Century		Leaving Las Vegas	
SKY MOVIES GOLD	The Secret of My Success		Scrooged		Working Girl	
SKY ONE	The Simpsons	3rd Rock from the Sun	Earth: Final Conflict	The X-Files	Hot Summer Downunder	South Park
	The Simpsons	3rd Rock from the Sun				
UK GOLD	The House of Eliott	Driving School	Open All Hours			
			Keeping Up Appearances	Taggart		
EUROSPORT	Weightlifting		Sailing	Fishing	Motorcycling	Tennis
SKY SPORTS 1	Live Spanish Football		Motor Cycling		Football	Golf

Double-check today's listings on the teletext page shown below each channel logo or use the Update telephone lines

PARAMOUNT COMEDY
Astra V 11.156GHz

19.00 Clueless 2661 **19.30** Mork and Mindy: Putting the Ork Back Into Mork. Can it be Mork's last night on earth? 6357 **20.00** Wings 8609 **20.30** Cosby 7116 **21.00** Due South 98785 **22.00** Frasier: You Can't Tell a Crook by His Cover 25116 **22.30** Cheers: Feeble Attraction. Norm breaks his secretary's heart when he fires her and Rebecca breaks an antique desk while searching for hidden treasure 34864 **23.00** Duckman 83067 **23.30** Absolutely 279796 **00.15** Lancelot Link 6539988 **00.30** It's Garry Shandling's Show 39181 **01.00** Frasier 60297 **01.30** Cheers 82907 **02.00** Due South 44471 **03.00** Mork and Mindy 40433 **03.30** Cosby 31346 **04.00** Closedown

CHALLENGE TV
Astra H 10.993GHz

17.00 Don't Drink the Water 2067 **17.35** Prize Time 712086 **17.45** Family Fortunes 647222 **18.15** Prize Time 388690 **18.30** Catchphrase 7965 **19.00** Prize Time 736208 **19.15** Fifteen to One 668715 **19.50** Prize Time 607661 **20.00** The Crystal Maze 50241 **21.00** Prize Time 630951 **21.15** Strike It Lucky 920067 **21.45** Prize Time 509777 **22.00** Endurance UK 568512 **22.45** Prize Time 180593 **23.00** Name That Tune 23609 **23.30** Prize Time 141999 **23.45** Karaoke Challenge 909574 **00.15** Prize Time 9970549 **00.30** The Mixer 53094 **01.30** Sweet Justice 34181 **02.30** Me and the Boys 97926 **03.00** Snowy River 24704 **04.00** Jake and the Kid 50617 **05.00** Screenshop 47094 **06.00** Closedown

Text 120

LIVING
Astra V 10.979GHz

06.00 Tiny Living 1876999 **09.00** Living Style 8603311 **09.10** Ready, Steady, Cook 6665241 **09.50** The Heat Is On 3273390 **10.20** Rolonda 3743864 **11.10** Brookside Omnibus 86601932 **13.10** Tempestt 7132116 **14.00** Cheap Chic 6182999 **14.30** I Dream of Jeannie 3918067 **15.00** Film: Bundle of Joy (1956) A store salesgirl finds a baby outside an orphanage but when she tries to take the child inside, the staff refuse to believe she is not the mother 58800680 **17.05** Hart to Hart 2654932 **18.00** Film: Thicker than Blood (1993) A man fights to be with his son after his loveless relationship dissolves. But during a fierce court battle for custody he is stunned to hear that blood tests prove he's not the father 5805845 **20.00** Animal Rescue 6162135 **20.30** Rescue 911 6174970 **21.00** Jerry Springer Double Bill 36903406 **22.50** Sex Life Down Under 61059086 **00.00** Closedown

Text 204

CHRISTIAN CHANNEL
Astra H 11.170GHz

04.00 Thought **04.05** The Sandfords **04.30** This Is Your Day **05.00** Voice of Faith - Walter Hallam - Ray Bevan **06.00** Praise The Lord **07.00** Ray McCauley **07.30** Taking Authority **08.00** Winning Ways - Matthew Ashimolowo **09.00** Life Is For Living **09.30** On Holy Ground **10.00** Revelation **10.30** Benny Hinn **11.00** Closedown

SKY SOAP
Astra V 11.568GHz

11.00 Emmerdale **11.30** Emmerdale **12.00** Emmerdale **12.30** Emmerdale **13.00** Emmerdale **13.30** Families **14.00** Families **14.30** Families **15.00** Families **15.30** Families **16.00** Closedown

