Wednesday 2 December

SKY PREMIER
PREMIUM CHANNEL

MORNING

6.00am Mystery Science Theater 3000: The Movie
1995, rating Sky PG, 71 mins
8.00 The Karate Kid Part II
1986, rating Sky PG, 113 mins
10.00 Stormchaser: Revenge of the Twister
1998, rating Sky PG, DS, 92 mins
12noon Mystery Science Theater 3000: The Movie
1995, rating Sky PG, 71 mins
2.00pm Joseph Part 1
Ben Kingsley, Paul Mercurio
The Biblical adventures of Joseph.
1995, rating Sky PG, 90 mins

3.30 The Elf Who Didn't Believe
Sean Donnelly, Margo Hashman, Allan Garfield, Allan Goorwitz
PREMIERE Family adventure about an elf who is sent to earth to fulfil his dream of becoming a human.
1997, rating Sky U,100 mins

5.30 Stormchaser: Revenge of the Twister
Kelly McGillis, Wolf Larson, Liz Torres, David Millbern, James MacArthur, Adrian Zmed
Action-packed thriller. The wife and colleague of a meteorologist who loses his life in a storm is determined to prove his theories that violent twisters are predictable. *1998, rating Sky PG, DS, 92 mins*
7.30 Barry Norman's Film Night
Film review magazine looking at the latest releases.
8.00 To Gillian on Her 37th Birthday
Michelle Pfeiffer, Claire Danes, Peter Gallagher, Kathy Baker
Drama about a widower who is still grieving for his wife two years after her tragic death. His reclusive behaviour is a cause of concern for his teenage daughter and sister-in-law, but will their intervention help?
1996, rating Sky 15, 89 mins
10.00 Gia
Angelina Jolie, Elizabeth Mitchell, Eric Michael Cole
The tragic true story of Gia Marie Carangi who was propelled from waitress to supermodel virtually overnight. Due to an unhappy private life, she embarks on numerous drug binges, accumulating in her death in 1986 from AIDS.
1998, rating Sky 18, 120 mins

NIGHT TIME

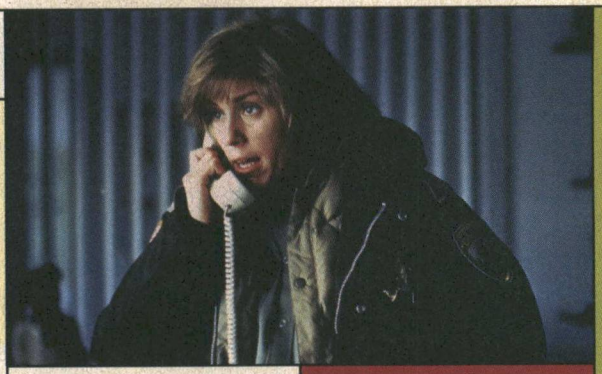
12midnight Fargo
Frances McDormand Text *1995, rating Sky 18, DS, 94 mins*
1.40am The Perez Family
Marisa Tomei, Alfred Molina
1995, rating Sky 15, 108 mins
3.35-5.45am Some Mother's Son
Helen Mirren, Fionnula Flanagan
1996, rating Sky 15, 107 mins

SKY MOVIEMAX
PREMIUM CHANNEL

6.00am Coyote Summer
PREMIERE Teenage drama.
1996, rating Sky U, 89 mins
7.45 White Dwarf
1995, rating Sky PG, DS, 87 mins
9.15 Address Unknown
PREMIERE Family drama.
1996, rating Sky PG, 88 mins
11.00 Ebirah – Horror of the Deep
1966, rating Sky PG, 83 mins
1.00pm White Dwarf
1995, rating Sky PG, DS, 87 mins

3.00 Address Unknown
Kyle Howard, Corbin Allred, Johna Stewart-Bowden, Patrick Renna
Family drama. On finding an old letter, a 16-year-old boy begins to suspect that his father's death was no accident. Enlisting the help of his best friend, he goes in search of the truth. *1996, rating Sky PG, 88 mins*
5.00 Race Against the Harvest
Wayne Rogers, Earl Holliman
Drama set in Middle America. When Walter Duncan is in danger of losing his entire wheat farm, the only way he can save his land is to enlist the help of his neighbour and rival farmer Krab Hogan, who he has not spoken to for many years.
1986, rating Sky PG, 89 mins
7.00 Coyote Summer
Vinessa Shaw, Adam Beach
Drama about a maladjusted city teenager who is sent to spend the summer on her aunt and uncle's ranch. While in the country she befriends a wild horse and slowly learns to come to terms with the anger and hurt inside her.
1996, rating Sky U, 89 mins
8.50 White Squall
Jeff Bridges, Caroline Goodall
Ocean-bound drama in which 13 young men are admitted into the Ocean Academy to spend 12 months at sea under the guidance of a tough skipper. When the voyage nears an end, disaster strikes in the form of a freak weather condition known as a white squall, resulting in the skipper's seamanship being questioned in the courts. Text
1996, rating Sky 15, 123 mins
11.00 Banished Behind Bars
Annie Wood, Gail Harris, Jenna Bodner, Ace Ross
Tense thriller about two young sisters with a violent past.
1995, rating Sky 18, 89 mins

12.35am Cupid
1996, rating Sky 18, 91 mins
2.10 Big Trouble in Little China
Kurt Russell, Kim Cattrall
1986, rating Sky 15, DS, 95 mins
3.50-5.45am For Queen and Country



Calling for assistance: Frances McDormand hunts for killers in 'Fargo'. Sky Premier 12midnight

SKY CINEMA
PREMIUM CHANNEL

4.00pm Hotel Reserve
James Mason, Herbert Lom, Lucie Mannheim, Martin Miller, Clare Hamilton, Julien Mitchell, Raymond Lovell
Thriller set just before the outbreak of World War II. An Austrian national finds himself suspected of being a spy when he travels to France for a holiday. *1944, rating Sky U, 85 mins*
6.00 I'll Be Seeing You
Ginger Rogers, Joseph Cotten, Shirley Temple, John Derek, Spring Byington, Tom Tully
Epic romance about a female jailbird on Christmas leave who meets a soldier on a train, who has just been released from a mental hospital, and falls in love with him. She decides to invite him to dinner.
1944, rating Sky PG, 82 mins
8.00 The Big Red One
Lee Marvin, Bobby Di Cicco, Robert Carradine, Mark Hamill, Kelly Ward, Siegfried Rauch, Alain Doutey, Charles Macaulay
Drama set in the latter years of World War II, which traces the exploits of five soldiers in North Africa and Europe and their struggle for survival against the odds.
1980, rating Sky 15, 109 mins
10.00 Brubaker
Robert Redford, Yaphet Kotto, Jane Alexander, Morgan Freeman
Fact-based drama. A prison warden attempts to reform Wakefield Prison, having seen corruption and abuse first hand when he arrived disguised as an inmate. However, the system and the local business community fight back. *1980, rating Sky 15, 125 mins*
12.10am Town on Trial
John Mills, Charles Coburn
1956, rating Sky 12, 93 mins
1.50 Suspicion
Joan Fontaine, Cary Grant
1941, rating Sky PG, 95 mins
3.30-5.45am The Great Dictator
Charles Chaplin, Paulette Goddard
1949, rating Sky PG, 120 mins

MOVIE RATINGS

Sky U: Suitable for viewing by all
Sky PG: Parental Guidance suggested
Sky 12: Suitable for viewers aged 12 years and over
Sky 15: Suitable for viewing by people of 15 years or over
Sky 18: Suitable for viewing by adults only
Text: film is subtitled on page 888 of Fastext
Widescreen: shown in cinema (letterbox) format

