THURSDAY

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Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Homes Under the Hammer** New edition From Bournemouth, Glasgow and London. (S)(AD)
11.45 **Bargain Hunt** (S)(R)(AD)
12.30 PM **LIVE Wimbledon** Coverage of the 11th day of the Grand Slam tournament at the All England Club, featuring doubles action from the outside courts ahead of the ladies' singles semi-finals. (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Wimbledon** Further coverage of day 11 from the All England Club, where the ladies' singles semi-finals take place. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)



8.45 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **Question Time** Fiona Bruce chairs the topical debate, inviting a panel of politicians and other guests in Colchester to answer questions from an invited audience. (S)

8 PM

8.15 **EastEnders** Stevie makes plans to leave Walford and apologises to Billy and Teddy for everything he has done. (S)(AD)
8.45 Phil drives a wedge between himself and everyone he loves, while Peter digs into Ian's excuses. (S)(AD)

9 PM

9.15 **NEW TO BBC1 A Good Girl's Guide to Murder** 1/6. Crime drama starring Emma Myers. A student investigates a five-year-old murder-suicide case. *Previously shown on BBC3.* (S1) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **A Good Girl's Guide to Murder** New episode 2/6. Pip and Ravi turn their attention to Andie's friends. (S1) (S)(AD)

11.20 **The Traitors US** 10/12. The prize pot is in sight as another player is banished. The Faithful seem to be closing in as doubt about one Traitor spreads among even their most ardent supporters. (S)(R)
12.20 AM **Match of the Day Top 10: Moments of Euro 2020** A look back at some of the highlights of Euro 2020. (S)
12.50 **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.25 AM **FILM The Velvet Touch** Mystery drama starring Rosalind Russell as a Broadway actress who commits murder and is stricken with a guilty conscience. (S) (1948, b/w, PG, 95min) ★★
8.00 **Sign Zone: Gardeners' World** From the RHS Hampton Court Palace Garden Festival. (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **LIVE Wimbledon** Clare Balding presents coverage of day 11 of the Grand Slam tournament from the All England Club, including the first ladies' singles semi-final. (S)
3.00 **LIVE Wimbledon** Further coverage of the 11th day of the third Grand Slam tournament of the year, staged on the grass-courts of the All England Club. (S)



9.00 Sacred Rivers with Simon Reeve

LIVE Wimbledon (started at 3.00pm)

8.00 **Today at Wimbledon** Qasa Alom presents highlights of the 11th day's play at the All England Club, including the ladies' singles semi-finals and the mixed doubles final. (S)

9.00 **Sacred Rivers with Simon Reeve** 1/3. The adventurer visits some of the world's most famous waterways and investigates how they have shaped the lives of the people living along them, beginning with the Nile. (S)(R)

10.00 **Coupling** Jeff worries about his pulling technique, while Julia debates the pros and cons of kissing a junior member of staff. (S)(R)
10.30 **Newsnight** (S)

11.00 **Weather** (S)
11.05 **Today at the Test** England v West Indies: Highlights of the second day of the first Test in the three-match series, staged at Lord's. (S)
12.05 AM **Colin from Accounts** 2/8. Ashley leaves a mess in Gordon's sock drawer. (S1) (S)(R)(AD)
12.35 **Sign Zone: Springwatch** (S)(R)
1.35 **Sign Zone: D-Day: The Unheard Tapes** Documentary. (S)(R)(AD)
2.35 **Sign Zone: The Bidding Room** (R)
3.20 **to 6.15** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.00 **ITV News** (S)
1.25 **Local News** (S)
1.30 **LIVE Racing** Francesca Cumani and Ed Chamberlin present coverage of the opening day of the July Festival from Newmarket, including feature race the 3.35 Princess of Wales's Stakes, plus races at 1.50, 2.25 and 3.00. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 Douglas is Cancelled

7.30 **Emmerdale** Kim covers for Billy's absence, Manpreet tries to check how Charles is doing, and Gail seizes on an idea. (S)(AD)

8.30 **Tom Kerridge Cooks Britain** New edition The chef cooks Steak Diane in Hexham, in the North Pennines. (S)(AD)

9.00 **Douglas is Cancelled** New episode 3/4. When Madeline and Douglas met for the first time, the encounter took an unexpected turn. Three years later, there are explosive consequences. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Regional Programmes** See Local Variations. (S)

11.15 **FILM The Man with the Golden Gun** James Bond adventure starring Roger Moore. Agent 007 tangles with a deadly professional hit-man who uses golden bullets on his victims. With Christopher Lee. (S)(AD) (1974, PG, 125min) ★★
1.20 AM **Teleshopping**
3.00 **Tour de France Highlights** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Chris McCausland Show** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.30 AM **Cheers** 20&21/25. (S3) (S)(R)
7.20 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 5-8/24. (S4) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **Help! We Bought a Village** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Renovation Nation** New edition In Lincolnshire, Lucy and Seb begin work on a bathroom in their Georgian farmhouse. (S)(AD)
5.00 **A New Life in the Sun: Where Are They Now?** Willie and Paul take a swing at a new idea. (S)(R)
6.00 **Four in a Bed** The final visit is to the Cross Inn in Heptonstall. (S)(R)
6.30 **The Simpsons** *Bart's Not Dead:* Christian film producers offer the family a movie deal. (S)(R)(AD)



8.00 The Supervet

7.00 **News** (S)

8.00 **The Supervet: Noel Fitzpatrick** Series finale 5/5. Toy poodle Monty needs treatment for a damaged hip joint, but with few vets willing to perform such a procedure, the family hope Noel can help. (S)(AD)

9.00 **George Clarke's Amazing Spaces** New edition A couple attempt to combine an army lorry and an old caravan to create the ultimate off-roader, and a man returns to his family's farm to build a luxury cabin. (S)(AD)

10.00 **Outrageous Homes** Series finale 4/4. Laurence Llewelyn-Bowen meets a couple who live in a medieval would-be castle in Weston-super-Mare, and visits a house of skulls and a decadent gentleman's lodge. (S)(AD)

11.05 **Celebrity Gogglebox** (S)(R)(AD)
12.05 AM **Gogglebox** (S)(SL)(R)(AD)
1.00 **999: On the Front Line** (S)(R)
1.55 **Ramsay's Kitchen Nightmares USA** From Michigan. (S)(SL)(R)
2.45 **Super Surgeons: A Chance at Life**
3.35 **Come Dine with Me: The Professionals** (S)(R)
4.25 **Jamie's One-Pan Wonders** (S)(R)
4.50 **Food Unwrapped** (S)(R)
5.00 **Frasier** 15&16/24. (S6) (S)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.45 PM **Friends** (S9) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **FILM PREMIERE** **My Fatal Memory** Thriller starring Kate Watson and Anna Marie Dobbins. (S) (2022, 12, 100min) ★★
4.00 **Bargain-Loving Brits in the Sun** Tattoo studio owner Jackie plans to expand her portfolio by going into tea production. (S)(R)
5.00 **News** (S)
6.00 **Police Interceptors** A motorist speeds through the countryside, and an artist in a rush is clocked speeding at more than 100mph. (S)(R)
6.55 **News** (S)



8.00 Supermarket Own-Brands

7.00 **Happy Campers: The Caravan Park** New edition At Tencreek Holiday Park, ex-army sergeant Mark has arrived for a birthday getaway. (S)
7.55 **News** (S)

8.00 **Supermarket Own-Brands: The Big Taste Test** New edition Assorted luxury own-brands are put through their paces in a series of tests against the brands they are competing with. (S)

9.00 **Susan Calman's Grand Day Out** New edition In historic Nottinghamshire, Susan hears tales of superheroes, explores caves and lets off steam in an example of Victorian invention. (S)

10.00 **Stormy: The Woman Who Brought Down Trump** Documentary examining the life of adult film star Stormy Daniels, and her encounter with former US president Donald Trump. (S)(R)

12.15 AM **A Killer Makes a Call: Catch and Kill** A 19-year-old calls police to say he has stabbed a 14-year-old. (S)(R)
1.10 **PlayOJO Live Casino Show** (S)
3.10 **Great British Gardens with Carol Klein** Double bill. (S)(R)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **House Doctor** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Stop, Search, Seize** (S)(R)(AD)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Malawi Wildlife Rescue** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **MacGyver** (S3) (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **S.W.A.T.** 6/22. (S5) (S)(R)(AD)
5.00 **The Simpsons** *The Burns Cage:* Homer makes it his mission to find Smithers a boyfriend. (S)(R)
5.30 *The Girl Code:* Homer gets fired from his job. (S)(R)
6.00 **The Office (US)** 19/19. Part two of two. Just as Jim is about to propose to Pam, Andy asks a question of his own. (S4) (S)(R)
6.30 1/28. Part one of two. A weight-loss initiative causes staff to start dieting. (S5) (S)(R)



8.00 The 90s: Cinema's Greatest...

7.00 **The Simpsons** *How Lisa Got Her Marge Back:* Marge and Lisa meet a stage star when they take a trip to Capitol City. (S)(R)
7.30 *Fland Canyon:* A crisis brings the Simpson and Flanders families closer. (S)(R)

8.00 **The 90s: Cinema's Greatest Decade** Alex Zane and celebrity guests look back at the era's best films. (S)(R)(AD)

9.00 **FILM** **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy Detective Axel Foley is on the trail of a gang led by a six-foot blonde. With Judge Reinhold, Brigitte Nielsen and Jurgen Prochnow. (S) (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Ibiza Narcos** 1/3. Exploring how the island was transformed into a vibrant party capital, fuelled by a lucrative drugs trade that drew many criminals to its shores. (R)
12.00 M'T **Sex and the City** (S)(R)
1.20 AM **Brit Cops: War on Crime** (R)
2.15 **Road Wars** (S)(R)
3.10 **Hawaii Five-0** 10/25. (S7) (S)(R)
4.05 **S.W.A.T.** 6/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City **11.20** The Traitors US **1.20am** Weather **1.25-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Crime I Can't Forget **11.40** A Good Girl's Guide to Murder **12.25am** The Traitors US **1.25** Match of the Day Top 10: Moments of Euro 2020 **1.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Rewind: 60 Years of Welsh Pop **11.10** A Good Girl's Guide to Murder **11.50pm-12.50am** The Traitors US

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES Sky 968, Freesat 968
No variations

ITV1

ANGLIA
10.45-11.15pm Anglia Late Edition

BORDER/TYNE TEES
10.45-11.15pm Around the House

LONDON
10.45-11.15pm The Late Debate

CENTRAL
10.45-11.15pm Central Lobby

GRANADA
10.45-11.15pm The Granada Debate

MERIDIAN
10.45-11.15pm Last Word

WALES
8.30-9.00pm Wales This Week: Election 2024, What It All Means **10.45-11.15pm** Tom Kerridge Cooks Britain

WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate

YORKSHIRE
10.45-11.15pm Last Orders

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion **12.05pm** Bois y Rhondda **12.30** Y Byd ar Bedwar **1.00** Prynhawn Da **1.55** Newyddion **2.00** LIVE Seiclo: Tour de France **4.40** Sali Mali **4.45** Crads Bach y Traeth **4.50** Sion y Chef **5.00** Stwnsh **6.00** Dan Do **6.15** LIVE Sgorio **8.30** Rownd a Rownd **9.00** Newyddion **9.30** Seiclo: Tour de France **10.00** Sgwrs Dan y Lloer **11.00-11.35pm** Cais Quinnell

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm



7.00 PM **Top Gear** The trio travel to Italy to test high-performance hatchbacks.
7.55 **The Catch Up**
8.00 **Top Gear** Rowan Atkinson takes the wheel of the Reasonably Priced Car.
9.00 **FILM** **Maze Runner: The Scorch Trials** Sci-fi adventure sequel starring Dylan O'Brien. The children who escaped from a labyrinth journey through a dangerous wasteland. (2015, 12, 131min) ★★★
11.05 **Man Like Mobeen** 1/4. Sitcom about a reformed drug dealer, with Guz Khan. **11.25** 2/4. The reformed drug dealer considers an arranged marriage. (S1)
11.50 **Paddy & Molly: Show No Mersey** Paddy discovers a serious shoulder injury. **12.20** AM Molly trains in Liverpool for the last time before her fight in Vegas.
12.50 AM **Top Gear** As 7.00pm.
1.50 **Man Like Mobeen**
2.35 **to 3.55** AM **A Good Girl's Guide to Murder**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm



7.00 PM **Today at the Test** England v West Indies: Highlights of day two of the first Test in the three-match series, staged at Lord's.
8.00 **Timewatch: Killer Storms and Cruel Winters – The History of Extreme Weather** 2/6. The UK's worst weather disasters.
9.00 **FILM** **The Woman in Black** Supernatural chiller starring Daniel Radcliffe. A widowed solicitor sees a mysterious veiled figure when he visits a gloomy mansion. (2012, 12, 91min) ★★★★
10.30 **Mark Kermode's Secrets of Cinema: Horror** The critic dissects the genre.
11.30 **Talking Books**
11.55 **The Sky at Night**
12.25 AM **Timewatch: Killer Storms and Cruel Winters – The History of Extreme Weather**
1.25 **Full Circle with Michael Palin** The Peruvian rainforest.
2.15 **to 3.15** AM **Sleuths, Spies & Sorcerers: Andrew Marr's Paperback Heroes**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Brighton.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Chateau DIY** Ben and Vanessa rush to finish a gin bar housed in an old garage.
6.55 **Car S.O.S** Tim and Fuzz restore a Singer Le Mans sports car for a farmer suffering from dementia.
7.55 **Grand Designs Revisited** Kevin McCloud returns to Gloucestershire to see the progress made by Jon and Noreen, who set out in 2013 to build a three-bed treehouse on a budget of £250,000.
9.00 **Perfect Pub Walks with Bill Bailey** Bill and comedian and writer Paul Merton walk the South West Coast Path on Dorset's Jurassic Coast.
10.00 **24 Hours in A&E** An 83-year-old is brought into resus after falling off his roof. **11.05** A 12-year-old is airlifted to St George's after he is struck by a motorcycle.
12.05 AM **999: On the Front Line** A man who has overdosed in a public toilet.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 21-24/24. (S6)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** An expectant mum fears for her safety.
7.30 **Come Dine with Me Paralympics Special** Wheelchair basketball star Amy Conroy hosts a night fit for historical heroes.
8.00 **Dance Moms** Abby Lee Miller recalls the worst to the best dance performance.
9.00 **Gogglebox** Opinions on *I'm a Celebrity... Get Me Out of Here!* and *Miriam and Alan: Lost in Scotland.*
10.00 **Naked Attraction** Singletons from London and Liverpool look for love.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **Rick and Morty**
1.35 **Smiling Friends** Series finale 8/8. (S2)
1.50 **Smiling Friends**
2.05 **Brooklyn Nine-Nine**
2.55 **Dance Moms**
3.45 **Modern Family**
5.00 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Patrol**
8.00 **Stop, Search, Seize**
9.00 **Highway Patrol**
9.30 **Caught Red Handed**
11.00 **Blue Bloods** 1/21. (S13)
12.00 NOON **New Amsterdam** (S5)
1.00 PM **Chicago Fire** 3/22. Griffin learns the truth about his father's death. (S10)
2.00 **FBI: Most Wanted** 11/22. The team investigate an explosion at an energy plant. (S4)
3.00 **Customs UK**
4.00 **Nothing to Declare**



10.00 The Good Doctor

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Blue Bloods** *First Blush:* 2/21. Frank announces he will not be endorsing Erin's run for district attorney. (S13)

9 PM

9.00 **The Rookie** New episode *Trouble in Paradise:* 3/10. Nolan and Bailey's honeymoon turns into a crime scene. (S6)

10 PM

10.00 **The Good Doctor** *Pipes:* 4/18. The team wade into murky legal waters regarding a new patient. (S1)
11.00 **Chicago Fire** 8/22. Severide and Herrmann clash over office space. (S10)
12.00 M'T **For Life** 2/13. (S1)
1.00 AM **FBI: Most Wanted** (S1)
2.00 **The Force: North East**
4.00 **Paramedics**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **Six Feet Under** (S3&4)
10.05 **Gomorrah** 10&11/12. (S3)
12.15 PM **Game of Thrones** (S2)
1.20 **The Sopranos** 8&9/13. (S5)
3.30 **Six Feet Under** 2/12. Keith starts work as a bodyguard.
4.35 3/12. Claire discovers Edie is a lesbian. (S4)
5.40 **Gomorrah** 12/12. Ciro, Genny and Enzo agree a treaty with the Confederati. Subtitled. (S3)
6.45 1/12. Genny turns to the Levante family for help. (S4)



9.00 House of the Dragon

7 PM

7.55 **Game of Thrones** *The Night Lands:* 2/10. Theon is reunited with his father on the Iron Islands, and Stannis makes plans for a naval invasion. (S2)

8 PM

9 PM

9.00 **House of the Dragon** 4/8. Fantasy set 200 years before the events of *Game of Thrones*. Stars Matt Smith. (S2)

10 PM

10.05 **Succession** *Mass in Time of War:* 2/9. Kendall tries to find more allies in his fight to take over control of Waystar. (S3)
11.15 **Winning Time: The Rise of the Lakers Dynasty** (S1)
12.25 AM **Watchmen** 4/9. Lady Trieu finally appears. (S1)
1.30 **The Leftovers** 1/10. (S1)
2.50 **Game of Thrones** As 7.55pm.
4.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **NCIS: Los Angeles** (S14)
7.00 **SEAL Team** 13/22. (S2)
8.00 **The Flash** 20/20. (S8)
9.00 **Stargate SG-1** (S4)
11.00 **NCIS: Los Angeles** (S14)
12.00 NOON **The Flash** 2/13. (S9)
1.00 PM **MacGyver** 1&2/22. (S3)
3.00 **Hawaii Five-0** 10/25. (S7)
4.00 **S.W.A.T.** 6/22. (S5)
5.00 **SEAL Team** 12/22. The unit try to rescue an American who married an ISIS leader. (S2)
6.00 **Stargate SG-1** 15/22. General Hammond makes a shock announcement. (S4)



12.00 Entourage

7 PM

7.00 **Stargate SG-1** *2010:* 16/22. Carter uncovers the truth behind an alien race that gave Earth a cure for cancer. (S4)

8 PM

8.00 **The 90s: Cinema's Greatest Decade** Alex Zane and celebrity guests look back at the era's best films.

9 PM

9.00 **The Walking Dead: The Ones Who Live** *The Last Time:* 6/6. The CRM plan to declare martial law. (S1)

10 PM

10.00 **The Walking Dead** *Us:* 15/16. Glenn and Tara are determined to reach Terminus, but Abraham is reluctant. (S4)
11.00 **Last King of the Cross** 2/10. John begins to turn his dreams of being a nightclub owner into a reality. (S1)
12.00 M'T **Entourage** 9&10/12. (S4)
1.00 AM **Brit Cops: War on Crime**
2.00 **Road Wars**
3.00 **Hawaii Five-0** 10/25. (S7)
4.00 **S.W.A.T.** 6/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.30 **Totally Bonkers Guinness World Records**
10.00 **Love Bites** Double bill.
12.00 NOON **Dress to Impress**
1.00 PM **Wheel of Fortune**
2.00 **Supermarket Sweep**
3.00 **Charmed** 9/22. (S1)
4.00 **Dawson's Creek** 9/23. (S4)
5.00 **Dress to Impress**
6.00 **Celebrity Catchphrase** With Richard Blackwood, Julia Bradbury and Roman Kemp.



10.05 Tell Me Everything

7 PM

7.00 **Wheel of Fortune** Graham Norton hosts the game show as three contestants compete to solve word puzzles.

8 PM

8.00 **The Masked Singer US** New edition Featuring Grammy winner Jewel, *NSYNC's Lance Bass and actor Kate Flannery.

9 PM

9.00 **Love Island** New edition As week six of the show continues, the contestants keep their eyes firmly on the £50,000 prize.

10 PM

10.05 **Tell Me Everything** Series finale 6/6. Jonny fights to win Bex back, and Dylan faces a big decision. (S2)
11.05 **Family Guy** 23/23. Joe cheats on Bonnie after bad advice.
11.35 17/23. The boys have their memories erased. (S10)
12.05 AM **American Dad!** (S8&7)
1.05 **Don't Hate the Playaz**
1.45 **Shopping with Keith Lemon**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.35 **Classic Coronation Street**
8.05 **Agatha Christie's Poirot**
10.30 **The Royal** As 11.55pm.
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
3.15 **Classic Coronation Street**
3.50 **Inspector Morse** *Cherubim and Seraphim:* The detective is led into the world of teenage rave parties and drug-taking while investigating a suicide.
6.00 **Heartbeat** *Vendetta:* Blaketon offers to help in the search for a woman's missing son.



8.00 Vera

7 PM

7.00 **Heartbeat** *Sleeping Dogs:* A face from the dead returns as Bernie prepares to receive his inherited fortune.

8 PM

8.00 **Vera** *Sandancers:* The detective investigates a suspicious death in an army barracks that was made to look like suicide, and uncovers an event nobody wants to discuss. Guest stars John Duttine.

9 PM

10 PM

10.00 **Trigger Point** 3/6. A journalist is sent a suspicious package suggesting a new bomb is set to explode. (S2)
11.00 **Trigger Point** 4/6. Alex has information about an attack planned for that day. (S2)
11.55 **The Royal** *Waifs and Strays:* Mr Rose and Dr Ormerod visit a hippie commune.
12.45 **to 2.30** AM **Upstairs, Downstairs**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
8.00 **Beechgrove Garden** New edition Horticultural tips.
8.30 **Hidden Lives** 2/6. Peter Ross heads to the Bo'ness Fair.
9.00 **Noteworthy with Chris McQueer** The author explores the stories behind the faces on Scotland's banknotes, including missionary and women's rights campaigner Mary Slessor and World War One medic Dr Elsie Inglis.
10.00 **The Karen Dunbar Show** 1/6. Sketch show.
10.30 **The Firm** 7/8. The Sheku Bayoh inquiry focuses on cause of death.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files: Cold Cases** The cost of human error in an investigation.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Will & Grace** (S7)
9.00 **American Auto** (S2)
10.00 **Sort Of** (S3)
10.30 **Vice Principals** (S1)
11.40 **Ballers** 9&10/10. (S3)
12.50 PM **Eastbound & Down**
2.10 **Vice Principals** (S2)
3.20 **Ballers** 1&2/9. (S4)
4.30 **Sort Of** (S3)
5.00 **Will & Grace** (S7)
6.00 **The Office (US)** (S4&5)
7.00 **American Auto** (S2)
8.00 **Will & Grace** 5/22. Harlin forces the reluctant flatmates to get involved in Halloween.
8.30 6/22. A concerned Grace starts keeping tabs on Will, who is hiding something. (S1)
9.00 **And Just Like That...**
10.40 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.40 **Sex and the City** (S6)
12.55 AM **Girls** 5&6/10. (S1)
2.05 **Hello Ladies** (S1)
3.50 **to 5.00** AM **Eastbound & Down**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **André Rieu & the Dutch Royal Family**
8.00 **Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **The South Bank Show Originals** Double bill.
3.00 **Hepworth**
4.00 **Discovering**
5.00 **Joy of Painting**
6.00 **Tales of the Unexpected**
7.00 **Battle of the Bagpipes**
8.00 **The Directors**
9.00 **Discovering: Tom Cruise**
10.00 **Sherlock Holmes vs Arthur Conan Doyle**
11.00 **Comedy Legends**
12.00 M'T **The Pilgrimage of Gilbert & George**
2.00 AM **Burning Man: Art on Fire** Documentary.
3.15 **Auction**
3.45 **National Trust: National Treasures**
5.00 **to 6.00** AM **The Art of Architecture**

Sky Mix

151 135 11 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Patrol**
11.00 **Stop, Search, Seize**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: Canada's Front Line**
3.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Star Trek: Enterprise**
6.00 **Star Trek: Deep Space Nine** 18/20. (S1)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S1)
9.00 **S.W.A.T.** 16/18. (S4)
10.00 **The Twilight Zone** (S2)
11.00 **World's Most Evil Killers** Patrick Kearney.
12.00 M'T **Grimm** 3/13. (S6)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.05 AM **Sugar Showdown**
7.35 **The Real Housewives of Cheshire** Reality series.
8.35 **Masters of Flip**
9.35 **Buying and Selling**
10.35 **The Real Housewives of Cheshire** Reality series.
11.35 **The Real Housewives of New Jersey**
12.30 PM **Real Housewives of Orange County**
1.20 **The Only Way Is Essex**
2.05 **Dinner Date**
3.05 **Million Dollar Listing: LA**
4.05 **The Real Housewives of New Jersey**
5.00 **The Real Housewives of Salt Lake City** New edition The ladies are unsure about a trip for Monica's birthday.
6.00 **Masters of Flip**
7.00 **Million Dollar Listing: LA**
8.00 **Dinner Date**
9.00 **Botched** Double bill.
10.55 **The Only Way Is Essex**
11.40 **Singletown**
12.45 **to 1.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
9.00 **Diagnosis Murder**
11.00 **Castle** 5&6/23. (S4)
1.00 PM **Sue Thomas: F.B.Eye** 15/19. (S2)
2.00 **Father Dowling Mysteries** 3/22. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 15–18/24. (S3)
9.00 **The Avengers** *The £50,000 Breakfast:* 19/25. The death of a ventriloquist leads to the discovery that he was carrying a collection of gems in his stomach. (S5)
10.00 **Randall and Hopkirk (Deceased)** *The Man from Nowhere:* 15/26. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S3)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **Return of the Saint**
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Derby Through the Years**
6.15 **Minder**
7.20 **The Professionals**
8.20 **Dempsey and Makepeace**
9.25 **Magnum, PI**
10.25 **Kojak**
11.30 **Made in Britain**
12.00 NOON **BattleBots**
1.00 PM **Tour de France Highlights**
2.00 **LIVE Tour de France** Coverage of the 12th stage.
5.00 **Great Racehorses**
5.25 **Mr Bean**
5.55 **BattleBots**



8.00 Jaws: The Revenge

7.00 **Tour de France Highlights** Gary Imlach presents highlights of stage 12, from Aurillac to Villeneuve-sur-Lot.