THE HISTORY CHANNEL
Astra V 11.568GHz

16.00 Vietnam, The Ten Thousand Day War: Soldiering on **17.00** Civil War: Forever Free **18.00** Bombs Away: Rain of Steel **19.00** Bombs Away: War, The Inside Story - Mission Berlin **20.00** Closedown

SKY TRAVEL
Astra V 11.126GHz

The Travel Channel does not broadcast on Sundays

TV TRAVEL SHOP
Astra H 10.993GHz

12.00-17.00 Home Travel Shopping Service

QVC
Astra V 11.038GHz

Text 205

24 Hour Shopping Service

Sell-a-Vision
Astra H 11.273GHz

05.00-12.00 Sell-a-Vision

Discovery Home & Leisure
Astra H 11.082GHz

ALSO ON CABLE

09.00 **The History Makers** 9095999
10.00 **Go Fishing** 4754338
10.30 **Total Fishing** 7761883
11.00 **Gimme Shelter** 8635932
11.30 **Antiques Challenge** 8636661
12.00 **New Yankee Workshop** 7752135
12.30 **Hammer It Home** 2695593
13.00 **Cookabout with Greg and Max** 9835883
13.30 **A Cook on the Wild Side** 2694864
14.00 **Rex Hunt's Fishing World** 6166883
14.30 **The Fisherman's Tale** 7239883
15.00 **This Old House with Steve & Norm** 6145390
15.30 **This Old House with Steve & Norm** 7241628
16.00 **Closedown**

Discovery Channel
Astra H 11.082GHz

Text 200

16.00 **Wings: Target Berlin** 8659512
17.00 **Flightline** 6157135
17.30 **Ultra Science: Black Aircraft** 7240999
18.00 **Ultimate Guide: Dogs** 2603512
19.00 **The Supernatural - Sea Serpent** Of all the sea serpent sightings in the past, those in the Australasian waters are the least well known, having achieved little publicity. The series brings these stories to international attention for the first time 6177999
19.30 **Animal X** This programme goes in search of the truth of the infamous beast of Bodmin Moor and investigates whether animals are able to read our minds 7227048
20.00 **Discovery Showcase: The Easy Riders** 9085574
21.00 **Discovery Showcase: The Easy Riders** 9005338
22.00 **Discovery Showcase: The Easy Riders** 9008425
23.00 **Discover Magazine: Fire** 9812932
00.00 **Lonely Planet: The Rockies** 5786365
01.00 **Justice Files: A Crime Never Forgotten** 7718617
02.00 **Closedown**

.tv
Astra V 10.847GHz

18.00 Blue Chip. Lively discussion programme about the cutting edge issues affecting the IT industry **18.30** Buyer's Guide **19.00** Global Village. News from around the world **19.30** Blue Chip **20.00** Closedown

SKY SCOTTISH
Astra H 10.862GHz

18.00 TV Slimmers **18.30** Scotland - Edge of the Land **19.00** The Celtic Park Hour. All the news and views from inside Celtic Park with unrivalled access to the Bhoys **20.00** Closedown

breeze
Astra V 10.847GHz

06.00 **E! Uncut** 65767512
06.30 **E! Extreme Close-up** 99564448
07.00 **Cook's Garden** 73151609
07.30 **Rosemary Conley's Cookbook** 73130116
08.00 **The View** 13775845
09.00 **Sally Jessy Raphael: You Ruined My Reputation** 65743932
10.00 **The Good Housekeeping Show** 28320280
10.30 **The Zest Beauty Show** 40904357
11.00 **Cook's Garden** 35655319
11.30 **'Great British Food' Goes Down Under** 35656048
12.00 **The View** 10791048
13.00 **Roddy Llewellyn's Indoor Garden** 73143680
13.30 **Rosemary Conley's Cookbook** 10704512
14.00 **E! True Hollywood Story** This one hour special focuses on the life and career of Mia Farrow 13475339
15.00 **Livetime** 35650864
16.00 **Sally Jessy Raphael: Please Stop Beating Me** 35679999
17.00 **Livetime** 47289796
18.00 **Closedown**

SKY NEWS
Astra V 11.377GHz

Sky News on the hour plus **06.00** Sunrise **09.30** Business Week **10.00** Sunday with Adam Boulton **11.30** The Book Show **12.30** Week in Review **13.30** Global Village **14.30** Showbiz Weekly **15.30** Reuter's Reports **16.30** Adam Boulton **17.00** Live At Five **19.30** Sportsline **20.30** Reuters Report **21.30** Showbiz Weekly **22.00** Prime Time **23.30** Week in Review **00.30** CBS Evening News **01.30** ABC World News Tonight **02.30** Business Week **03.30** Reuters Report **04.30** CBS Evening News **05.30** ABC World News Tonight