TNT
FAMILY PACK

9.00pm Hollywood Greats: Kisses
Lauren Bacall presents an affectionate history of the screen kiss, from the humorous to the sign of everlasting love.
10.00 Now, Voyager
Bette Davis, Paul Henreid
Drama about a repressed spinster's struggles to break free from her overbearing mother. On the advice of a psychiatrist, she embarks on a cruise, during which she discovers love and self-esteem for the first time in her life. However, her new-found confidence is shaken when it is revealed that her beau is a married man. *1942, 113 mins*
12.15am The Fixer
Alan Bates, Dirk Bogarde
Powerful adaptation of Bernard Malamud's novel about anti-Semitism. *1968, 127 mins*
2.45-5.00am Bridge to the Sun
Carroll Baker, James Shigeta
Drama. *1961, 108 mins*



CABLE GUIDE HAS A NEW WEBSITE!
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FILMFOUR
ADD-ON CHANNEL

6.00pm The Navigator: A Medieval Odyssey
Hamish McFarlane, Bruce Lyons
Fantasy adventure which starts off in medieval Cumbria, where a village, fearing the onset of the Black Death, sends a delegation to place a spire on an unfinished church which has been seen in dreams by Griffin, a young boy they believe to be their salvation. *1988, 92 mins*
8.00 Onibaba
Nobuko Otowa, Kei Sato
Kaneto Shindo's film is set in one of Japan's vast reed beds, where a woman and her daughter make their living entrapping unwary samurai warriors, killing them and selling their possessions. However, when a young deserter comes into their lives, a tragic triangle begins to unfold. *1964, 104 mins*
10.00 Wes Craven's New Nightmare
John Saxon, Miko Hughes
From the man who brought you *Nightmare On Elm Street*, this film-within-a-film starts off as a calm evaluation by Craven himself of the enduring myth of Freddy. But, as preparations for a new film start to fall into place, a fictional monster starts to come to life. *1994, 107 mins*
12midnight Braindead
Timothy Balme, Elizabeth Moody
Comedy about a mother who is consumed by jealousy when her son falls in love. *1992, 100 mins*
1.40am Brassed Off
Comedy drama. *1996, 107 mins*
3.25-6.00am Backbeat
Drama. *1993, 100 mins*

SKY box office
A movies on-demand service from Cable & Wireless

Sky Box Office 1
Channel 51
NIL BY MOUTH
Drama centred around the complex, violent relationship between alcoholic Ray (Ray Winston) and Valerie (Kathy Burke). Written and directed by Gary Oldman. *1997, rating Sky 18, 128 mins*
PLAYS AT 10.00pm, 12.30am, 3.00am

Sky Box Office 2
Channel 52
AIR FORCE ONE
Harrison Ford stars as the world's most powerful man – the US President – in this thriller in which the premier finds himself trapped on board a hijacked plane. *1997, rating Sky 15, 120 mins*
PLAYS AT 6.00am, 8.30am, 6.30pm, 9.00pm

Sky Box Office 3
Channel 53
MY BEST FRIEND'S WEDDING
Comedy starrring Julia Roberts and Rupert Everett . *1997, rating Sky 12, 101 mins*
PLAYS AT 6.30am 8.00am, 10.00am, 12noon, 2.00pm, 4.00pm, 6.00pm, 8.00pm, 10.00pm, 12midnight, 2.00am, 4.00am

Sky Box Office 4
Channel 54
ALIEN RESURRECTION
In the fourth of the *Alien* sci-fi saga, Sigourney Weaver returns from the dead as a cloned Ellen Ripley with an alien baby inside her, only to find mutant DNA in her blood. *1997, rating Sky 18, 105 mins*
PLAYS AT 8.00pm, 10.00pm, 4.00am

See pages 16 and 17 for full details or tune into Channel 50 for full details and Terms and Conditions.
Customers with a Videoway set-top-box must view all events on Channel 50.

Wednesday 2 December

SKY ONE
ACTION/ SELECTION PACKS

7.00am The Simpsons Text
7.30 The Chris Evans Breakfast Show 8.30 Hollywood Squares 9.00 Guilty! 10.00 Sally Jessy Raphael 11.00 The Oprah Winfrey Show 12noon The Chris Evans Breakfast Show 12.55pm The Special K Collection 1.00 Days of Our Lives 1.55 The Special K Collection 2.00 Sally Jessy Raphael 2.55 The Special K Collection

3.00 Jenny Jones
Forgiving a Family Member who Betrayed You
Guests beg forgiveness.
3.55
The Special K Collection
4.00 Guilty!
Talk show tackling the crimes and misdemeanours committed by friends, lovers, families and colleagues. Hosted by fast-talking columnist Carole Malone.
5.00 Star Trek: Deep Space Nine
Crossfire
Odo's hidden feelings for Kira interfere with his duty to protect the Bajoran First Minister. Text
6.00
Married... With Children
How Bleen was My Kelly Text
6.30 Friends
The One with the Blackout
Ross tries to ask Rachel out. Text
7.00 The Simpsons
Sideshow Bob's Last Gleaming
Sideshow Bob threatens to detonate a nuclear bomb. Text
7.30 Real TV
Dramatic, real life video footage.
8.00 Stargate SG-1
Touchstone
Starring Richard Dean Anderson, Michael G Shanks, Amanda Tapping, Christopher Judge, Don Davis and Teryl Rothery.
9.00 The X-Files
Our Town
Mulder and Scully investigate the mysterious disappearance of a Federal poultry inspector in the small town of Dudley. Text
10.00 Millennium
Wide Open
A young girl whose parents were brutally murdered, becomes the last hope in finding a killer. Starring Bill Smitrovich. Text
11.00 Friends
The One with the Blackout
Ross asks Rachel on a date. Text
11.30 Star Trek: Deep Space Nine
Crossfire
Odo's hidden feelings for Kira interfere with his duties. Text
12.30am Renegade
Another Place and Time
When Reno and Cheyenne pose as newlyweds, their intimate feelings for each other become apparent. Stars Lorenzo Lamas
1.30-7.00am Long Play

UK GOLD
LIFESTYLE/ SELECTION PACKS

7.00am Crossroads
7.30 Neighbours
7.55 EastEnders
8.30 The Bill
9.00 The Bill
9.30 The House of Eliott
10.30 Angels
11.00 Dallas
11.55 Neighbours
12.25pm EastEnders
1.00 Juliet Bravo
2.00 Dallas 2.55 The Bill
Hers

3.25 The Bill
The Right Thing to Do
The team receive a tip-off which seems too good to be true.
3.55 EastEnders
More drama from Albert Square.

4.30 Angels
Hospital drama.
5.00 All Creatures Great and Small
Horse Sense
James Herriot discovers the difficulties of finding a vet's job in Thirties Yorkshire.
6.00 Due South
Flashback
Fraser suffers amnesia after being thrown from a getaway van, forgetting his trademark good manners as well as his identity.
7.00 May to December
My Funny Valentine
It's Valentine's Day – but Alec and Zoe have split up.
7.40
It Ain't Half Hot, Mum
The Grand Illusion
Sergeant Major Williams frets over the Concert Party.
8.20 Dad's Army
Save My Boy!
Starring Arthur Lowe.
9.00
One Foot in the Grave
Descent into the Maelstrom
Victor is unenthusiastic after a visit by an old friend and her baby.
9.40 Hamish Macbeth
The Lochdubh Deluxe
A family feud at the local funeral parlour comes to a head when Lachie Jr finds a new vocation as an undertaker.
10.45
French and Saunders
A mix of sketches, songs and movie magic.
11.20 The Bill
Hers
11.50 The Bill
The Right Thing to Do
12.20am The Chief
1.15 Dangerfield
Perfect Witness
2.10-2.40am Only when I Laugh
The Right Honourable Gentleman

LIVING
LIFESTYLE PACK

6.00am Tiny Living
9.00 The Roseanne Show
9.50 The Jerry Springer Show
10.40 Michael Cole
11.30 Brookside
12noon Living Issues
12.30pm Rescue 911
1.00 Beyond Belief
1.30 Ready, Steady, Cook
2.05 Rolonda
Who Knows Ya Best?
2.55 Living it Up!
Lifestyle magazine featuring celebrity guests, fashion advice and a team challenge.