8.00 **FILM Jaws: The Revenge** Action thriller sequel starring Lorraine Gary and Michael Caine. The small town of Amity is terrorised once again by a man-eating shark. (1987, 12, 100min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **FILM Rocky II** Drama sequel starring Sylvester Stallone. Rocky steps back into the ring for a rematch against the world heavyweight champion. With Carl Weathers. (1979, PG, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Professionals** *The Female Factor.*
1.10 **Minder**
2.05 **Auto Mundial**
2.35 **to 3.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Warehouse 13** 6/6. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: The Next Generation** 4&5/26. (S7)
3.00 **Warehouse 13** 6/6. (S5)
4.00 **Star Trek: Enterprise** (S1)
5.00 **Star Trek: Voyager** 5/26. A second-hand space shuttle transforms into a woman. (S6)
6.00 **Star Trek: The Next Generation** 4/26. Picard fails to return from an archaeological trip. (S7)



9.00 Reginald the Vampire

7.00 **Star Trek: The Next Generation** *Gambit – Part Two:* 5/26. Riker wins the mercenaries' confidence. (S7)

8.00 **Stargate SG-1** *Fire and Water:* 13/22. The team return from an expedition with the news that Jackson has been killed. (S1)

9.00 **NEW SERIES Reginald the Vampire** *The Pompatus of Love:* 1/10. Return of the comedy starring Jacob Batalon.

10.00 **Reginald the Vampire** New episode *30 Days:* 2/10. A charming feline attends a council meeting as a representative. (S2)
11.00 **Wynonna Earp** 10/12. The Widows and their poison plague grow in power. (S2)
12.00 M'T **FILM America Is Sinking** Adventure starring Johnny Pacar. (2023, 12, 80min) ★★
2.00 AM **Blood & Treasure** (S1)
3.00 **Star Trek: The Next Generation** 4&5/26. (S7)
5.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **The Doctor Blake Mysteries**
10.00 **Elementary** 1/24. (S3)
11.00 **Hudson & Rex** 2/16. (S1)
12.00 NOON **Father Brown**
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S7)
4.00 **Elementary** 1/24. (S3)
5.00 **Father Brown** *The Smallest of Things:* The sleuth investigates the macabre world of doll's house crime scenes.
6.00 **Hudson & Rex** 2/16. The duo unravel a conspiracy within the city's parkour community. (S1)



9.00 So Help Me Todd

7.00 **Elementary** *When Your Number's Up:* 15/24. The duo hunt for a killer who leaves wads of cash on his victims. (S3)

8.00 **Father Brown** *The Angel of Mercy:* The priest is suspicious when Mrs McCarthy's friend dies in her sleep.

9.00 **NEW SERIES So Help Me Todd** *Iceland was Horrible:* 1/10. Drama. *See feature, page12.* (S2)
■ Full series on UKTV Play

10.00 **Death in Paradise** *Man Overboard – Part Two:* 6/8. The detectives find themselves with two murders to solve. (S6)
11.00 **Elementary** As 7.00pm.
12.00 M'T **CSI: Vegas** 9/21. The CSI team uncover a shocking link between their murders of two Regency Romantic Festival attendees. (S2)
12.55 AM **Murdoch Mysteries** (S7)
2.50 **to 4.00** AM **The Gulf**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.10 AM **Highlights**
9.20 **My Hero**
10.00 **Are You Being Served?**
10.40 **Still Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **The Green Green Grass**
1.20 **My Hero**
2.00 **Still Open All Hours**
2.40 **Dad's Army**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Still Open All Hours**
6.00 **The Green Green Grass**
6.40 **Dad's Army**



10.00 Sketch Show Years

7.20 **Dad's Army** Walmington-on-Sea's power and communications services are cut off.

8.00 **The Thin Blue Line** A bank raid leaves Grim a happy man.
8.40 **The Vicar of Dibley** Local election fever hits and Geraldine finds she is the leading candidate.
9.20 **Harry Enfield and Chums** Stan and Pam flash their cash in Spain.

10.00 **Paul Whitehouse's Sketch Show Years** New edition The 1990s.
■ Full series on UKTV Play
10.40 **The Fast Show** Comedy sketch show.
11.20 **The Fast Show: Just a Load of Blooming Catchphrases**
1.20 AM **Bottom** The bachelors hear of a fixed horse race.
2.00 **Harry Enfield and Chums**
2.30 **The Fast Show** As 10.40pm.
3.15 **to 4.00** AM **Bottom**

+1 hour 210/211 324

Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Border Force: America's Gatekeepers** Documentary.
9.00 **Top Gear USA Special**
10.00 **Top Gear** Double bill.
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's 20th Century** Double bill.
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** Dave and Si go on a culinary journey around Asia, beginning in Hong Kong.
6.00 **Rick Stein's Spain** From Seville.



7.40 House of Games

7.00 **Would I Lie to You?** With Clara Amfo, Tom Davis, Shaun Ryder and Henning Wehn. **7 PM**
7.40 **Richard Osman's House of Games** With Philippa Perry and Luke Kempner. **8.20** Guests include Anna Richardson, Sindhu Vee and Tom Rosenthal. **8 PM**
9.00 **QI XL** Guests Sandi Toksvig, Ronni Ancona and Jack Dee join regular panellist Alan Davies and host Stephen Fry. **9 PM**
10.00 **Have I Got a Bit More News for You** Jack Dee hosts the satirical quiz, with Dehenna Davison and Emmanuel Sonubi. **10 PM**
11.00 **Taskmaster** Frank Skinner takes a boulder onto a train.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **QI XL** As 9.00pm.
2.30 **Room 101** With Rob Delaney.
3.00 **to 4.00** AM **Whose Line Is It Anyway? USA**

+1 hour 211/212 327 57

4seven

137/138 143 49 127

9.00 AM **Car S.O.S**
10.00 **Renovation Nation**
11.00 **A Place in the Sun**
12.00 NOON **A New Life in the Sun: Where Are They Now?**
1.00 PM **Frasier** (S3)
2.30 **Help! We Bought a Village** From France.
3.30 **Come Dine with Me** From south London.
6.00 **A Place in the Sun**
7.00 **Bake Off – The Professionals: The Final**
9.00 **Super Surgeons: A Chance at Life** The surgeons tackle tumours in tough places.
10.00 **FILM The French Dispatch** Wes Anderson's anthology drama with Bill Murray. (2020, 15, 108min) ★★★★★
12.15 AM **Guy Martin's Lost WW2 Bomber**
1.45 **Outrageous Homes**
2.50 **Britain's Most Expensive Houses**
3.55 **to 4.55** AM **24 Hours in A&E**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Good Samaritan:* 14/23. Three similar execution-style killings take place. **7.00** *Enigma:* 15/23. Gibbs's former commanding officer is accused of murder. **8.00** *Bete Noire:* 16/23. Ducky, Gerald and Kate are taken hostage by a gunman. Guest stars Alan Dale. (S1)
9.00 **Blue Bloods** *Excessive Forces:* 4/22. Danny is charged with using excessive force. (S5)
10.00 **Law & Order: Special Victims Unit** *Users:* 7/24. A photo of a murder scene is leaked. (S11)
11.00 **Law & Order: Special Victims Unit** (S11 & 10)
1.55 AM **Law & Order** (S5)
3.00 **The Blacklist** 17/23. (S3)
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops: Give Me My Car Back!**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** A man arrives with a high heart rate.
10.00 **Trauma Room One**
11.00 **Ambulance: Code Red**
12.00 M'T **Skin A&E**
1.00 AM **It's Your Fault I'm Fat** A man tries to reduce his intake of fast food.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Car Pound Cops**
9.35 **Outback Truckers**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.35 PM **FILM The Gunfight at Dodge City** Western with Joel McCrea. (1958, PG, 81min) ★★★
2.15 **FILM Gunpoint** Western drama. (1966, U, 86min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Heavy** New edition Truckers move a 63-ton train track tamping machine.
10.00 **Outback Truckers** New edition Graham faces storms and grass fires moving a railway.
11.00 **Warship: Life at Sea**
12.00 M'T **Deadliest Weather: Caught on Camera**
2.00 AM **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

W

132/133 827 125 25 156

6.10 AM **Tipping Point: Lucky Stars** Game show.
7.00 **MasterChef Australia**
8.00 **Tipping Point: Lucky Stars** Triple bill.
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point: Lucky Stars** Double bill.
3.00 **Tipping Point**
4.00 **My Dream Home**
6.00 **Tipping Point: Lucky Stars** Double bill.
8.00 **Nick Knowles' Big House Clearout**
9.00 **NEW SERIES The Gentle Art of Swedish Death Cleaning** The Death Cleaners help people organise their homes and lives.
10.00 **DIY SOS: Children in Need Special**
11.15 **Killer Women with Piers Morgan**
12.20 AM **First Responders**
1.25 **19 Kids and Counting**
2.15 **to 3.00** AM **Jo Frost: Nanny on Tour**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.20 **Classic Holby City**
10.40 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Born and Bred**
4.20 **Tenko**
5.20 **Birds of a Feather**
6.00 **Waiting for God**
6.40 **Are You Being Served?**
7.20 **Last of the Summer Wine** Classic sitcom.
8.00 **Father Brown**
9.00 **A Small Light** Series finale *Legacy:* 8/8. Miep fights to keep Otto's business running in the hope the Franks will return. (S1)
■ Full series on UKTV Play
10.10 **New Tricks**
11.30 **Soldier, Soldier**
12.40 AM **Footballers' Wives**
1.40 **Born and Bred**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Really

142 128 T7 160

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **The Edinburgh Auction House** Double bill.
1.00 PM **Money for Nothing**
2.00 **The Repair Shop**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Paul Laidlaw and Claire Rawle arrive in Sunderland. **8.00** Paul and Claire head to auction in Beverley, East Yorkshire.
9.00 **Who Do You Think You Are?** Judi Dench looks into her family history.
10.00 **Alex Polizzi: The Fixer**
11.30 **Ghost Bait**
12.00 M'T **Unexplained: Caught on Camera**
1.00 AM **Paranormal: Caught on Camera**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge

145 139 48 146

7.00 AM **The Chase** Triple bill.
10.00 **Weakest Link**
11.00 **Pointless Celebrities**
12.00 NOON **Play Your Cards Right** Double bill..
1.00 PM **Bridge of Lies**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Play Your Cards Right** Double bill of the game show with Bruce Forsyth.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **Cash Trapped**
2.00 **The Chase** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Coast Guard Alaska**
9.00 FILM **Collision Course** Thriller with Tia Carrere. (2012, PG, 90min) ★★
10.50 **Battle Honours**
12.00 NOON **Wild West...**
1.00 PM FILM **The Walking Hills** Western. (1949, b/w, PG, 78min) ★★★
2.45 FILM **Hellgate** Western. (1952, PG, 87min) ★★
4.35 **Wild West Chronicles**
5.05 FILM **Christmas Truce** Drama. (2015, PG) ★★
7.05 FILM **Asteroid-a-geddon** Action thriller. (2020, PG, 90min) ★★
9.00 FILM **The Ballad of Lefty Brown** Western. (2017, 15, 111 min) ★★★
11.20 FILM **The Foreigner** Thriller. (2003, 15) ★
1.25 AM FILM **How I Spent My Summer Vacation** (2012, 15) ★★★★
3.30 **War Machines**
4.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Left for Dead** Thriller. (2014, PG) ★
11.00 FILM **Deadly Switch** Thriller. (2019, PG) ★★
12.55 PM FILM **The Wrong Daughter** Thriller. (2018, 12, 89min) ★★
3.00 FILM **Living with the Enemy** Crime thriller. (2005, PG, 86min) ★★
4.55 FILM **The Philadelphia Experiment** Thriller. (2012, 15, 89min) ★★
6.55 FILM **Tracker** Drama. (2010, 12, 101 min) ★★★
9.00 FILM **King Arthur** Action adventure starring Clive Owen and Keira Knightley. (2004, 12, 126min) ★★★
11.30 FILM **Badland** Western. (2019, 12, 107min) ★★
2.00 AM FILM **The Forger** Crime action thriller. (2012, 12, 90min) ★★
4.00 **to 6.00** AM FILM **The Midwife's Deception** Thriller. (2018, PG) ★★

+1 hour 322

GREAT! romance

319 424 52

8.00 AM FILM **Love Hacks** Drama. (2022, PG) ★★
10.00 FILM **Planning for Joy** Comedy. (2022, PG) ★★
12.00 NOON FILM **Shifting Gears** (2024, U) ★★
2.00 PM FILM **Love Upstream** Comedy. (2021, PG, 85min) ★★
4.00 FILM **Love By Chance** Romantic comedy. (2016, PG, 90min) ★★
6.00 FILM **Matching Hearts** Romantic drama. (2020, PG, 100min) ★★
8.00 FILM **This Little Love of Mine** Romantic drama. (2021, U, 91 min) ★★
9.50 FILM **One of a Kind Love** Romantic drama. (2021, PG, 90min) ★★
12.00 M'T **Highway to Heaven**
1.00 AM FILM **The Seven Year Hitch** Comedy. (2012, PG, 88min) ★★
3.00 **to 5.00** AM FILM **Romance Retreat** Comedy. (2019, PG) ★★

+1 hour 320 63

GREAT! real

189 61

9.00 AM **The Embassy**
11.00 **Police Ten 7**
1.00 PM **Airline USA**
2.00 **Coast Guard Pacific Northwest**
3.00 **The People's Vet**
4.00 **Heathrow: Britain's Busiest Airport**
5.00 **Airline USA**
6.00 **Emergency Rescue: Air, Land & Sea** Humberside Search and Rescue Team help a woman who has fallen. **7.00** A team race to help two injured crewmen. **8.00** Helping a man with a serious injury. **9.00** Falmouth Coastguard Rescue Teams help a woman after she has a fall.
10.00 **Code 1: Extreme**
11.00 **Police Ten 7**
1.00 AM **Cops Uncut**
2.00 **Coast Guard Alaska**
4.00 **to 5.50** AM **Police Ten 7**

+1 hour 289

DMAX

159 169 39 150

6.00 AM **Alaska: The Last Frontier** Documentary
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Building Off the Grid**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary
2.00 **Gold Divers**
4.00 **Richard Hammond's Workshop** A Morris 8.
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Outback Opal Hunters**
9.00 **Paranormal: Caught on Camera**
10.00 **Portals to Hell**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
1.00 AM **Yukon Men**
2.00 **Teleshopping**
4.00 **Building Alaska**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 259 369 151

Food Network

140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Jamie Oliver: Together**
9.00 **James Martin's...**
10.00 **Tom Kerridge More Sunday Lunch**
11.00 **Ainsley's Good Mood Food** Dairy products.
12.00 NOON **Great British...**
2.00 PM **James Martin's...**
3.00 **The Hairy Bikers...**
4.00 **The Pioneer Woman**
5.00 **Girl Meets Farm**
6.00 **James Martin's American Adventure**
7.00 **Great British Bake Off**
8.00 **The Hairy Bikers' Food Tour of Britain**
9.00 **Adam Eats Britain**
10.00 **Nigella Bites**
11.00 **Diners, Drive-Ins and Dives** Double bill.
12.00 M'T **Grocery Games**
1.00 AM **Restaurant: Impossible** In Florida.
2.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 149

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 19/27. (S4)
9.00 **Airwolf** 13/22. (S3)
10.00 **Mission: Impossible**
11.00 FILM **Gunfighters** Western. (1947, PG) ★★
12.45 PM FILM **The Professionals** Western adventure. (1966, PG, 117min) ★★★★
3.00 FILM **Tremors 3: Back to Perfection** Comedy horror sequel. (2001, PG, 100min) ★★★
5.00 **Star Trek** 26/30. (S1)
6.00 **Mission: Impossible**
7.00 **Airwolf** 14/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Loft** Thriller with Karl Urban. (2013, 15, 98min) ★★★★
11.00 FILM **Forsaken** Western. (2015, 15, 89min) ★★★
12.50 AM FILM **Death Line** Horror with David Ladd. (1972, 18, 82min) ★★★
2.35 **to 4.20** AM FILM **Crystal Skulls** Fantasy. (2014, PG, 88min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **The Last Sharknado: It's About Time** As 5.00pm.
8.00 FILM **Fire Serpent** Sci-fi horror. (2007, 15) ★★
10.00 **Farscape** 20/22. (S3)
11.00 FILM **Solar Attack** Action disaster movie. (2005, PG, 90min) ★★
1.00 PM FILM **Stormageddon** Thriller. (2015, PG, 90min) ★★
3.00 **Farscape** 20/22. (S3)
4.00 **UFO** 6/26. (S1)
5.00 FILM **The Last Sharknado: It's About Time** Sci-fi adventure. (2018, 15, 90min) ★★
7.00 **Farscape** 21/22. (S3)
8.00 **UFO** 7/26. (S1)
9.00 FILM **First Kill** Thriller starring Bruce Willis. (2017, 15, 97min) ★★
11.00 FILM **Mercy Black** Horror thriller. (2019, 15, 88min) ★★
1.00 **to 3.00** AM FILM **First Kill** As 9.00pm.

+1 hour 318 371 139

Blaze

164 174 64 162

6.00 AM **Dickinson's Real Deal** From Alton Towers.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Roswell: First Witness**
11.10 **Curse of Skinwalker Ranch** Documentary.
12.10 PM **Curse of Oak Island**
1.05 **Monsterquest**
2.05 **Pawn Stars**
3.05 **Auction Hunters**
4.00 **Ancient Aliens**
6.00 **Roswell: First Witness**
7.00 **Wicked Tuna**
8.00 **Dickinson's Real Deal**
9.00 **Extraordinary: The Revelations**
11.10 **Mission Unexplained**
12.10 AM **Curse of Skinwalker Ranch**
1.05 **Roswell: First Witness**
2.00 **Wicked Tuna**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **The Yorkshire Vet**
9.55 **Entertainment News**
10.10 **The Yorkshire Vet**
1.00 PM **Bargain-Loving Brits in the Sun**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.35 **The Yorkshire Vet**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **The Good Ship Murder** *Sicily*: 6/8. The luxury liner sails to Sicily, and a family saga unfolds. (S1)
9.00 **The Madame Blanc Mysteries** 6/6. Jean's preparations to leave are interrupted by a late-night intruder. (S1)
10.00 **Yellowstone** *Enemies By Monday:* 9/10. The Duttons gear up for a final fight with the Becks. (S2)
10.55 **Nazi Megastructures**
11.55 **Forged in Fire**
3.25 AM **The Yorkshire Vet**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 166

7.00 AM **Building Alaska**
8.00 **Your Garden Made Perfect** In Manchester.
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **A Place in the Sun**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Bargain Block**
2.00 **Flip or Flop** Double bill.
3.00 **Good Bones**
4.00 **Escape to the Country**
5.00 **Your Garden Made Perfect** In Manchester.
6.00 **A Place in the Sun**
7.00 **Money for Nothing**
8.00 **Escape to the Country**
9.00 **Fixer to Fabulous** New edition Renovating an Italian villa.
10.00 **Restored by the Fords**
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Dr Pimple Popper**
11.00 **The Family Chantel**
12.00 NOON **Unexpected: Teenage & Pregnant**
1.00 PM **Sister Wives**
3.00 **7 Little Johnstons**
4.00 **Little People, Big World** Documentary.
5.00 **The Family Chantel**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Outrageous 911**
9.00 **Cornwall Air 999**
10.00 **Hoarding: Buried Alive**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Monsters Inside Me**
1.00 AM **Extreme Couponing**
2.00 **Hoarding: Buried Alive**
3.00 **Cornwall Air 999**
4.00 **Outrageous 911**
5.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Impractical Jokers**
11.00 **Home Improvement**
12.00 NOON **Last Man Standing** (S4)
1.00 PM **Friends** (S5&6)
9.00 **Lee Evans: Roadrunner**
10.00 NEW **South Park: The End of Obesity** One-off special about a new weight-loss drug.
11.05 **South Park: The 25th Anniversary Concert**
1.20 AM **The Pep Talk** New edition 9/10. Jack Rooke's tips on how to live, laugh and love.
1.25 **Russell Howard & Mum: Globetrotters**
2.25 **Jimmy Carr Live: Comedian** Stand-up.
3.10 **The Ricky Gervais Show**
3.35 **The Daily Show** New edition Talk show.
4.00 **Beavis and Butt-Head**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Impractical Jokers**
7.00 **Teleshopping**
9.00 **Becker** 6-9/22. (S5)
11.00 **Friends** (S6&7)
1.00 PM **Ridiculousness**
2.00 **Criminally Funny**
3.30 **Impractical Jokers: Inside Jokes**
4.00 **Daria** 2&3/13. (S4)
5.00 **Becker** 8&9/33. (S5)
6.00 **Home Improvement**
7.00 **Last Man Standing**
9.00 **Rhod Gilbert's Growing Pains** With Jimmy Carr.
10.00 **Friends** 12/24. Chandler's behaviour annoys Monica. **10.30** 13/24. Phoebe meets her father. (S5)
11.00 **Friends** 14-17/24. (S5)
1.00 AM **The Ren & Stimpy Show** 3&4/12. (S2)
2.00 **South Park** (S16&17)
3.25 **Frank Skinner Live at Birmingham Hippodrome** Stand-up.
4.30 **Digman!** (S1)
5.15 **to 6.00** AM **Guessable?**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **911 Crisis Centre**
11.00 **Paramedics Australia**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Stop, Search, Seize**
2.00 **Most Haunted**
4.00 **DC's Legends of Tomorrow** (S1)
6.00 **Warehouse 13** (S4)
8.00 **The Equalizer** (S4)
9.00 **Caught on Dashcam**
10.00 **Fire Country** (S2)
11.00 **The Rookie** *Trouble in Paradise:* 3/10. (S6)
12.00 M'T **The Cleaning Lady**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own Road Trip: Loch Ness to London** Lawn bowls.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Love Squad**
6.25 **Teen Mom 2**
7.10 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Teen Mom UK: Next Generation**
8.00 **Rich Kids Go Skint** Tiana is astonished that Candace and her kids live in a two-bed flat.
9.00 **Badass Brides** A wedding with an Africa-meets-India theme.
10.00 **Geordie Shore** The Geordie's head to the zoo for some family fun.
11.00 **Awkward** Double bill.
12.00 M'T **Ridiculousness** New edition Rob, Steelo, and Carly Aquilino find out that two can be worse than one.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie Shore**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

11 July Thursday

Thursday

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **Deadliest Catch**
8.00 **Blowing Up History**
9.00 **How the Universe Works**
10.00 **Iron Resurrection**
11.00 **Wheeler Dealers: Dream Car**
1.00 PM **Treehouse Masters**
3.00 **Mystery at Blind Frog Ranch**
4.00 **Flying Wild Alaska**
5.00 **Salvage Hunters** A collection of 19th-century balconet rails.
6.00 **Iron Resurrection** New edition Joe pulls out all the stops to make the '66 Nova the car of his client's dreams.