Text 128

CNN International
Astra V 11.627GHz

News on the hour plus **05.30** Inside Asia **06.30** World Business **07.30** World Sport **08.30** Global View **09.30** The Art Club **10.30** Sport **11.30** Earth Matters **12.30** Science & Technology **13.30** World Report **14.30** Inside Europe **15.30** Sport **16.30** NBA **17.00** Late Edition **18.30** Business Unusual **19.00** Perspectives **20.30** Pinnacle Europe **21.30** World Cup Weekly **22.30** World Sport **23.00** World View **23.30** Style **00.00** The World Today **00.30** Showbiz This Week **01.15** Asian Edition **01.30** Diplomatic Licence **02.00** The World Today **03.00** Impact **04.30** This Week in the NBA

Text 200

CNBC
Astra V 10.729GHz

05.00 Asia This Week **05.30** Story Board **06.00** Dot. Com **06.30** Europe This Week **07.00** Future File **07.30** Media **08.00** Far East **08.30** Story Board **09.00** Dot. Com **09.30** Europe this Week **10.00** Media **10.30** Directions **11.00** Asia this Week **11.30** Europe this Week **12.00** Directions **12.30** Future File **13.00** Asia this Week **13.30** Story Board **14.00** Dot. Com **14.30** Europe this Week **15.00** Future File **15.30** Media **16.00** Far East **16.30** Story Board **17.00** Dot. Com **17.30** Europe **18.00** Media **18.30** Directions **19.00** Asia this Week **19.30** Europe **20.00** Directions **20.30** Future File **21.00** Asia this Week **21.30** Story Board **22.00** Dot. Com **22.30** Europe **23.00** Future File **23.30** Far Eastern **00.00** Breakfast **01.00** Asian Squawk Box **02.00** Trading Day **03.00** Trading Day **04.00** Trading Day

Bloomberg
Astra H 11.361GHz

24 hour business news with Reports, Sports and Worldwatch, plus **06.49** Market Review **07.19** Clips **12.19** Bloomberg Entertainment **12.49** World Cup Countdown **15.19** Clips **15.49** Boarding Pass **18.49** Market Review **20.19** Bloomberg Entertainment

CARTOON NETWORK
Astra H 11.023GHz

05.00 Omer and the Starchild **05.30** Ivanhoe **06.00** The Fruitties **06.30** Blinky Bill **07.00** Thomas the Tank Engine **07.15** The Magic Roundabout **07.30** The Real Story of... **08.00** Scooby Doo **08.30** Dastardly and Muttley's Flying Machines **08.45** Wacky Races **09.00** Dexter's Laboratory **09.30** Johnny Bravo **10.00** Cow and Chicken **10.30** Beetlejuice **11.00** The Mask **11.30** Tom and Jerry **11.45** Road Runner **12.00** The Flintstones **12.30** The Bugs and Daffy Show **13.00** Johnny Bravo **13.30** Cow and Chicken **14.00** Popeye **14.30** The Jetsons **15.00** The Addams Family **15.30** The Real Adventures of Jonny Quest **16.00** Batman **16.30** Dexter's Laboratory **17.00** Johnny Bravo **17.30** Cow and Chicken **18.00** Tom and Jerry **18.30** The Flintstones **19.00** Scooby Doo. Those pesky kids solve more supernatural wrong-doings **19.30** 2 Stupid Dogs **20.00** Hong Kong Phooey **20.30** Help! It's the Hair Bear Bunch **21.00** Closedown

Text 102

NICKELODEON
Astra V 11.156GHz

07.00 Tales From the Cryptkeeper **07.30** Extreme Ghostbusters **08.00** Rocko's Modern Life **08.30** Hey Arnold! **09.00** Rugrats **10.00** Angry Beavers **10.30** Doug **11.00** Aaahh!!! Real Monsters **11.30** The Ren and Stimpy Show **12.00** Wishbone **12.30** Moesha **13.00** Sister, Sister **13.30** The Secret World of Alex Mack **14.00** Kenan and Kel **14.30** Clarissa Explains It All **15.00** The Adventures of Pete and Pete **15.30** Captain Star **16.00** Hey Arnold! **16.30** Rugrats **17.00** Sister, Sister **17.30** Kenan and Kel **18.00** Sabrina the Teenage Witch **18.30** Moesha **19.00** Closedown