3.55
The Jerry Springer Show
Entertaining and sometimes comical talkshow.
4.45 Tempestt
Get Over Your Get Rich Schemes... and Get a Job
Entertaining talk show hosted by Tempestt Bledsoe, a former star of *The Cosby Show*.
5.35
Can't Cook, Won't Cook
Two hopeless cooks create a family favourite with the help of a celebrity chef.
6.10
The Jerry Springer Show
Outrageous American talk show in which the host and his guests engage in lively – and often heated – debate.
7.00 Rescue 911
Nail-biting stories of real-life rescues by the American emergency services.
7.30 Beyond Belief
Anthology mystery series.
8.00 Ally McBeal
Drawing the Lines
The firm helps the wife of a rich man negate a pre-nuptual pact, while Elaine's sexual harassment complaint comes to a head.
9.00 Halifax FP
Sweet Dreams
Drama series about forensic psychiatrist Jane Halifax. Jane is torn between professional and emotional instincts when Detective Jonah Cole unexpectedly reappears in Melbourne.

11.00-12midnight
The Sex Zone
Punters and Porn Stars
Katrina Buchanan hosts the entertaining show examining the sexual attitudes and practices of the British public.

CABLE CHECK
Some of the channels listed may not be available in your area

GRANADA PLUS
ACTION PACK

6.00am The Box 7.00 On the Buses 7.30 The Fenn Street Gang 8.00 Surgical Spirit 8.30 A Fine Romance 9.00 Classic Coronation Street 9.30 Emmerdale 10.00 thirtysomething 11.00 Hawaii Five-0 12noon Classic Coronation Street 12.30pm Emmerdale 1.00 The Piglet Files 1.30 Watching 2.00 thirtysomething

3.00 The Casebook of Sherlock Holmes
The Problem of Thor Bridge
Holmes receives a letter from J Neil Gibson, the world's greatest gold-mining magnate.
4.00 The Professionals
Hunter Hunted
The theft of a lethal laser-beam rifle, placed in Doyle's hands for testing, proves to be no coincidence. Stars Martin Shaw.
5.00 Hawaii Five-0
Thanks for the Honeymoon
McGarrett goes after the hitherto untouchable kingpin of narcotics traffic in the islands. With Jack Lord and James MacArthur.
6.00 Emmerdale
Seth dons a new cap when he learns of Jack and Sarah's unwelcome houseguests.
6.30
Classic Coronation Street
7.00 Mission: Impossible
The Photographer
A massive spy ring in the US, headed by fashion photographer David Redding, threatens to cripple the country.
8.00 The Professionals
Hunter Hunted
The theft of a lethal laser-beam rifle, placed in Doyle's hands for testing, proves to be no coincidence.
9.00
Classic Coronation Street
9.30 Sez Les
Family fun with Les Dawson.
10.00 Jokers Wild
10.30-11.00pm
Hogan's Heroes

GRANADA MEN & MOTORS
ACTION PACK

11.00pm
Undressed with Guest
Model Jo Guest hunts for the next page-three stunners.
11.20 Centrefolds
A fly-on-the-wall look at the adventures of a troupe of touring centrefolds.
11.50 The Hot House
Presented by Kim Hughes.
12.20am Lord Lust's Lovelies
12.30 Battling Babes
1.00 E! Mysteries and Scandals
1.30 E! Gossip
2.00-6.00am The Box

DISNEY CHANNEL
ADD-ON/ PREMIUM CHANNEL

6.00am Bear 6.25 Toons 6.35 Gummi Bears 7.00 Toons 7.10 Aladdin 7.35 101 Dalmatians 8.00 Goof Troop 8.25 Toons 8.30 Timon and Pumbaa 8.45 Winnie 9.00 Spot 9.05 Animal Shelf 9.15 Pocket Dragons 9.30 Bear 9.55 Toothbrush Family 10.00 Bite Size 10.15 Tots TV 10.30 Wiggle 10.35 Garage 10.50 PB and J Otter 11.00 Sesame St 12noon Spot 12.05pm Animal Shelf 12.15 Dragons 12.30 Bear 12.55 Toothbrush Family 1.00 Bite Size 1.15 Tots 1.30 Let's Wiggle 1.35 Garage 1.50 PB and J Otter 2.00 Winnie 2.30 Quack Pack

3.00 The Little Mermaid
Undersea adventures. Text
3.30 Timon and Pumbaa
More crazy antics from *The Lion King* duo. Text
3.45 Aladdin Text
4.10 101 Dalmatians
New animated series based on the great canine story. Text
4.40 Art Attack
Award-winning, innovative art show hosted by Neil Buchanan. Text
5.00 Smart Guy
As usual, TJ finds that he is in trouble at home. Text
5.30 Microsoap
Stars Jeff Rawle. Text
5.45 Recess Text
6.00 The Wonder Years
Comedy drama series set in the Sixties. Text
6.30 Boy Meets World
This Little Piggy
Eric bribes Feeny. Text
7.00 Pepper Ann Text
7.15 Brotherly Love
The Sleepover Show
Claire's parenting skills are challenged. Text
7.45 Microsoap Text
8.00 FILM: Oliver Twist
Richard Dreyfuss, Elijah Wood
Recent adaptation of Charles Dickens' classic tale about an orphan boy who comes to London in search of his mystery benefactor. The young Oliver is soon sucked into Fagan's seedy underworld. *1997*
9.30-10.00pm Microsoap
Kids' sitcom which looks at the problems of today's youth. Text

THE BOX
MUSIC & GAMES PACK

Interactive music channel which allows the viewer to select videos of their choice 24-hours-a-day, seven-days-a-week. Also includes BOXFresh – latest videos available; BOXTalk – unique interviews with artists/bands; Breakin' Out of THE BOX – videos tipped for the top. Plus weekly competitions

WEDNESDAY CONTINUES OVERLEAF...

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

CABLE CHOICE

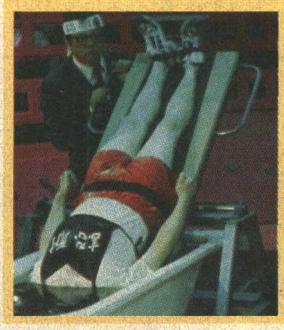
FILM

Gia
Sky Premier 10.00pm
Gia is the name of a waitress turned supermodel who achieves this astonishing career change with single-minded determination only to succumb to Aids at the age of 26. A tragic true story, Gia is played with compassion by the excellent Angelina (*Hackers*) Jolie.

GENERAL

Zoo's Company
UK Horizons 6.00pm
The Royal Melbourne Zoological Gardens is a classic city zoo – an oasis in the heart of a modern metropolis. We can follow the zoo's story in an eight-part series starting tonight, as it tries to balance the needs of the public with that of the animals.

ADVERTISEMENT



ENDURANCE
UK 2
10.00PM

How many gruesome challenges can the contestants endure tonight in Paul Ross's compulsive show? Find out on Challenge TV, as more mad-for-it people from all over the UK try to win that brilliant trip to Phuket.

Wednesday 2 December

EUROSPORT
NEWS & SPORT/ SELECTION PACKS

6.00 AM MORNING
7.30am Football
9.00 Football
European/South American Cup coverage from Tokyo.
11.00 Football
12noon Tennis
ATP Tour coverage.
12.30pm Sailing
Rolex Swan World Cup 98.
1.00 Equestrianism
2.00 Luge
World Cup highlights from Altenberg, Germany.