10.00 Naked and Afraid XL

7.00 **Kindig Customs** Kevin Hart's latest project is ready to be customised, from a futuristic redesign to subtle window changes.
8.00 **Bad Chad Customs** Chad creates a drag car from a station wagon. He imagines a car with wings and topped with a bubble.
9.00 **The World's Biggest Drug Lord: Tse Chi Lop** Investigators reveal how Tse Chi Lop stayed hidden for more than a decade.
10.00 **Naked and Afraid XL** New edition With all camps united, the group splinter to hunt resources and the tension rises.
12.00 M'T **Mystery at Blind Frog Ranch** The team attempt a manoeuvre on the trail of the Lost Rhoades Mine to access the Mormon Eye cave.
1.00 AM **The World's Biggest Drug Lord: Tse Chi Lop**
2.00 **Naked and Afraid XL**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue** Amanda and her family embark on a rescue mission.
2.00 **Expedition Bigfoot**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a dog that jumped from a moving car.
6.00 **Extinct or Alive** Forrest Gallante searches for species thought to be long dead.



8.00 Guardians of Rescue

7.00 **Amanda to the Rescue** A miniature schnauzer with a suspected liver shunt needs complicated and costly surgery.
8.00 **Guardians of Rescue** Moose and Elle confront a man accused of animal abuse, while Rob and Dori try to rescue a dog.
9.00 **Guardians of Rescue** The team investigate a claim about dogs on a hot roof and help a woman whose dog is being provoked.
10.00 **Alaska: The Last Frontier** Otto's hay season nearly comes to a halt when a broken tractor forces him to get creative.
11.00 **Into the Shark Bite** Inside the mouth of the ocean's most feared predator.
12.00 M'T **Return to the Isle of Jaws** Documentary.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Nazi Megastructures**
12.00 NOON **Car S.O.S**
1.00 PM **Drain the Oceans: Secrets of the Spanish Armada** Documentary.
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Lost Treasures of Egypt**
5.00 **Car S.O.S** Restoring a classic Japanese sports coupe.
6.00 **Seconds from Disaster** The sinking of the *Bismarck* in 1941.



10.00 Alaska: The Next...

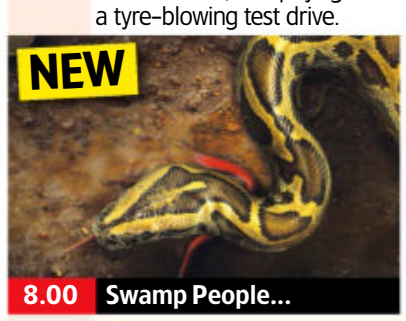
7.00 **Air Crash Investigation** The events surrounding a mid-air collision between a business jet and a passenger plane in 2006.
8.00 **Europe from Above** Aerial footage of the Greek Islands, including the Santorini skyline and Corfu's Venetian fortress.
9.00 **Wicked Tuna** New edition TJ and Tyler make the run to Maine, betting on cooler water leading to better catches.
10.00 **NEW SERIES Alaska: The Next Generation** The Sarvelas attempt to save their garage from the unrelenting ocean below.
11.00 **Air Crash Investigation**
12.00 M'T **Gordon Ramsay: Uncharted** Florida Keys.
1.00 AM **Trafficked: Underworlds**
2.00 **Lords of War** In Colorado.
2.30 **Abandoned** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Pawn Stars Do America**
8.00 **Monsterquest**
10.00 **Pawn Stars** Double bill.
12.00 NOON **Secrets in the Ice**
1.00 PM **Salvage Kings**
2.00 **Swamp People: Serpent Invasion** Double bill.
4.00 **Pawn Stars** Chum unboxes 1912 Yale baseball uniforms.
5.00 Rick and Corey visit San Diego to test a classic car.
6.00 **American Pickers** In Tennessee, a Zephyr gets a tyre-blowing test drive.



8.00 Swamp People...

7.00 **Forged in Fire** The amateur bladesmiths are tasked with forging a combat knife from an anti-tank hedgehog.
8.00 **NEW SERIES Swamp People: Serpent Invasion** Swampers set out to clear the Florida Everglades of giant female pythons.
9.00 **Swamp Mysteries with Troy Landry** New edition The swamp expert rushes to Florida to investigate reports of a Nile crocodile.
10.00 **Adventure Gold Diggers** Donnie confronts poachers, while Dennis and his team initiate an unexpected raid.
11.00 **Rust Valley Restorers** Rust Valley rivals face off in the Shop Truck Challenge.
12.00 M'T **Pawn Stars** Double bill.
2.00 AM **Storage Wars**
3.00 **Swamp People: Serpent Invasion** As 8.00pm.
4.00 **Forged in Fire** As 7.00pm.
5.00 **to 6.00** AM **Salvage Kings**

+1 hour 223/224 331

Yesterday

155 846 129 27 159

6.10 AM **Secrets of the Transport Museum** Double bill.
8.00 **Abandoned Engineering**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Find It, Fix It, Flog It**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash: Restoring Classics** A Lotus Esprit S3.
3.00 An Austin Montego.
4.00 **The Buildings That Fought Hitler** Coastal defences.
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow** Favourite finds from the past 40 years.



8.00 Bangers & Cash

7.00 **Find It, Fix It, Flog It** Henry and Simon come across a water trough and a cartwheel as they turn unwanted items into cash.
8.00 **Bangers & Cash** Derek collects a 1936 Wolseley 14/56. Meanwhile, a Batman-inspired Chrysler Crossfire is dropped off.
9.00 **Bangers & Cash: Restoring Classics** The team take on a fast Ford to see if a 'quick flip' could make some money.
10.00 **Bangers & Cash: Restoring Classics** Dave purchases a 1979 Lotus Esprit S3, an expensive buy and a serious risk.
11.00 **Abandoned Engineering** A formerly luxurious mountain-top villa on the island of Rhodes that's been ravaged by acts of revenge by locals.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 **to 3.00** AM **Secrets of the Transport Museum**

+1 hour 255 329 74

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 172 167

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **How Do They Do It?** Four editions.
2.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **Salvage Hunters: The Restorers**
6.00 **Wheeler Dealers**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Wheeler Dealers** The search for a Triumph Dolomite Sprint.
10.00 **Shed and Buried**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
2.00 AM **Chasing Classic Cars**
3.00 **Overhaulin'**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
9.00 **Say Yes to the Dress**
11.00 **Disappeared**
12.00 NOON **Forensic Detectives** True-crime.
1.00 PM **FBI Files**
2.00 **American Monster**
4.00 **Murder on CCTV**
5.00 **Disappeared**
7.00 **10 Steps to Murder**
8.00 **Murder on CCTV** The case of Christian Aguilar.
9.00 Hiawayi Robinson.
10.00 **Evil Lives Here: Shadows of Death** The murders of two girls at a remote lookout point.
11.00 The hunt for an attacker in Omaha.
12.00 M'T **Forbidden: Dying for Love** Adam Arndt.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **48 Hours** Jonathan Vigliotti investigates what happened when a professor died.
8.00 **Forensics** A mother frantically calls the police after finding her daughter's body face-down on the floor.
9.00 **Cold Justice Sex Crimes** A 17-year-old unsolved investigation into the rape of a teacher hits a dead end.
10.00 **Bloodline Detectives** The naked body of Darlene Krashoc is discovered by officers behind a restaurant.
11.00 **Ice Cold Killers**
1.00 AM **It Takes a Killer**
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 **48 Hours** As 7.00pm.
4.50 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Evidence of Evil**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **Evidence of Evil**
4.00 **Medical Detectives**
7.00 **Judge Judy** Back-to-back real-life cases, including at.
7.50 Pouring lawnmower oil into a gas tank is the accusation laid against a man by his ex-wife.
8.15 A female judge that has made a real impact on the justice system.
8.40 The authenticity of a famous Joe DiMaggio baseball card is at stake when an expert witness challenges an Ebay seller's prized possession.
9.05 Judy tries to get to the bottom of cases.
9.30 A mother of five sues her daughter.
10.00 **Judge Judy** Further small-claims cases.
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Border Security: Canada's Front Line**
8.00 **UK Border Force**
9.00 **Road Wars**
10.00 **The Force: Manchester**
11.00 **The Real Manhunter**
12.00 NOON **What the Killer Did Next** Documentary.
1.00 PM **The Killer Within**
2.00 **Killer Siblings**
3.00 **Most Evil Killers**
5.00 **Killer Siblings**
6.00 **Murdered at First Sight**
7.00 **Most Evil Killers**
9.00 **Twisted Killers**
10.00 **Forensics: Catching the Killer** Zara Aleena.
11.00 **World's Most Evil Killers** True-crime.
12.00 M'T **Murder Uncut**
1.00 AM **The Killer Within**
2.00 **Snapped** Documentary.
3.00 **Dateline** Crime series.
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland** Documentary.
8.35 **The Vietnam War**
10.55 **Los Angeles: Stories from the City**
11.55 **Lincoln: Divided We Stand** As 9.55pm.
1.00 PM **Grand Tours of Scotland** Documentary.
1.35 **The Vietnam War**
3.55 **Los Angeles: Stories from the City**
5.00 **Lincoln: Divided We Stand** As 9.55pm.
5.55 **Grand Tours of Scotland** Documentary.
6.30 **The Vietnam War**
8.55 **NEW SERIES Los Angeles: Stories from the City** A look at the city's transformation.
9.55 **Lincoln: Divided We Stand** Chronicling the life of Abraham Lincoln.
10.50 **A War on Trial**
12.00 M'T **Los Angeles: Stories from the City**
1.00 **to 2.00** AM **Grand Tours of Scotland**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | EE HD

THURSDAY

Thursday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Inside the Freemasons**
7.00 **Discovering: Kevin Costner**
8.00 **The Directors**
9.00 **The 2000s**
10.00 **I Am Richard Pryor**
11.50 **My Icon: Leon Pryce**
12.00 NOON **Bright Lights: Starring Carrie Fisher and Debbie Reynolds**
2.00 PM **Nike's Big Bet**
3.45 **My Icon: Sarah Storey**
4.00 **The Directors**
5.00 **Discovering: Kevin Costner**
6.00 **The 2000s**
7.00 **Urban Secrets** From London.
7.55 **Stax: Soulsville USA**
9.00 **JFK Revisited: Through the Looking Glass** Documentary examining the assassination of US president John F Kennedy, using recently declassified files to shine a light on what happened in November 1963.
11.10 **Ibiza Narcos** 1/3. Documentary.
12.10 AM **Meth Storm**
2.00 **Heroin: Cape Cod, USA**
3.30 **The Insurrectionist Next Door**
5.00 **to 6.00** AM **Discovering: Kevin Costner**

Sky Nature

124/125 822 189 354 369

6.00 AM **Reef Wrecks**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Volcanic Odysseys**
10.00 **Great Blue Wild**
11.00 **Land of Primates**
12.00 NOON **Hotspots: The Last Hope**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Volcanic Odysseys**
4.00 **Great Blue Wild**
5.00 **Brazil Untamed**
6.00 **Hotspots: The Last Hope**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall**
9.00 **Deep Dive Australia** Lizzie Daly explores the cool southern-coast waters.
10.00 **Hotspots: The Last Hope** Places around the world that are home to great biodiversity.
11.00 **Brazil Untamed**
12.00 M'T **How the Wild Things Sleep**
1.00 AM **Malawi Wildlife Rescue**
2.00 **Great Parks of Africa**
3.00 **Deep Dive Australia**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Volcanic Odysseys**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Dangerous Missions**
9.00 **Strangest Things**
10.00 **WW2 Air Crash Detectives**
11.00 **Ancient Aliens**
1.00 PM **WW2 Treasure Hunters**
2.00 **Digging Up Britain's Past**
3.00 **Monsterquest**
4.00 **SOS: Stories of Survival**
5.00 **Strangest Things**
6.00 **Dangerous Missions**
7.00 **WWII's Most Daring Raids**
8.00 **History's Greatest Myths** Groundbreaking discoveries.
9.00 **Deadly Standoff** The story of two marijuana advocates gunned down by the FBI after a five-day standoff.
10.00 **Rome: Rise and Fall of an Empire** A look at how Constantine I became the first Christian Emperor.
11.00 **Life After People**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging Up Britain's Past**
3.00 **River Hunters**
4.00 **Life After People**
5.00 **to 6.00** AM **WWII's Most Daring Raids**