Text 110

FOX KIDS network
Astra H 11.303GHz

06.00 Power Rangers Turbo **06.30** Power Rangers Turbo **07.00** Bureau of Alien Detectors **07.30** Futbol Mundial **08.00** The Incredible Hulk **08.25** Casper **08.35** Tonnsylvania **09.00** Casper **09.30** Mortal Kombat **10.00** Goosebumps **10.30** Eerie, Indiana **11.00** Sam and Max **11.30** Life With Louie **12.00** The Tick **12.30** Fantastic Four **13.00** Power Rangers Turbo **14.00** Bureau of Alien Detectors **14.30** Futbol Mundial **15.00** The Incredible Hulk **15.30** Toonsylvania **16.00** Casper **16.30** Mortal Kombat **17.00** Goosebumps **17.30** Eerie, Indiana **18.00** The Pepsi Chart **18.30** Sweet Valley High **19.00** Closedown

Trouble
Astra V 11.097GHz

07.00 Batman 9830338 **07.30** Earthworm Jim 9819845 **08.00** California Dreams 7746574 **08.30** Hang Time 7745845 **09.00** Ready or Not 7769425 **09.30** Heartbreak High 2590777 **10.30** Sweat 7765609 **11.00** Sweet Valley High. During an earethquake, Tori, Zack and Mrs Belding get trapped in a faulty elevator 8662086 **11.30** Echo Point 8663715 **12.00** Ready or Not 7749661 **12.45** It's in the Jeans 30249777 **13.00** Saved by the Bell 9839609 **13.30** Saved by the Bell 2681390 **14.00** USA High 6160609 **14.30** Earthworm Jim 7233609 **15.00** Batman. The Puzzler is back, with a dastardly aeronautical plan to steal the jewels and dispose of our heroes 6149116 **15.30** Echo Point 7238154 **16.00** Hang Time. As the Deering Tornados' first game approaches, Julie gets bombarded with press coverage 7217661 **16.30** Sweet Valley High. A harmless prank results in a game of one-upmanship and escalates into Jessica and Lila stealing Wilbur the pig, the Big Mesa mascot 7213845 **17.00** No Naked Flames 6144661 **17.30** California Dreams. Jake spots Tiffani kissing another guy at the prom 7237425 **18.00** Hollyoaks 2607338 **19.00** USA High. Winnie is surprised to see an old flame and Jackson and Lazz make a bet 6164425 **19.30** Sweat 7214574 **20.00** Closedown

Check the telephone numbers above for

VH1 — Astra V 11.538GHz

Text 200

07.00 **Greatest Hits of...: Simply Red** 13790154
08.00 **Kool & The Gang** 13791883
09.00 **Duran Duran** 65769970
10.00 **Brunch** 10714999
12.00 **Celine Dion** 10717086
13.00 **Bee Gees** 10793406
14.00 **The Clare Grogan Show** 27970749
15.00 **Bryan Adams** 35643574
16.00 **Madness** 35662609
17.00 **Phil Collins** 47272406
18.00 **Pop-Up Video** 10706970
19.00 **American Classic** 50972086
20.00 **Talk Music** 50958406
21.00 **Mariah Carey** 50961970
22.00 **Simply Red** 50971357
23.00 **Michael Jackson** 73153067
00.00 **Oasis** 13674162
01.00 **U2** 40226097
02.00 **Tina Turner** 27300177
03.00 **Kate Bush** 74986471
04.00 **Human League** 99225013
05.00 **Bob Marley** 73475029
06.00 **Lisa Stansfield** 72004029

MTV — Astra H 11.421GHz

Text 102

07.00 **Kickstart** 63951
09.00 **Snowball** 79951
09.30 **The Grind** 14512
10.00 **Hitlist UK** 35208
12.00 **MTV News Weekend Edition** 99715
12.30 **Daria** 25628
13.00 **Select MTV** 49883
15.00 **Stylissmo!** 2680
15.30 **Ultrasound** 9609
16.00 **Top Ten Videos of the Week** 24338
17.00 **European Top 20** 70680
19.00 **News Weekend Edition** 4661
19.30 **The Real World LA** 8357
20.00 **Now That's What I Call Up for It** With Eddy Temple-Morris 69999
21.00 **So '90s** Armstrong & Miller present the greatest hits of the decade 49135
22.00 **The Lick R&B Chart** 42222
23.00 **Top Ten Videos of the Week** 83715
00.00 **MTV Live** 93891
00.30 **Ultrasound** 88471
01.00 **Night Videos** 4672988

THE BOX — THE BOX Astra H 11.244GHz

ALSO ON CABLE

From 02.00-07.00 music channel featuring viewers' requests, videos, interviews and competitions