3.00 PM
3.00 Football
Coverage of the European/South American Cup game between Real Madrid and Vasco Da Gama in Tokyo.

5.00 PM
5.00 Motorsports
Speedworld magazine featuring highlights from the Endurance Race in Bathurst, Australia.

6.00 PM
6.00 Xtrem Sports
YOZ Mag
Skateboarding action from the Vans Triple Crown Series at Huntingdon Beach, US.

7.00 PM
7.00 Fun Sports
Coverage from the Red Bull Air Day in Vienna.
7.30 Bowling
Highlights of the Masters Tournament from Reno, Nevada, US.

9.00 PM
9.00 Fitness
Coverage of Miss Fitness Europe 1998 in Belgrade, Yugoslavia.

10.00 PM
10.00 Boxing
Coverage of an international contest.

11.00 PM
11.00 Motorsports
Speedworld magazine featuring highlights from the Endurance Race in Bathurst, Australia.

12.00 NIGHT TIME
12midnight-12.30am Rally
Coverage of the FIA World Rally Championship.

SKY SPORTS 1
PREMIUM CHANNEL

7.00am Sky Sports Centre
7.15 WWF - Live Wire 8.15 Sky Sports Centre
8.30 Racing News 9.00 Aerobics Oz Style 9.30 The Footballers' Football Show
10.30 Inside Scottish Football 11.30 Fastrax
12noon Aerobics Oz Style
12.30pm Worthington Cup Football
2.00 Sports Unlimited

3.00 Inside Scottish Football
A look behind the scenes of the Scottish Premier League.

4.00 The Footballers' Football Show
Three football experts indulge in lively debate on issues of the day.

5.00 World Wrestling Federation - Shotgun
Fast-paced show with more falls and fun than you can possibly imagine.

6.00 Sky Sports Centre
6.30 Unbelievable Sports
A look at the world's most bizarre sports.

7.00 World Pool Masters
Coverage from the Lakeside Shopping Centre in Thurrock, Essex.

8.00 Ringside
Paul Dempsey presents the show that covers all the best boxing action from around the country.

9.30 Unbelievable Sports
Offbeat sporting footage from around the world.

10.00 Sky Sports Centre
10.15 World Pool Masters
Defending champion Earl Strickland returns to the Lakeside Shopping Centre in Thurrock, Essex.
11.15 Ringside
Comprehensive coverage of British boxing. Presented by Paul Dempsey.
12.45am Sky Sports Centre
1.00-6.00am Golf: Australian Open – LIVE
Coverage from Adelaide.

SKY SPORTS 2
PREMIUM CHANNEL

6.00am International Cricket: Australia v England – LIVE
9.30 Racing News
10.00 Motorcycling: 1998 Motorbike World Grand Prix Season Review
12noon International Cricket: Australia v England
Coverage from the fifth and final day of the second Test match in Perth, Australia.

3.00pm Golf Extra
All the major players and tournaments feature in this comprehensive roundup.

4.00 Sports Unlimited
Sports features from around the world.

5.00 Watersports World
The latest news from the varied and frenetic world of watersports.

6.00 Golf Extra
Comprehensive golf roundup for the golfing enthusiast.

7.00pm Worthington Cup Football – LIVE
Paul Dempsey presents coverage of a fifth round match. With a chance to play at Wembley before it is rebuilt at stake the atmosphere should be charged. Alan Parry and Alan Brazil commentate.

10.00 Golf Extra
With results, forthcoming events and news of recent developments this is essential viewing for the golf enthusiast.
11.00 Watersports World
News from the world of watersports, with everything from sailing to surfing.

12midnight V-Max
High-speed action.
12.30am Worthington Cup Football
2.00-2.15am Sky Sports Centre

SKY SPORTS 3
PREMIUM CHANNEL

12noon World Wrestling Federation - Shotgun
1.00pm Fish TV: Ultimate Fishing Show
Everything you ever wanted to know about fishing.
1.30 Fish TV: Fishing Tales
Where to find the finest game fishing.
2.00 Superbouts
A memorable boxing match from the archives.

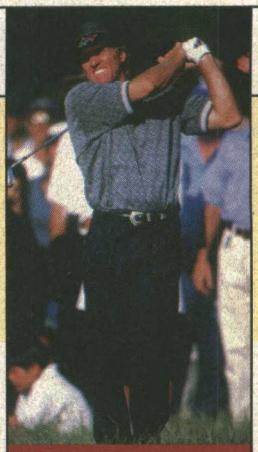
3.00 Olympic Series: Olympic Destinies
Memories from past Olympic games.
3.30 Fastrax
Alternative sport magazine.

4.00 Motorcycling: 1998 Motorbike World Grand Prix Season Review
A look back at the main talking points from an exciting motor cycling Grand Prix season, which took in such spectacular venues as Imola and Buenos Aires.

6.00 Fish TV: Fishing Texas
Presented by Reid Ryan.
6.30 Fish TV
Tips and advice for fishermen.

7.00 International Cricket: Australia v England
Mark Nicholas presents coverage from the fifth and final day of the second Test match between Australia and England in Perth, Australia. Commentary is provided by Ian Botham, Bob Willis and Paul Allott.
Repeat from Sky Sports 2

10.00 Olympics: Golden Moments
Classic Olympic footage.
10.30-11.30pm Sky Sports Classics: Australia v Great Britain
Catch up with memorable international rugby league action between Australia and Great Britain.



Greg Norman hopes to get in the swing for the first day of the Australian Open live from Adelaide. Sky Sports 1 1.00am

MUTV
ADD-ON CHANNEL

6.00pm Game on
6.15 The Insiders
6.30 Man U Menu
Mark Simkin discovers the Old Trafford kitchen's culinary delights.
7.00 Red Hot News
7.30 Kids Clinic
A selection of the star-studded squad pass on top tips and technical advice to future stars.
8.00 Supermatch Exclusive: MLF Six-a-Side Challenge
Action featuring the Reds taking part in a fast-paced six-a-side competition. Including *Red Hot News*.
10.00 It's Your Shout!
The celebrity show packed with off-the-wall features and frenetic phone-ins.
10.45 Masterfan
Man U quiz presented by Mary Parkinson.
11.15 Jump 'n' Pump
Aerobics exercise programme.
11.30-12midnight Red Hot News

SCI-FI
ACTION PACK

7.30am Bloomberg Information Television 8.00 Sightings 9.00 Battlestar Galactica 10.00 Quantum Leap 11.00 Dark Shadows 11.30 The Ray Bradbury Theatre 12noon The Twilight Zone 1.00pm Tales of the Unexpected 1.30 Tales of the Unexpected 2.00 The Invisible Man

3.00 Battlestar Galactica
Commander Adama is injured when Cylon warriors attack the *Galactica*.

4.00 Amazing Stories
A man carries on his life as normal after his death.
4.30 Mysteries, Magic and Miracles
With Patrick Macnee.

5.00 Sightings
Extraordinary real-life stories involving luck, superstition, UFOs or near-death experiences. Presented by Tim White.

6.00 Time Trax
Thorn, a cop from the future, fools Darien into helping Sahmbi with his quest to locate the Holy Grail.

7.00 Quantum Leap
Sam becomes Chad Stone, a macho stuntman on the set of a low-budget disaster movie. Stars Scott Bakula.

8.00 The Flash
Barry volunteers to guard a priceless Russian treasure which is being targeted by a gang of notorious criminals.

9.00 Babylon 5
Science fiction drama. The audience is given a look into the future to see how *Babylon 5* will be regarded by historians.