Crime+Investigation

156 837 133

6.00 AM **On the Case**
7.00 **Homicide Hunter**
9.00 **Murder at My Door with...**
10.00 **Imperfect Murder**
11.00 **Motive to Murder**
12.00 NOON **Green Eyed Killers**
1.00 PM **Murder Masterminds**
2.00 **Accident, Suicide or Murder?**
3.00 **Murder at My Door with Kym Marsh** Focusing on the case of nurse Susan Annis.
4.00 **Cops Gone Bad with Will Mellor** A case that left Australian officers baffled.
5.00 **Interrogation Raw**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Imperfect Murder**
9.00 **The First 48**
10.00 **Murder in the 21st**
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Nightmare in Suburbia**
2.00 **Murder at My Door with Kym...**
3.00 **Accident, Suicide or Murder?**
4.00 **Green Eyed Killers**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Wild Lapland**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild, Smart and Deadly**
3.00 **When Sharks Attack**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Wicked Tuna: Outer Banks Showdown** Documentary.
6.00 **Snakes in the City**
7.00 **Yukon Vet**
8.00 **Last of the Giants: Wild Fish** A team of filmmakers help scientists protect the prehistoric white sturgeon.
9.00 **Arctic Ascent with Alex Honnold** The climbers face what could be their most dangerous ascent yet.
10.00 **Swamp Men**
11.00 **Shark Attack Files**
12.00 M'T **Lawless Island**
1.00 AM **Monster Fish**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet: Vet Below Zero**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **NASA's Unexplained Files**
8.00 **Mysteries at the Castle**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Combat Dealers**
1.00 PM **How It's Made**
2.00 **NASA's Unexplained Files**
3.00 **Salvage Hunters**
4.00 **Cooper's Treasure**
5.00 **HMS Ark Royal**
6.00 **Combat Dealers**
7.00 **Expedition Unknown**
8.00 **Tony Robinson's World War One** Tony gains an unparalleled perspective of the conflict.
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 M'T **Devonport: Inside the Royal Navy**
1.00 AM **How It's Made**
2.00 **Salvage Hunters**
3.00 **Tony Robinson's World War...**
4.00 **to 5.00** AM **Find It, Fix It, Flog It**

+1 hour 277 381

Eden

166 176

9.00 AM **Underground Worlds**
10.00 **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
7.00 **Abandoned Engineering** Exploring a beachside resort with ties to the Russian mafia. **8.00** A bizarre block in Taiwan resembling a giant speaker. **9.00** Eerie ruins hiding in the forested hills of Arkansas. **10.00** The facility that held apartheid's greatest critic.
11.00 **Underground Worlds** Exploring the forgotten underworld hiding beneath the streets of Cincinnati. Plus, a look at a state-of-the-art Cold War fortress on the shores of Denmark.
12.00 M'T **Anthony Bourdain: Parts Unknown** Anthony explores Cuba, from its bustling capital city of Havana, to the slow-paced music mecca Santiago.
1.00 AM **Abandoned Engineering**
5.25 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **The Big Swindle**
7.00 **Teleshopping**
8.00 **American Monster**
9.00 **Evil Lives Here**
11.00 **Diabolical: Deadly Love**
1.00 PM **Forensic Detectives**
3.00 **Cops UK: Bodycam Squad**
5.00 **American Monster**
6.00 **The Lady Killers**
7.00 **Disappeared** The case of a big game hunter who was fooled by a predatory con-artist.
8.00 **The Big Swindle** Sue's life falls apart when she discovers her relationship is a lie.
9.00 **Home Alone** A case of mistaken identity and a home invasion force a woman to think quickly to stay alive.
10.00 **Caught in the Net** The disappearance of David Heisler.
11.00 **Web of Lies**
12.00 M'T **Blood Relatives**
2.00 AM **The Big Swindle**
3.00 **American Monster**
4.00 **The Lady Killers**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Supertruckers**
7.00 **Wheeler Dealers**
8.00 **Goblin Works Garage**
9.00 **Head 2 Head**
10.00 **Fifth Gear**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Shed and Buried**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Vintage Voltage**
4.00 **Planes That Changed the World** The SR-71 Blackbird.
5.00 **Wheeler Dealers**
6.00 **Shed and Buried**
7.00 **Salvage Hunters: Classic Cars** An early, two-door Range Rover.
8.00 **Planes That Changed the World** A look at the DC-3.
9.00 **Mike Brewer's World of Cars**
10.00 **Shed and Buried**
11.00 **Wheeler Dealers**
12.00 M'T **Planes That Changed...**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.45 AM **Sky Cinema Preview**
7.15 **Manodrome** As 1.40am.
8.55 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
10.35 **The Great Escaper** As 6.15pm.
12.15 PM **Anyone But You** As 8pm.
2.15 **LaRoy, Texas** As 10.00pm.
4.15 **A Sacrifice** Drama starring Eric Bana. (2024, 15, 94min)
6.15 **The Great Escaper** Drama starring Michael Caine and Glenda Jackson in her final film. (2023, 12, 96min) ★★★★


10.00 LaRoy, Texas

8.00 **Anyone But You** Romantic comedy based on Shakespeare's *Much Ado About Nothing*, starring Glen Powell and Sydney Sweeney. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **LaRoy, Texas** Comedy crime caper starring Steve Zahn and John Magaro. A suicidal man is mistaken for a low-rent hitman by a stranger. (2023, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Eileen** Thriller with Thomasin McKenzie and Anne Hathaway. (2023, 15, 97min) ★★★★
1.40 AM **Manodrome** Thriller with Jesse Eisenberg and Adrien Brody. (2023, 15, 91min) ★★★
3.20 **American Star** Mystery thriller starring Ian McShane. (2023, 15, 107min) ★★★★
5.10 **to 7.00** AM **A Sacrifice**

Sky Cinema Best of 2024

303 403 503 517

6.00 AM **The Canterville Ghost** Animation. (2023, PG) ★★
7.35 **Monolith** Mystery thriller. (2022, 15, 90min) ★★★
9.20 **Miranda's Victim** As 3.55am.
11.30 **Hypnotic** Action thriller. (2023, 15, 93min) ★★★
1.15 PM **Insidious: The Red Door** Horror sequel. (2023, 15) ★★
3.15 **The Blackening** As 11.55pm.
5.00 **Oppenheimer** Epic biopic starring Cillian Murphy. (2023, 15, 180min) ★★★★★


1.15 Insidious: The Red Door

8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. With David Denman. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Exorcist: Believer** Horror thriller sequel starring Leslie Odom Jr. Single parent Victor Fielding battles to save the soul of his daughter Angela, 13 years after the death of his wife. (2023, 15, 111 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Blackening** Comedy horror starring Grace Byers. (2022, 15, 97min) ★★★★
1.40 AM **Haunting of the Queen Mary** Horror starring Alice Eve. (2023, 18, 125min) ★★
3.55 **to 6.10** AM **Miranda's Victim** Drama. (2023, 15) ★★★

Sky Cinema Drama

310 410 510 524

7.20 AM **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
9.40 **Steve Jobs** Danny Boyle's biopic. (2015, 15, 119min) ★★★★
11.50 **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★
2.10 PM **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
4.25 **What If** Romantic drama. (2013, 15, 98min) ★★★★

6.15 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
8.00 **Catch Me If You Can** Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. (2002, 12, 141 min) ★★★★★
10.25 **Far and Away** Romantic epic starring Tom Cruise and Nicole Kidman. In the 1890s, an Irish tenant farmer and the daughter of a landowner find love and adventure when they head for America. (1992, 15, 140min) ★★

12.50 AM **Whiplash** Music drama. (2014, 15, 106min) ★★★★★
2.45 **Rent** Screen version of the hit Broadway musical, with Rosario Dawson. (2005, 12, 135min) ★★
5.05 **to 7.05** AM **Footloose** Teen dance drama remake. (2011, 12, 113min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.05 AM **The Cinema List: Creature Features**
6.30 **Edge of Tomorrow** As 4.05pm.
8.35 **The Island** As 8.00pm.
11.00 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
1.55 PM **Star Trek II: The Wrath of Khan** As shown at 10.20pm.
4.05 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★

6.10 **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★
8.00 **The Island** Sci-fi thriller starring Ewan McGregor. In the year 2019, one of the inhabitants of a hermetically sealed facility makes a shattering discovery about the purpose of his existence. (2005, 12, 136min) ★★★
10.20 **Star Trek II: The Wrath of Khan** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1982, 12, 113min) ★★★★

12.20 AM **Watchmen** Sci-fi thriller starring Malin Akerman, Billy Crudup and Matthew Goode. (2009, 18, 162min) ★★★★
3.05 **After Earth** As 6.10pm.
4.50 **to 6.45** AM **Next Exit** Sci-fi comedy starring Katie Parker. (2022, 15, 106min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.30 AM **Hot Dog Derby** (2013)
9.05 **Addams Family Values** Black comedy sequel. (1993, PG, 92min) ★★★★
10.55 **Miss Potter** As 1.45am.
12.35 PM **The Lord of the Rings: The Return of the King** Epic fantasy adventure. (2003, 12, 201min) ★★★★★
4.00 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
6.00 **The Karate Kid** Adventure. (2010, PG, 140min) ★★★



6.00 The Karate Kid

8.25 **Ella Enchanted** Comic fantasy adventure starring Anne Hathaway and Hugh Dancy. A young woman in a fairytale land embarks on a quest to free herself of a spell – and falls in love with a handsome prince. (2004, PG, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Harriet the Spy** Comedy adventure with Michelle Trachtenberg as an 11-year-old aspiring writer whose spying activities make her an outcast. (1996, PG, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
1.45 **Miss Potter** Biopic. (2006, PG, 93min) ★★★
3.30 **Hot Dog Derby** Comedy. (2013, U, 82min) ★★
5.05 **to 6.45** AM **Mee-Shee: The Water Giant** (2005, PG) ★★★

Sky Cinema Action

307 407 507 521

7.30 AM **American Night** (2021)
9.45 **Safe** Action thriller. (2012, 15, 90min) ★★★
11.30 **Retribution** Thriller. (2023, 12, 91min) ★★
1.10 PM **Inception** As 10.15pm.
3.40 **Mission: Impossible II** Action thriller sequel with Tom Cruise. (2000, 15, 124min) ★★★
5.50 **Black Adam** Fantasy adventure starring Dwayne Johnson and Aldis Hodge. (2022, 12, 125min) ★★★



8.00 Mission: Impossible III

8.00 **Mission: Impossible III** Action spy thriller starring Tom Cruise, Philip Seymour Hoffman and Michelle Monaghan. Secret agent Ethan Hunt tries to free his kidnapped wife from the clutches of an international arms dealer. With Ving Rhames. (2005, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. Ken Watanabe, Joseph Gordon-Levitt and Tom Hardy. (2010, 12, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **American Night** Crime drama. (2021, 15, 123min) ★★★
3.10 **Bruce Lee's Big Boss** Martial arts action thriller. Dubbed. (1971, 18, 94min) ★★
5.05 **to 7.30** AM **Hellboy** Comic-book horror fantasy. (2004, 12, 122min) ★★★★

Sky Cinema Comedy

308 408 508 522

7.00 AM **Dear Elizabeth** As 2am.
8.40 **Robin Hood: Men in Tights**
10.30 **Strays** Canine comedy. (2023, 15, 93min) ★★★★
12.10 PM **How to Be Single** Comedy. (2016, 15, 107min) ★★★
2.10 **Begin Again** Comedy drama. (2013, 15, 102min) ★★★★
4.05 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
6.00 **Scott Pilgrim vs. the World** Quirky comic-book comedy. (2010, 12, 112min) ★★★★



8.00 Miss Congeniality

8.00 **Miss Congeniality** Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine and Benjamin Bratt. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock, Regina King, Enrique Murciano and William Shatner. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Robin Hood: Men in Tights** Mel Brooks' spoof. (1993, PG, 102min) ★★
2.00 **Dear Elizabeth** Comedy. (2020, 12, 98min) ★★★
3.45 **Confess, Fletch** Comedy thriller. (2022, 15) ★★★★
5.35 **to 8.10** AM **Oh! What a Lovely War** Satirical musical. (1969, PG, 144min) ★★★★