FOREIGN CHANNELS

CANAL+ — Thor1 H 12.015 GHz

0336 413 421

06.00 Morning programmes **09.10** Film: Crime of the Century (1996) **11.15** Film: Muppet Treasure Island (1996) **12.55** Film: Brylcreem Boys (1996) **14.40** NBA: Slutspel, första omg **16.40** NHL Resumé **17.40** Film: Independence Day (1996) **20.00** Premier League: Arsenal v Everton **22.00** Golf: LPGA **23.35** Film: Executive Power (1997) **01.10** Film: Unfaithfully Yours (1984) **02.45** Film: A Boy Called Hate (1995) **04.20** Film: Barracuda (1997)

TV 1000 — Intelsat 707 1°W V 11.054GHz

0336 413 428

05.00 Morning programmes **13.30** Film: Enemy Mine (1985) **15.00** Film: Loch Ness (1996) **17.00** Film: Annie - Royal Adventure (1995) **18.45** Film Magazine **19.00** Film: Cold Comfort Farm (1996) **20.45** Film: Trade Off (1995) **22.30** Närbild **23.00** Film: Scandal (erotic) **00.30** Närbild **01.00** Film: True Crime (1994) **02.30** Film: Passageraren (1996) **03.45** Film: The Lawnmower Man 2 - Beyond Cyberspace (1996)

Astra V 10.788GHz

04.00 Hindi Film: Meera Ka Mohan **07.00** Jaagran **07.30** Shabads/Holy Quran **08.00** News **08.30** Alaap **09.00** Shri Krishna **10.00** Zee Health Show **10.30** Aashiana **11.00** Jhatpat Khana **11.30** India Business Report **12.00** Hindi Film: Pukar. Starring Amitabh Bachchan and Zeenat Aman **15.00** Parivartan **16.00** Zee & U **17.00** Karb. Urdu Serial **18.00** Zee Top Ten **19.00** Amanat **19.30** Antakshari **20.00** News **20.30** Film: Hulchul. Starring Ajay Devgan and Kajol **23.30** Yehi Hai Zindagi **00.00** Closedown

ZDF — Astra H 10.964GHz

TEXT 300

04.30 Morning programmes **12.30** Film: Serenade einer großen Liebe (1958) **14.00** heute **14.05** Grün & bunt **14.35** Film: Do Not Disturb (1965) **16.15** heute **16.20** Sport **17.00** ML Mona Lisa **17.30** Reiselust **17.57** Guten Abend **18.00** heute **18.30** Höllenfahrten **19.15** Film: Stürmischer Sommer **20.45** Lukas **21.15** heute **21.40** Die Vergangenheit der Zukunft **22.25** Ich bin ein Kind unserer Zeit! **23.35** heute **23.40** Night programmes

3sat — Astra V 11.347GHz

TEXT 300

05.50 Night programmes **12.00** Zeit im Bild **12.05** Wochenschau **12.30** Rückblende **12.45** Klingendes Österreich **13.30** Jeder singt **14.00** Füller **14.05** Regina **15.00** Terranet c@fé **15.30** Planet des Lebens **16.15** Tierporträt **16.30** Teletips **17.00** Tagebuch **17.15** Die Schweiz **18.00** heute **18.10** Ruge **19.00** Tagesschau **19.15** Tatsachen und Legenden **20.00** Schätze der Welt **20.15** Roglers Freiheit **21.00** Last Exit Henau **21.40** Die Kinderladenkinder **22.05** Film: Ich werde dich nie verraten (1987) **23.10** Film: In the Line of Duty (1991) **00.40** Night programmes

RTL TELEVISION — Astra V 11.229GHz

TEXT 300

04.30 Morning programmes **11.15** Film: The Watcher in the Woods (1982) **13.00** seaQuest DSV **14.55** Robin Hood **15.50** Xena **16.45** Muppets Tonight **17.15** Hacki's Yellow Cab **17.44** RTL Bibelclip **17.45** RTL aktuell Weekend **18.10** Notruf **19.15** Film: Housesitter (1992) **21.10** Spiegel TV Magazin **22.05** Kampf für den Frieden 50 Jahre Israel **23.00** Prime Time: Spätausgabe **23.20** Nachtsplitter **23.55** Robin Hood **00.50** Xena **01.40** Bärbel Schäfer **02.25** Notruf täglich **02.50** Muppets Tonight **03.15** Hans Meiser **04.10** Ilona Christen