10.00 FILM: Memory Run
Karen Duffy, Saul Rubinek, Matt McCoy, Barry Morse
When a framed man has his brain transplanted into a murder victim's body, he stands up to the authorities and tries to destroy the Utopian nightmare. *1994*
11.40 Sci-Fi Channel Special
12midnight The Twilight Zone
12.30am The Twilight Zone
1.00 FILM: Memory Run
Sci-fi thriller. *1994*
2.40 Sci-Fi Channel Special
3.00 The Twilight Zone
3.30-4.00am Dark Shadow

ITV 2
ACCESS PACK

ITV2: Launch date: Monday 7 December.
ITV2 is a general entertainment channel featuring a host of specially commissioned programmes, sport and additional opportunities to view the best of ITV's recent programmes.

TELEVISION X
ADD-ON CHANNEL

12midnight Free View
12.10am Action Time
12.20 FILM: Man Bait
1.00 Free View
1.05 FILM continues
1.30 FILM: Wild and Wicked 5
2.40 FILM: New Positions
3.50 Asian Babes
4.10-5.30am FILM: Naked Strangers

ADULT CHANNEL
ADD-ON CHANNEL

12midnight Dish of the Day
12.10am Sex en France
12.25 Neil Down – Sex Therapist
12.55 Totty Try-outs
1.10 FILM: Telephone Expose
2.30 Caught at Home
2.40-4.00am FILM: Malcolm XXX
Erotic courtroom drama.

Adult Nightview is now available as a TV on-demand service at £3.95 per night. See channel 50 for details

HVC
ADD-ON CHANNEL

CABLE EXCLUSIVE

8.00pm FILM: Emanon
Stuart Paul, Cheryl M Lynn
Romantic comedy.
9.40 Short Cuts: Madness of Method
10.00 Classic Wets – Portugal 93
Adult competition.
10.45-12midnight FILM: The Passion
Erotic feature film.

Wednesday 2 December



Relax with the sultry sounds of a soul diva on 'Mariah Carey Day'. MTV from 12noon

CHALLENGE TV
MUSIC & GAMES PACK

5.00pm Cross Wits
Cryptic crossword quiz with Tom O'Connor.
5.30 Prize Time
5.45 Family Fortunes
Two families play in the big money gameshow hosted by Les Dennis.
6.15 Prize Time
6.30 Catchphrase
Hi-tech quiz hosted by Roy Walker.
7.00 Prize Time
7.15 100 Per Cent
Three contestants face the general-knowledge quiz.
7.45 Prize Time
7.55
The Crystal Maze
A team of contestants tackles a series of games and challenges in a giant fantasy world. Hosted by Richard O'Brien.
9.00 Prize Time
9.15 Strike it Lucky
Gameshow hosted by Michael Barrymore.
9.45 Prize Time
Win big money prizes.
10.00 Endurance UK
Paul Ross puts more contestants through tormenting games.
10.30 Prize Time
10.45 The Cooler
Donna Air trawls through the trendy world of trash.
11.15 Prize Time
11.30
Carnal Knowledge
With Graham Norton.
12.30am Love at First Sight
1.00 Strike it Lucky
1.30 The Pyramid Game
2.00 Cross Wits
2.30 Family Fortunes
3.00 Endurance UK
3.30 Blockbusters 4.00 Fifteen to One 4.30 Give Us a Clue 5.00-6.00am Shopping with Screenshop

LIVE TV
ACTION PACK

CABLE EXCLUSIVE

6.00am Nation LIVE/BodyHeat 6.30 Home Shopping 7.00 Why Files 7.30 The Fashion Show 8.00 Agony 8.30 Lie Detector 9.00 What's in the Box? 9.15 BodyHeat 9.30 Love Test 10.00 Agony 10.30 Fashion Show 11.00 Judge Judy 11.30 What's in the Box/BodyHeat 12noon The Why Files 12.30pm Agony 1.00 Lie Detector 1.30 The Fashion Show 2.00 Judge Judy 2.30 What's in the Box/BodyHeat
3.00
Back to Back Babes
A feast of beauties.
3.30 Lie Detector
Unmasking deception using modern methods.
4.00 Why Files
Psychic investigations.
4.30 Judge Judy
The feared American judge rules over another case.
5.00 Agony
Omnibus edition offering another dose of advice for troubled souls.
6.00
The Fashion Show
The latest from the catwalk.
6.30 BodyHeat
6.45
Back to Back Babes
7.00 Lie Detector
Uncovering deceit the modern way.
7.30 Agony
Another dose of advice for troubled souls.
8.00 Why Files
Psychic investigations.
8.27
Tiffani's Big City Tips
8.30 Judge Judy
8.57 Big City Tips
9.00 Sport at Nine: Grass Roots Football
Action from the pitch.
9.57 Topless Darts
More sharp and shapely dart throwing.
10.00 Brief Affairs
Sexy shenanigans set in a law firm.
10.27 Big City Tips
10.30 Exotica Erotica
11.27 Big City Tips
11.30 Painted Ladies
11.45 Private Dancer
11.57 Topless Darts
12midnight Brief Affairs 12.30am Janeycam/Shopping 1.00 Exotica 2.00 Brief Affairs 2.15 Private Dancer 2.30 Painted Ladies 3.00 Agony 3.30 Why Files 4.00 Fashion Show 4.30 Agony 5.00 Lie Detector 5.30 Body Heat 5.45-6.00am Whats in the Box?

● Birmingham, Edinburgh and Manchester: local programmes at 12noon, 1.00pm, 5.00pm and 6.00pm. Two-minute local news every hour from 8.58am to 3.58pm

CARLTON FOOD NETWORK
LIFESTYLE PACK

CABLE EXCLUSIVE

9.00am Food Network 9.30 Food for Thought 10.00 Feasts of the World 10.30 Worrall Thompson 11.00 What's Cooking? 11.30 Coxon's Kitchen College 12noon Food Network 12.30pm Spice Trail 1.00 Food for Thought 1.30 Home Shopping 2.00 Caribbean Light 2.30 Food Network 3.00 Ross's Foreign Assignment 3.30 Coxon's Kitchen College 4.00 Thoroughly Modern British 4.30-5.00pm Japaneasy

CARLTON SELECT
LIFESTYLE PACK

CABLE EXCLUSIVE

5.00pm
What's Cooking?
Culinary quiz show presented by Bill Dodds.
5.30 Gridlock
Hosted by Simon Biagi.
6.00 London Bridge
Jarvis is shocked to discover Lucy's secret about Charlie.
6.30 Rising Damp
A keep-fit craze starts in Rigsby's boarding house.
7.00 Boon
Rocky is in love again with the daughter of the owner of the Pizza Palace, a place so fortified that Rocky makes Mafia jokes.
8.00
First Sign of Madness
A policeman at 10 Downing Street raises his public profile.
8.30 Superchefs
NEW SERIES
9.00 Shine on, Harvey Moon
Maggie is devastated when she finds out that Lou has fallen in love with someone else.
10.00 Soldier, Soldier
While politicians decide on the future of the regiment, the King's Fusiliers prepare for a beach landing attack on a company of marines.
11.00 Men of the World
Kendle's sales are down – his job may be on the line.
11.30 My Two Wives
Geoff gets jealous of Robyn's ex-husband.
12midnight
Pull the Other One
Gameshow hosted by Paul Coia.
12.30am-1.00am Gridlock
Simon Biagi hosts the fast-paced gameshow.