Sky Cinema Thriller

309 409 509 523

7.55 AM **Unhinged** As 4.10am.
9.40 **Every Breath You Take**
11.40 **Last Looks** Comedy thriller. (2021, 15, 111min) ★★★
1.40 PM **Now You See Me** Heist thriller with Jesse Eisenberg. (2013, 12, 115min) ★★★
3.45 **Inferno** Thriller starring Tom Hanks and Felicity Jones. (2016, 12, 121min) ★★★
5.55 **Green Zone** Action thriller starring Matt Damon. (2010, 15, 110min) ★★★★



10.25 Identity

8.00 **Ferrari** Director Michael Mann's drama starring Adam Driver. During the summer of 1957, ex-racecar driver Enzo Ferrari embarks on an epic race across Italy. With Jack O'Connell, Shailene Woodley and Penélope Cruz. (2023, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Identity** Thriller starring John Cusack. A fierce rainstorm strands ten strangers in a remote and desolate motel. (2003, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Kindred** Horror thriller. (2021, 15, 101min) ★★★
2.05 **The Independent** Drama. (2022, 12, 108min) ★★★
4.10 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
5.50 **to 7.50** AM **Every Breath You Take** Psychological thriller. (2021, 15, 105min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Comanche Station** Western. (1960, PG) ★★
12.35 PM **The Iron Petticoat** Comedy starring Bob Hope. (1956, U, 96min) ★★★
2.25 **The Ten Commandments** Cecil B DeMille's epic drama starring Charlton Heston. (1956, U, 219min) ★★★★
6.45 **G.I. Joe: The Rise of Cobra** Adventure with Dennis Quaid. (2009, 12, 113min) ★★★



9.00 A Quiet Place Part II

G.I. Joe: The Rise of Cobra (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **A Quiet Place Part II** Horror sequel starring Emily Blunt and Cillian Murphy. The Abbotts face the outside world, and realise the creatures that hunt by sound are not the only threats lurking. (2020, 15, 97min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Lodge** Horror starring Riley Keough. A woman gets snowed in with her fiancé's children at a remote holiday village. (2019, 15, 108min) ★★★★ **10 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 **to 3.50** AM **Mother!** Offbeat thriller starring Jennifer Lawrence and Javier Bardem. (2017, 18, 121min) ★★★★ **11 PM**

+1 hour 314 430 47 301

Sky Cinema Supernatural

302 402 502 516

6.20 AM **Unwelcome** As 2.15am.
8.10 **Snatchers** As 4.15am.
9.55 **The Ring** Chiller remake. (2002, 15, 115min) ★★★
12.00 NOON **The Ring Two** Horror sequel. (2004, 15, 110min) ★★★
2.00 PM **The Cinema List: Creature Features**
2.20 **Insidious: Chapter 3** Horror prequel with Dermot Mulroney. (2015, 15, 97min) ★★★

4.10 **Insidious: The Red Door** Horror sequel. (2023, 15, 107min) ★★
6.10 **The Woman in Black** Chiller starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
8.00 **Sinister** Horror thriller starring Ethan Hawke. A struggling true-crime author moves into a haunted house with his wife and children hoping for inspiration. (2012, 15, 105min) ★★★
10.05 **Sinister 2** Horror sequel starring Shannyn Sossamon. (2015, 15, 95min) ★★★

11.55 **Haunting of the Queen Mary** Horror. (2023, 18, 125min) ★★
2.15 AM **Unwelcome** Horror comedy starring Hannah John-Kamen. (2022, 15, 104min) ★★★
4.15 **to 6.00** AM **Snatchers** Horror comedy starring Mary Nepi. (2019, 15, 96min) ★★★

Sky Cinema Greats

304 404 504 518

6.30 AM **Sleepless in Seattle** (1993)
8.20 **The Untouchables** As 4.00pm.
10.25 **Sabrina** Billy Wilder comedy. (1954, b/w, U, 113min) ★★★★
12.20 PM **Groundhog Day** As 2.45am.
2.10 **Sleepless in Seattle** Romantic comedy starring Tom Hanks. (1993, PG, 105min) ★★★★★
4.00 **The Untouchables** Brian De Palma's gangster thriller. (1987, 15, 119min) ★★★★★

6.05 **The Bourne Supremacy** Spy thriller sequel based on Robert Ludlum's novel, with Matt Damon. (2004, 12, 108min) ★★★★
8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
10.10 **No Country for Old Men** Dark crime thriller starring Tommy Lee Jones and Javier Bardem. (2007, 15, 122min) ★★★★

12.15 AM **Goodfellas** Martin Scorsese's gangster drama. (1990, 18, 143min) ★★★★★
2.45 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
4.40 **to 6.50** AM **The Fighting Temptations** Musical drama. (2003, PG, 123min) ★★★

Sky Cinema Animation

305 412 500 514

6.25 AM **Megamind vs The Doom...**
7.55 **Moomins and the Winter...**
9.25 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
11.00 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★
12.50 PM **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
2.15 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★

4.00 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
5.35 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
7.15 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
8.50 **Two by Two** Animated adventure. (2015, U, 85min) ★★
10.25 **Birds of a Feather** Animated comedy. (2019, U, 90min) ★★
12.00 M'T **Escape from Planet Earth** Animation. (2013, U) ★★★

1.30 AM **Megamind vs The Doom Syndicate** (2024, U) ★★★
3.00 **Moomins and the Winter Wonderland** Animation. (2017, U, 82min) ★★★
4.30 **to 6.05** AM **The Road to El Dorado** Animated comedy. (2000, U, 89min) ★★★

Christmas in July

312 419

7.00 AM **The Christmas Toy Maker** Drama. (2021, PG, 84min) ★★
9.00 **A Holiday Spectacular** Comedy drama starring Ginna Claire Mason. (2022, PG, 90min) ★★
11.00 **Hanukkah on Rye** Romantic comedy. (2022, PG, 90min) ★★
1.00 PM **Christmas Bedtime Stories** Drama. (2022, PG, 90min) ★★
3.00 **Magic In Mistletoe** Romantic drama. (2023, PG, 90min) ★★

5.00 **Boyfriends of Christmas Past** Drama. (2021, PG, 84min) ★★
7.00 **The Christmas Promise** Romantic drama starring Torrey DeVitto. (2021, PG, 90min) ★★
9.00 **12 Days of Christmas Eve** Comedy with Kelsey Grammer. Santa gives a businessman 12 chances to re-do 24 December, and repair his relationships to find the true meaning of Christmas. (2022, PG, 90min) ★★
11.00 **The Great Christmas Switch** Comedy. (2021, PG, 84min) ★★

1.00 AM **A Christmas Cookie Catastrophe** Romantic comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **A Very Merry Bridesmaid** Festive romance. (2021, PG, 87min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Beauty and the Barge** Comedy. (1937, b/w, U) ★★★
7.30 **Vintage Wine** Farcical comedy. (1935, b/w, 12, 81min) ★★★
9.00 **A Christmas Wish** Comedy. (1950, b/w, U, 88min) ★★
10.50 **The Adventures of PC 49: Investigating the Case of the Guardian Angel** (1949, PG) ★★
12.15 PM **The Stranger Came Home** Mystery. (1954, b/w, 15) ★★★

1.55 **River Patrol** Crime drama. (1948, b/w, PG, 48min) ★★★
3.00 **Crown Court**
4.30 **Enemy at the Door** 2/13. (S1)
5.35 **It Always Rains on Sunday** Thriller starring Googie Withers. (1947, b/w, PG, 92min) ★★★★
7.30 **Take Two: Nanette Newman Interview** The actress discusses her illustrious career.
8.00 **The Brothers** 5/13. (S3)
9.05 **Van der Valk** 3/12. (S3)
10.10 **The Place of the Dead** Drama starring Greg Wise.

12.15 AM **Hi, Mom!** Brian De Palma's anarchic satirical comedy. (1969, 18, 87min) ★★★
1.55 **A Reflection of Fear** Horror. (1971, 18, 100min) ★★
3.40 **Double X: The Name of the Game** Thriller. (1991, 15) ★
5.30 **to 6.00** AM **Four Star Theatre**

THURSDAY Sport 11 July

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Euros**
8.00 **LIVE DP World Tour Golf** Coverage of the featured groups on day one of Scottish Open from Renaissance Club, North Berwick. Rory McIlroy won this event last year as he finished one shot clear of Scotland's Robert MacIntyre, as his score of 15-under-par was enough to give him the victory.
10.15 **LIVE Test Cricket England v West Indies.** Day two of the first Test at Lord's. The teams have not met here in a Test match since 2017, when an excellent all-round display from Ben Stokes in the first innings helped the hosts to a nine-wicket triumph.
6.30 PM **LIVE Women's International T20 Cricket England v New Zealand.** Coverage of the third match of the five-game series at the Spitfire Ground in St Lawrence, Canterbury.
10.00 **LIVE PGA Tour Golf** Coverage of the opening day of the ISCO Championship, which is staged at Keene Trace Golf Club in Nicholasville, Kentucky.
12.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Good Morning Euros**
10.00 **Premier League Years**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Best Goals**
2.00 **Premier League Highlights** Action from Newcastle United v Wolverhampton Wanderers.
2.30 **Premier League Highlights** Matches featuring Nottingham Forest at the City Ground.
5.00 **Premier League Review**
7.00 **Premier League Icons** A profile of former forward Eric Cantona.
7.30 **Premier League Stories** Behind the scenes of the Premier League.
8.00 **SSN Euro Report** The latest news from Euro 2024 in Germany.
11.00 **Class of '92: Full Time** With a play-off place the minimum expectation, an unbeaten run of games has Salford close in on the top seven. But fan unrest prompts Gary Neville to make big changes.
12.00 M'T **PL Retro** Manchester City v Manchester United from 2018.
2.00 AM **Premier League Years**
4.00 **Premier League Best Goals**
5.00 **Premier League 100 Club**
5.30 **to 6.00** AM **Premier League Legends**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **SPFL Special: Celtic's Invincibles**
9.00 **EFL Greatest Games**
10.00 **EFL** Goals from 2017/18.
10.30 **Jimmy Glass: The Great Escape**
11.00 **SPFL** Archive highlights.
12.00 NOON **Bundesliga Highlights Show** Action from Germany.
1.00 PM **WSL** Leicester City v Arsenal.
1.30 **Women's Championship Show**
2.00 **Scottish Premiership Round-Up**
2.30 **EFL Highlights**
5.30 **EFL Greatest Games**
6.00 **Bundesliga** Action from Borussia Dortmund v Bayern Munich.
6.30 **Bundesliga Highlights Show**
7.30 **WSL** Highlights from Brighton & Hove Albion v Arsenal.
8.00 Highlights of Manchester United v Manchester City.
8.30 **SPFL Highlights** Rangers v Celtic.
9.00 **EFL** Highlights of Coventry City v Luton Town in the 2022/23 Championship play-off final.
10.00 Action from Barnsley v Sheffield Wednesday at Wembley.
11.00 Highlights from Carlisle United v Stockport County.
12.00 M'T **There's Only One Sauzee**
12.30 AM **SPFL** Best goals.
2.00 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Secrets of Success**
7.00 **Test Cricket** England v West Indies.
8.00 **Test Cricket Bitesize**
8.15 **My Icon** Nasser Hussain.
8.30 **Test Cricket** Highlights.
9.30 **Talking Cricket**
10.00 **Test Cricket Bitesize** Action from England v West Indies.
10.15 **LIVE Test Cricket England v West Indies.** Coverage of day two of the first Test in the three-match series, staged at Lord's.
6.30 PM **LIVE Women's International T20 Cricket England v New Zealand.** The third match of the five-game series from the Spitfire Ground in St Lawrence, Canterbury.
10.00 **Test Cricket** Highlights from England v West Indies at Lord's.
11.00 **Test Cricket Bitesize** Brief action from England v West Indies.
11.15 **Best of England v Windies**
11.40 **Stuart Broad – My Greatest Spells** Highlights from 2016.
12.00 M'T **Test Cricket**
1.00 AM **Women's International T20 Cricket** England v New Zealand.
4.45 **Test Cricket Bitesize**
5.00 **to 6.00** AM **Best of England v Windies**