SAT.1 — Astra V 11.288GHz

0336 413 426

TV TEXT 300

05.10 Heartbreak High **06.00** blitz-Spezial **06.40** Raumschiff Enterprise **07.25** Star Trek: Raumschiff Voyager. The science fiction series which continues to bodly go where no-one has been before **08.15** Heldentum nach Ladenschluß **10.05** Der weiße Büffel **11.50** Das fröhliche Dorf **13.30** Charleys Tante **15.05** Kampf um Endor **17.00** blitz **17.30** 18:30 **18.00** ranissimo: SAT.1-Fußball-Show **19.15** Die GlücksSpirale **21.05** Talk im Turm **22.00** Spiegel TV-Reportage **22.30** 24 Stunden **23.00** So gesehen **23.05** Eine Superpolizistin in New York **00.45** Kampf um Endor **02.20** Der weiße Büffel **04.00** blitz

ADULT ADULT ADULT ADULT ADULT

PLAYBOY TV — Astra H 11.671GHz

00.00 Free Teaser 26344067 **00.05** Peep Show 26327390 **00.15** Sex Guides 71268319 **00.45** Film: Dark Encounters. An insight into a coma patient's erotic dreams 79456512 **02.00** Film: Pump Fiction. The tale of Donny Brook, detective, dream lover of all women and envy of all men 31681932 **03.20** Late Night II: Episode 10 97270086 **04.00** Closedown

The Adult Channel — Astra V 10.788GHz

0336 413 400

00.00 Dish of the Day 26331593 **00.10** New Model File 1: Full Screen Test 14844222 **00.35** Film: My President, My Friend. A young historian uncovers a secret 78098932 **01.55** Satan's Daughters of Sin Part 1 12952116 **02.20** Film: Forbidden Pleasures. A writer's obsession causes trouble 72685390 **03.35** Girls of Sunset Strip 3 55374116 **04.00** Closedown

Fantasy Channel Astra V 10.979GHz from 00.00-04.00

0336 413 400

00.00 Free View 3959048 **00.10** Cum Back 3948932 **00.20** Film: Adventures in Paradise 8467195 **01.00** Free View 6657661 **01.05** Film cont. 5903661 **01.30** Film: Nobody's Looking 93460715 **02.40** Film: Time Machine 82032970 **03.55** On Tomorrow 35685680 **04.00** Closedown

GAY TV — Gay TV Astra V 10.979GHz from 04.00-05.30

All programmes are subject to change

Gay TV is Britain's first adult gay television station and it features a mix of erotic series, special programmes and gay films from both Europe and America - full programme details for May were unavailable at the time of going to press

CABLE & MULTI SATELLITE CHANNELS

TARA — TARA Cable

11.30 2TV **13.30** Champions **14.00** Classic Irish Soccer **16.00** Home Movie Nights **16.30** The Willie Clancy Sessions **17.00** Glenroe **17.30** Glenroe **18.00** Six-One Sunday News **18.30** School Around the Corner **19.00** Sandy **19.30** Natural Selection **20.00** TARA Sports Classics **21.15** Sports News **21.35** The Professionals **22.00** Planet Rock Profiles. Featuring Irish rock band the Cranberries **22.30** The Movie Show **23.00** Know Your Sport **23.30** Fleadh **00.00** Closedown

LIVE TV — LIVE TV Cable

06.00 Morning programmes **12.00** The Why Files **12.30** Serial Killers **13.00** Lie Detector **13.30** Agony Omnibus **14.30** Revelations **15.00** Fate and Fortune **15.30** The Rise and Rise of the Cleavage **16.00** Judge Judy Omnibus **17.00** Agony **17.30** Odds on Sport **18.00** Fashion **18.30** Dial a Doc **18.45** What's in the Box **19.00** Serial Killers **19.30** Agony **19.59** City Tips **20.00** Lie Detector **20.30** Judge Judy **20.59** City Tips **21.00** Serial Killers **21.30** Blonde Busty & Keane **22.00** Darts **22.02** Odds on Sport **22.30** Sex Show **23.00** City Tips **23.01** Darts **23.02** Exotica Erotica **00.00** Night programmes

KNOWLEDGE — KNOWLEDGE Cable

11.00 Follow That Dream **11.30** Asian Development **12.00** Alternative Medicine **12.30** Wannabe **13.00** Europe à la Carte **13.30** New Media News **14.00** Smart Alex **14.30** Cyber City Diner **15.00** World Geography & History **15.30** Five Star Adventure **16.00** Performing Arts Theatre **17.00** Follow That Dream **17.30** Asian Development Bank **18.00** Alternative Medicine **18.30** New Media News **19.00** Smart Alex **19.30** Cyber City Diner **20.00** Wannabe **20.30** Europe à la Carte **21.00** World Geography & History **21.30** Five Star Adventure **22.00** Performing Arts Theatre **23.00** Closedown

CABLE & MULTI SATELLITE CHANNELS

travel — TRAVEL Cable

TEXT 200

12.00 Out to Lunch with Brian Turner **12.30** On the Loose in Wildest Africa **13.00** Sports Safaris **13.30** Floyd on Oz **14.00** Gatherings and Celebrations **14.30** The Great Escape **15.00** An Aerial Tour of Britain **16.00** The Magic of Africa **17.00** Of Tales and Travels **18.00** Floyd on Oz **18.30** The Great Escape **19.00** Wildlake's Way **20.00** No Truckin' Holiday **20.30** Out to Lunch with Brian Turner **21.00** On Top of the World **22.00** The Flavours of France **22.30** On Tour **23.00** Amazing Races **23.30** On the Loose in Wildest Africa **00.00** Closedown

SCIFI CHANNEL — Cable

ALSO ON ASTRA H 11.170GHz

07.30 Knightmare **08.00** Mysteries, Magic and Miracles **08.30** Secrets of the Paranormal **09.00** Sightings **10.00** Mysteries, Magic and Miracles **10.30** Worldwide Weird Special **11.00** Sightings **12.00** Miracles **13.00** Sightings **14.00** Mysteries, Magic and Miracles **14.30** Sightings **15.30** Mysteries, Magic and Miracles **16.00** Nova **17.00** Mysteries, Magic and Miracles **17.30** Contact **18.00** Sightings **19.00** Mysteries, Magic and Miracles **19.30** SF Scene **20.00** Quantum Leap **21.00** Secrets of the Paranormal **21.30** Amazing Stories **22.00** The Hunger **22.30** Film: Heavy Metal (1981) An animated anthology of science fiction stories, based on the French comic book of the same name, which features music from famous rock bands such as Blue Oyster Cult, Black Sabbath and Cheap Trick **00.30** The Hunger **01.00** The Hunger **01.30** The World of Hammer **02.00** Friday the 13th **03.00** Tales of the Unexpected **03.30** Dark Shadows **04.00** Closedown

Performance — PERFORMANCE Cable

19.00 Gilbert & Sullivan **21.00** American Playhouse: Zora is My Name **23.00** Sunday Jazz: Keith Jarrett **00.00** Midnight Jazz: Pharoah Sanders **01.00** Closedown

Animal Planet — ANIMAL PLANET Eutel 13°E H 11.052GHz

09.00 The Voyage of Charles Darwin **10.00** Wild Sanctuaries **10.30** Animal Adventures **11.00** Human/Nature **12.00** Wild Rescues **12.30** Zoo Story **13.00** Wild at Heart **13.30** Blue Reef Adventures **14.00** The Big Animal Show **14.30** The Flying Vet **15.00** Wild Veterinarians **16.00** Animal Planet Classics **17.00** The Voyage of Charles Darwin **18.00** Breed All about It **18.30** Zoo Story **19.00** ESPU **19.30** Animal Doctor **20.00** Emergency Vets **20.30** Wildlife SOS **21.00** Born to Be Free **22.00** Hunters **23.00** Animal Planet Classics **00.00** Closedown

CHANNEL ONE — CHANNEL ONE Cable

Local news on the hour plus: **10.30** Album **11.30** Cybernet **12.30** Gardening **13.30** Movies, Games & Videos **14.30** Album Show **15.30** PDQ **16.30** A-Z of Food **17.30** PDQ **18.30** Album Show **19.30** PDQ **20.30** Movies, Games & Videos **21.30** Catwalk **22.30** PDQ **23.30** Album Show **00.00** News & music all night

BBC WORLD — BBC WORLD Eutel II F1 13°E V 11.620GHz

News on the hour plus: **05.30** This Week **06.30** India Business Report **07.30** Film '98 **08.30** Global Report **09.30** This Week **10.05** The Search For Peace **11.30** The Clothes Show **12.30** Global Report **13.05** Pole to Pole **14.30** Holiday **15.10** Dateline London **16.05** Horizon **17.30** The Clothes Show **18.05** The Search For Peace **19.30** Simpson's World **20.05** Pole to Pole **21.30** Earth Report **22.30** Global Report **23.30** Reporters **00.00** Night programmes

BET! — Cable

06.00 Nat King Cole **07.00** Bobby Jones **08.00** Video Gospel **08.30** Personal Diary **09.00** Rap City **11.00** Jazz Central **12.00** Schedule repeats 06.00-11.00

NBC — NBC Europe Cable/ Eutel 13°E V 10.987GHz

CNBC: EUROPEAN BUSINESS SERVICE ON ASTRA V 10.729GHz

TEXT 300

0336 413 429

05.00 Travel Xpress **05.30** Inspiration **07.00** Hour of Power **08.00** Home and Garden Television **10.00** Super Shop **11.00** Gillette World Sport **11.30** Gillette World Cup '98 Preview **12.00** Inside the PGA Tour **12.30** Inside the Senior PGA Tour **13.00** This Week in Baseball **13.30** Major League Baseball: Extended Highlights **15.00** Time and Again **16.00** The McLaughlin Group **16.30** Meet the Press **17.30** VIP **18.00** Mr Rhodes **18.30** Union Square **19.00** The Ticket NBC **19.30** Five Star Adventure **20.00** Gillette World Cup '98 Preview **20.30** NBC Super Sports **21.00** The Best of The Tonight Show with Jay Leno **22.00** Profiler **23.00** The Ticket NBC **23.30** VIP **00.00** The Best of The Tonight Show with Jay Leno **01.00** MS NBC Internight **02.00** VIP **02.30** Europe à la Carte **03.00** The Ticket NBC **03.30** European Living **04.00** Five Star Adventure **04.30** The Ticket NBC

CARLTON SELECT — Cable

17.00 The Bounder **17.30** Our House **18.00** The Irish RM **19.00** The Upper Hand **19.30** Goodnight Sweetheart **20.00** Dick Francis Mysteries: Blood Sport. A racehorse owner receives a death threat **22.00** Brides of Christ **23.00** St Elsewhere **00.00** Tales of Sherwood Forest **01.00** Delantero **02.00** Closedown

CARLTON FOOD AND COOKERY — Cable

09.00 FND **09.30** Food for Thought **10.00** Ideal **10.30** Taste of England **11.00** Wok Wiz **11.30** Kerr's Kitchen **12.00** FND **12.30** Simply Antony **13.00** Can't Stand the Heat **13.30** Chef for a Day **14.00** From the Ground Up **14.30** FND **15.00** Food for Thought **15.30** Ideal **16.00** Perfect Pasta **16.30** So You Think **17.00** Closedown

HVC — Cable

20.00 The Tender Age **21.45** Wired and Running **22.00** Dead Women in Lingerie **23.30** Electric Blue **00.00** Closedown

UK ARENA — UK ARENA cable

18.00 A Horseman Riding By **19.00** Good Music **20.00** Nairn Across Britain **20.30** How Buildings Learn **21.00** Q Milligan **21.30** Loved Up. Modern-day romantic drama set amid the rave and Ecstasy culture **23.00** Later on... Sting at Glastonbury **00.00** Closedown

UK HORIZONS — cable

07.00 Tomorrow's World Plus **08.00** Your Horizons **09.00** Monkey in the Mirror **10.00** Accounts of a Forgotten Army **11.00** 1914-18 **12.00** Jeremy Clarkson's Motorworld **12.30** The Power and the Glory **13.00** Top Gear GTi **14.00** The Ascent of Man **15.00** The Ascent of Man **16.00** The Ascent of Man **17.00** Animal Hospital **17.30** Vets in Practice **18.00** Hotel **18.30** Off Your Trolley with Loyd Grossman **19.00** Children's Hospital: Special Edition **20.00** Meet the Ancestors: Special Edition. Fascinating Bronze Age burials unearthed **21.00** The Cruise **21.30** Holiday Reps **22.00** Around the World in 80 Days **23.00** Clive James: Postcard from Shanghai **00.00** Your Horizons **01.00** Closedown

UK STYLE — UK STYLE cable

14.00 Call My Bluff **14.30** Dream Ticket **15.00** Travel Show Guide **15.30** Holiday in Style **16.30** From A to B: Tales of Modern Motoring **17.30** Tracks **18.00** Call My Bluff **18.30** Food and Drink **19.00** Can't Cook, Won't Cook. Presented by celebrity chefs Ainsley Harriot and Kevin Woodford **19.30** Antiques Roadshow **20.30** Holiday in Style. Extended holiday guide **21.30** Style Challenge. Daily dose of hair, make-up and clothes advice **22.00** Change That **22.30** Going for a Song **23.00** The Big Trip **00.00** Closedown

English translations of the foreign channels

FOR MORE CHANNELS SEE LISTINGS EXTRA