ANIMAL PLANET
WORLD PACK

12noon Grizzlies of the Canadian Rockies 1.00pm Animal Doctor 1.30 Nature Watch with Julian Pettifer
Jane Goodall's Chimp Crusade
2.00 All Bird TV
Salt Marsh Birds
2.30 Human/Nature
Charting human relationships with animals and the elements.
3.30 Zoo Story
Join the staff and visitors to London Zoo and share in their day-to-day dramas and comedies.
4.00 Jack Hanna's Animal Adventures
A Day in Queen Elizabeth National Park
4.30 Wildlife SOS
Disaster strikes.
5.00 Harry's Practice
A look at the work of vet Harry Cooper in Tasmania.
5.30 Nature Watch with Julian Pettifer
Monster in the Meadow
6.00 Kratt's Creatures
The Great Defenders
Discovering weird and wonderful creatures.
6.30 Lassie
That Boy and Girl Thing
7.00 Animal Planet Classics: Borneo – The Ghost of the Sea Turtles
A turtle burial ground off the island of Sipadan, Borneo.
8.00 Animal Doctor
A look at the work of the RSPCA animal doctors.
8.30
Profiles of Nature
The Magic of Baby Animals
A look at how baby animals learn to survive in the wild.
9.30 Emergency Vets
Saving a Dalmatian pup hit by a car, and treating a retriever with a limp.
10.00 Wildlife SOS
Nursing an injured fox back to health.
10.30
Crocodile Hunters
Travelling the Dingo Fence
11.00 Animal X
Examining the life and death of the world's greatest racehorse.
11.30-12midnight Emergency Vets

CABLE CHECK
Some of the channels listed may not be available in your area

UK HORIZONS
WORLD/ ACCESS PACKS

7.00am Get Going with UK Horizons 9.00 The Great Egg Race 9.30 Fasten Your Seat Belt 10.00 It'll Never Work 10.30 Panic Attack 11.00 Hotel 11.30 Vet School 12noon Living in the Past 12.30pm UFO Diaries 1.00 Crime Limited 1.30 Tomorrow's World Plus 2.30 Doctors to Be
The Knowledge
3.30 Sylvania Waters
Paul and Dionne find the joys of parenthood marred by bills, and Mick gets the first drive of the car.
4.00 The Private Life of Plants
Flowering
David Attenborough's incredible journey into the world of plants.
5.00 Tomorrow's World Plus
Peter Snow and Philippa Forrester present reports on the future of science and technology.
6.00 Zoo's Company
A look at life in three different Australian zoos.
6.30 Mysteries with Carol Vorderman
Real-life mystery stories.
7.00 Secrets of Lost Empires
The Incas
Examining the building skills of the ancient South American Inca civilisation.
8.00 The Haunted Huntress
Following the fortunes of a mother cheetah in Kenya.
8.30 The Velvet Claw
Small and Deadly
9.00
The Extinction Files
A four-billion-year journey back in time to find the winners and losers of extinction and evolution.
10.00 Hotel
It all goes wrong for the front-of-house manager.
10.30 Full Circle with Michael Palin
Australia and New Zealand
Michael Palin circles the Pacific Rim.
11.30 The Power and the Glory
A look back to the glory days of road racing.
12midnight-1.00am Tomorrow's World Plus
Peter Snow and Philippa Forrester present reports about the future of science and technology.

GRANADA BREEZE
LIFESTYLE/ SELECTION PACKS

6.00am Livetime 8.00 E! Uncut 8.30 E! Extreme Close-Up 9.00 Sally Jessy Raphael 10.00 The View 11.00 The Good Housekeeping Show 11.30 Craftwork 12noon Women of Substance 12.30pm Pot Luck 1.00 Livetime 2.00 The View
3.00 Livetime
Magazine programme which puts viewers in touch with experts and celebrity guests live on air.
4.00 Pot Luck
Carrie Crowley gets two top chefs to battle it out in the Pot Luck kitchens.
4.30 Healthbeat
Health magazine.
5.00-6.00pm Sally Jessy Raphael
American talk show in which Sally and her guests engage in lively discussion.

NATIONAL GEOGRAPHIC CHANNEL
FAMILY PACK

7.00pm
Bears Under Siege
Discover how game wardens thwart illegal hunting by going undercover.
8.00 Search for the Battleship Bismarck
A look at one of the great naval battles of World War II, in which the British navy sunk the *Bismarck*.
9.00
Caveman Spaceman
Rick Bridges leads a team of astro-biologists on an expedition in search of new sub-terrestrial life-forms.
10.00 Realm of the Alligator
Explore the enigmatic Okefenokee Swamp where the alligator reigns supreme.
11.00
Africa's Big Five
A look at the natural history of the rhino, the elephant, the leopard, the lion and the buffalo.
12midnight-1.00am Ozone: Cancer of the Sky
Recording the work of scientists in Antarctica as they witness the growing depletion of the earth's protective ozone shield.

6.00 AM MORNING
3.00 PM
4.00 PM
5.00 PM
6.00 PM
7.00 PM
8.00 PM
9.00 PM
10.00 PM
11.00 PM
12.00 NIGHT TIME

MTV
MUSIC & GAMES PACK

6.00am Kickstart
9.00 Mad for Hits
12noon An Audience with Mariah Carey
1.00pm Mad for Hits
2.00 European Top 20
The best-selling sounds from across the continent.
3.00 Bytesize MTV
4.00 Select MTV
Choose your favourite hits from the MTV jukebox.
6.00 Stylissimo!
Fashion and lifestyle magazine.
6.30 Mariah Carey Raw
The diva live in concert.
7.00 The Lick R&B Chart Show
8.00 MTV Hot
9.00 Mariah Carey in Her Own Words
10.00 Up for It
11.00 Celebrity Deathmatch
Clay figures of top celebrities bash out their frustrations with each other in the boxing ring.
11.30 Mariah Carey Unplugged
An acoustic performance.
12midnight Yo!
The latest rap and hip hop videos.
1.00-6.00am Night Videos
Music all night.

VH1
MUSIC & GAMES PACK

6.00am Power Breakfast 8.00 Pop-Up Video 9.00 VH1 Upbeat 12noon Ten of the Best: Steve Winwood 1.00pm Greatest Hits of... Bon Jovi 1.30 Pop-Up Video 2.00 Jukebox 5.00 Five@Five 5.30 Pop-Up Video 6.00 Happy Hour with Toyah Willcox 7.00 VH1 Hits 9.00 Bob Mills' Big 80s 10.00 The VH1 Classic Chart 11.00 VH1's Movie Hits 12midnight The Nightfly 1.00am Talk Music 2.00-6.00am VH1 Late Shift

TRAVEL
ACCESS PACK

12noon Dream Destinations 12.30pm A-Z Med 1.00 Holiday Maker 1.30 The Flavours of Italy 2.00 The Flavours of France 2.30 A Fork in the Road 3.00 Widlake's Way 4.00 Go 2 4.30 Ridge Riders 5.00 The Great Escape 5.30 Worldwide Guide 6.00 The Flavours of Italy 6.30 On Tour 7.00 Dream Destinations 7.30 A-Z Med 8.00 Holiday Maker 8.30 Go 2 9.00 Widlake's Way 10.00 A Fork in the Road 10.30 Ridge Riders 11.00 On Tour 11.30-12midnight Worldwide Guide

UK STYLE
LIFESTYLE PACK

7.00am Travel Xpress 7.30 Travel Xpress 8.00 Style Challenge 8.30 All Over the Shop 9.00 Ready, Steady, Cook 9.30 Two Fat Ladies 10.00 The Leisure Hour 11.00 Change That 11.30 Travel Show Guides 12noon House Doctor 12.30pm Style Challenge 1.00 Ready, Steady, Cook 1.30 Antonio Carluccio's Italian Feast 2.00 Change That 2.30 Garden Roadshow 3.00 Ground Force 3.30 Tales from the Riverbank 4.00 Antiques Roadshow 5.00 All Over the Shop
5.30 The Leisure Hour
6.30 House in France
7.00
How Does Your Garden Grow?
8.00 Growing Places
8.30 Change That
9.00 Style Challenge
9.30 Ready, Steady, Cook
10.00 Real Rooms
10.30 The House Doctor
11.00 Peter Seabrook's Gardening Week
11.30 The Flower Show
12midnight All Over the Shop
12.30am-1.00am Heaven in Your Hands

Wednesday 2 December

MORNING

DISCOVERY HOME & LEISURE
WORLD PACK

6.00 AM 6.00am Joy of Painting 6.30 Great Gardening 7.00 Garden Club 7.30 Our House 8.00 Rex Hunt 8.30 Furniture 9.00 Joy of Painting 9.25 Home and Leisure 9.30 Great Gardening Plot 10.00 Garden Club 10.30 Our House 11.00 Rex Hunt 11.30 Furniture on the Mend 12noon Home Again 12.30pm The House 1.00 A Cook on the Wild Side 1.30 Workshop 2.00 Our House 2.30 Diceman 3.00 Two's Country 3.30-4.00pm These Four Walls

DISCOVERY
WORLD PACK

3.00 PM

4.00 PM **4.00pm Rex Hunt's Fishing World**
Rex goes fishing for herring.
4.30 Walker's World
Scotland – Survival
Anna visits Jura island.

5.00 PM **5.00 Flight Deck**
DC9-41
On the deck of the DC9.
5.30 Ancient Warriors
The Ninja – Warriors of the World

6.00 PM **6.00 Animal Doctor**
Follow animal doctors from the RSPCA.
6.30 Natural Born Winners
An insight into what makes animals fast.

7.00 PM **7.30 Beyond 2000**
Popular science magazine featuring innovations and developments in technology.

8.00 PM **8.00 How Did They Build That?**
Concrete Spaces
A look at buildings constructed from concrete.
8.30 Animal X

9.00 PM **9.00 The Unexplained**
Atlantis
The search for a mythical city in Bolivia.

10.00 PM **10.00 Nightfighters**
The Bombers
Only a revolution in World War II technology made the thousand-bomber raids of the RAF possible.

11.00 PM **11.00 Real Lives: Shops and Robbers**
A shoplifter reveals the extent of her operations as store detectives try to find new ways to stop thefts.

12.00 NIGHT TIME **12midnight Survival**
The need to survive shows itself in many forms, from sibling rivalry to the competition for a mate.
1.00am Flight Deck
1.30-2.00am Ancient Warriors

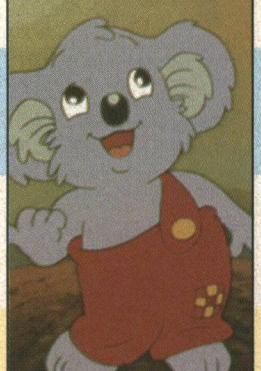
SKY SOAP
LIFESTYLE PACK

11.00am Take the High Road
11.30 Emmerdale Farm
12noon Emmerdale Farm
12.30pm As the World Turns
1.15 Albion Market
1.45 Guiding Light
2.30 Take the High Road
3.00 Emmerdale Farm
Phil arrives for dinner and it's going to be difficult for Sandie.
3.30-4.00pm Emmerdale Farm

CARTOON NETWORK
FAMILY PACK

5.00am Omer 5.30 Fruitties 6.00 Blinky Bill 6.30 Tabaluga 7.00 Johnny Bravo 7.30 Animaniacs 7.45 Dexter 8.00 Cow and Chicken 8.15 Sylvester and Tweety 8.30 Tom and Jerry Kids 9.00 Flintstone Kids 9.30 Blinky Bill 10.00 Magic Roundabout 10.15 Thomas 10.30 Fruitties 11.00 Tabaluga 11.30 Dink 12noon Tom and Jerry 12.15pm Bugs and Daffy 12.30 Road Runner 12.45 Sylvester and Tweety 1.00 Popeye 1.30 Droopy 2.00 Top Cat 2.30 Addams Family

3.00 Taz-Mania
Devilish antics from down under.
3.30 Scooby-Doo
More canine crime busting with Scooby and the gang.
4.00 Mask
Based on the hit movie.
4.30 Dexter's Laboratory
Chemical chaos with the bedroom professor.
5.00 Cow and Chicken
More trouble with the mismatched siblings.
5.30 Freakazoid!
Animated fun.
6.00 Tom and Jerry
Comic antics with the sparring cat and mouse.
6.30 The Flintstones
Prehistoric men behaving badly in Bedrock.
7.00 Batman
Caped crusading.
7.30 2 Stupid Dogs
Two toon hounds shuffle through life in a state of blissful stupidity.
8.00 Scooby-Doo – Where are You?
More canine crime-busting.
8.30-9.00pm Beetlejuice



More cartoon fun with 'Blinky Bill' and friends. Cartoon Network 6.00am, 9.30am.

THE HISTORY CHANNEL
WORLD PACK

4.00pm Voices from the Western Front
The experiences of soldiers during World War I.
5.00 Classic Cars
GT-40
6.00 Ancient Mysteries
Ancient Rome and Its Mysterious Cities
7.00 Brute Force
The Silent Service
7.30-8.00pm Edward Windsor Presents... Crown and Country

NICKELODEON
FAMILY PACK

6.00am Fraggle Rock 6.30 Muppet Babies 7.00 Hey Arnold! 7.30 Rugrats 8.00 Doug 8.30 Arthur 9.00 Children's BBC 10.00 Wimzie's House 10.30 Babar 11.00 Magic School Bus 11.30 PB Bear/Ivor the Engine/ Magic Mountain/Captain Pugwash/Oscar's Orchestra 12noon Rugrats 12.30pm Blue's Clues 1.00 Bananas in Pyjamas 1.30 Little Bear Stories 2.00 Rocky the Dodos/Bagpuss /Mr. Men 2.30 Children's BBC on Nickledeon
Classic animation from the archives.

3.30 Angry Beavers
More furious fun with the furry river dwellers.
4.00 Catdog
More antics from the confused creature.
4.30 Rugrats
More fun with the terrible tots.
5.00 Sister Sister
Tia and Tamera and their respective single parents all try to live together.
5.30 Kenan & Kel
Teen comedy.
6.00 Sabrina
6.30-7.00pm Moesha

PARAMOUNT COMEDY CHANNEL
FAMILY PACK

7.00pm Clueless
Teen comedy.
7.30 Desmond's
Barber shop comedy.
8.00 Roseanne
The Pied Piper of Lanford
8.30 Just Shoot Me
Nina's Bikini
Nina has a bikini enshrined in a local restaurant.
9.00 Ellen
Hello Muddah, Hello Fadduh
9.30 Seinfeld
The Phone Message

10.00 Frasier
The Friend
Frasier sets out to meet new friends.
10.30 Cheers
Fear is my Co-Pilot
11.00 Festival of Fun II
With Lee and Herring.
11.30 The Larry Sanders Show
The Gift Episode
12midnight Late Night with David Letterman
1.00am Taxi
Sitcom with Danny DeVito.
1.30 The Critic
2.00 Dr Katz
2.30 Soap
3.00 Hooperman
3.30-4.00am Nightstand

SKY TRAVEL
LIFESTYLE PACK

11.00am Dales Diaries
11.30 Globetrotter
12noon Earth Journeys
12.30pm Getaway
1.00 Around the World
1.30 Exotic Islands
2.00 Islands of Australia
Billongololah and Beyond
3.00 Globetrotter
Costa Rica, Boston and Nevis
3.30-4.00pm World's Weirdest Places
Wild Rides

FOX KIDS
FAMILY PACK

6.00am Power Rangers Turbo 6.30 Power Rangers Turbo 7.00 Mortal Kombat 7.30 Donkey Kong Country 8.00 Goosebumps 8.30 Beetleborgs Metallix 9.00 Masked Rider 9.30 The Incredible Hulk 10.00 Iron Man 10.30 X-Men 11.00 Spiderman 11.30 Life with Louie 12noon Ace Ventura 12.30pm Casper 12.45 Toonsylvania 1.00 Sam and Max 1.15 Home to Rent 1.30 The Incredible Hulk 2.00 Iron Man 2.30 X-Men

3.00 Spiderman
Superhero adventures.
3.30 Roy and Lisa's Big Ride
3.35 Mortal Kombat
The warriors do battle.
4.00 Toonsylvania Double Bill
Enjoy a double bill of this hilarious animated series every day.

5.00 Goosebumps
A collection of spooky stories.
5.30 Eerie, Indiana: The Other Dimension
Out-of-this-world series.
6.00 Donkey Kong Country
6.30-7.00pm Mowgli: The New Adventures of the Jungle Book

SHOP!
LIFESTYLE/ SELECTION PACKS

6.00am Clothes Shop!
7.00 Your's Personally
7.30 The Gold Collection
8.30 On the High Street
9.30 Good Hair Days
10.00 Christmas Gifts
11.00 The Early Years
12noon The Gold Collection
1.00pm Home Shop!
2.00 Collector's Shop!
3.00 Labels
4.00 Sports Shop!
5.00 Bears and Dolls
6.00 Christmas Gifts
7.00 The Early Years
8.00 The Gold Collection
Another selection of gold jewellery.
9.00 Labels
Lingerie and nightwear from the biggest brands.
10.00 Bears and Dolls
Featuring exquisite dolls from Alberon.
11.00 Christmas Gifts
12midnight Your's Personally
12.30am Entertainment Shop!
1.30 The Early Years
2.30 Good Hair Days
3.00 The Gold Collection
A selection of gold jewellery.
4.00 Labels
Lingerie and nightwear from the biggest brands.
5.00-6.00am Bears & Dolls

QVC
LIFESTYLE/ SELECTION PACKS

QVC The Shopping Channel is at your service 24-hours-a-day – so watch when you can and tape when you can't. All you need is an item number. Call free phone on 0800-50-40-30 at any time. Today's highlight is Fashion at 11.00am.

CABLE CHECK
Some of the channels listed may not be available in your area

NEWS AND INTERNATIONAL

BBC NEWS 24
NEWS & SPORT/ ACCESS PACKS

6.00am BBC News 24 7.00 News 8.00 News 9.30 World Today 10.00 News 12noon News 1.00pm News 1.30 UK Today 2.00 News 2.30 World Today 3.00 News 4.00 Newsday 5.00 Newsday 6.00 Tonight 7.00 News 7.30 Sportsday 8.00 News 8.30 HARDtalk 9.00 Europe Direct 10.00 News 10.30 Interactive 11.00 News 11.30 USA Direct 12midnight News 12.30am Zero 30 1.00 News 2.00 News 2.30 USA Direct 3.00 News 3.30 HARDtalk 4.00 News 4.30 Reporters 5.00-6.00am News

CNN INTERNATIONAL
NEWS & SPORT PACK

News throughout the day, plus: 5.00am This Morning 5.30 Insight 6.30 Moneyline 7.30 Sport 8.30 Showbiz 9.00 Larry King 10.30 Sport 11.30 American Edition 11.45 Report 12.30pm Business 1.15 Asian Edition 1.30 Biz Asia 2.30 Insight 4.30 Style 5.00 Larry King 6.45 American Edition 7.30 Business 8.30 Q&A 9.30 Insight 10.00 Business 10.30 Sport 11.00 View 11.30 Moneyline 12.30pm Showbiz 1.15 Asian Edition 1.30 Q&A 2.00 Larry King 4.15 American Edition 4.30-5.00am Report

SKY NEWS
NEWS & SPORT/ ACCESS PACKS

News on the hour, every hour, plus: 6.00am Sunrise 10.30 Sky World News 12noon Sky News Today 2.30 PMQs 4.30 Sky World News 5.00 Live at Five 7.30 Sportsline 8.30 Sky Business Report 9.30 Sky World News 10.00 Prime Time 12.30am CBS Evening News 1.30 Special Report 2.30 Sky Business Report 3.30 Global Village 4.30 CBS Evening News 5.30-6.00am Special Report

INTERNATIONAL

TV5 5.00am Journal International 5.15 Gourmandises 5.30 Télématin 7.00 Minutes 7.05 Journal 7.30 Journal du Temps 7.35 Quatre et Demi 8.00 Minutes 8.05 Fax Culture 9.00 Minutes 9.05 Alice 9.30 Regards Africains 10.00 Minutes 10.05 Zig Zag Café 10.45 Gourmandises 11.00 Minutes 11.05 Voilà Paris 11.33 Journal 11.55 Journal du Temps 12noon Débat de Société 1.30pm Les Pieds sur l'Herbe 2.00 Journal 2.15 Urgence 3.15 Voilà Paris 3.45 Bus et Compagnie 4.30 Minutes 4.35 Pyramide 5.00 Questions pour un Champion 5.30 Journal 6.00 Voilà Paris 6.25 Un Livre, un Jour 6.30 Journal 7.00 Comment ça Va? 8.00 Faits Divers 9.00 Journal 9.30 Cycle Cinéma Africain 11.25 Journal 11.30-12midnight Soir 3

ASIANET
ADD-ON CHANNEL

CABLE EXCLUSIVE

7.30am News 8.00 Subah Aai Tak 8.30 Bahati Sagar 9.00 FILM 11.30 News 12noon Balcony 12.30pm Suzhal 1.00 Subah 1.30 FILM 4.00 Nathkat Badi Sehani 4.30 Nagar Pare Roopnagar 5.00 Grift 6.00 Edit 6.30 Asianet Aur Aap 7.00 Subah 7.30 News 8.00 A Mouthful of Sky 8.30 FILM 11.30 News 12midnight Spaghetti Junction 1.30am Asianet Aur Aap 1.00 FILM 4.00 Nagar Pare Roopnagar 4.30 A Mouthful of Sky 5.00 Subah 5.30 Choli Daman 6.00 Nathkat Badi Sehani 6.30 News 7.00-7.30am Bhule Bisre Geet

ZEE TV
ADD-ON CHANNEL

6.00am Out and About 6.30 Beegi Ke Pg 7.00 Jaagran 7.30 News 8.00 Business 8.30 Sailaab 9.00 Rishtey 10.00 Panchwan Mausam 11.00 Aashiana 11.30 Parampara 12noon FILM: Sanam Teri Kasam 3.00pm Chalo 3.30 Health 4.00 Campus 4.30 Ek Minute 5.00 Mintoo 5.30 Gumrah 6.00 Top of the Tops 6.30 Banegi Apni Baat 7.00 Baat Ban Jaye 7.30 Filmi 8.00 News 8.30 Amanat 9.00 Ajnabi Raastey 10.00 Ikke Pe Ikka 10.30 Woh 11.00 Purushkhetra 12midnight News 12.30am Tandoori Masala 1.00 Jee Sahab 1.30 Raahat 2.00 FILM: Bhagat Pipaji 4.30 Ridhi Siddhi 5.00 Janam Daata 5.30-6.00am Music Time

CHRISTIAN CHANNEL EUROPE
WORLD PACK

4.00am Thought for the Day 4.05 Believer's Voice of Victory 4.30 Good Morning Europe 4.45 John Avanzimi 5.00 Quentin Road Bible Hour 5.30 7 à Vivre 6.00 Life is for Living 6.30 Changing Your World 7.00 Believer's Voice of Victory 7.30 KIDZ TV 7.45 This is Your Day 8.15 Good Morning Europe 8.30 Revival Now 9.00 Another Day of Victory 9.30 Life in the Word 10.00 Dr Bernard 10.30 John Avanzini 10.40 Good Morning Europe 10.55-11.00am CMTV

BLOOMBERG
WORLD PACK

Rolling business news with financial reports on the half hour, plus: 2.15am Money 2.49 Kavanagh's Picks 3.24 Sports 4.15 Money 4.49 Kavanagh's Picks 5.24am Sports

BBC PARLIAMENT
NEWS & SPORT PACK

CABLE EXCLUSIVE

5.30am Select Committees 7.00 Record 7.30 Select 10.00 Commons 11.00pm Record 11.30-12midnight European Focus