Sky Sports Golf

405 515 505 423 443

6.00 AM **European Challenge Tour Golf** The Open De Provence.
6.30 **DP World Tour Golf**
7.00 **PGA Tour: The Cut**
7.30 **European Challenge Tour Golf**
8.00 **LIVE DP World Tour Golf** Day one of the Scottish Open at Renaissance Club, North Berwick. Rory McIlroy won this event last year, with a score of 15-under-par.
7.00 PM **LPGA Tour Golf**
8.00 **European Challenge Tour Golf**
8.30 **LPGA Tour Golf**
9.30 **LIVE PGA Tour Golf** Day one of the ISCO Championship, which is staged at Keene Trace Golf Club in Nicholasville, Kentucky.
12.30 AM **LPGA Tour Golf**
1.30 **Chronicles of a Champion Golfer** Profiles of leading players.
2.00 **The Open Films: Woods 2000**
3.00 **Chronicles of a Champion Golfer** Profiles of leading players.
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Chronicles of a Champion Golfer**

TNT Sports 1

410 870 527 408 430

6.00 AM **AFL** Another chance to see GWS Giants v Carlton Blues.
8.00 **Ultimate Pool**
9.30 **Major League Cricket Highlights**
11.30 **World Championship of Legends Cricket** Highlights.
1.30 PM **International Rugby Union**
3.00 **Premier League Stories**
3.30 **MotoGP Highlights** Action from the Grand Prix of Germany.
4.30 **MLB Highlights**
5.30 **MLB: Off the Bat**
6.00 **LIVE MLB Detroit Tigers v Cleveland Guardians.** Coverage of the American League match, which is held at Comerica Park. Start-time is at **6.10pm**.
9.15 **MotoE Highlights** Action from the Grand Prix of Germany.
9.45 **UFC: The Ultimate Fighter**
10.45 **V8 Supercars Highlights**
12.45 AM **Major League Cricket Highlights** San Francisco Unicorns v Texas Super Kings.
1.15 **LIVE Major League Cricket Washington Freedom v Seattle Orcas.** Coverage of the T20 match from Grand Prairie Stadium in Grand Prairie, Texas.
5.15 **MotoGP Rewind**
5.30 **to 6.00** AM **What I Wore**

TNT Sports 2

411 871 528 409 431

6.00 AM **Badminton** Highlights from the Canada Open finals.
8.00 **Women's T20 International Cricket** India v South Africa.
9.00 **WSL Championship Tour**
10.00 **WSL: Inside Pro Surfing**
11.00 **WNBA** Highlights from Indiana Fever v New York Liberty.
12.00 NOON Action from Las Vegas Aces v Dallas Wings.
1.00 PM **MLB Highlights** Baseball.
2.00 **Ultimate Pool** Action from the Ultimate Pool Pairs Cup Group 4.
3.30 **MotoGP Rewind** Action from the Grand Prix of Germany.
3.45 **World Championship of Legends Cricket** Highlights from West Indies v South Africa.
4.45 England v Pakistan.
5.45 Action from India v Australia.
6.45 West Indies v England.
7.45 South Africa v Pakistan.
8.45 West Indies v Australia.
9.45 India v South Africa.
10.45 **What I Wore** Jermain Defoe.
11.00 **WSL Championship Tour**
12.00 M'T **WSL: Inside Pro Surfing**
1.00 AM **Fishing: On the Bank**
2.00 **Born Racers** Magazine.
3.00 **AFL** St Kilda Saints v Sydney Swans.
5.00 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

TNT Sports 3

417 874 529 410 432

6.00 AM **National League** Dorking Wanderers v Chesterfield.
7.30 A chance to see Southend United v Dagenham & Redbridge.
9.00 Another chance to see Oxford City v FC Halifax Town.
10.30 Another chance to see Chesterfield v Boreham Wood.
12.00 NOON **National League** Solihull Moors v Barnet.
1.30 PM A chance to see Altrincham v Oldham Athletic.
3.00 A replay of Kidderminster Harriers v FC Halifax Town.
4.30 **National League** A replay of Aldershot Town v Boreham Wood.
6.00 Another chance to see Boreham Wood v Ebbsfleet United.
7.30 **Premier League Review** A look back at all the best action from the 2023/24 season.
9.30 **Born Racers** Magazine.
10.30 **Badminton Weekly**
10.45 **Premier League Stories**
11.15 **Premiership Women's Rugby** Gloucester-Hartpury v Bristol Bears.
12.45 AM **Ultimate Pool**
2.15 **UFC Fight Flashback**
2.45 **UFC: The Ultimate Fighter**
3.45 **UFC Fight Flashback**
4.45 **TNT Sports Reload**
5.00 **to 6.00** AM **MotoGP Highlights**

Sky Sports Action

408 517 507 426 446

6.00 AM **Fight Night International**
8.00 **NFL Highlights**
9.00 **Fight Night** Two bout replays.
11.00 **NFL Highlights** Action from six American Football matches.
5.00 PM **NFL Highlight** Denver Broncos v Minnesota Vikings.
6.00 Action from Los Angeles Chargers v Detroit Lions.
7.00 **Super League Highlights** Leigh Leopards v Wigan Warriors.
7.15 Brief highlights of Leeds Rhinos v Huddersfield Giants.
7.30 Highlights from Warrington Wolves v Leigh Leopards.
7.45 **My Icon** John Amaechi.
7.55 **LIVE Super League Warrington Wolves v Leeds Rhinos.** Coverage of the match from the 17th round of fixtures, which is staged at Halliwell Jones Stadium. Kick-off is at **8.00pm**.
10.00 **State of Origin Rugby League** New South Wales v Queensland.
11.00 **NFL Highlights** Action from Buffalo Bills v New York Giants.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **Super Bowl LVIII Highlights**
2.00 **Fight Night International**
4.00 **to 6.00** AM **NFL Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Barcelona Open.
7.00 The Libema Open.
9.00 Dubai Championships.
10.00 Adelaide International.
11.00 **Tennis** The Open 13 final.
1.00 PM Highlights from the Grand Prix De Son Altesse Royale La Princesse Lalla Meryem final.
3.00 The ASB Classic final.
4.00 **Tennis** The Libema Open.
6.00 Dubai Championships.
6.30 Monte-Carlo Masters.
7.30 The Miami Open finals.
9.30 **Tennis** Indian Wells Open.
10.00 The Barcelona Open final.
11.00 The ASB Classic final.
12.00 M'T **to 6.00** AM **Tennis**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Fight Night International**
8.00 **NFL Highlights**
9.00 **Best of ICC WT20**
9.30 **Indycar** Indy 200 at Mid-Ohio.
10.30 **England Golf: Get into Golf**
11.00 **LIVE LPGA Tour Golf** The first day of the Evian Championship, which is held at Evian Resort Golf Club in Evian-les-Bains, France.
5.00 PM **England Golf: Get into Golf**
5.30 **Best of ICC WT20**
6.15 **LIVE Women's International T20 Cricket England v New Zealand.** The third match of the five-game series at the Spitfire Ground in St Lawrence, Canterbury.
10.00 **Indycar** Indy 200 at Mid-Ohio.
11.00 **Formula 1** British Grand Prix.
12.00 M'T **LPGA Tour Golf**
1.00 AM **The Open Films**
2.00 **Fight Night International**
4.00 **to 6.00** AM **NFL Highlights**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Highlights**
7.00 **MLB Classic** Archive action.
9.30 **MLB Plays of the Week**
10.00 **MLB Highlights**
11.00 **Fishing: On the Bank**
12.00 NOON **Sign Up: Into Football**
1.00 PM **The FA Disability Cup** Action from St. George's Park, with six finals including Cerebral Palsy, Deaf and Amputee.
2.00 **AFL** A replay of Melbourne Demons v West Coast Eagles.
4.00 **WSL Championship Tour** Action from the VIVO Rio Pro Finals.
5.00 **WWE SmackDown**
6.30 **WWE Monday Night Raw**
9.00 **Ultimate Pool** Action from the Ultimate Pool Pairs Cup Group 4.
10.30 **Badminton** Action from the Canada Open finals, which is part of the HSBC BWF World Tour.
12.30 AM **European Rally Championship Highlights**
1.00 **MotoGP Highlights**
2.00 **to 6.00** AM **MLB Classic**

Eurosport 1

413 868 521 412 435

6.00 AM **Tour de France: Breakaway**
6.30 **Hall of Fame: Beijing 2008**
7.30 **Tennis: Wimbledon**
9.00 **The Power of the Olympics**
9.30 **Cycling: Tour de France**
10.30 **Tour de France: Breakaway**
11.00 **LIVE Cycling: Tour de France** Coverage of the 12th stage.
5.00 PM **Cycling: Women's Giro d'Italia** Highlights of stage five.
6.00 **Climbing World Cup**
7.00 **Cycling: Desafio China by La Vuelta** Highlights from China.
8.00 **Cycling: Tour de France**
9.00 **Tour de France: Breakaway**
9.30 **Cycling: Women's Giro d'Italia**
10.30 **The Power of the Olympics**
11.00 **Cycling: Tour de France**
12.00 M'T **Tour de France: Breakaway**
12.30 AM **Tennis: Wimbledon**
2.00 **Cycling: Tour de France**
3.00 **Tour de France: Breakaway**
3.30 **Tennis: Wimbledon**
5.00 **to 6.00** AM **Cycling: Tour de France**

Eurosport 2

414 869 522 413 436

6.00 AM **Tennis: Wimbledon**
7.30 **Cycling: Tour de France**
8.30 **Tour de France: Breakaway**
9.00 **World Superbikes**
11.00 **Tennis: Wimbledon**
12.30 PM **Olympic Games: Athletes to Watch** Potential medallists.
1.00 **Porsche Supercup**
2.00 **Speedway Grand Prix**
3.00 **Motocross World Championship** From Lombok.
5.00 **Cliff Diving** Round three in Italy.
6.00 **World Superbikes**
8.00 **Climbing World Cup** The men's boulder final in Innsbruck, Austria.
9.00 **Mountain Biking** From France.
10.00 **Tennis: Wimbledon**
11.30 **World Superbikes**
12.30 AM **Cycling: Tour de France**
1.30 **Tour de France: Breakaway**
2.00 **Hall of Fame: London 2012**
3.00 **Olympic Games**
3.30 **Cycling: Tour de France**
4.30 **Tour de France: Breakaway**
5.00 **to 6.00** AM **World Superbikes**

Sky Sports Arena

412 518 508 427 447

6.00 AM **Super League**
8.05 **My Icon** Linford Christie.
8.15 **Super League Highlights**
9.00 **PDC Classics** Archive action.
10.00 **Super League Highlights**
10.45 **Super League Gold**
10.50 **LIVE NRL Dolphins v South Sydney Rabbitohs.** From Dolphin Stadium. Kick-off **10.50am**.
12.50 PM **My Icon** Linford Christie.
1.00 **NFL Highlights**
2.00 **State of Origin Rugby League**
3.00 **PDC Classics** Archive highlights.
4.00 **Fight Night** Two bout replays.
6.00 **NBC's Pro-Football Talk**
8.00 **Super League**
10.05 **My Icon** Linford Christie.
10.15 **Super League Highlights**
11.00 **Fight Night International**
12.00 M'T **Fight Night**
1.00 AM **Super League**
3.05 **My Icon** Kadeen Corbin.
3.15 **State of Origin Rugby League**
4.15 **PDC Classics** Archive action.
5.15 **to 6.00** AM **Super League**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
11.00 **Formula 1** British Grand Prix.
1.15 PM **Ted's Notebook**
1.45 **Formula 1** Season highlights.
2.00 **Formula 3** From Silverstone.
3.05 **Formula 1** Race highlights.
3.15 **Formula 3** British Grand Prix.
4.20 **F1 Feature**
4.25 **Formula 2** British Grand Prix.
6.45 **Formula 1** Race highlights.
7.00 The British Grand Prix, the 12th round of the season.
9.15 **Ted's Notebook**
9.45 **Formula 1** Race highlights.
10.00 **Indycar** The Honda Indy 200 at Mid-Ohio Sports Car Course.
11.00 **Formula 1** British Grand Prix.
12.00 M'T **Indycar** Indy 200 at Mid-Ohio.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD