

Mirror

5 MARCH 2022

NE
E
LOVE



HOME TRUTHS

A woman's estranged husband suddenly disappears
in unsettling new thriller **OUR HOUSE**



A gift in your Will can power research for years to come

In your lifetime you've witnessed the greatest scientific and medical leaps in human history. What you once considered science fiction is now a reality.

Despite all those great leaps forward, so many people are still dying from heart disease.

But you can help us change that, by leaving a gift for the British Heart Foundation in your Will.

A gift in your Will could power the scientific breakthroughs that will continue to help save lives – innovations that we could only imagine before, like 3D printed hearts and stem cell coated plasters.

Now you can use the power of a gift in your Will to turn science fiction into reality, helping to ensure a legacy of progress for future generations.

Find out more about the
power of a gift in your Will.
Search 'BHF Future Gift'



© British Heart Foundation 2022 registered charity in England and Wales (225971) and Scotland (SC039426) 21LA13

THIS IS
SCIENCE
FICTION



British Heart
Foundation

his week's TV

5 MARCH 2022

CONTENTS

- 4 **INTERNATIONAL WOMEN'S DAY**
Celebrate with ITV Daytime
- 6 **MUST-SEE TV**
The shows you won't want to miss
- 8 **OUR HOUSE**
Line Of Duty's Martin Compston stars in a gripping new thriller
- 9 **THE NATIONAL COMEDY AWARDS**
- 11 **MARY BERRY'S FANTASTIC FEASTS**
Everyone's favourite TV chef teaches novices to cook
- 13 **INTERIOR DESIGN MASTERS WITH ALAN CARR**
- 14 **SOAPS**
- 16 **MOVIES**
- 21 **SPORT**
- 22 **TV & RADIO GUIDE**
- 54 **LAST WORD**
With Stephen Moyer

Editorial: 020 8612 7000
wtf@reachplc.com

Editor-in-Chief Caroline Waterston **Acting Editor-in-Chief** Karen Cross **Acting Deputy Editor-in-Chief** Louise Smith and Rowan Evans **Acting Celebrity & Entertainment Director** Lisa Jarvis **Acting Deputy Celebrity & Entertainment Director** Emma Jones **Deputy Features & Lifestyle Director** Michelle Garnett **Lifestyle Editor** Victoria Gray **Health & Real Life Editor** Susanna Galtion **Fashion & Beauty Director** Michelle Danby **Shoot Producer** Sarah White **Beauty Director** Lynne Hyland **Fashion Editors** Harriet Wheeler and Lauren Goodwin-Graham **Beauty Editor** Laura Mulvey **Creative Director** Polly Brown **Art Editor** Lauren Richards-Ozati **Deputy Art Editors** Chloe Penne and Louise Robinson **Acting Deputy Art Editor** Alexandra Hunt **Picture Director** Gemma Courage **Picture Editors** Abby Wells and Sal Jackson **Senior Picture Researchers** Joanne Torbanchi, Lina Darton and Samantha Rolly **Production Director** Jennie Wignall **Chief Sub Editors** Becky Ward and Natalie Bowser **Deputy Chief Sub Editors** Jennifer Handl and Sam Kistamen **Group Image Quality Manager** Simon Sparr **Senior Studio Manager** Lee Edwards

EASTENDERS

Could this be the week that Walford serial killer Gray Atkins finally gets his comeuppance? Whitney and Kheerat have been determined to bring him to justice for killing Chantelle, and now Chelsea's onside. But can she and baby Jordan really escape his clutches? The young mum is in grave danger as she confronts her menacing husband. But as the police swoop on the Square, it looks as though Gray is backed into a corner he can't talk his way out of.
Monday to Thursday



We're talking about...

A big week in Soapland

Soap fans won't want to miss this week's action, as *Coronation Street*, *EastEnders* and *Emmerdale* all have huge storylines to keep fans on the edge of their seats. And don't forget to check what time your favourite shows are on, as new scheduling starts. Here's a taste of what's in store...

EMMERDALE

It's war at The Woolpack as Charity and Chas face off, with rival events on the same day. But which sassy cousin will get the crucial backing of the Dingle clan? You can bet this battle is going to get dirty. Rhona makes a grand gesture, and pops the question to Marlon. But the romantic moment doesn't go as planned – when her mother arrives unexpectedly in the village. Meanwhile, caged Meena is determined to take her sister Manpreet down with her. And there's a shock for Mandy when she learns that Vinny and Liv are already hitched!
Monday to Friday



CORONATION STREET

Life's getting tougher for Abi, as she struggles on Seb's birthday and turns again to drugs. Kevin returns hoping for a reconciliation, but finds Abi and pal Dean high on the sofa. It looks like Abi's run out of chances. She tries to stop Dean stealing a car, but he's too quick and soon they're careering down a country road. When Abi doubles over

in pain, Dean pulls over. But as she crouches by the side of the road in agony, Dean leaps back in and speeds off. Since arriving in Weatherfield, Abi's lurched from one disaster to another, losing her three children along the way. Is life about to hit a new low for our favourite lost soul?
Sunday, Monday, Wednesday and Friday

'The way women

ITV Daytime's leading ladies come together for International Women's Day



If any gang were well placed to toast International Women's Day on Tuesday, it's the women who present and bring joy to our day on *Good Morning Britain*, *Lorraine*, *This Morning* and *Loose Women*.

And as you can see, they are in the pink about it, including our cover stars, *Loose Women* Charlene White and Nadia Sawalha.

The duo loved doing our exclusive shoot and being part of this epic photograph, right, which shows all of the female ITV Daytime team together after almost two years of being apart, to celebrate International Women's Day

Talking of their iconic show, Nadia says, "There is nothing like the music of the way that women talk – how we can one minute cry, the next minute rage, the next minute laugh our heads off. We just know that the way women talk is just a very special thing. It's a dream job."

And Charlene, who is a relative newcomer compared to Nadia, is delighted to have joined the gang.

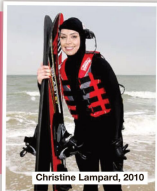
"You walk into this amazing group of women and realise that everyone is incredibly supportive. You've got intelligent women that love this programme and only ever want the best for it. They are there for you. I feel really blessed to be a part of their clan."

MAKING WAVES

These inspiring women have pushed boundaries while lighting up our mornings...

CHRISTINE LAMPARD

completed a Sport Relief challenge to waterski across the Channel in 2010. Despite freezing temperatures and strong winds, she made the crossing in just 100 minutes.



Christine Lampard, 2010

talk is special¹



5th row

Jane Moore,
Frankie Bridge,
Brenda Edwards,
Penny Lancaster
and Kaye Adams

4th row

Janet Street Porter,
Gloria Hunniford,
Kellie Bryan,
Katie Piper,
Christine Lampard,
Ranvir Singh

3rd row

Linda Robson,
Coleen Nolan,
Josie Gibson,
Denise Welch,
Nadia Sawalha,
Laura Tobin

2nd Row

Kate Garraway,
Alison Hammond,
Rochelle Humes,
Charlotte Hawkins
and Ruth Langsford

Front row

Sophie Morgan,
Lorraine Kelly,
Holly Willoughby,
Susanna Reid and
Charlene White

Loose Women is part
of ITV Daytime's
celebration of International
Women's Day. Watch *Loose*
Women weekdays from
12.30pm on ITV

DAYTIME TV IN NUMBERS

These 27 female
presenters
have hit big
numbers with...

20
million
followers on
Instagram

15
million on
Twitter

SEVEN
million likes
on TikTok

18
NTAs

FIVE
RTS Awards

FOUR
BAFTAs

63
best-selling
books

45
million album
sales

SIX
honorary
degrees

ONE
chancellorship

THREE
university
fellows

TWO
CBEs

TWO
OBEs

ONE
MBE



GLORIA HUNNIFORD
was the first woman
to have her own daily
show on BBC Radio 2
in 1982.

LORRAINE KELLY
was elected the first ever
female rector of Dundee
University in 2004.



Lorraine Kelly, 2004

SUSANNA REID

is a two-time TRIC News
Presenter of the Year.

RANVIR SINGH

was praised at the 59th Monte
Carlo Television Awards for
her coverage of the 2018
Westminster attack. She and
the GMB team won a prestigious
Golden Nymph Award.

CHARLENE AND NADIA STYLED BY: MEGAN REES & KATY GALE. ASSISTED BY: GRADE SALMON. CHARLENE WEARS: JACKET PRIMARK, BODYSUIT RESERVED, TROUSERS RIVER ISLAND, NECKLACE AND EARRINGS PILGRIM, HAT LORRAINE DUBIN, MAKE-UP PAULINE BRISCOE, NADIA WEARS: JUMPSUIT KAREN MILLEN, SHOES WAREHOUSE, NECKLACE PILGRIM, HAIR AND MAKE-UP SMOKE VOLLIER

TV insider

Our pick of the best to watch – don't miss out



Stacey with the sisters at St Hilda's Priory in Whitby

STACEY DOOLEY: INSIDE THE CONVENT Wednesday, 10.35pm, BBC One

The TV presenter and *Strictly* champ is always eager to try new experiences. She follows up her series on W, where she has a sleepover to learn how other people live, with a visit to a house of God.

Stacey says, "I had wanted to film in a convent for a while, so I was delighted when the sisters at St Hilda's invited us into their

home, allowing us to truly witness and experience, first-hand, their way of life.

"I really do believe it can be hugely beneficial, spending time with those you wouldn't usually. It forces you to see things from an entirely different perspective and I thoroughly enjoyed my time in their convent. Thank you, sisters!"



Tim Key says,

"I love the idea of Daisy May Cooper being a p****d-off witch anyway, so the fact that I'm playing her antagonist is the icing on the cake."

Daisy May Cooper says, "I've always wanted to be a witch. My mother says I've got the nose and chin hair for it."

THE WITCHFINDER

Tuesday, 10pm, BBC Two

Since winning a BAFTA for her role in *This Country*, Daisy May Cooper has become a mega star.

Now she's leading this new comedy from Neil and Rob Gibbons, the writers and directors of *This Time With Alan Partridge*.

She plays a suspected witch who is being transported across 1640s East

Anglia to a trial by a hapless witchfinder (Tim Key).

They soon become a classic odd couple, with the unhappy witch making her captor irritated by asking uncomfortable questions.



Robson Green as Georgie and Tom Brittney as Will

Licence to thrill

A remake of the Cold War spy classic stars Joe Cole as iconic secret agent Harry Palmer

THE IPCRESS FILE Sunday, 9pm, ITV

A star-studded adaptation of Len Deighton's novel of the same name sees Joe Cole take on the excellent role of spy Harry Palmer.

We meet the good-looking charmer after the law has caught up with him in Berlin, where he was a black-market hustler. He's been sentenced to eight years in military jail in England.

But his skills have been noticed by British Intelligence, who make an offer he can't refuse. Harry becomes a spy,

and a pretty good one at that. His mission sees him travelling across the globe trying to find a kidnapped British nuclear scientist.

"Harry Palmer is an iconic character," says Joe. "I quickly found myself enamoured with the man, the myth, the legend."



Joe Cole as secret agent Harry Palmer

Lucy Boynton plays upper-class Jean Courtney, Harry's assistant



Tom Hollander is the spy's boss William Dalby



Ashley Thomas is a CIA agent who may be playing both sides



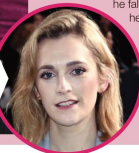
GRANTCHESTER Friday, 9pm, ITV

The seventh series of the vicar crime drama finds Georgie (Robson Green) living apart from Cathy and the kids. He's hiding out with Will at the vicarage.

"He's a fish out of water," explains Robson. "I think this series asks the question what true love is. It also looks at secrets and lies."

We'll see him try to win back the love of his life, and how Georgie helps Will when he falls for head over heels for someone. As Georgie wisely says to Will, "It's not the notches on your bed Will, but the miles on your clock and you've never got out of the driveway."

Charlotte Ritchie Ghosts and Call The Midwife star joins this season as Cathy's niece.



Sophie Morgan, Clare Balding and Radzi Chinyanganya present Crufts 2022



CRUFTS 2022
Thursday and
Friday, 8pm,
Channel 4

Clare Balding is back at her beloved Crufts, meeting lots of four-legged friends and commenting on all the action in the arena, from the amazing freestyle heelwork to music to the fast-paced flyball.

OUR HOUSE
Monday to Thursday,
9pm, ITV

When your world crumbles

Line Of Duty's Martin Compston stars in this gripping drama



Tuppence Middleton
as Fi Lawson

We all know the term "having it all". But in this week's edge-of-your-seat thriller on ITV, a woman sees her perfect life disappear before her eyes.

Fi (Tuppence Middleton) is a beautiful woman with a charismatic husband Bram (Martin Compston), two lovely children, a great job and a fabulous London house.

Then one day she comes home to find removal men carrying furniture through the door. There's a couple inside with proof they've bought the house, while Bram and the children have completely disappeared. But Fi's search

for answers is only half the story, as the drama also shows in flashbacks how events have wrecked Fi and Bram's marriage. *Line Of Duty* star Martin says he was thrilled to be cast in the role of Bram.

"Bram is a joy to play. He has so many contradictions."

But the star admits filming the drama wasn't fun from start to finish, and he had to work hard not to carry Bram's troubles into his personal life.

"There are some huge, heavy emotional scenes. You have to be careful that life doesn't imitate art. But I did still take it home with me a bit. When you're crying all day, it can seep into you. You need people

to pull you out of it. That's why it's important to have a strong family around you."

Tuppence, whose TV credits include *Dickensian* and *Downton Abbey*, was delighted by the casting of her screen husband.

"I love Martin," she says. "I've always been a huge fan of his work. Bram can seem very unlikable, and the genius thing about casting Martin is that he is so relatable and so lovable. He manages to inject a sympathetic side into Bram. He's brilliant, and that means you have to bring your level up to his."

As she eventually attempts to move on with her life, Fi

meets the enigmatic and handsome Toby (Rupert Penry-Jones). But is there more to Toby than meets the eye? Meanwhile Fi's friend and neighbour Merle (Weruche Opia) tries to support Fi, but can Fi really trust her given their history?

"Good friends don't

always do the best things," says Weruche, best known for *I May Destroy You*. "We are all human, and we don't always make the right decisions. But it's about how we come back from our mistakes and what your intentions are. It's about how we move on from the fallout and find redemption."

And as a huge fan of thrillers, Rupert was immediately drawn in by the style of the series.

"They work so well on TV because people really relate to them. They want to see themselves represented on screen. In these dramas, you can put ordinary people into extraordinary situations.

"That's the beauty of a thriller, and it's why *Our House* works so brilliantly."



Martin Compston
as Bram Lawson



Weruche Opia as
Fi's friend Merle



Rupert Penry-Jones
as enigmatic Toby

Fun-raiser

The comedy stars are out at a glitzy awards ceremony to raise money for charity

THE NATIONAL COMEDY AWARDS FOR STAND UP TO CANCER

Saturday, 9pm, Channel 4

Join the glitterati of the comedy world for the first National Comedy Awards for Stand Up To Cancer, hosted by Tom Allen.

The winners will be

voted for by the public, and get their gongs at a red carpet ceremony. And it's a fundraiser as well as fun, as it puts the spotlight on this amazing charity.

AND THE AWARD GOES TO?

Our favourites in the running...

GHOSTS, BBC2, BEST SCRIPTED COMEDY

A sleeper hit, now on its third series, this follows the antics of hilarious ghosts who have died stupid deaths. Written by the gang behind *Horrible Histories*.



AISSLING BEA, OUTSTANDING COMEDY ACTRESS

This Way Up is a black comedy about a woman struggling to move on after a mental health episode. Smart, funny and sad.



AWARDS WILL ALSO BE HANDED OUT FOR OUTSTANDING MALE COMEDY PERFORMANCE, BEST COMEDY PODCAST AND BEST STAND-UP SHOW

DIANE MORGAN, OUTSTANDING SUPPORTING ROLE

Much praise for couldn't-care-less Liz in *Motherland*.



TASKMASTER, BEST COMEDY ENTERTAINMENT SHOW

Greg Davis and Alex Horne make the stars do silly tasks for our entertainment. What's not to love?



JUDI LOVE, COMEDY BREAKTHROUGH PERFORMER

After *Strictly*, and regular appearances on *Loose Women*, it's been a great year for Judi.



LEE MACK, OUTSTANDING COMEDY ACTOR

A hit since 2006, but his role as disgruntled Lee in *Not Going Out* is as funny as ever.



To give £30, £20 or £10, text thirty, twenty or ten to 70404



80% OFF TODAY
 WAS £99.99 NOW **£19.99**
SAVE £79.98 STRICTLY LIMITED STOCK

Must-Have Everyday Microfleece Multipack

Pack of 4 Half Zip Jumpers only £19.99

atlas formen
 MADE FOR ADVENTURE

Up to 4XL
 Same Great Price

Lightweight microfleece for maximum warmth and comfort

Contrasting shoulder panels for added style

Easy-care and machine washable at 30°C

Elasticated cuffs

Product ref.: 06066222



Warm, lightweight microfleece (approx. 160 gsm)



100% polyester



Available size: S M L XL XXL 3XL 4XL

4 Soft & Stylish Microfleece, Yours Today For Only £5 Each!

BAG AN EXTRA BARGAIN

ADD THESE Fleece-Lined Slippers

Supportive raised heel



LIMITED OFFER

£4.99
 WAS £21.90
 +£3.99 p&p
SAVE £16.91

- Classic felted wool look
- Quick and easy to slip on
- Stylish embroidered eagle design



Warm & soft fleece lining



Available size: S M L XL 5 6 7 8 9 10 11

Product ref.: 06165933

Hurry, stocks are limited!

Lightweight yet super warm, these Must-Have Everyday Microfleece are the perfect all-year-round garments. Wear them as an outer layer on milder days, or as a comfortable mid-layer that sits neatly under your jacket when it's blindingly cold. Durability and 100% versatility guaranteed! Created from only the finest quality, ultra-soft microfleece with natural anti-pilling properties, these everyday essentials also have a stylish, contrasting zip-

up funnel neck and offer plenty of thermal insulation. If you're not 100% snug and satisfied, you can have your money back. Coming in four classic, easy-to-pair colours, each microfleece features a stylish embroidered motif - giving a modern edge to a timeless design that you're sure to love wearing. A must have in every man's wardrobe, this Microfleece Multipack is yours today for just £19.99 - a saving of £79.96. But hurry, stocks are limited!

atlas formen

Pack of 4 Microfleece Jumpers - Product ref.: 06066222
Was £99.95 Now £19.99 +£3.99 p&p

100% SATISFACTION with 60 DAY GUARANTEE

Use Offer Code

40398

www.atlasformen.co.uk/staples or call 0870 631 4792

www.atlasformen.co.uk/staples

or call: 0870 631 4792
(13p/min + phone company access charge)

QUOTE PROMO CODE:
40398

Atlas For Men complies with the Consumer Contract Regulations; you have the legal right to cancel and return your order within 14 days of receipt. For more information and full terms & conditions, visit our website. Offer applies to UK customers only. For details on how we look after your data please see our privacy policy www.atlasformen.co.uk/about-us/privacy-policy or request a copy from our customer service team. Delivery normally within 5-7 working days. Offer ends 5 April 2022, subject to availability. UK: 027 7602 143398. MMS: 02022 - atlasformen500. French company with a capital of €14,939,866. ATCS Paris & 4001 1691030. 87-89 rue du Belfort - 75008 Paris - France. Our Customer Service team is available on: 0333 336 8852 (call charges vary according to service provider) from Monday to Friday from 9am to 5:30pm, Saturday from 10am to 5pm, and Sunday from 10am to 4pm. www.atlasformen.co.uk - Photo credit: 1. J.L. S. Gervais, P.O. Deary, fotolia - non-contradictory photographs.

**MARY BERRY'S
FANTASTIC FEASTS**

Wednesday, 8pm,
BBC One

Dame Mary Berry
helps novice cooks
find the recipe
for success

The Queen of Cooking is back helping inexperienced chefs learn some kitchen skills. And Dame Mary Berry will certainly be put to the test as she helps fireman Mark, youth worker Callum and boxing instructor Thaeir create a fantastic afternoon tea to give as a thank you surprise to Soraya, who runs a local youth charity.

After all, Thaeir has previously had to throw burnt pots away and Mark has never followed a recipe in his life.

But Mary does have a couple of secret ingredients – her celebrity helpers, Capital FM star Roman Kemp and *Celebs Go Dating*'s Tom Read Wilson.

She tells us more...

What was the inspiration behind the series?

Teaching cookery is a huge passion of mine, it's in my DNA, so I wanted to share my knowledge and encourage beginner cooks.

You have the help of some celebrity friends – what was that like?

Well, they are hilarious, a couple of comedians! And they really spark off each other. Roman, can you believe, had never had a cup of tea! And when he tastes it, he says, "Well it's like hot water," so I was really



Roman and Tom



mean asking him to go and choose the tea for the Tea Party as he really didn't know what he was doing! But he gets good advice and succeeds in bringing some wonderful tea back.

Tom's mission is to find the best strawberry jam, so I send him off to make some with the local Women's Institute. He really enjoys this, it's just up his street. In fact, he wants to join

the WI! I think he was in his element, making the jam and putting it all in those very attractive jars, with beautiful labels put on – he was very pleased with himself!

How was Tom's jam?

Good jam – really good! You do get the absolute best from the WI.

Tell us about some of your favourite occasions to cook for – anything coming up?

Well, my husband has a special birthday in March and we're actually having a family lunch to

celebrate. I'm doing one course, Annabel our daughter is doing the main and our daughter-in-law is doing another course. I think if you've got a special occasion to cook for, it's lovely to share it. Just do a section of it each between family or friends and it's a lovely present, isn't it?

It was such a busy year for you last year – what does 2022 hold for you?

I'm looking forward to the celebrations for the Queen's 70th anniversary and of course judging the Platinum Pudding competition. How exciting!



'Teaching is a huge passion'

The style challenge returns – bigger and better and with a shiny new home

Paintbrushes at dawn!

INTERIOR DESIGN MASTERS WITH ALAN CARR

Wednesday, 9pm, BBC One

TV's biggest interiors challenge returns, moving from BBC Two to BBC One for this new series.

Every week, amateur designers will take on design tasks up and down the country – in locations ranging from show homes to beach huts and bars. And, of course, once they've realised their vision, they must face the formidable judges.

Alan Carr returns to present the show and he tells us we're in for a treat with this year's batch of budding decorating divas – all competing to win a design contract at a luxury hotel in Cornwall.

"The show is

bigger, bolder and more dynamic this year," he says.

"You've got such an eclectic mix among the contestants.

There's a visual merchandiser, a cheesemaker, a fashion designer, then someone who's a business administrator.

"They all bring something different in their approach and their skills. That's what I love about the show – every week, you really don't know what you're going to get."

“We've had boob cushions, Astroturf walls, you name it

In the first episode, the hopefuls work in pairs to make over a high-end show flat in Manchester, with Alan gently encouraging them – or throwing rather perplexed looks at their efforts. And as the series continues, the bar is set higher.

"The challenges in this series are tough from the start so the designers have to really think on their feet, even from episode one," he says. "It's hard. Sometimes

we were in north Wales and you're trying to find a pot of Farrow & Ball paint in some tiny village."

The designers certainly give it their all – with a few unexpected results along the way. "So many standout designs!" shrieks Alan. "We've had suspended boats, boob cushions, Astroturf walls, terrifying taxidermy – you name it, I've seen it!

"There was one moment the designer literally demolished the space because she wanted a total transformation. I haven't got much imagination, so sometimes you go, 'What have you done?' before going 'Oh, I get it now!' But then sometimes you go back and still think, 'What the hell are you doing?'"

Alan is loving presenting the show – which he took over from Fearnie Cotton last year – but he does struggle when a hopeful has to leave. "It's so



tough, especially towards the end, because you can't help getting to know them," he says.

"At least with the Covid rules being loosened this series, I can hug them or pat them on the back when they get sent off."

Inspired by series, Alan talked of renovating his bathroom. So did he take the plunge?

"My bathroom was a triumph," he laughs. "I have baby-pink tiles. When I'm having a soak in my bath and look around me, I feel very at home. I'm thinking of doing the spare room next. It's currently got some pine wardrobes and panelling and gives off a 70s sauna vibe – not a good look!"

soap diary

CORONATION STREET

Sunday
Monday
Wednesday
Friday
ITV

SUNDAY

- After trying to stop Dean stealing a car, Abi is left on the side of the road in agony.
- Adam tries to prove his innocence to the police.
- Roy arranges for Sam to play chess with Brian.
- Kelly admits to Simon she's been caring for her mum.
- Emma and Jon enjoy a date.



MONDAY



- Kelly has to stay the night with her mum after Laura has a fall but later explains to Maria and Gary what the situation is.
- Tyrone accuses Abi of stealing the car.
- Michael is annoyed when Aggie removes a picture of Grace.
- Daisy is excited when Daniel suggests that they go on holiday.

EMMERDALE

Monday
Tuesday
Wednesday
Thursday
Friday
ITV

MONDAY

- Manpreet agrees to visit Meena in exchange for her confession but things end in a slap.
- Charity and Chas clash over the Woolpack.
- Rhona plans to pop the question to Marlon – but her proposal is thwarted by the sudden arrival of her mother.



TUESDAY



- Chas and Mandy meddle by deciding to hold Liv and Vinny's engagement party on the same day as the Woolpack's reopening.
- The police want words with Manpreet after Meena convinces them she's the killer.
- Mandy is devastated when she finds out Vinny and Liv got married in secret.

EASTENDERS

Monday
Tuesday
Wednesday
Thursday
BBC One

WEDNESDAY

MONDAY

- Gray and Chelsea prepare to bring Jordan home but Gray is distracted by DCI Arthurs wanting to talk to him about Tina's death. He seems to be in the clear – but new info from Shirley has him panicked.
- Hearing about Tina, a shaken Whitney tells Mick she thinks Gray killed her.

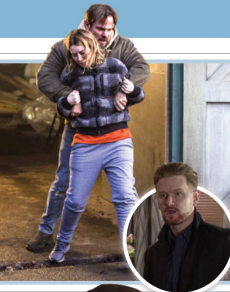


TUESDAY



- Shirley vows to "end Gray" and storms over while he tells a confused Chelsea they are going away for a few weeks.
- Kheerat tells his family he's wanted by the police and is leaving for good – but has a change of heart when Whitney pleads with him to help Chelsea.

your diary for the week ahead



WILL THE WHEELS COME OFF ABI'S CAR PLAN?

- Abi has a plan over the stolen car but it could all backfire on her.
- Maria asks Laura to move in so they can help look after her. But Gary is shocked when Laura announces she wants to hire a PI to find Rick Neelan.
- Daisy sends Nicky packing when she comes looking for Daniel and later deletes a voicemail.
- Michael scours the internet looking for Grace.
- Leanne reaches a decision on Sam.



- Gary and Laura meet the PI – but can he put them off the scent?
- Leanne lies to Nick over what Simon is up to after school.
- Daniel discovers that Daisy tried to keep Nicky away from him.
- After Michael fails to find Grace, Ronnie suggests they have a birthday do for Glory.



- Vinny and Liv hatch a plan to pacify Mandy.
- Mackenzie and Pollard try to sabotage one another's events.
- Manpreet feels she'll never escape her sister's dark shadow.

- A rat infestation forces Lydia to find a new venue for Liv and Vinny's big bash.
- Charity is on the warpath and turns up at the village hall to have it out with her cousin.
- Liam and Wendy panic when they see abusive comments on the practice website.



FRIDAY



- Jai continues to struggle and battles with his ego.
- Billy and Dawn arrive home from their honeymoon.
- Rhona is getting frustrated.



- Gray persuades Karen to protect him. But Mitch isn't convinced of his innocence as Chelsea demands her husband tell her the truth.
- Rocky tries to win over Kathy and Sonia but they aren't impressed.

THURSDAY

NET CLOSES IN ON GRAY

- Mitch tries to get through to Karen while Chelsea is in danger challenging Gray.
- Whitney is determined to confront him – but as police swoop on the Square, Gray's options are dwindling.





Jumanji: Welcome To The Jungle Saturday

SATURDAY

Step Up All In

2.15pm, ITV2

Ryan Guzman and Briana Evigan star in this romantic musical drama as all-stars from the previous *Step Up* instalments come together in glittering Las Vegas, battling for a victory that could define their dreams and their careers. (2014, PG) ★★

The Amazing Spider-Man 2

6.15pm, ITV2

With fellow Brit Tom Holland now on web-spinning duties, catch Andrew Garfield in his final Spidey outing. Here, with his beloved New York under siege by Oscorp, he tries to save the city while taking on the Green Goblin and super villain Electro. (2014/12) ★★

Jumanji: Welcome To The Jungle

6.45pm, Channel 4

This sequel to the original *Jumanji* tale is worth watching for standout performances from Jack Black and Kevin Hart. Otherwise, it's funny, action-packed and makes for easy viewing as a group of teens find themselves sucked into a jungle-based video game and have to complete a series of dangerous tasks to get out alive. (2017/12) ★★

Sense And Sensibility Sunday

Hancock

9pm, Film4

Will Smith, Charlize Theron and Jason Bateman star in a fantasy drama about a superhero whose ill-considered behaviour regularly causes enormous damage. But everything changes when the person he saves helps him improve his public image. (2008/12) ★★

Ocean's Twelve

10.40pm, ITV

Slick sequel to Steven Soderbergh's classic crime caper. Ruthless casino boss Terry Benedict (Andy Garcia) demands back the \$160m Danny Ocean (George Clooney) and his gang stole from him, so they plan three heists in Europe. (2004/12) ★★

SUNDAY

Sense And Sensibility

11am, Film4

Real-life couple Emma Thompson and Greg Wise star alongside Kate Winslet and other big hitters in this lavish take on the Jane Austen favourite, for which Emma wrote the screenplay. (1995/U) ★★

Misbehaviour

9pm, BBC Two

Keira Knightley, Jessie Buckley and Gugu Mbatha-Raw lead the cast as a group of women who hatch a plan to disrupt the 1970 Miss World beauty competition in London. (2020/12) ★★

Role Models

9pm, Comedy Central

Deftly balancing cynicism and potty-mouthed humour with a whole lot of heart, this adult comedy sees Sean William Scott and Paul Rudd play colleagues forced to mentor troubled kids in a community service programme. (2008/15) ★★

MONDAY

Suffragette

6.50pm, Film4

In an age when women are still fighting for equality, this heavy-hitting drama about feminists in the early 20th century is still depressingly relevant. Carey Mulligan and Meryl Streep are militant activists campaigning for the right to vote. (2015/12) ★★

Game Night

10.25pm, BBC Three

Jason Bateman and Rachel McAdams are the leads in this action comedy about a group of friends who meet regularly for game nights. They find

themselves entangled in a real-life mystery when the shady brother of one of them appears to have been kidnapped by dangerous gangsters. (2018/15) ★★

TUESDAY

Can You Ever Forgive Me?

9pm, Film4

Based on a true story, Melissa McCarthy stars as celebrity biographer Lee Israel. The down- and out writer falls out of favour with her publishers and must find a new stream of income. However, her desperation leads her to the unique – and very well-paid – criminal enterprise. Richard E. Grant joins the cast as Lee's loyal friend Jack. (2018/15) ★★

Punisher: War Zone

11.10pm, Film4

A reboot of the Marvel Comics character, with Ray Stevenson playing vigilante Frank Castle – aka The Punisher – and Dominic West as his nemesis, Billy 'Jigsaw' Russett. After he accidentally kills an undercover FBI agent, Frank tries to make amends by rescuing a family from gangsters. Expect plenty of gun-toting showdowns. (2008/18) ★★

Phantom Thread

11.15pm, BBC Two

Lavish Oscar-winning drama starring Daniel Day Lewis and Lesley Manville about a 1950s renowned dressmaker whose fastidious life is turned upside down by the beauty who becomes his muse and lover. (2017/15) ★★



Game Night Monday

100% COTTON • UP TO 52" WAIST • 5 LENGTHS

Cotton
TRADERS

HALF
PRICE
from
£12

FAWN

FERN GREEN

GRAPHITE

KHAKI
BROWN

FRENCH
NAVY

UP TO
52"
WAIST

5
LENGTHS

“Extremely comfortable
and well cut trousers
in a nice range of
colours. I ordered
two pairs first, then
ordered more.
Online review”

- Softly peached cotton • Smart-casual pleat front
- Side elastication for added comfort
- Zip fly and button fastening to waist
- Trousers with 5 leg lengths, or shorts
- Up to 52" waist

Machine Washable 100% Cotton Fern Green Fawn Graphite Khaki Brown French Navy

ELASTICATED WAIST SHORTS £24 £12 SAVE £12

8.5" (22cm) inside leg 32 34 36 38 40 42 44 46 48 50 52 AF10029 HZF

ELASTICATED WAIST TROUSERS £30 £15 SAVE £15

27" (68.5cm) inside leg 32 34 36 38 40 42 44 46 48 50 52 AC10773 HZF

29" (74cm) inside leg 32 34 36 38 40 42 44 46 48 50 52 AC10038 HZF

31" (79cm) inside leg 32 34 36 38 40 42 44 46 48 50 52 AC10039 HZF

33" (84cm) inside leg 32 34 36 38 40 42 44 46 48 AC10040 HZF

35" (89cm) inside leg 34 36 38 40 42 44 46 48 AC10041 HZF

Plus only £3.99 delivery

POST TO: Cotton Traders, Cotton Hub, Merlin Court, Atlantic Street, Altrincham, Cheshire WA14 5NL

ORDER CODE	SIZE	1ST COLOUR CHOICE	2ND COLOUR CHOICE	QTY	TOTAL

Please send me item(s) indicated (BLOCK CAPITALS PLEASE)

I enclose my Cheque/PO made payable

to Cotton Traders Limited for £

UK STANDARD
DELIVERY
TOTAL £3.99

Mr/Mrs/Miss/Ms Initial Surname

Address

Telephone Postcode

Please debit my ☐ MasterCard ☐ VISA ☐ Visa Signature

Expiry Date Security Code*

PLEASE USE THIS
PROMOTIONAL CODE TO
CLAIM YOUR OFFER

J275

Payment taken at point of order. We aim to deliver within 3 working days from dispatch, stock subject to availability. We comply with Consumer Contract Regulations: you have the right to cancel your order no later than 14 days after the day on which you receive your goods. Inform us of your wish to cancel in writing, by letter or email. Returns are not free, full details are on our delivery note. Return goods within 28 days of cancellation. Calls to 0844 numbers will cost 7p per minute plus your phone company's access charge. £3.99 UK standard delivery. International delivery, see website for prices. Offer applies to purchases in GBP only. Exception is Ireland orders which will be charged in EUR at the set conversion rate. Prices quoted one colour at time of production but can vary. One promotion per order.

Marketing and Promotions: We want to make sure you don't miss out on our great products and offers, so we will keep you informed by post. If you do not want to hear from us, please let us know. I do not want to be contacted by Post. We take your privacy seriously. For details of our privacy policy and full terms and conditions visit cottontraders.com. *Last 3 digits on back of card. This is mandatory to process your order. Offer ends 31/07/2022.

Order today
at **cottontraders.com**
or call **0844 844 1111**

14 DAY MONEY BACK GUARANTEE IF NOT COMPLETELY SATISFIED

Registered office: Cotton Traders Ltd, Cotton Traders House, Atlantic Street, Altrincham WA14 5OZ

Fast, reliable UK &
International delivery

Trustpilot ★★★★★

85-year-old hillwalking again thanks to Sore Joint Cream

Did you know that over 9 million people in the UK suffer with arthritic joint problems?

Scottish company Natural Skincare Factory, based in Peterhead, Aberdeenshire, have been selling their ActiveCare Cream for over 14 years. Soothing those problematic joints and getting them moving again. It doesn't interfere with any medications from your doctor and in many cases, it's been known to make a difference in as little as 24 hours. Up until recent years, Mr Mitchell from Perthshire spent nearly every weekend walking up in the hills. He found his poor joint health was stopping him walking any distances. Mr Mitchell said, 'After using the ActiveCare Cream for just a week, I have already noticed a difference in my knees.'

Company owner Adrian Whalley, 'We receive testimonials every week from happy customers. To hear such good news from Mr Mitchell makes our hard work worthwhile. We send our product all over the world. We find that once someone tries ActiveCare Cream, they come back for it time and time again.'

For continued relief please ask us about our sore joint bath oil.



Scottish company Natural Skincare Factory, based in Peterhead, Aberdeenshire, have developed their ActiveCare Cream over many years. It works like a natural anti-inflammatory, soothing those problematic joints getting them moving again. Company owner Adrian Whalley (33, pictured) said, 'We have even received a letter from a member of the Royal family. Every testimonial we receive is important to us, but this one was rather special.'

'It's great to have a product that is making such a difference to a lot of people.'

'ActiveCare Cream is made with natural ingredients and would not interfere with any medications from your doctor. Used twice a day, massaging into the sore joint, it's been known to make a difference in as little as 24 hours.'

Adrian further commented, 'We send our product all over the world. We find that once someone tries ActiveCare Cream, they come back for it time and time again.'



**SCOTTISH
ENTERPRISE
AWARDS 2021**

**WE ARE PROUD TO HAVE BEEN AWARDED:
BEST NATURAL SKINCARE BUSINESS 2021
BEST NATURAL ACHE & PAINS RELIEF PRODUCT 2021
AT THE SCOTTISH ENTERPRISE AWARDS!**

Order by telephone, **FREEPHONE 0800 0199 932**
(all cards accepted)

Or visit our website: www.natural-skincare-product.com

By post: Make cheque/postal order payable to Natural Skincare Factory

The ActiveCare Cream is **£13.90 (p&p £3.60, free p&p with 2 jars bought)**

Send to: Natural Skincare Factory, PO Box 18699, Peterhead, AB42 9AS

**FREE 30ML WINTER
HAND CREAM WHOLE
£9.99 WITH EVERY
ORDER!**

Must include coupon with past
order or quote **FREEHANDWLV**
when ordering

Tel: 0800 0199 932
and get your free jar



One Day Wednesday

WEDNESDAY

FILM OF THE WEEK

One Day

6.50pm, Film4

High-concept romantic drama, based on David Nicholls' bestselling novel. On the same day of each year, we catch up with the lives of on-off lovers Dexter (Jim Sturgess) and Emma (Anne Hathaway). Can these soulmates find happiness together? (2011/12) ★★★★★

Deep Blue Sea

11.35pm, TCM Movies

More *The Meg* than *Jaws*, here's a guilty pleasure creature feature with its tongue firmly in its gills. Saffron Burrows and Samuel L. Jackson are hunted by genetically modified super sharks at a remote research facility. (1999/15) ★★

THURSDAY

Deadpool 2

9pm, Film4

Award-winning sequel in which Ryan Reynolds plays the foul-mouthed mutant mercenary Wade Wilson (aka Deadpool), this time



Red Friday

assembling a team of mutant rogues to protect a boy with supernatural abilities. (2018/15) ★★★★★

If Beale Street Could Talk

9pm, BBC Four

Romantic drama in which a young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover is innocent of a crime he is accused of. (2018/15) ★★

FRIDAY

Red

9pm, Film4

Helen Mirren, Bruce Willis and Morgan Freeman star in an action crime comedy about a former black-ops agent who reassembles his old team for a desperate battle to survive and uncover his assailants. (2012/12) ★★

The Big Sick

10pm, BBC Three

This smart, endearing romcom stars Kumail Nanjiani as a Pakistani cab driver in Chicago who shocks his parents by "dating a white girl". Can their love survive cultural divisions and serious illness? (2017/15) ★★★★★

The Cabin In The Woods

11.15pm, Film4

Chris Hemsworth leads the cast in a drama about five friends who go for a break at a remote cabin, where they certainly get more than they bargained for as they learn the truth about the creepy cabin in the woods. (2012/15) ★★

Sky Cinema Premiere

What's on this week

SKY 301/312

VIRGIN 401/402

Check your planner for times

Apollo 13

[Saturday, Sky Hits, 8pm]

Fact-based drama about the ill-fated 1970 Apollo 13 mission to the moon. Crew leader Jim Lovell is faced with a nightmare when the mission suffers an on-board explosion, leaving the team stranded in space with a dwindling oxygen supply while flight controllers and engineers in Houston try to find a way to bring the crew safely back to Earth. With Tom Hanks, Kevin Bacon and Bill Paxton. (1995/PG) ★★★★★

The World To Come

[From Sunday]

Somewhere along the 19th-century American East Coast frontier, a farmer's wife and her new neighbour find themselves irrevocably drawn to each other, filling a void in their lives which neither knew existed.

Romantic drama, starring Katherine Waterston and Vanessa Kirby. (2020/15) ★★

As Good As It Gets

[Monday, Sky Comedy, 5.40pm]

A bigoted misanthropic writer is drawn out of his self-imposed isolation by his gay neighbour, and pursues a romance with a waitress, who is the only person willing to put up with his rudeness. Romantic comedy, with Jack Nicholson and Helen Hunt. (1997/15) ★★★★★

The Fighter

[Tuesday, Sky Hits, 10.15pm]

Fact-based drama following boxer Micky Ward's rise to world championship status, with the aid of his drug-addicted brother. With Mark Wahlberg and Christian Bale. (2010/15) ★★★★★

American Sniper

[Wednesday, Sky Drama, 8pm]

A Navy SEAL becomes a legend to his colleagues thanks to his skills as a sniper. On his return to the US following four tours of duty in Iraq, he finds living an ordinary life far more difficult to deal with than the demands of warfare. Biopic based on the experiences of Chris Kyle, starring Bradley Cooper. (2014/15) ★★★★★

Fast & Furious 9

[From Friday]

Dom Toretto is leading a quiet life off the grid with Letty and his son, little Brian, but they know that danger always lurks just over their peaceful horizon. His crew must join together to stop a world-shattering plot led by the most skilled assassin and high-performance driver they've ever encountered – who also happens to be Dom and Mia's brother, Jakob. Action sequel, starring Vin Diesel, Jordana Brewster and John Cena. (2021/12) ★★



As Good As It Gets Monday

★★★★★ brilliant ★★★★★ very good ★★★ good ★★ average ★ bad

SAVE OVER
30%
OFF RRP

+FREE DELIVERY
ON YOUR FIRST ORDER*

ONLY
£21.99
SAVE **£13**
RRP £34.99



WIDE FIT CLOGS

ITEM: 309 914

SIZES 1-9 FIT: WIDER D/E

Upper: Textile, Insole: Leather, Heel Height: 4cm

CALL US ON **0844 826 5952**

CALLS COST 7P PER MINUTE PLUS YOUR PHONE COMPANY'S ACCESS CHARGE

SHOP ONLINE **pavers.co.uk**

Excellent Trustpilot



PAVERS
YOUR PERFECT STYLE

PURE COMFORT

ONLY
£21.99
SAVE **£13**
RRP £34.99

STRETCH FIT SLIPPERS

SIZES 2-9

FIT: WIDER D/E

ITEM: 125 054

Upper: Textile, Insole: Textile, Heel Height: 2cm



ONLY
£24.99
SAVE **£13**
RRP £37.99



WIDE FIT LIGHTWEIGHT ANATOMIC CLOG

SIZES 1-9

FIT: WIDER D/E

ITEM: 317 208

Upper: Textile, Insole: Textile, Heel Height: 4cm



'USE OFFER CODE
'PAVERS236' FOR FREE DELIVERY

ITEM CODE	SIZE	COLOUR	QTY	PRICE
		1st Choice		
		2nd Choice		
		1st Choice		
		2nd Choice		

BILLING/DELIVERY ADDRESS	FREE DELIVERY	£ TOTAL
Name		
Address		
Post Code		
Telephone		
Email		

Please advise us of your email address to receive special offers.

PAY BY CARD OR CHEQUE

☐ Card ☐ A cheque made payable to Pavers Ltd with my name and address on the back

Card Number

Expiry Date / Security No.

This is the last 3 digits of the number on the back of your card, usually on the signature strip.

TERMS & CONDITIONS

Offer expires 04/06/2022. Free delivery applies to your first order only. We'd like to send you our latest collections, promotions and special offers, please tick here if you do not want to receive these by post. ☐

Occasionally we make our mailing list available to carefully selected companies that we think may be of interest to you (never phone numbers). If you would prefer not to receive these contacts by post please tick here. ☐

POST TO:

Pavers Ltd, Northminster Business Park, Upper Poppleton, York, YO26 6QU

PAVERS236



live action on satellite

Saturday

SKY SPORTS ARENA 10.00pm-12.30am NBA Basketball Dallas Mavericks vs Sacramento Kings (Tip-off 10.00pm). **1.30-4.00am NBA Basketball** Los Angeles Lakers vs Golden State Warriors (Tip-off 1.30am). **SKY SPORTS WORLD CUP 6.00am ICC Women's World Cup** Australia v England. **8.05 Test Cricket** India v Sri Lanka. **11.30 Test Cricket** Pakistan v Australia. **12.30-6.00am ICC Women's World Cup** Pakistan v India. **SKY SPORTS FOOTBALL 12.00noon-3.00pm EFL** Fulham v Blackburn Rovers (Kick-off 12.30pm). **5.20-7.30 Bundesliga** VfB Stuttgart v Borussia Mönchengladbach (Kick-off 5.30pm). **11.00pm-1.00am MLS** Real Salt Lake v Seattle Sounders (Kick-off 11.00pm). **SKY SPORTS GOLF 6.00-7.30am PGA Tour Golf** The HSBC Women's World Championship. **9.30 DP World Tour Golf** The Kenya Open. **2.00-11.00pm PGA Tour Golf** The Arnold Palmer Invitational. **3.30-6.00pm PGA Tour Golf** The HSBC Women's World Championship. **SKY SPORTS MAIN EVENT 6.00am ICC Women's World Cup** Australia v England. **8.05-11.30 Test Cricket** India v Sri Lanka. **12.00noon-3.00pm EFL** Fulham v Blackburn Rovers (Kick-off 12.30pm). **5.00pm Premier League** Liverpool v West Ham United (Kick-off 5.30pm). **8.30-11.00pm PGA Tour Golf** The Arnold Palmer Invitational. **12.30-6.00am ICC Women's World Cup** Pakistan v India. **SKY SPORTS PREMIER LEAGUE 11.00am-2.00pm WSL** Aston Villa v Brighton & Hove Albion (Kick-off 11.30am). **5.00-8.30pm Premier League** Liverpool v West Ham United (Kick-off 5.30pm). **BT SPORT 1 6.00-8.00am** **Izuzu UTE A-League** Central Coast Mariners v Brisbane Roar (Kick-off 6.05am). **11.30am-3.00pm Premier League** Leicester City v Leeds United (Kick-off 12.30pm). **5.00pm Vanarama National League** Aldershot Town v Stockport County (Kick-off 5.20pm). **7.30-4.45 Serie A** Cagliari v Lazio (Kick-off 7.45pm). **1.00am UFC** coverage of the preliminary bouts from UFC 272. **3.00-7.00am UFC** Colby Covington v Jorge Masvidal. **BT SPORT 2 8.15-11.15am MotoGP** **12.00noon-4.00pm MotoGP** **7.15-7.00pm Serie A** Roma v Atalanta. **5.45-10.00pm Ligue 1** Nice v Paris Saint-Germain (Kick-off 8.00pm). **BT SPORT 3 8.45-10.45am** **Izuzu UTE A-League** Western Sydney Wanderers v Sydney FC (Kick-off 8.45am). **11.00am-1.00pm** **Izuzu UTE A-League** Perth Glory v Adelaide United (Kick-off 11.05am). **2.30-5.15pm Premiership Rugby Union** Saracens v Leicester Tigers (Kick-off 3.00pm). **5.00-5.00am College Basketball** UCLA Bruins v USC Trojans (Tip-off 3.00am). **EUROSPORT 1 6.50am Freestyle Skiing** The World Cup meeting. **9.00-10.30pm Cross-Country Skiing** The World Cup meeting. **1.00-4.30pm Snooker: Welsh Open** The opening semi-final. **6.45-10.30pm Snooker: Welsh Open** Coverage of the second semi-final.

Sunday

SKY SPORTS ARENA 6.00pm NBA Basketball Boston Celtics v Brooklyn Nets (Tip-off 6.00pm). **8.30-11.00pm NBA Basketball** Milwaukee Bucks v Phoenix Suns (Tip-off 8.30pm). **SKY SPORTS WORLD CUP 6.00am ICC Women's World Cup** Pakistan v India. **8.05 Test Cricket** India v Sri Lanka. **11.30am-12.30pm Test Cricket** Pakistan v Australia. **12.30-6.00am ICC Women's World Cup** New Zealand v Bangladesh. **5.15-6.00am Test Cricket** India v Sri Lanka. **SKY SPORTS FOOTBALL 11.00am SPFL** Livingston v Celtic (Kick-off 12.00noon). **2.30pm Bundesliga** FSV Mainz 05 v Borussia Dortmund (Kick-off 2.30pm). **4.20-6.30 Bundesliga** FC Cologne v TSG 1899 Hoffenheim (Kick-off 4.30pm). **9.00-11.00pm MLS** Austin FC v Inter Miami CF (Kick-off 9.00pm). **SKY SPORTS GOLF 6.00-7.30am PGA Tour Golf** The HSBC Women's World Championship. **9.30 DP World Tour Golf** The Kenya Open. **2.00pm-11.00pm PGA Tour Golf** The Arnold Palmer Invitational. **SKY SPORTS MAIN EVENT 6.00am ICC Women's World Cup** Pakistan v India. **8.05 Test Cricket** India v Sri Lanka. **11.30 SPFL** Livingston v Celtic (Kick-off 12.00noon). **2.00pm Super Sunday** Watford v Arsenal (Kick-off 2.00pm). **4.00-7.00 Super Sunday** Manchester City v Manchester United (Kick-off 4.30pm). **9.00 PGA Tour Golf** The Arnold Palmer Invitational. **11.00 ICC Women's World Cup** New Zealand v Bangladesh. **5.15-6.00pm Test Cricket** India v Sri Lanka. **SKY SPORTS PREMIER LEAGUE 1.00pm Super Sunday** Watford v Arsenal (Kick-off 2.00pm). **4.00-7.30pm Super Sunday** Manchester City v Manchester United (Kick-off 4.30pm). **BT SPORT 1 11.30am-1.30pm Serie A** Genoa v Empoli (Kick-off 11.30am). **2.00-5.15pm Premiership Rugby Union** Exeter Chiefs v Sale Sharks (Kick-off 3.00pm). **7.45-10.00pm Serie A** Napoli v AC Milan (Kick-off 7.45pm). **BT SPORT 2 10.00am MotoGP** **11.15 MotoGP** **6.00-7.00 Serie A** Juventus v Spezia (Kick-off 5.00pm). **7.30-8.45pm Ligue 1** Marseille v Monaco (Kick-off 7.45pm). **BT SPORT 3 2.00pm Ligue 1** Rennes v Angers (Kick-off 2.00pm). **4.00-6.00pm Ligue 1** Lille v Clermont Foot (Kick-off 4.05pm). **EUROSPORT 1 8.20-9.20am Nordic Combined Skiing** The World Cup meeting. **1.00-4.30pm Snooker: Welsh Open** The opening session of the final. **6.45 Snooker: Welsh Open** The second session of the final. **10.05-11.30pm Show Jumping**

Monday

SKY SPORTS ARENA 5.00-7.15pm Netball Superleague Seven Stars v Celtic Dragons (Centre pass 5.30pm). **SKY SPORTS WORLD CUP 6.00am Test Cricket** India v Sri Lanka. **11.30am-12.30pm Test Cricket** Pakistan v Australia.

1.00-6.00am ICC Women's World Cup Australia v Pakistan. **SKY SPORTS MAIN EVENT 6.00am Test Cricket** India v Sri Lanka. **11.30am-12.30pm Test Cricket** Pakistan v Australia. **5.00pm Netball Superleague** Seven Stars v Celtic Dragons (Centre pass 5.30pm). **7.00-11.00 MNF** Tottenham Hotspur v Everton (Kick-off 8.00pm). **1.00-6.00am ICC Women's World Cup** Australia v Pakistan. **SKY SPORTS PREMIER LEAGUE 7.00-11.00pm MNF** Tottenham Hotspur v Everton (Kick-off 8.00pm). **EUROSPORT 1 1.15-3.05pm Cycling: Paris-Nice** Coverage of stage two.

Tuesday

SKY SPORTS WORLD CUP 6.00am ICC Women's World Cup Australia v Pakistan. **8.05 Test Cricket** India v Sri Lanka. **11.30am-12.30pm Test Cricket** Pakistan v Australia. **9.30pm-5.05am ICC Women's World Cup** West Indies v England. **SKY SPORTS FOOTBALL 7.30-10.15pm EFL Trophy Football** Wigan Athletic v Sutton United (Kick-off 7.45pm). **SKY SPORTS MAIN EVENT 6.00am ICC Women's World Cup** Australia v Pakistan. **8.05 Test Cricket** India v Sri Lanka. **11.30am-12.30pm Test Cricket** Pakistan v Australia. **7.30pm EFL Trophy Football** Wigan Athletic v Sutton United (Kick-off 7.45pm). **10.00pm-5.05am ICC Women's World Cup** West Indies v England. **BT SPORT 1 1.30-10.00pm Test Cricket** West Indies v England. **BT SPORT 2 7.00-10.30pm UEFA Champions League** Liverpool v Inter Milan (Kick-off 8.00pm). **BT SPORT 3 7.30-10.15pm UEFA Champions League** Bayern Munich v RB Salzburg (Kick-off 8.00pm). **EUROSPORT 1 1.15-3.05pm Cycling: Paris-Nice**

Wednesday

SKY SPORTS WORLD CUP 12.30-6.00am ICC Women's World Cup New Zealand v India. **SKY SPORTS FOOTBALL 7.30-10.15pm EFL Trophy Football** Hartlepool United v Rotherham United (Kick-off 7.45pm). **SKY SPORTS MAIN EVENT 7.30-10.15pm EFL Trophy Football** Hartlepool United v Rotherham United (Kick-off 7.45pm). **1.30-6.00am ICC Women's World Cup** New Zealand v India. **BT SPORT 1 1.30-10.00pm Test Cricket** West Indies v England. **BT SPORT 2 7.00-10.30pm UEFA Champions League** Manchester City v Sporting Lisbon (Kick-off 8.00pm). **BT SPORT 3 7.30-10.15pm UEFA Champions League** Real Madrid v Paris Saint-Germain (Kick-off 8.00pm). **EUROSPORT 1 1.15-3.05pm Cycling: Paris-Nice** Coverage of stage four.

Thursday

SKY SPORTS ARENA 7.00-10.30pm Premier League Darts Coverage of the fifth night of the 2022 tournament. **SKY SPORTS ARENA 7.30-10.15pm Super League** Leeds Rhinos v Hull FC (Kick-off 8.00pm). **SKY SPORTS WORLD CUP 6.00-8.05am ICC Women's World Cup** New Zealand v India.



Thu 3pm
Sky Sports Main Event

12.30-6.00am ICC Women's World Cup Pakistan v South Africa. **SKY SPORTS FOOTBALL 7.00-10.30pm WSL** West Ham United v Chelsea (Kick-off 7.45pm). **SKY SPORTS THE PLAYERS 2.00-11.00pm The Players Championship** Live Coverage of the first day's play of the tournament. **SKY SPORTS MAIN EVENT 6.00-6.50am ICC Women's World Cup** New Zealand v India. **3.00-11.00pm The Players Championship** Live Coverage of the first day's play of the tournament. **12.30-6.00am ICC Women's World Cup** Pakistan v South Africa. **SKY SPORTS PREMIER LEAGUE 7.00-10.30pm WSL** West Ham United v Chelsea (Kick-off 7.45pm). **BT SPORT 1 1.30-10.00pm Test Cricket** West Indies v England. **BT SPORT 2 7.30-10.30pm UEFA Europa League** Action from a last-16 first-leg clash in the UEFA Europa League. **BT SPORT 3 7.45-10.15pm UEFA Europa Conference League** Coverage of a last-16 first-leg match. **EUROSPORT 1 1.15-3.05pm Cycling: Paris-Nice** Stage five.

Friday

SKY SPORTS ARENA 7.00-9.30pm British Basketball Newcastle Eagles v Manchester Giants (Tip-off 7.30pm). **SKY SPORTS ARENA 7.30-10.15pm Super League** St Helens v Warrington Wolves (Kick-off 8.00pm). **SKY SPORTS WORLD CUP 6.00-8.05am ICC Women's World Cup** Pakistan v South Africa. **12.30-8.05am ICC Women's World Cup** West Indies v India. **SKY SPORTS FOOTBALL 7.30-10.45pm EFL** West Bromwich Albion v Huddersfield Town (Kick-off 8.00pm). **SKY SPORTS THE PLAYERS 11.30am-11.00pm The Players Championship** Live Coverage of the second day's play of the tournament. **SKY SPORTS MAIN EVENT 6.00-8.05am ICC Women's World Cup** Pakistan v South Africa. **11.30 The Players Championship** Live Coverage of the second day's play. **7.30pm EFL** West Bromwich Albion v Huddersfield Town (Kick-off 8.00pm). **10.00-11.00 The Players Championship** Live Coverage of the second day's play. **12.30-8.05am ICC Women's World Cup** West Indies v India. **BT SPORT 1 1.30-10.00pm Test Cricket** West Indies v England. **BT SPORT 2 7.00pm-12.00am BT Sport Fight Night Live** **EUROSPORT 1 1.15-3.05pm Cycling: Paris-Nice** Coverage of stage six.

BBC One <small>F VIEW 1 • SKY 101 • VIRGIN 101 • FSAT 101</small>	BBC Two <small>F VIEW 2 • SKY 102 • VIRGIN 102 • FSAT 102</small>	ITV <small>F VIEW 3 • SKY 103 • VIRGIN 103 • FSAT 103</small>	Channel 4 <small>F VIEW 4 • SKY 104 • VIRGIN 104 • FSAT 104</small>
<p>6.00am Breakfast 10.00 Saturday Kitchen Live (11.30) Rick Stein's Cornwall (F) 12.00noon Football Focus. The weekend's fixtures.</p> <p>1.00 BBC News; Weather</p> <p>1.15 Bargain Hunt (F)</p> <p>2.00 Money for Nothing (F)</p> <p>2.45 Escape to the Country A couple from London look for a new home in Surrey. (F)</p> <p>3.45 Garden Rescue Creating a family garden in Newport. (F)</p> <p>4.30 Final Score Football results.</p> <p>5.30 Superman & Lois (12/15) An old friend is brought in to help with the search for Clark.</p> <p>6.10 BBC News; Regional News</p> <p>6.30 Celebrity Mastermind (5/14) With Maria McElane, DJ Ace, The Vivienne and Martine Croxall.</p>	<p>6.40am Blue Peter (F) 7.10 Deadly 60 (F) 7.40 Malory Towers (F)</p> <p>8.30 FILM The Good Dinosaur (2015/FC) Animation, with the voice of Raymond Ochoa. ★★★★★ 10.00 Forces of Nature with Brian Cox (F) 11.00 Earth's Greatest Spectacles 12.00noon Great British Menu (F)</p> <p>2.00 Half a Sixpence (1967/U) Period musical, starring Tommy Steele and Julia Foster. ★★★★★</p> <p>4.20 Flog It! Paul Martin presents from the RAF Museum in Cosford, Shropshire. (F)</p> <p>5.00 Match of the Day Chelsea Women v Manchester City Women (kick-off 5.15pm). The FA Women's Continental League Cup final, at The Cherry Red Records Stadium in Wimbledon.</p>	<p>6.00am CITY 9.25 ITV News 9.30 Children's Saturday Morning. With Cary Paoli. 11.40 Simply Raymond Blanc</p> <p>12.45pm ITV News; Weather</p> <p>1.00 ITV Racing: From Kelso Ed Chamberlin presents coverage of the 3.15 Morebait Hurdle from Kelso, plus action from Doncaster and Newbury.</p> <p>4.00 Tipping Point: Best Ever Finals Coin-drop quiz show. (F)</p> <p>4.30 The Chase Celebrity Special With David Grant, Jonnie Peacock and Andy Hamilton. (F)</p> <p>5.30 ITV News; Weather</p> <p>5.45 Regional News; Weather</p> <p>6.00 Celebrity Catchphrase With Alex Brooker, Vicki Pattison and Max Whitlock.</p>	<p>6.00am Winter Paralympics Coverage of Wheelchair Curling, including Great Britain v Norway. Plus, action from Para Ice Hockey.</p> <p>8.00 Winter Paralympics Breakfast 9.00 The Simpsons (F) 10.30 Couples Come Dine with Me (F) 11.35 Four in a Bed (F)</p> <p>2.10pm Evolution (2001/PG) Sci-fi comedy, with David Duchovny and Orlando Jones. ★★★★</p> <p>4.10 Changing Rooms Presented by Anna Richardson. (F)</p> <p>5.10 Kirstie and Phil's Love It or List It: Brilliant Builds Kirstie and Phil look back at two of their biggest builds. (F)</p> <p>5.45 Channel 4 News including sport and weather updates.</p> <p>6.15 Winter Paralympics: Today in Beijing Day one from China.</p>
<p>7.00 The Wall Versus Celebrities Comedians Shaparak Khorsandi and Ellie Taylor take part in the game of chance, where they can win big but also lose everything with just the bounce of a ball.</p> <p>7.45 Pointless Celebrities The general knowledge quiz features stars of children's TV.</p> <p>8.35 Casualty Matthew struggles to suppress his past trauma, while Marty's relationship with Adi is put to the test.</p> <p>9.15 Killing Eve (1/8) Villanelle has embraced a new way of life in an attempt to prove she is not a monster, while Eve is on a revenge mission. Having killed Paul, Carolyn goes to extraordinary lengths to continue to chase down the person that ordered Kenny's hit. Thriller, starring Jodie Comer.</p>	<p>7.35 Grand Tours of Scotland's Lochs Paul Murton heads to one of Britain's remotest railway stations and visits the sacred spring of Loch na Naire. (F)</p> <p>8.05 The Perfect Marmecabe & Wise The boys take a trip back to ancient Egypt as Glenda Jackson stars in Antony and Cleopatra, before the Beatles join Eric and Ernie to perform Moonlight Bay. Last in series. (F)</p> <p>8.35 TOTP: The Story of 1990 A musical review of the year, featuring Adamski, Orbital, 808 State, Snap!, Betty Boo, Beats International, Sade O'Connor, Maria McKee and Milli Vanilli. (F)</p> <p>9.35 Top of the Pops: Big Hits 1990 Performers include Adamski featuring Seal, Vanilla Ice, Primal Scream, Betty Boo, Sinead O'Connor, Kylie Minogue and Tina Turner. (F)</p>	<p>7.00 Ant & Dec's Saturday Night Takeaway Paloma Faith is in the Star Guest announcer booth, and Strictly Come Dancing judge Craig Revel Horwood is the latest victim of I'm a Celebrity... Get Out of Me Eas. Plus, Singalong Live is back, and the End of the Show Show goes international.</p> <p>8.30 Starstruck (4/6) Olly Murs hosts as four more teams of superlans are transformed into their music idols before stepping onto the stage to sing one of their biggest hits.</p> <p>9.40 Paul Sinha's TV Showdown Joanna Page, Jenny Powell, Adam Thomas and David Baddiel join team captains Fay Ripley and Rob Beckett on the comedy quiz show, as Paul Sinha tests the panelists' TV knowledge.</p>	<p>6.45 Jumanji: Welcome to the Jungle (2017/12) Four teenagers get transported into a video game and transformed into a party of jungle explorers. Fantasy action comedy, starring Dwayne Johnson, Kevin Hart and Karen Gillan. ★★★★</p> <p>9.00 The National Comedy Awards for Stand Up to Cancer Tom Allen hosts the first National Comedy Awards ceremony from the Roundhouse in Camden, London. The event raises money for Stand Up To Cancer, and features awards chosen by the votes of the British public. Nominees include Ricky Gervais, Sarah Millican, Mo'Nique, Daisy May Cooper, Aisling Bea, and Rosie Jones, while a group of comedy VIPs will be choosing the winners of two additional special recognition awards.</p>
<p>10.00 BBC News; Weather</p> <p>10.20 Match of the Day Gary Lineker presents highlights of the latest Premier League matches, including Liverpool v West Ham United at Anfield and Burnley v Chelsea at Turf Moor.</p> <p>11.45 FILM A Time to Kill (1996/15) A lawyer in Mississippi agrees to defend a black man charged with killing the two racist thugs who raped his 10-year-old daughter – but he is ill-prepared for the racial tension and violence that erupts during the course of the trial. Courtroom drama, starring Matt McConaughey, Sandra Bullock, and Samuel L. Jackson. ★★★★★ 2.10am Weather for the Week Ahead 2.15-6.00am BBC News</p>	<p>10.35 Mariah Carey at the BBC A selection of archive appearances on the BBC by the singer, including performances of Vision of Love, Honey, Shake it Off, Open Arms, Hero and We Belong Together.</p> <p>11.35 Later Presents – The Beautiful South in Concert Jools Holland introduces a 1997 performance by the group, with guests Sam Moore, James Dean Bradfield, the London Gospel Community Choir, Black Dyke Mills Band and Les Dement. (F) 12.40am Top of the Pops: Kylie Minogue. A compilation of classic performances. (F) 1.10 Phil Collins at the BBC (F) 2.10 FILM The Levelling (2016/15) Drama, starring Elle Kendrick. ★★★★★ 3.30-6.15am This is BBC Two</p>	<p>10.25 ITV News; Weather</p> <p>10.40 Ocean's Twelve (2004/12) The crooks reunite when an old enemy catches up with them and demands they repay the money they stole from him three years previously. In response, the gang comes up with another larcenous plan – but reckons without the interventions of a fellow thief and a sultry Interpol agent. Crime caper sequel, starring George Clooney, Brad Pitt and Julia Roberts. ★★★</p> <p>1.00am Home Shopping 3.00 Living on the Veg. A plant-based lasagne and a vegan burger. (F) 3.50 Unwind with ITV 5.05-6.00am Alphabetical (F)</p>	<p>11.05 Sean Lock: Keep It Light The 8 Out of 10 Cats Does Countdown captain captured live on stage in a stand-up performance, talking about everything from the price of cinema food, his behaviour on the internet and jewellery thefts. (F) 12.05am 8 Out of 10 Cats Does Countdown. Sean Lock and Katherine Ryan take on Jon Richardson and Joe Wilkinson in the popular quiz, while Adam Riches as Sean Bean joins Susie Dent in Dictionary Corner. (F) 1.00am LIVE Winter Paralympics. Coverage of day two in Beijing, as Menna Fitzpatrick and Millie Knight race for gold in the Super-G event. 3.30-6.00am LIVE Winter Paralympics. Live coverage continues from Beijing with alpine and cross-country skiing.</p>

Channel 5

FVIEW 5 • SKY 105 • VIRGIN 105 • FSAT 105

- 6.00am Milkshake!** Children's shows.
10.00am SpongeBob SquarePants (R)
10.25 Entertainment News on 5
10.30 Friends: Best of Monica (R)
1.00pm George Clarke's Build a New Life in the Country (R)
2.55 Jane McDonald Cruising USA
 The singer explores the Great Lakes of the US and Canada. (R)
4.25 Jane McDonald: My Yorkshire
 Jane visits the station featured in *The Railway Children*. (R)
5.25 5 News Weekend Headlines.
5.30 Carol Drinkwater's Secret Provenance The actress shares her love of Provenance. (R)
6.30 Dunkirk: Mission Impossible
 J Chalmers examines the final battle to keep German forces back. Last in series.
7.30 Secrets of the Royal Gardens A look at the most renowned palaces, revealing the stories behind the opulent gardens at St. James's and Kensington, which were later opened to the public.
8.30 Last of the Summer Wine: 30 Years of Laughs A
 celebration of the comedy that ran from 1973 to 2010, with contributions by members of cast and crew, families of the stars no longer with us, and celebrity fans. There are previously unseen interviews and rare archive footage, while Russ Abbott and Brian Murphy remember their days on set and there are insights from Crispian Sellis, Tom Owen, Nick Park, Gyles Brandreth, Lesley Garrett and John Thompson.
10.00 The Unforgettable Cilla Black The story of Cilla Black, who rose from working-class roots in Liverpool to become one of the nation's most best-loved singers, presenters and all-round entertainers. (R)
11.30 Greatest Hits of the 70s: Part 1 The stories behind six songs from the decade, examining *You Sexy Thing*, *Stayin' Alive*, *Wuthering Heights*, *Le Freak*, *Knowing Me, Knowing You*, and *Somebody to Love*. (R)
1.00am The 21.co.uk Live Casino Show 300 Entertainment News on 5
3.10 1991: Britain's Biggest Hits (R)
4.20 Casualty 24/7: Every Second Counts (R)
5.10 Great Artists (R)
5.35 Peppa Pig (R)
5.40 Thomas & Friends (R)
5.50 6.00am Milkshake! (R)



Ant And Dec's Saturday Night Takeaway 7pm, ITV

Our favourite bit of *Takeaway* is the undercover prank, for which the make-up team creates such amazing disguises. Take the ones in this photo. Would you believe the person on the left is actually Dec – and the one on the right is Ant? No, OK, of course not. We're kidding. Obviously it's really Phil and Holly.

ITV2

FVIEW 6 • SKY 118 • VIRGIN 115 • FSAT 113

- 6.00am** Totally Bonkers Guinness World Records **6.35** Coronation Street Omnibus **8.25** Secret Crush **10.25** Dress to Impress **12.25pm** Catchphrase **1.10** You've Been Framed! Full Throttle **2.15** **FILM** Step Up All In (2014/PG) Drama, starring Ryan Guzman. ★★ **4.25** **FILM** Hotel Transylvania (2012/U) Animation, with the voice of Adam Sandler. ★★ **6.15** **FILM** The Amazing Spider-Man 2 (2014/12) Superhero adventure sequel, starring Andrew Garfield, Emma Stone and Jamie Foxx. ★★ **9.00** **FILM** 22 Jump Street (2014/15) Crime comedy, starring Jonah Hill and Channing Tatum. ★★ **11.15** Family Guy: Double bill **12.10am** American Dad! **1.10** Crossing Swords **2.10** Plebs **3.10** Unwind with ITV **3.30-6.00am** Teleshopping

BBC Three

FVIEW 23 • SKY 117 • VIRGIN 107

- 7.00pm EastEnders** Double bill. The bullies demand money from Tommy; Janine tries to fix the boxing match.
7.15 **Gossip Girl** Double bill. Blair discovers a secret; Blair becomes the model for a new clothing line.
9.10 **Gassed Up** Mist takes on Olympic winning boxer Nicola Adams.
10.00 **NEW Obsessed With – Killing Eve** Naomi Shimada and Zing Tszing dissect the final season of *Killing Eve*.
11.30 **Mood** Wannabe singer Sasha is forced to find her own way in life.
11.15 **FILM** Election (1998/15) Satirical comedy, starring Matthew Broderick and Reese Witherspoon.
★ ★ ★ 12.55am Eating with My Ex **1.25** RuPaul's Drag Race: UK Versus the World **2.25** The Fast and the Farmer-ish **2.55-4.00am** Bad Love: Why Did Fil Kill Kyle? Documentary.

ITV3

FVIEW 10 • SKY 119 • VIRGIN 117 • FSAT 115

- 6.00am** George and Mildred **6.30 A** Touch of Frost **10.45** Agatha Christie's Poirot **1.00pm** Midsummer Murders **7.30** **Midsummer Murders** Double bill. Members of a rock band reunite for a gig – but somebody with a grudge is determined to pull the plug on them; a photographer is murdered shortly after exhibiting a compromising picture of Barney – who becomes a suspect in the ensuing investigation.
11.00 **Kate & Koji**. Double bill. Despite Kate being sued after an accident in the cafe, she refuses to back down and Koji is reluctant to get involved; Medium may have lost Kate a lot of money on the horses, while Koji discovers he has been given a jacket with an unfortunate history. **12.00am** Law & Order: UK **2.00** Bless This House **3.30-6.00am** Teleshopping

BBC Four

FVIEW 9 • SKY 116 • VIRGIN 107 • FSAT 107

- 7.00pm** *Lost Cities of the Ancients* A profile of the ancient Hittite civilisation.
8.00 *Arctic with Bruce Parry* The explorer learns about the importance of hunting to Inuit communities.
9.00 **FILM** La Belle Époque (2019/15) Premiere. A man in a failing marriage loses himself in a recreation of the week when he first met his wife, 40 years earlier. Romantic comedy, starring Daniel Auteuil. ★★ **10.55** *Wogan: The Best Of* Terry Wogan recalls some of his most curious and unexpected moments from his interviews, with clips including a cart-wheeling Nicolas Cage.
11.40 **FILM** Harry Birrell Presents Films of Love & War (2019/12) Narrated by Richard Madeley. ★★ **1.10am** *Arctic with Bruce Parry* **2.10-3.10am** *Lost Cities of the Ancients*

SATURDAY

5 MARCH

Scotland & Wales

BBC Scotland

12.00noon This is BBC Scotland **7.00pm** The Seven **7.15** The Edit **7.30** SportsScene Saturday, Action from the latest Premiership fixtures. **8.40** Highland Road Rescue – Our Lives. An intimate portrait of a family-run roadside recovery business in the Highlands. **9.10** *Best of Chewin'* the Fat. Highlights of the comedy sketch show. **9.40** **FILM** The Thin Red Line (1999/15) Fantasy adventure, starring Christopher Lambert. ★★ **11.30** Stock Car Superstars **11.50pm-12.00am** TUNE

BBC One Scotland

As BBC One except: **4.30-5.30pm** SportsScene Results. Classified results **6.20-6.40** Reporting Scotland **11.45** SportsScene Saturday. The latest fixtures. **12.45am** Weather for the Week Ahead **12.46-6.00am** BBC News

BBC One Wales

As BBC One except: **1.15-4.30pm** **FILM** Snooker: The Welsh Open. The semi-final. **6.20-6.30pm** BBC Wales Today

BBC Two Wales

As BBC Two except: **2.00pm** Murder, Mystery and My Family **2.45** Shark: Beneath the Surface **3.45** *Flak It 4.30* Inside Culture with Shoshana Bar **11.00** *Young Grand Made Perfect* **6.00** Great British Menu. The two highest scoring chefs from Scotland cook their six-course menus again. **7.00** **FILM** Snooker: The Welsh Open. The second semi-final. **10.00** **NEW** Rock Till We Drop. **11.00** Mariah Carey at the BBC **12.00am** The Perfect Mince & Cheese **12.30-12.40am** Nature's Wildest Events

STV

As STV except: **1.00-4.00pm** **FILM** STV Racing: From Kelso. Coverage from Kelso, Doncaster and Newbury. **5.45-6.00pm** STV News **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **5.45-6.00pm** ITV News Cymru Wales. The day's headlines.

S4C

6.00am Cwyl **8.00** Bernard **8.30** Y Brodyr Adrenlin **9.10** Swnne **11.25** Chwarter **11.40** Cwyl **12.00** Gwesty Adrenlin **12.10** *Ty am Ddim* **12.00noon** Ffleming **12.30** *Bwyd Bach* Shumana a Catrin **1.00** Cymry a Gwyls **1.00** Cymry a Gwyls **1.30** *Pum Mili* **3.30** *Cefn Gwlad* **4.30** *Will am Aerol* **5.00** **FILM** Cwyl Gwyls: Munster v Dragons (kick-off 3.00pm). **7.15** Newyddion **7.40** *Chwarter* **7.50** *Cwyl* **8.00** *Will am Aerol* **8.30** *Chwarter* **8.40** *Will am Aerol* **8.50** *Chwarter* **9.00** *Will am Aerol* **9.10** *Chwarter* **9.20** *Will am Aerol* **9.30** *Chwarter* **9.40** *Will am Aerol* **9.50** *Chwarter* **10.00** *Will am Aerol* **10.10** *Chwarter* **10.20** *Will am Aerol* **10.30** *Chwarter* **10.40** *Will am Aerol* **10.50** *Chwarter* **11.00** *Will am Aerol* **11.10** *Chwarter* **11.20** *Will am Aerol* **11.30** *Chwarter* **11.40** *Will am Aerol* **11.50** *Chwarter* **12.00** *Will am Aerol* **12.10** *Chwarter* **12.20** *Will am Aerol* **12.30** *Chwarter* **12.40** *Will am Aerol* **12.50** *Chwarter* **1.00** *Will am Aerol* **1.10** *Chwarter* **1.20** *Will am Aerol* **1.30** *Chwarter* **1.40** *Will am Aerol* **1.50** *Chwarter* **2.00** *Will am Aerol* **2.10** *Chwarter* **2.20** *Will am Aerol* **2.30** *Chwarter* **2.40** *Will am Aerol* **2.50** *Chwarter* **3.00** *Will am Aerol* **3.10** *Chwarter* **3.20** *Will am Aerol* **3.30** *Chwarter* **3.40** *Will am Aerol* **3.50** *Chwarter* **4.00** *Will am Aerol* **4.10** *Chwarter* **4.20** *Will am Aerol* **4.30** *Chwarter* **4.40** *Will am Aerol* **4.50** *Chwarter* **5.00** *Will am Aerol* **5.10** *Chwarter* **5.20** *Will am Aerol* **5.30** *Chwarter* **5.40** *Will am Aerol* **5.50** *Chwarter* **6.00** *Will am Aerol* **6.10** *Chwarter* **6.20** *Will am Aerol* **6.30** *Chwarter* **6.40** *Will am Aerol* **6.50** *Chwarter* **7.00** *Will am Aerol* **7.10** *Chwarter* **7.20** *Will am Aerol* **7.30** *Chwarter* **7.40** *Will am Aerol* **7.50** *Chwarter* **8.00** *Will am Aerol* **8.10** *Chwarter* **8.20** *Will am Aerol* **8.30** *Chwarter* **8.40** *Will am Aerol* **8.50** *Chwarter* **9.00** *Will am Aerol* **9.10** *Chwarter* **9.20** *Will am Aerol* **9.30** *Chwarter* **9.40** *Will am Aerol* **9.50** *Chwarter* **10.00** *Will am Aerol* **10.10** *Chwarter* **10.20** *Will am Aerol* **10.30** *Chwarter* **10.40** *Will am Aerol* **10.50** *Chwarter* **11.00** *Will am Aerol* **11.10** *Chwarter* **11.20** *Will am Aerol* **11.30** *Chwarter* **11.40** *Will am Aerol* **11.50** *Chwarter* **12.00** *Will am Aerol* **12.10** *Chwarter* **12.20** *Will am Aerol* **12.30** *Chwarter* **12.40** *Will am Aerol* **12.50** *Chwarter* **1.00** *Will am Aerol* **1.10** *Chwarter* **1.20** *Will am Aerol* **1.30** *Chwarter* **1.40** *Will am Aerol* **1.50** *Chwarter* **2.00** *Will am Aerol* **2.10** *Chwarter* **2.20** *Will am Aerol* **2.30** *Chwarter* **2.40** *Will am Aerol* **2.50** *Chwarter* **3.00** *Will am Aerol* **3.10** *Chwarter* **3.20** *Will am Aerol* **3.30** *Chwarter* **3.40** *Will am Aerol* **3.50** *Chwarter* **4.00** *Will am Aerol* **4.10** *Chwarter* **4.20** *Will am Aerol* **4.30** *Chwarter* **4.40** *Will am Aerol* **4.50** *Chwarter* **5.00** *Will am Aerol* **5.10** *Chwarter* **5.20** *Will am Aerol* **5.30** *Chwarter* **5.40** *Will am Aerol* **5.50** *Chwarter* **6.00** *Will am Aerol* **6.10** *Chwarter* **6.20** *Will am Aerol* **6.30** *Chwarter* **6.40** *Will am Aerol* **6.50** *Chwarter* **7.00** *Will am Aerol* **7.10** *Chwarter* **7.20** *Will am Aerol* **7.30** *Chwarter* **7.40** *Will am Aerol* **7.50** *Chwarter* **8.00** *Will am Aerol* **8.10** *Chwarter* **8.20** *Will am Aerol* **8.30** *Chwarter* **8.40** *Will am Aerol* **8.50** *Chwarter* **9.00** *Will am Aerol* **9.10** *Chwarter* **9.20** *Will am Aerol* **9.30** *Chwarter* **9.40** *Will am Aerol* **9.50** *Chwarter* **10.00** *Will am Aerol* **10.10** *Chwarter* **10.20** *Will am Aerol* **10.30** *Chwarter* **10.40** *Will am Aerol* **10.50** *Chwarter* **11.00** *Will am Aerol* **11.10** *Chwarter* **11.20** *Will am Aerol* **11.30** *Chwarter* **11.40** *Will am Aerol* **11.50** *Chwarter* **12.00** *Will am Aerol* **12.10** *Chwarter* **12.20** *Will am Aerol* **12.30** *Chwarter* **12.40** *Will am Aerol* **12.50** *Chwarter* **1.00** *Will am Aerol* **1.10** *Chwarter* **1.20** *Will am Aerol* **1.30** *Chwarter* **1.40** *Will am Aerol* **1.50** *Chwarter* **2.00** *Will am Aerol* **2.10** *Chwarter* **2.20** *Will am Aerol* **2.30** *Chwarter* **2.40** *Will am Aerol* **2.50** *Chwarter* **3.00** *Will am Aerol* **3.10** *Chwarter* **3.20** *Will am Aerol* **3.30** *Chwarter* **3.40** *Will am Aerol* **3.50** *Chwarter* **4.00** *Will am Aerol* **4.10** *Chwarter* **4.20** *Will am Aerol* **4.30** *Chwarter* **4.40** *Will am Aerol* **4.50** *Chwarter* **5.00** *Will am Aerol* **5.10** *Chwarter* **5.20** *Will am Aerol* **5.30** *Chwarter* **5.40** *Will am Aerol* **5.50** *Chwarter* **6.00** *Will am Aerol* **6.10** *Chwarter* **6.20** *Will am Aerol* **6.30** *Chwarter* **6.40** *Will am Aerol* **6.50** *Chwarter* **7.00** *Will am Aerol* **7.10** *Chwarter* **7.20** *Will am Aerol* **7.30** *Chwarter* **7.40** *Will am Aerol* **7.50** *Chwarter* **8.00** *Will am Aerol* **8.10** *Chwarter* **8.20** *Will am Aerol* **8.30** *Chwarter* **8.40** *Will am Aerol* **8.50** *Chwarter* **9.00** *Will am Aerol* **9.10** *Chwarter* **9.20** *Will am Aerol* **9.30** *Chwarter* **9.40** *Will am Aerol* **9.50** *Chwarter* **10.00** *Will am Aerol* **10.10** *Chwarter* **10.20** *Will am Aerol* **10.30** *Chwarter* **10.40** *Will am Aerol* **10.50** *Chwarter* **11.00** *Will am Aerol* **11.10** *Chwarter* **11.20** *Will am Aerol* **11.30** *Chwarter* **11.40** *Will am Aerol* **11.50** *Chwarter* **12.00** *Will am Aerol* **12.10** *Chwarter* **12.20** *Will am Aerol* **12.30** *Chwarter* **12.40** *Will am Aerol* **12.50** *Chwarter* **1.00** *Will am Aerol* **1.10** *Chwarter* **1.20** *Will am Aerol* **1.30** *Chwarter* **1.40** *Will am Aerol* **1.50** *Chwarter* **2.00** *Will am Aerol* **2.10** *Chwarter* **2.20** *Will am Aerol* **2.30** *Chwarter* **2.40** *Will am Aerol* **2.50** *Chwarter* **3.00** *Will am Aerol* **3.10** *Chwarter* **3.20** *Will am Aerol* **3.30** *Chwarter* **3.40** *Will am Aerol* **3.50** *Chwarter* **4.00** *Will am Aerol* **4.10** *Chwarter* **4.20** *Will am Aerol* **4.30** *Chwarter* **4.40** *Will am Aerol* **4.50** *Chwarter* **5.00** *Will am Aerol* **5.10** *Chwarter* **5.20** *Will am Aerol* **5.30** *Chwarter* **5.40** *Will am Aerol* **5.50** *Chwarter* **6.00** *Will am Aerol* **6.10** *Chwarter* **6.20** *Will am Aerol* **6.30** *Chwarter* **6.40** *Will am Aerol* **6.50** *Chwarter* **7.00** *Will am Aerol* **7.10** *Chwarter* **7.20** *Will am Aerol* **7.30** *Chwarter* **7.40** *Will am Aerol* **7.50** *Chwarter* **8.00** *Will am Aerol* **8.10** *Chwarter* **8.20** *Will am Aerol* **8.30** *Chwarter* **8.40** *Will am Aerol* **8.50** *Chwarter* **9.00** *Will am Aerol* **9.10** *Chwarter* **9.20** *Will am Aerol* **9.30** *Chwarter* **9.40** *Will am Aerol* **9.50** *Chwarter* **10.00** *Will am Aerol* **10.10** *Chwarter* **10.20** *Will am Aerol* **10.30** *Chwarter* **10.40** *Will am Aerol* **10.50** *Chwarter* **11.00** *Will am Aerol* **11.10** *Chwarter* **11.20** *Will am Aerol* **11.30** *Chwarter* **11.40** *Will am Aerol* **11.50** *Chwarter* **12.00** *Will am Aerol* **12.10** *Chwarter* **12.20** *Will am Aerol* **12.30** *Chwarter* **12.40** *Will am Aerol* **12.50** *Chwarter* **1.00** *Will am Aerol* **1.10** *Chwarter* **1.20** *Will am Aerol* **1.30** *Chwarter* **1.40** *Will am Aerol* **1.50** *Chwarter* **2.00** *Will am Aerol* **2.10** *Chwarter* **2.20** *Will am Aerol* **2.30** *Chwarter* **2.40** *Will am Aerol* **2.50** *Chwarter* **3.00** *Will am Aerol* **3.10** *Chwarter* **3.20** *Will am Aerol* **3.30** *Chwarter* **3.40** *Will am Aerol* **3.50** *Chwarter* **4.00** *Will am Aerol* **4.10** *Chwarter* **4.20** *Will am Aerol* **4.30** *Chwarter* **4.40** *Will am Aerol* **4.50** *Chwarter* **5.00** *Will am Aerol* **5.10** *Chwarter* **5.20** *Will am Aerol* **5.30** *Chwarter* **5.40** *Will am Aerol* **5.50** *Chwarter* **6.00** *Will am Aerol* **6.10** *Chwarter* **6.20** *Will am Aerol* **6.30** *Chwarter* **6.40** *Will am Aerol* **6.50** *Chwarter* **7.00** *Will am Aerol* **7.10** *Chwarter* **7.20** *Will am Aerol* **7.30** *Chwarter* **7.40** *Will am Aerol* **7.50** *Chwarter* **8.00** *Will am Aerol* **8.10** *Chwarter* **8.20** *Will am Aerol* **8.30** *Chwarter* **8.40** *Will am Aerol* **8.50** *Chwarter* **9.00** *Will am Aerol* **9.10** *Chwarter* **9.20** *Will am Aerol* **9.30** *Chwarter* **9.40** *Will am Aerol* **9.50** *Chwarter* **10.00** *Will am Aerol* **10.10** *Chwarter* **10.20** *Will am Aerol* **10.30** *Chwarter* **10.40** *Will am Aerol* **10.50** *Chwarter* **11.00** *Will am Aerol* **11.10** *Chwarter* **11.20** *Will am Aerol* **11.30** *Chwarter* **11.40** *Will am Aerol* **11.50** *Chwarter* **12.00** *Will am Aerol* **12.10** *Chwarter* **12.20** *Will am Aerol* **12.30** *Chwarter* **12.40** *Will am Aerol* **12.50** *Chwarter* **1.00** *Will am Aerol* **1.10** *Chw*

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

ITV4

FVIEW 25 • SKY 120 • VIRGIN 118 • FSAT 117

6.00am River Monsters 6.20 Tenable
7.15 Hornblower 9.30 LIVE ITV
 Racing: The Opening Show. Matt Chapman and the team head to Kelso ahead of a valuable afternoon of racing at the Scottish track. **10.30 Match Time Revisited 12.35pm** Dramatic
 Finishes **12.45 LIVE Darts** UK Open. Coverage of the fourth round of the tournament. **5.00 Monster Carp**
6.25 River Monsters Investigating stories of a freshwater giant said to inhabit Russia's remote Amur River.
7.00 LIVE Darts: UK Open
 Coverage of the evening session on day two of the tournament in Minehead.
11.00 F1M RoboCop 3 (1993/18)
 Sci-fi thriller script, starring Robert Burke. ★★ **1.10** Minder **2.10** The Protectors **2.45** Unwind with ITV **3.00-6.00am** Teleshopping

E4

FVIEW 13 • SKY 135 • VIRGIN 106 • FSAT 122

6.00am Mike & Molly **6.30** Lego Masters Australia **8.10** Don't Tell the Bride **10.15** Married at First Sight Australia **1.20pm** Ramsay's Kitchen Nightmares USA **3.15** Ramsay's 24 Hours to Hell and Back **4.15 F1M** Sunbabe (2018/PG) Transformers prequel, with Hailee Steinfeld. ★★ ★★
6.30 The Big Bang Theory
9.00 Celebrity Gogglebox A rolling cast of famous faces appraises Clarkson's Farm, Snakes on a Plane, Fresh, Fried and Crispy, Lupin, 10 Years Younger in 10 Days, Tiny World and the week's news stories.
10.00 Gogglebox The armchair critics share their opinions on more TV shows.
11.05 Gogglebox. Another selection of reviews. **12.10am** First **2.20** Celebrity Gogglebox **3.15** Gogglebox **4.10-6.00am** Don't Tell the Bride

5STAR

FVIEW 31 • SKY 128 • VIRGIN 151 • FSAT 131

8.00am Entertainment News **5.8.10** Judge Judy **9.25 F1M** 27 Dresses (2008/12) Romantic comedy. ★★ ★★ **11.35 F1M** The Addams Family (1991/PG) Black comedy. ★★ ★★
11.05 F1M Lost in Space (1986/PG) Sci-fi adventure, starring William Hurt. ★★ ★★ **4.25 F1M** Jupiter Ascending (2015/12) Sci-fi adventure. ★★
6.15 F1M Geostorm (2017/12) Sci-fi thriller, starring Gerard Butler. ★★
9.00 F1M London Has Fallen (2016/15) Action thriller, starring Gerard Butler and Aaron Eckhart. ★★
11.01 F1M Final Destination 5 (2011/15) Horror sequel, starring Nicholas D'Agosto. ★★ ★★ **12.55** 999: Critical Condition **1.55** Criminals: Caught on Camera **2.55** Last Man Standing **3.50** Entertainment News on 5 **4.00-6.00am** Teleshopping

ITVBe

FVIEW 27 • SKY 131 • VIRGIN 119 • FSAT 118

7.00am Masters of Flip **9.00** LittleBe **12.00noon** Masters of Flip **1.00** The Real Housewives of Jersey **2.00** Billie and Greg: The Family Diaries **4.00** The Only Way Is Essex. Reality series.
6.00 Dinner Date Candice chooses three blind dates from five potential partners, based entirely on the food menus they have created.
7.00 Celebrity Dinner Date Double bill. Featuring former George Shore star Ricci Guarnaccio; TOWIE's Yazmin Oukhellou is given five menus from which to pick three blind dates.
9.00 Botched Paul Nassif helps singer Norwood Young find his voice again.
10.00 Ibiza Weekender David assembles a team of old and new faces.
11.00 Ibiza Weekender. Reality.
12.00-1 Marriage Boot Camp: Reality Stars **1.00-7.00am** Teleshopping

More4

FVIEW 18 • SKY 136 • VIRGIN 147 • FSAT 124

8.55am Food Unwrapped **9.30** A Place in the Sun **12.35pm** Come Dine with Me **3.15** Four in a Bed **5.55** Secrets of the Royal Gardens
6.55 Bettany Hughes' Treasures of the World Bettany embarks on a Mediterranean voyage.
7.55 Lost Pharaohs of the Nile
 The work of archaeologists to excavate sites along the Sudanese Nile Valley.
9.00 24 Hours in A&E Double bill. Doctors are concerned a 38-year-old woman may be paralysed; a man is rushed into King's College Hospital with knife wounds after being attacked, while doctors examine a toddler who has not urinated for two days.
11.00 Father Ted 1.55am 24 Hours in A&E **3.20** Winter Paralympics: Today in Beijing **3.50-4.00am** Escape to the Chateau. Highlights from series seven.

5USA

FVIEW 21 • SKY 141 • VIRGIN 153 • FSAT 129

6.00am Teleshopping **9.00** Murder, She Wrote. Starring Angela Lansbury.
6.00pm Murder, She Wrote The sheriff's brother-in-law is murdered.
7.05 F1M Jesse Stone: Night Passage (2006/15) An alcoholic police chief gets caught up in a domestic abuse case that leads him to a money-laundering scheme. Detective thriller, starring Tom Selleck, Stephanie March and Stephen Baldwin. ★★
9.00 Yellowstone Double bill. The Duttons deal with a painful family anniversary; Rainwater thinks Kayce is to blame when human remains turn up at the Native American reservation.
 John's staff learn that he has cancer.
11.00 Law & Order: Special Victims Unit
1.55am Law & Order: Criminal Intent **3.35** 999: Criminals Caught on Camera **4.00-6.00am** Teleshopping

Dave

FVIEW 19 • SKY 111 • VIRGIN 127 • FSAT 157

6.00am Teleshopping **7.10** Ultimate Movers **8.00** Rick Stein's Road to Mexico **9.00** Rick Stein's Long Weekends **10.00** American Pickers **12.00noon** Storage Hunters UK **1.00** Top Gear: Ambitious but Rubbish? **2.00** Top Gear **3.00** Red Bull Soapbox Race **4.00** Top Gear: Ambitious but Rubbish? **6.00** Would I Lie to You? Triple bill. Panel show, hosted by Rob Brydon.
8.00 Not Going Out Triple bill. Lee and Lucy play hot-nut fantasy game; Lee faces a parenting dilemma; Lee and Lucy attend a counselling session.
10.00 Mel Giedroyc: Unforgivable With Rob Beckett and Paul Chowdhry.
11.00 Qi Xu **12.00-1** Have I Got a Bit More News for You **1.00** Jon Richardson: Ultimate Worrier **2.00** Not Going Out **3.10** British as Folk **4.00-6.00am** Teleshopping

Film4

FVIEW 14 • SKY 313 • VIRGIN 428 • FSAT 300

11.00am Carry On Nurse (1959/PG) Comedy, starring Hattie Jacques. ★★ ★★
12.45pm Wonder Park (2019/PG) Animated family adventure, with the voice of Milla Kunis. ★★ ★★ **2.25** Ice Age: Collision Course (2016/10) Animated sequel, with the voice of Ray Romano.
4.45 The Karate Kid (1984/PG) Martial arts drama, starring Ralph Macchio and Pat Morita. ★★ ★★
6.40 Charlotte Gray (2001/15) Second World War drama, starring Cate Blanchett and Billy Crudup. ★★
9.00 Hancock (2008/12) Superhero comedy, starring Will Smith. ★★ ★★
10.45 Brightburn (2019/15) Premiere. Superhero horror, starring Elizabeth Banks and David Denman. ★★ ★★
12.35-3.25am Her Smell (2018/15) Premiere. Drama, starring Elisabeth Moss and Cara Delevingne. ★★ ★★

5Action

FVIEW 32 • SKY 150 • VIRGIN 187 • FSAT 132

6.00am Teleshopping **9.00** Criminals: Caught on Camera **9.25** The Gadget Show **10.25** Police Interceptors **2.30pm F1M** The Vikings (1968/PG) Adventure, starring Kirk Douglas and Tony Curtis. ★★ ★★ **5.00 F1M** Smokey and the Bandit II (1980/PG) Comedy, starring Bud Reynolds. ★★ ★★
7.05 F1M Joe Kidd (1972/15) Western, starring Clint Eastwood. ★★ ★★
9.00 F1M Parker (2013/15) A thief tracks the partners in crime who betrayed him to a wealthy neighbourhood. Thriller, with Jason Statham and Jennifer Lopez. ★★ ★★
11.25 F1M Exit Wounds (2007/18) Thriller. ★★ ★★ **1.25** Roadside **2.20** The World's Wildest Holidays **3.20** The Torture King: Britain's Worst Gangster **4.15** 999: Criminals Caught on Camera **5.00-6.00am** Teleshopping

Drama

FVIEW 20 • SKY 143 • VIRGIN 130 • FSAT 158

6.00am Teleshopping **7.30** Where the Heart Is **11.20** Share **1.20pm** Last of the Summer Wine **2.00** One Foot in the Grave: Triple bill **4.00** Hetty Wainthrop Investigates: double bill
6.00 The Brokenwood Mysteries
 The boss of Brokenwood agricultural show dies after a ride on the Ghost Train. Detective drama, with Neil Rea.
8.00 Shakespeare & Hathaway – Private Investigators An energy tycoon hires Frank and Lu to keep an eye on his daughters. Comedy drama, starring Mark Benton and Jo Joyner.
9.00 Rebus A prostitute is found buried at a local landmark – awakening memories of a case Rebus investigated 20 years earlier. Ken Stott stars.
10.30 The Brokenwood Mysteries
12.00am Bleak House. Period drama series. **4.00-6.00am** Teleshopping

Talking Pictures TV

FVIEW 81 • SKY 328 • VIRGIN 445 • FSAT 306

6.00am Coastal Command (1943/UK) ★★ ★★ **7.30** The Hostage (1956/PG) ★★ ★★
9.00 Hawkeye & the Last of the Mohicans **9.30** Young Eagles **9.50** Adventure in the Hopfields (1954/UK) ★★ ★★ **11.00** Badger's Bend **11.30** Champion the Wonder Horse
12.00noon The Scarlet Pimpernel (1934/UK) ★★ ★★ **2.00** Dataline Diamonds (1965/12) ★★ ★★ **3.30** Mohawk (1956/PG) (1947/PG) Adventure. ★★ ★★
7.50 Look at Life Short documentaries.
8.00 Maigret A brilliant but naive surgeon is involved in a murder.
9.05 The Offence (1973/15) Drama, starring Sean Connery. ★★ ★★
11.15 Blood and Wine (1966/15) ★★ ★★ **1.20am** Lust for a Vampire (1970/18) ★★ ★★ **3.20** Anywhere But Here (1999/12) ★★ ★★ **5.30-6.00am** Honey West

Yesterday

FVIEW 26 • SKY 155 • VIRGIN 125 • FSAT 159

6.00am A Tale of Two Sisters **8.00** Trains That Changed the World **9.00** Full Steam Ahead **12.00noon** The Architecture The Railways Built **3.00** Great British Railway Journeys
5.00 Great British Railway Journeys
 Back-to-back episodes, continuing from Newhaven to Worthing; from Lymington to the New Forest; from Littlehampton to Exmouth; the last bridge built by Isambard Kingdom Brunel.
8.00 One Foot in the Grave Triple bill. Victor's house is burgled; Margaret has a nightmare; Victor's brother visits.
10.00 Sounds of the Sixties Double bill. Music by Tom Jones and the Kinks; Bob Dylan and Leonard Cohen.
11.00 Sounds of the Seventies
12.00m Trains That Changed the World **1.00** A Tale of Two Sisters **3.00-6.00am** Teleshopping

Sky Max

SKY 113 • VIRGIN 121

6.00am Sound, Search, Seize **8.00** The Flash **11.00** A League of Their Own **2.00pm** Hawaii Five-0 **5.00** Karl Pilkington: The Moaning of Life **6.00** Karl Pilkington: The Moaning of Life The presenter finds out what he will be like as an old man. **7.00** **Agatha Raisin** Double bill. The local vet dies the day after going on a date with Agatha; the sleuth investigates a conspiracy surrounding the death of a young bride. **9.00** **Strike Back: Shadow Warfare** Locke scrambles for information on the virus. Robson Green stars. **10.00** **The Flight Attendant** **11.00** Resident Alien. Sci-fi comedy drama. **12.00m** Dating No Filter **12.30** The Ultimate Adventure Movie. **1.30** Road Wars **3.00** Brit Cops **4.00-6.00am** Caught on Dashcam

Sky Arts

FVIEW 11 • SKY 130 • VIRGIN 140 • FSAT 147

6.00am The South Bank Show Originals **6.30** Fiddler: A Miracle of Miracles **8.30** Tales of the Unexpected **11.00** Discovering: Carole Lombard **12.00noon** Discovering: Richard Duvall and Landscape Artist of the Year 2022 **1.30** Landscape Artist of the Year: Celebrity Special **3.00** Soundbreaking **4.50** Tina Turner – Live in Barcelona **7.00** Elvis Presley: A Legend in Concert Featuring a collection of the star's early TV performances. **8.00** Music Icons: Soul R&B **8.30** Video Killed the Radio Star **9.00** Tina Turner: One Last Time – Live at Wembley Stadium **11.00** Pink Pops: Live in Venice **12.15am** Classic Albums **1.15** The Directors **2.10** With Dawn French and Richard Curtis. A Life on the Road **5.05-6.00am** Music Videos That Defined the 2000s

GOLD

SKY 110 • VIRGIN 124

6.00am Teleshopping **7.00** Last of the Summer Wine **7.45** Open All Hours **8.20** Citizen Khan **9.35** Desmond's **10.10** Jam & Jerusalem **12.00pm** Victoria Wood **2.05** The Vicar of Dibley **6.00** **Vicar of Dibley: Inside Out** With Dawn French and Richard Curtis. **8.00** **Vicar of Dibley** Triple bill. First episode of Richard Curtis's comedy, starring Dawn French; the Songs of Praise crew visits the village; Kylie Minogue guest stars. **10.00** **The Royale Family** Double bill. Denise and Dave share the happy news that they are expecting their first baby; the relatives gather for Sunday lunch. **11.25** **The Royale Family** **12.00m** Friends and Saunders. Skits and sketches. **1.20** Bridget & Eamon **2.55** Citizen Khan **3.25** The Royale Family **4.00-6.00am** Teleshopping

Sky Witness

SKY 107 • VIRGIN 111

6.00am Border Security: Canada's Front Line **7.00** Stop, Search, Seize **8.00** Border Patrol **11.00** Send in the Dogs **12.00noon** Stop, Search, Seize **2.00** Nothing to Declare **6.00** Nothing to Declare Double bill of the documentary following the work of customs officers in Australia. **7.00** **Blue Bloods** Double bill. Jamie and Frank cannot see eye to eye when two rookies are targeted by a group of rowdy teenagers; Erin considers a life-changing opportunity presented to her by Mayor Peter Chase. **9.00** **9-1-1** A truck crashes into a high-school homecoming parade. **10.00** **The Equalizer** True-crime enthusiasts hire McCall to help them. **11.00** **The Rookie** **12.00m** Bull **1.00** Station **19.20** Blue Bloods **3.00-6.00am** Nothing to Declare

Made It! Live with Comedy

SKY 114 • VIRGIN 123

6.00am Teleshopping **8.00** The Office (US) **10.30** The Mindy Project **11.30** Will & Grace **2.00pm** The Fresh Prince of Bel-Air **3.00** Modern Family **6.00** Modern Family Double bill. Phil embarrasses Haley while dropping her off at school; Phil goes under the knife. **7.00** **Eastbound & Down** Double bill. Kenny has a rival; Kenny considers taking a full-time job in Mexico. **8.00** **Bored to Death** Double bill. Jonathan infiltrates a sex club; Jonathan spies on George's arch-rival's wife. **9.00** **Insecure** Double bill. Molly and Issa re-evaluate their relationships; Molly considers jumping back into dating. **10.15** **Yvonne Rijk: Momma I Made It!** Live stand-up special. **11.30** The Tonight Show Starring Jimmy Fallon **12.30am** Girls **3.00** Everybody Hates Chris **5.00** Teleshopping

Nat Geo

SKY 125 • VIRGIN 266

6.00am Car S.O.S.: ten episodes **6.00pm** Car S.O.S.: Five episodes. Fuzz Townshend and Tim Shaw restore a rare and valuable AC Acela, but have a hard time keeping the job a secret; Fuzz Townshend and Tim Shaw restore a neglected classic 1970s car belonging to a doctor whose wife has left him too busy to look after it; Fuzz Townshend and Tim Shaw enlist the help of Roger Moore for their latest project – restoring a 1964 Volvo P1800s, the car made famous by his role in the Saint; restoring a two-seater sports car belonging to a farmer suffering from dementia; Fuzz Townshend and Tim Shaw restore a sports car for a former ambulance driver in Plymouth, who was forced to abandon the project for health reasons. **11.00-5.00am** Car S.O.S.: six episodes

Sky Atlantic

SKY 108

6.00am The British **10.00** Six Feet Under **3.30pm** The Sopranos **6.50** **The Sopranos** Double bill. AJ drifts deeper into depression, while Meadow is threatened by one of Phil's men after he and Tony fail to reach an agreement over the asbestos; Tony and Paulie take action against Phil Leotardo before he sets his own plans in motion, but a case of mistaken identity leaves an innocent family dead. **9.00** **Game of Thrones** Double bill. Jon Snow tries to mediate between Mance Rayder and Stannis; Arya arrives in Braavos, Stannis has a proposal for Jon, and Cersell fears for her daughter's safety in Dorne as Elera Sand seeks revenge for Oberyn's death. **11.10** Game of Thrones. Fantasy drama. **2.25am** In Treatment **4.00-6.00am** Richard E Grant's Hotel Secrets

Comedy Central

SKY 112 • VIRGIN 132

6.00am Teleshopping **8.00** Friends **3.30pm** **FILM** Little Man (2006/12) Comedy, starring Marlon Wayans. **5.15** **FILM** Labyrinth (1986/U) Fantasy adventure, starring Jennifer Connolly and David Bowie. **8.00** **7.15** **FILM** Shrek Forever After (2010/U) Animated comedy, featuring the voice of Mike Myers. **8.55** **FILM** American Pie: The Wedding (2003/15) Comedy sequel, starring Jason Biggs. **8.55** **FILM** Airplane! (1980/15) A traumatised war veteran must face his fear and land an airliner when the crew are incapacitated by food poisoning. **9.00** Disaster movie, starring Robert Hays and Leslie Nielsen. **9.55** **12.35am** Guessable? **1.35** The Ricky Gervais Show **2.35** South Park **4.15** Friends **5.00-6.00am** Teleshopping

Discovery

SKY 125 • VIRGIN 250

6.00am Building Off the Grid. Reality TV show. **12.00noon** Blowing Up History: Seven Wonders. Documentary. **6.00** **Wheeler Dealers** Auto enthusiast Mike Brewer nabs a Porsche 997 for a bargain price of just £15,000. **7.00** **Gold Rush: White War** Dakota Fred and his son Dustin risk their lives to find a fortune in gold nuggets. **8.00** **Gold Rush** Fred finds an unexpected partnership and Tony revives his Indian River plans. **9.00** **Building Off the Grid** A couple face flooding and fires as they build out their inherited property in Missouri. **10.00** **Motor Mythbusters** The team see if an EV can drive through water and still work properly afterwards. **11.00** **Legendary Locations** **4.00am** The Alaska Triathlon **5.40-6.00am** How It's Made. Creating coconut charcoal.

SATURDAY

5 MARCH

Discovery History

SKY 177 • VIRGIN 257

6.00am Secret Space Escapes **9.00** Combat Dealers **12.00noon** Mighty Ships **3.00** Combat Dealers **6.00** The Missing **8.00** King Tut Unwrapped. The secrets of Tutankhamun's life and death. **10.00** Life After Chernobyl. A look at how wildlife has been affected after 30 years in the contamination area. **11.00** Air Crash Solved: The Mystery of Helios 522. **12.00m** Wings of War **2.00-6.00am** Combat Dealers

Alibi

SKY 132 • VIRGIN 126

6.00am Teleshopping **7.10** Murdoch Mysteries **10.00** Hudson & Rex **12.00noon** The Corner **2.00** Shakespear & Hathaway – Private Investigators **4.00** The Mallorca Files **6.00** Inspector George Gently. A badly burnt body is found near an RAF base. **8.00** Death in Paradise. Jack and his team enter the high-stakes world of poker when a player is poisoned. **10.00** **Traces** **11.00** Ragdoll **1.00am** Death in Paradise **3.00** Reef Break **4.00-6.00am** Teleshopping

Animal Planet

SKY 162 • VIRGIN 251

6.00am Teleshopping **7.00** The Zoo **9.00** Amanda to the Rescue **10.00** The Zoo **11.00** Alaskan Bush People **2.00pm** Alaska: Surviving the Last Frontier **3.00** Restoration Wild **4.00** Saved by the Barn **5.00** Into the Shark Bite **7.00** The Crocodile Hunter: Best of Steve Irwin **7.00** Coyote Petersen: Brave the Wild **8.00** Edge of Alaska. Following the residents of McCarthey in Alaska. **9.00** Alaska Monsters. A team goes in search of cryptic creatures. **10.00** Finding Bigfoot. The team investigates a photo taken in a remote area of the state of Montana. **11.00** Researchers seek answers to mysterious surrounding the Mothman. **12.00m** Monsters Inside Me **2.00** Edge of Alaska **3.00** Alaska Monsters **4.00** Finding Bigfoot **5.00-6.00am** Teleshopping

TCM Movies

SKY 315 • VIRGIN 415

6.00am Hollywood's Best Film Directors **6.35** Off Set **7.00** High Society (1956/U) Musical romantic comedy, with Bing Crosby and Grace Kelly. **8.45** **9.10** The Barretts of Wimpole Street (1957/U) Romantic period drama, with Jennifer Jones and Bill Travers. **11.25** Cattle Starling (1993/U) Western, starring Robert Taylor. **1.20pm** The Walking Hills (1949/PG) Western, starring Randolph Scott. **3.00** **3.30** Across the Wide Missouri (1951/PG) Western adventure, starring Clark Gable. **4.45** Billy Two Hats (1973/15) Western, with Gregory Peck. **6.45** Big Jake (1971/15) Western, starring John Wayne. **9.00** Maximum Risk (1998/18) Action thriller, starring Jean-Claude Van Damme. **11.15** Above the Law (1988/18) Martial arts thriller, starring Steven Seagal. **1.15am** The Birds (1963/15) Alfred Hitchcock's thriller, starring Tippi Hedren. **3.00** **3.30** Close Up **5.00-6.00am** Hollywood's Best Film Directors

BBC One

F VIEW 1 • SKY 101 • VIRGIN 101 • FSAT 101

- 6.00am Breakfast 7.30** Match of the Day (F) 8.00 Sunday Morning
10.00 Politics England 10.30
Homes Under the Hammer (F)
11.30 Wanted Down Under (F)
12.15pm Bargain Hunt (F)
1.00 BBC News; Weather
1.15 Songs of Praise
1.50 Escape to the Country (F)
2.45 Money for Nothing (F)
3.15 Fantastic Beasts: A Natural History Animals behind the greatest legends in history. (F)
4.15 Ant-Man (2015/12) Superhero adventure, starring Paul Rudd and Michael Douglas. ★★ ★★
6.05 BBC News; Regional News
6.30 Extraordinary Portraits (2/6) Christy Lee Rogers works with Cee Cee, a model with albinism.

- 7.00 Countryfile** (10/52) Matt Baker and Charlotte Smith head to the High Weald on the borders of Sussex and Kent, to discover the role of local wood, iron and clay both historically and for the future.
8.00 Antiques Roadshow The experts visit Ham House in the London borough of Richmond, where items brought in to be valued include a necklace and bracelet found in a bag of compost, a chessboard artwork designed by film-maker Derek Jarman, and a rare watch.
9.00 Peaky Blinders (2/6) Tommy gets involved in a power game when a Boston gangster comes to the UK on a fact-finding mission to take the political temperature in Europe – and to find a contact who can put him in touch with Mosley's fascists.

- 10.00 BBC News; Regional News**
10.30 Match of the Day 2 Mark Chapman reviews the day's action, featuring Manchester City v Manchester United at Etihad Stadium and Watford v Arsenal at Vicarage Road.
11.30 The Women's Football Show Highlights of the weekend's games in the Super League. **12.05am** Question of Sport. Wimbledon semi-finalist Johanna Konta, former England rugby union forward James Haskell, Olympic hockey champion Hollie Pearne-Webb and ex-Grand Britain sprinter Anyika Onuora join team captains Ugo Monye and Sam Quek and host Paddy McGuinness. (F) **12.35** Weather for the Week Ahead **12.40-6.00am** BBC News

BBC Two

F VIEW 2 • SKY 102 • VIRGIN 102 • FSAT 102

- 6.15am James Wong and the Malaysian Garden (F)** 7.15
Countryfile (F) 8.15 **You Garden** Made Perfect (F) 9.15
Saturday Kitchen Best Bites
10.45 Great British Menu (F)
11.45 Match of the Day: Women's Super League Arsenal v Birmingham City (Kick-off 12.00pm). At Meadow Park.
2.10pm McFarland, USA (2015/PG) Fact-based drama, starring Kevin Costner. ★★ ★★
4.15 Humpback Whales: A Detective Story A film-maker revisits his near-death incident involving a humpback whale. (F)
5.15 Flog It! In Nottingham. (F)
6.15 Scotland's Sacred Islands with Ben Fogle Ben visits a tiny church on the Shetland Islands. (F)

- 7.15 Stanley Tucci: Searching for Italy** (2/6) Stanley heads to Rome and meets up with old friend Claudia della Frattina, heading to a restaurant to order rigatoni all'americana, one of the famous four Roman pastas.
8.00 Wonders of the Celtic Deep Sian Phillips looks at the biggest challenges and issues the marine environment currently faces. Last in series.
9.00 Misbehaviour (2020/12) Premiere. It's 1970, and Bob Hope is due to host the Miss World beauty pageant in London. However, the organisers, and the Hollywood star, do not count on the newly formed women's liberation movement, who plan to disrupt the ceremony. Comedy drama, starring Keira Knightley and Gugu Mbatha-Raw. ★★ ★★

- 10.40 Miss World 1970: Beauty Queens and Bedlam** The story of the protest at the contest, when protestors dramatically disrupted the event and kickstarted a feminist revolution in front of an audience of millions. Hannah Berryman's film uses archive, animation and contributions from key players to offer an entertaining and thought-provoking celebration of a night of game-changing anarchy. (F)
11.40 What We Do in the Shadows **1.10am** Question Time. Fiona Bruce hosts the political debate from Norwich. (F) **2.10** Hobby City **2.50-6.45am** This is BBC Two

ITV

F VIEW 3 • SKY 103 • VIRGIN 103 • FSAT 103

- 6.00am CITY 9.25** ITV News 9.30
Dickinson's Real Deal Winners 10.00 **Love Your Weekend** with Alan Titchmarsh. Celebrating the great British countryside.
12.00noon Love Your Garden The team head to Preston. (F)
12.30 The Pet Show Mark Labbett and his dog tackle the agility course in Ready, Pet, Go. (F)
1.30 ITV News; Weather
1.40 The Masked Singer US (F)
2.35 Liar Liar (1997/12) Comedy, with Jim Carrey, Maura Tierney, and Justin Cooper. ★★ ★★
4.10 Uncle Buck (1989/12) Family comedy, starring John Candy and Macaulay Culkin. ★★ ★★
6.00 ITV News; Weather
6.15 Regional News; Weather

- 6.30 Dancing on Ice** Phillip Schofield and Holly Willoughby host as the celebrities and their partners take to the ice once again, performing routines inspired by Torvill and Dean.
8.00 Coronation Street Abi uses drugs to block out her pain, while Kevin returns home. Adam tells the police of Lydia's campaign to frame him.
9.00 The IPCress File (1/6) In 1962 Berlin, British Army corporal Harry Palmer is released from military prison at the behest of unorthodox spymaster Dalby, who wants him to help find an abducted scientist critical to the creation of a new bomb to scare the Soviet Union. Cold War spy thriller adapted by John Hodge from the Len Deighton novel, starring Joe Cole.
10.00 ITV News; Weather
10.20 Against the Odds The story of England rugby union international Kyle Sinckler, who has fought his way to the very top of a sport that rarely attracts players from the streets of South London. (F)

- 11.15 Gallagher Premiership Rugby Union Highlights** David Flatman and Topsy Guy presents action from the 19th round of fixtures, featuring Harlequins v Newcastle Falcons, Bath v Bristol Bears, London Irish v Worcester Warriors and Exeter Chiefs v Sale Sharks. **12.05am** Home Shopping **3.00** Million Pound Prawn (F)
3.50 Unwind with **ITV 5.05-6.00am** Tipping Point. Coin-drop quiz. (F)

Channel 4

F VIEW 4 • SKY 104 • VIRGIN 104 • FSAT 104

- 6.00am Winter Paralympics Coverage** continues from Beijing with Great Britain v RPC in wheelchair curling and USA v South Korea in para ice hockey.
8.00 Winter Paralympics Breakfast **9.00** The Simpsons (F) **9.30** Sunday Brunch. With guests Roman Kemp and AJ Odudu. **12.30pm** The Simpsons (F)
2.55 Kung Fu Panda (2008/PG) Animated comedy, with the voice of Jack Black. ★★ ★★
4.45 Chateau Div Donna plans to turn an old sideboard into a grand statement bed. (F)
5.50 Devon and Cornwall Shepherds Steve and Crispin Alford gather their sheep for a speed-shearing competition. (F)
6.45 Channel 4 News

- 7.15 Winter Paralympics: Today in Beijing** Ade Adepitan is in China to round up the second day of action at the 2022 Winter Paralympics.
7.45 The Great Pottery Throw Down: The Final Ellie Taylor and Sciallan McSweeney host the conclusion of the contest, in which the contestants must create a garden sculpture that tells their life story. Last in series.
9.00 Celebrity Hunted Extraction is less than 48 hours away, but three fugitives remain at large. Iwan Thomas hides in a warehouse in Warrington, unaware that the hunters are closing in on his exact location. The Vienne and Chloe Vetch hitch-hike to Sheffield, where they learn they will be extracted by helicopter from Formby beach. Last in series.

- 10.00 The Curse** (5/6) Mick and Phil buy a nightclub in Soho, but their lavish lifestyle threatens to draw attention to the rest of the gang, who are trying their best to keep the show on track.
10.30 Gogglebox TV critiques. (F)
11.35 First Dates A look back at some memorable pairs of double dates. (F)
12.30am 24 Hours in A&E A doctor shares his story of leaving his family and newborn child during lockdown to keep them safe. (F) **1.10 LIVE** Winter Paralympics. Day 3's begins with Paralympics GB's wheelchair curlers taking on Switzerland. **3.30-6.00am LIVE** Winter Paralympics. The finals in all classifications of para snowboard cross.

Channel 5

FVIEW 5 • SKY 105 • VIRGIN 105 • FSAT 105

- 6.00am Milkshake!** Children's shows.
10.00am SpongeBob SquarePants (R)
10.25 Entertainment News on 5
10.30 Friends: Best of Monica (R)
12.55pm Sweet Home Alabama
2.00 (2002/12) Romantic comedy, starring Reese Witherspoon and Josh Lucas. ★★ ★★
3.10 Appointment with Death
(2021/PG) Agatha Christie mystery, starring Peter Ustinov and Lauren Bacall. ★★ ★★
5.20 Miss Willoughby Mysteries
(2021/PG) Premiere. A professor is asked by old family friends to investigate a series of hauntings at their antique bookshop. Mystery, starring Nathalie Cox and Kelsey Grammer. ★★ ★★
6.55 5 News Update Headlines.

- 7.00 Filthy Garden SOS** Diarmuid Gavin and his team help a Co Durham couple, but want their garden to be transformed into a safe place by the time their twins start walking. (R)
8.00 Bargain-Loving Brits in the Sun (R/10)
 The programme meets a man who runs the Costa del Sol's longest established British fish and chip shop. There is also a visit to rescue centre Donkey Dreamland to meet the staff.
9.00 Jane McDonald: My Yorkshire (3/5) The singer and her best friend Sue Rayve head to North Yorkshire to take a tandem cycle tour of the picturesque market and spa town of Knaresborough, before heading to the original filming location for Emmerdale Farm to meet star Frazer Hines.

- 10.00 Upgrade Me: Secrets of the First Class Flight**
 Part one of two. Behind the scenes on the world's most exclusive first-class flights, revealing the levels of luxury and service that can be enjoyed when money is no object. (R)
10.55 Funniest Ever TV Cock-Ups 2 A compilation of classic television mistakes. (R)
12.55am Entertainment News on 5
1.00 The 21...00 Live Casino Show
3.00 Entertainment News on 5
3.10 Police Interceptors (R)
4.00 Britain's Greatest Bridges (R)
4.45 Wildlife SOS (R)
5.10 Great Scientists (R)
5.35 Peppa Pig (R)
5.40 Thomas & Friends (R)
5.50-6.00am Milkshake! (R)



Antiques Roadshow

8pm, BBC One

The team are in Richmond, at Ham House (which would also make a fine name for a fast food restaurant, rather like Chicken Cottage and Pizza Hut). And the antique pictured here? Why, it's jewellery expert John Benjamin, since you ask. And he's only in his 60s, so let's have less of the "antique" if you don't mind.

ITV2

FVIEW 6 • SKY 118 • VIRGIN 115 • FSAT 113

- 6.00am** Totally Bonkers Guinness World Records 6.25 Secret Crush 8.20 Dress to Impress 11.20 Celebrity Supermarket Sweep 12.20pm Celebrity Catchphrase 1.20 You've Been Framed! Gold 1.50 You've Been Framed! Gold: Harry's Favourites 2.50 **FILM** The Prater! In an Adventure with Scientist! (2012/U) Animation. ★★ ★★ 4.45 **FILM** Hotel Transylvania 2 (2015/U) Animation, with the voice of Adam Sandler. ★★ ★★
6.30 FILM Stardust (2007/PG) Fantasy adventure. ★★ ★★
9.00 FILM Fast & Furious 6 (2013/12) Thriller sequel. ★★ ★★
11.30 Family Guy 12.30am American Dad! 1.30 The Stand Up Sketch Show 2.00 Shopping with Keith Lemon 2.30 Don't Hate the Player 3.15 Unwind with ITV 3.30-6.00am Teleshopping

BBC Three

FVIEW 23 • SKY 117 • VIRGIN 107

- 7.00pm EastEnders** Double bill. Mick steps into the boxing ring; the Carters' world is turned upside down.
8.00 Gassed Up Mist takes on double Olympic winning boxer Nicola Adams.
8.45 Zen Motoring Ognios tests out his prototype 'gentle beep', to take to a different realm.
9.00 Zara McDermott: Uncovering Rape Culture The reality TV star and model investigates the extent of sexual assault in Britain's schools.
10.00 RuPaul's Drag Race: UK Versus the World The queens are given an all singing, dancing challenge.
11.05 Starstruck. Still. 11.20m Eating with My Ex 12.00am Nail Bar Boys 12.30 Bad Love: Why Did I Kill Kyle? 1.30 Zara McDermott: Uncovering Rape Culture 2.30 The Fast and the Farmer-ish 3.00-3.50am Gassed Up

ITV3

FVIEW 10 • SKY 119 • VIRGIN 117 • FSAT 115

- 6.00am** Emmerdale Omnibus 8.50 A Touch of Frost 1.05pm Agatha Christie's Poirot. Mystery drama.
2.05 Midsomer Murders: double bill
6.00 Midsomer Murders A member of the Bleakridge Watch is found dead.
8.00 Long Lost Family A woman heads to Hong Kong in search of information about her origins.
9.00 Joanna Lumley's Unseen Adventures A look at the actress's travels in India and Uzbekistan.
10.00 The Suspicions of Mr Whicher: Beyond the Pale The detective is hired by the former home secretary to investigate threats made against his son. Victorian crime drama, starring Paddy Considine.
12.00m T Law & Order: UK. Crime drama. 2.00 A Touch of Frost 5.40-6.00am Unwind with ITV

BBC Four

FVIEW 9 • SKY 116 • VIRGIN 107 • FSAT 107

- 7.00pm The Birth of British Music** Charles Hazlewood explores the legacy of composer Joseph Haydn.
8.00 Female Film-Makers: BBC Introducing Arts A collection of short films by emerging female storytellers.
9.00 Lights Up Drama chronicling the courage and determination of the first Northern Irish women's football team.
10.30 Imagine - Edna O'Brien: Fearful and Fearless Alan Yentob meets Irish novelist Edna O'Brien, who discusses her latest novel as well as a lifetime of striving to break down social and sexual barriers for women.
11.35 Arena - Delia Derbyshire: The Myths and the Legendary Types. Documentary. 1.10am A Garden in Snowdonia 1.40 The Birth of British Music 2.40-3.45am Imagine - Edna O'Brien: Fearful and Fearless

SUNDAY

6 MARCH

Scotland & Wales

BBC Scotland

12.00noon This is BBC Scotland. **12.00pm** The Seven 7.15 Sportsweek. Livingston v Celtic. Steven Thompson presents. **8.15** Grand Tours of Scotland's Lochs. Paul Merton explores the nation's lochs. **8.30** The Mart. Auctioneer Finlay McIntyre is under pressure to get top prices at the pedigree ram sale. **9.00** Still Game. Jack and Victor take a boat down the river. **9.30** Two Doors Down. Beth and Eric celebrate Ian and Gordon's anniversary. **10.00** Darren McGavin's Class Wars **11.00pm-12.00am** Seven Days

BBC One Scotland

As BBC One except: **10.00-10.30am** The Sunday Show **6.20-6.30pm** Reporting Scotland **11.30** Sportsweek **12.45am** The Women's Football Show **1.20** Question of Sport **1.50** Weather for the Week Ahead **1.55-6.00am** BBC News

BBC One Wales

As BBC One except: **10.00-10.30am** Politics Wales **1.15pm** **LIVE** Snooker: The Welsh Open. The opening session of the final. **4.35** Kiri's TV Flashback: **5.05-6.05** Hidden Wales: Last Chance to Save **6.20-6.30pm** BBC Wales Today

BBC Two Wales

As BBC Two except: **2.10pm** Songs of Praise **2.45** Murder, Mystery and My Family **3.30** Secrets of Orkney: Britain's Ancient Capital **4.35** A to Z of TV Gardening **4.45** Stanley Tucci: Searching for Italy **5.30** Ray Reardon: The Welsh Master **6.00** Scrump V Sunday. The latest from the United Rugby Championship. **7.00** **LIVE** Snooker: The Welsh Open. The second session of the final. **10.00-11.40pm** **LIVE** Matchweek (2021/22) Premier League Comedy drama, starring Keira Knightley and Gugu Mbatha-Raw. ★★ ★★

STV

As ITV except: **6.15-6.30pm** STV News **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **6.15-6.30pm** ITV News Cymru Wales. The day's headlines; Weather

S4C

6.00am Cwyl 8.50 Penlwyddi Cwyl 9.00 Lle Bach Mawr 10.00 Eryr: Pobol y Parc 11.00 Dechrau Canu Dechrau Canmol 12.00noon Yr Wythnos 12.35 Dan Do 1.05 47 Copia: Her Huw Jack Brassington 1.35 Cynfein 1.45 **LIVE** Cwyl Rygbi. Ospreys v Zebras (kick-off 2.00pm). **4.00** Cwyl Rygbi 5.45 Fflemio 6.10 Pobol y Cwm 6.45am 7.15am 7.35am 7.55am 8.00am 8.15am 8.30am 8.45am 9.00am 9.15am 9.30am 9.45am 10.00am 10.15am 10.30am 10.45am 11.00am 11.15pm Y Byd at Badwar

ITV4

FVIEW 25 • SKY 126 • VIRGIN 118 • FSAT 117

6.00am Motorsport Mundial **6.25** Auto Mundial **6.50** World Rally Championship Highlights **7.50** The Protectors **8.25** The Sweeney **9.30** The Professionals **10.35** Howlrowler **12.45pm** **FILM** Darts: UK Open Coverage of the afternoon session on day three from Minehead, featuring the quarter-finals. **5.00** River Monsters **6.00** Cycling: Paris-Nice Highlights **7.00** **FILM** Darts: UK Open Coverage of the evening session on day three from Minehead, featuring the semi-finals and final. Jacqui Oatley presents, with analysis from Chris Mason. **11.00** **FILM** Total Recall (1990/15) Sci-fi thriller, starring Arnold Schwarzenegger, Rachel Ticotin and Remy **★** **★** **★** **★** **1.20** Minder **2.20** The Protectors **2.50** Unwinding with ITV **3.00-6.00am** Teleshopping

E4

FVIEW 13 • SKY 135 • VIRGIN 106 • FSAT 122

6.00am Hollylocks Omnibus **8.25** Rude(s) Tube Shorts **8.45** Married at First Sight Australia **11.50** The Real Dirt Dancing **1.55pm** Teen First Dates **3.00** The Big Bang Theory **5.40** Lego Masters Australia. Last in series. **7.50** **FILM** Crocodile Dundee (1986/15) An hunter with a larger-than-life reputation accompanies a reporter from the Outback to Manhattan. Comedy, starring Paul Hogan. **★** **★** **★** **★** **9.00** **FILM** Knight and Day (2010/12) A woman is kidnapped and dragged into a rogue secret agent's mission to clear his name after he is framed as a traitor. Comedy adventure, starring Tom Cruise and Cameron Diaz. **★** **★** **★** **★** **11.05** Naked Attraction **1.15am** Gogglebox **2.20** Below Deck Mediterranean **3.10** Mike & Molly **3.35-6.00am** Hollylocks Omnibus

5STAR

FVIEW 31 • SKY 128 • VIRGIN 151 • FSAT 131

8.00am Criminals: Caught on Camera **8.20** Caught on Camera: Funniest Moments **9.10** Judge Judy **12.00noon** Filthy House **3.50** Traffic Cops Special – Sanjiv **2.30** Traffic Cops **5.00** Police Interceptors: Documentary. **6.00** Police Interceptors: Triple bill. Justin Moffitt and Paul Faulkner chase down a gang of suspected car thieves; police dog teams in the Cleveland and Durham specialist operations unit; assaults on members of the unit. **9.00** **FILM** Fifty Shades Darker (2017/18) Erotic drama, starring Dakota Johnson and Jamie Dornan. **★** **★** **★** **★** **11.20** **FILM** The Woman in Black (2012/12) Supernatural horror, starring Daniel Radcliffe. **★** **★** **★** **★** **1.15** Countdown to Murder **2.15** Fights, Camera, Action! **3.05** Last Man Standing **4.00-6.00am** Teleshopping

ITVBe

FVIEW 27 • SKY 131 • VIRGIN 119 • FSAT 118

7.00am Masters of Flip **9.00** LittleBe **12.00noon** Be Tasty **12.10** The Real Housewives of Orange County **5.00** Chrissy Knows Best. Reality series. **6.00** Dinner Date Jainam chooses three dates from five potential partners. **7.00** Celebrity Dinner Date Double bill. Jon Lee picks three blind dates; The Only Way Is Essex star Chloe Meadows takes part in the dating show. **9.00** Botched A cosplayer hopes to make her body more comical. **10.00** For Real: The Story of Reality TV Alan Cohen delves into the history of unscripted television, exploring themes of the genre, including celeb-reality, dating, competition and extreme makeover series. **11.00** The Real Housewives of Jersey. Ma catches up with Sarah. **12.00m** Botched **1.00-7.00am** Teleshopping

More4

FVIEW 18 • SKY 136 • VIRGIN 147 • FSAT 124

8.55am George Clarke's Amazing Spaces **9.55** Ugly House to Lovely House with George Clarke **11.00** George Clarke's Old House, New Home **12.00noon** Come Dine with Me **2.40** Four in a Bed **5.20** Come Dine with Me. From Windsor, Berkshire. **6.25** Come Dine with Me Triple bill. **8.50** Car S.O.S. Tim and Fuzz work on a 1978 Bedford HA ice-cream van. **9.00** The Great Australian Bake Off The seven remaining bakers must tackle a Signature of savoury delights. **10.15** 24 Hours in A&E A 50-year-old mechanical engineer is rushed in. **11.20** Emergency Helicopter Medics **12.25am** 8 Out of 10 Cats Does Countdown **1.25** 8 Out of 10 Cats Does Countdown **2.25** Father Ted **3.00** Winter Paralympics: Today in Beijing **3.35-4.00am** Escape to the Chateau

5USA

FVIEW 21 • SKY 141 • VIRGIN 153 • FSAT 129

6.00am Teleshopping **9.00** Columbo **6.00pm** Columbo Double bill. An ageing movie actress resorts to murder to take revenge on a vicious gossip columnist; the sleuth's Mexican holiday is disrupted by a death involving a bullfighter who used one of the animals to kill his friend. Peter Falk stars. **9.00** NCIS The team launches an investigation into a man's suspicious death after he is found frozen in the back of a food supply truck. **10.00** Law & Order: Special Victims Unit The team investigates the rapes of several teenage girls in Central Park, but rookie cop Brad Fletcher jeopardises the case when he attacks a suspect. **11.00** Law & Order: Special Victims Unit **1.50am** Law & Order: Special Victims Unit **3.35** Criminals Caught on Camera **4.00-6.00am** Teleshopping

Dave

FVIEW 19 • SKY 111 • VIRGIN 127 • FSAT 157

6.00am Teleshopping **7.10** Ultimate Movers **8.00** Rick Stein's Long Weekends **9.00** Starstruck Hunters UK **10.00** Expedition with Steve Backshall **11.00** World's Most Dangerous Roads **12.00noon** Top Gear **1.00** Special Ops: Crime Squad UK **2.00** Fast Justice **3.00** Top Gear **4.00** Would I Lie to You? **6.00** Top Gear Guests Laurence and Emilia Fox drop in to the studio. **7.00** Special Ops: Crime Squad UK **8.00** QI XL With Deirdre O'Kane, Richard Osman and David Mitchell. **9.00** Have I Got a Bit More News for You Aisling Bea hosts the quiz show. **10.00** Outsiders With David Mitchell. **11.00** QI XL **12.00m** Alan Davies: As Yet Untitled **1.00** Live at the Apollo. Stand-up comedy. **2.00** Have I Got a Bit More News for You **3.05** British as Folk **4.00-6.00am** Teleshopping

Film4

FVIEW 14 • SKY 313 • VIRGIN 428 • FSAT 300

11.00am Sense and Sensibility (1995/15) Jane Austen drama, starring Emma Thompson. **★** **★** **★** **★** **1.45pm** A Dog's Purpose (2017/PG) Comedy drama, starring Dennis Quaid. **★** **★** **★** **★** **4.00** Star Trek II: The Wrath of Khan (1982/2) Sci-fi adventure sequel, starring William Shatner. **★** **★** **★** **★** **6.15** Master and Commander: The Far Side of the World (2003/12) Drama, starring Russell Crowe. **★** **★** **★** **★** **9.00** Peppermint (2018/15) LA banker Riley sets out on a one-woman vengeance mission after her husband and daughter are killed. Revenge thriller, starring Jennifer Garner. **★** **★** **★** **★** **11.00** You Were Never Really Here (2017/15) Psychological thriller, starring Jake Gyllenhaal. **★** **★** **★** **★** **12.50-3.15am** Mr & Mrs Smith (2005/15) Comedy adventure, starring Brad Pitt. **★** **★** **★** **★**

5Action

FVIEW 32 • SKY 150 • VIRGIN 187 • FSAT 132

6.00am Teleshopping **9.00** Police Interceptors **10.00** WWE: SmackDown Highlights **11.00** WWE **12.05pm** Police Interceptors **1.05** Traffic Cops **2.05** **FILM** Columbo Summer (1963/PG) Western, starring Audie Murphy. **★** **★** **★** **★** **3.50** **FILM** The Gunfighter (1950/15) Western, starring Gregory Peck. **★** **★** **★** **★** **7.40** **FILM** Ben-Hur (2016/12) Drama, starring Jack Huston. **★** **★** **★** **★** **10.00** **FILM** The Mechanic (2011/15) Action thriller remake, starring Jason Statham and Ben Foster. **★** **★** **★** **★** **1.15** **FILM** Crank 2: High Voltage (2008/18) Action thriller sequel. **★** **★** **★** **★** **1.40** Car Thieves & Thugs: Caught on Camera **2.40** Armed & Dangerous: Caught on Camera **3.35** Car Crash TV **4.25** Criminals: Caught on Camera **5.40** Entertainment News on **5.00-6.00am** Teleshopping

Drama

FVIEW 20 • SKY 143 • VIRGIN 130 • FSAT 158

6.00am Teleshopping **7.20** One Foot in the Grave **7.50** The Bill **12.30pm** All Creatures Great and Small Christmas Special **2.30** Hatty Watnroth Investigates **3.30** Catherine Cookson's The Round Tower. Drama set in the 1950s about a teenager disenchanted with her privileged upbringing. **6.40** Call the Midwife Two new nurses join Nonnatus House, as the midwives deal with a shocking emergency. **8.00** Miss Marple The sleuth investigates a friend's claim to have witnessed a murder being committed on a passing train, but everyone is initially stunned by the lack of a body. **10.30** Happy Valley Catherine visits Tommy's mother in her search for answers. Sarah Lancashire stars. **11.50** New Tricks **12.50am** Bleak House **4.00-6.00am** Teleshopping

Talking Pictures TV

FVIEW 81 • SKY 328 • VIRGIN 445 • FSAT 306

6.00am Strawberry Roan (1944/14) **★** **★** **★** **★** **7.45** Johnny on the Run (1953/15) **★** **★** **★** **★** **9.10** Murder at 3am (1953/PG) **★** **★** **★** **★** **10.25** A Farewell to Arms (1932/PT) **★** **★** **★** **★** **11.25** **12.10pm** Down to the Sea in Ships (1948/PG) **★** **★** **★** **★** **1.40** Look at the **2.50** Crash Dive (1943/PG) **★** **★** **★** **★** **6.00** The Footage Detectives **6.55** Upstairs, Downstairs **7.00** 1955: The Channel Islands **7.20** One Way Pendulum (1964/10) Comedy, starring Eric Sykes. **★** **★** **★** **★** **9.00** Secret Army A successful bombing raid riles the Germans. **10.05** Stephen and Son (1972/PG) Comedy, starring Harry H Corbett and Wilfrid Brambell. **★** **★** **★** **★** **11.55** The Shakedown (1960/12) Thriller. **★** **★** **★** **★** **1.15** The (1981/15) **★** **★** **★** **★** **3.45** Men in War (1957/PG) **★** **★** **★** **★** **5.50-6.00am** Look at Life

Yesterday

FVIEW 26 • SKY 155 • VIRGIN 125 • FSAT 159

6.00am The Great War in Numbers **8.00** World War Weird **12.00noon** Steam Train Britain. Behind the scenes of three preserved steam railway lines. **4.00** Bangers and Cash: double bill **6.00** Bangers and Cash Double bill. The show collects a Ford Transit 400E that once belonged to the pop band Edison Lighthouse; a series of supercharged cars head to the auction room. **8.00** Open All Hours Triple bill. Arkwright decides Granville needs toughening up; Arkwright tries to shift an overstoked commodity; Granville's bike develops a squeak. **10.00** Bangers and Cash There's a surprise waiting for Derek in Hull. **11.00** Bangers and Cash **12.00m** Secrets of the Transport Museum **1.00** The Great War in Numbers **3.00-6.00am** Teleshopping

Sky Max

SKY 113 • VIRGIN 121

6.00am Hour of Power **7.00** Highway Gypsies **7.30** Stop, Search, Seize **8.30** Supergirl **11.30** Magnum P.I. **12.30pm** NCIS: New Orleans **4.30** The Ultimate Adventure Movies **5.30** Dating No Filter **6.00** **A League of Their Own** Double bill: **10.30** Sheridan, Kadena Cox, Sue Perkins and Chris Ramsay; with Denise Lewis, Jimmy Carr, Andrew 'Beef' Johnston and Alan Carr. **8.00** **Resident Alien** Harry comes up with a plan to save Asta and himself. **9.00** **Magnum P.I.** A woman hires Thomas and Higgins to locate a man she met briefly at a coffee shop. **10.00** NCIS: **New Orleans** A petty officer is shot dead by a sniper. **11.00** Basic. **Cardi** proposes to Carol. **1.00am** **SEAL Team** **2.00** The Force: **North** **3.00** Brit Cops: **Law & Disorder** **4.00-6.00am** Highway Cops

Sky Arts

FVIEW 11 • SKY 130 • VIRGIN 140 • FSAT 147

6.00am Arts Uncovered: Gary James **McQueen** **6.20** La Bohème on Sydney Harbour **8.30** Tales of the Unexpected **10.30** Inside Art: Derek Jarman at Manchester Art Gallery **11.00** Landscape Artist of the Year 2022 **12.00am** Landscape Artist of the Year: Celebrity Special **1.00** Discovering: Jack Nicholson **2.00** The Big Design Challenge **3.00** **FILM** Passport to Pimlico (1949) Ealing comedy. **★★★★** **4.40** Tina Turner: One Last Time – Live at Wembley Stadium **6.40** **Eric Clapton: Places, Trains and Eric** Documentary film. **7.00** **Discovering: Stevie Wonder** **9.00** **FILM** Tina (2021/19) **★★★★** **11.40** The Eagles: Live from the LA Forum **2.05am** Soul Power! **3.05** My View: Clem Burke **4.05** The Sixties **5.00** Discovering **5.30-6.00am** Discovering

GOLD

SKY 110 • VIRGIN 124

6.00am Teleshopping **7.30** Citizen Khan **8.40** Jam & Jerusalem **11.20** Victoria Wood **1.15pm** dinnerdaisies **5.20** The Vicar of Dibley. Comedy. **6.00** **The Vicar of Dibley** Double bill. Geraldine shoots to stardom; Alice shocks Geraldine with a revelation. **7.20** **French & Saunders: Funny Women** The duo discuss crucial female contributions to comedy. **9.20** **Absolutely Fabulous** Triple bill. Emma Bunton comes to the house; Edina suffers nightmares about becoming a grandmother and uses her celebrity book club to take her mind off the prospect; Patsy resents Sally's new close relationship with her mother. **11.20** **Absolutely Fabulous** **11.40** French and Saunders **1.55** Bridget & Eamon **2.35** **Absolutely Fabulous** **4.00-6.00am** Teleshopping

Sky Witness

SKY 107 • VIRGIN 111

6.00am Border Security: Australia's Front Line **6.30** Nothing to Declare **9.00** Border Patrol **11.00** The Real A&E **12.00noon** 999 Frontline **1.00** UK Border Force **3.00** Nothing to Declare **6.00** **Nothing to Declare** Double bill following the work of customs officers. **7.00** **Blue Bloods** Erin has a disagreement with a psychiatric consultant. Bridget Moynahan stars. **8.00** **The Equalizer** True-crime enthusiasts hire McCall to help them. **9.00** **The Rookie** Wesley struggles to keep it together under the pressure of his debt to Elijah. Nathan Fillion stars. **10.00** **9-1-1** A truck crashes into a high-school homecoming parade. **11.00** Grey's Anatomy. Richard feels inspired. **12.00m** **The Blue Bloods** **2.00** How to Get Away with Murder **3.00-6.00am** Nothing to Declare

Sky Comedy

SKY 114 • VIRGIN 123

8.00am The Office (US) **9.30** The Mindy Project **10.30** Will & Grace **1.00pm** The Office (US) **2.30** The Fresh Prince of Bel-Air **4.00** Modern Family **6.00** **Modern Family** Double bill. Jay's ex-wife turns up out of the blue, but misreading the situation when he makes a new friend. **6.50** **Eastbound & Down** Double bill. Kenny settles a few scores; Kenny returns to his old school in Shelby. **8.00** **Bored to Death** Double bill. A newly single Jonathan gets kidnapped; Jonathan is hired to retrieve a book. **9.00** **Saturday Night Live** American sketch show, taking a satirical sideways at cultural and political issues. **10.30** **Flight of the Conchords** **11.00** Saturday Night Live. Sketchy show. **12.30am** Girls **3.30** Everybody Hates Chris **5.00** Teleshopping

Nat Geo

SKY 125 • VIRGIN 266

8.00am Car S.O.S.: ten episodes **6.00pm** **Car S.O.S.** The revisiting some of the vehicles from a first four series. **7.00** **Air Crash Investigation** Facing a severe thunderstorm and a control tower shutdown, American Airlines 1672 suffers double-engine failure. **8.00** **Apocalypse: Hitler Takes The East** October 1941, and Hitler believes his triumph over the USSR is imminent, but his madness leads to an apocalypse on the Eastern front. **9.00** **Hitler's Death Squad** The story of the Nazi soldiers charged with some of history's most horrific crimes. **10.00** **Trafficked with Mariana Van Zeller** The reporter follows a smuggling ring of cars stolen from the US to shipping containers bound for West Africa, where demand is skyrocketing. **11.00-5.00am** Car S.O.S.: six episodes

Sky Atlantic

SKY 108

6.00am The British **9.50** In Treatment **10.20** Six Feet Under **3.50pm** The Sopranos **5.00** The Fear Index **6.00** **The Fear Index** Triple bill. A plane crash causes airline stocks to plummet; Alex heads to his therapist, terrified that he may lose his mind. VIXAL-4 explores its programming limits. **9.00** **The Gilded Age** As George fights to protect his public image, Agnes' status quo is disrupted and Armstrong intensifies her campaign against Peggy. **10.05** **Billions** After a donation to the city of New York puts a strain on the firm, Prince must find fresh capital, and Chuck searches for a way to undermine Prince's generosity. **11.10** Succession. Return of the critically-acclaimed drama. **12.15am** Euphoria **1.20** In Treatment **2.55** Billions **4.00-6.00am** Storm City

Comedy Central

SKY 112 • VIRGIN 132

6.00am Teleshopping **8.00** Friends **11.30** Friends: Best of Phoebe **12.00noon** Friends **2.30** Friends: Best of Phoebe **3.00** Friends: six episodes **6.00** **Friends** Six episodes. Carol and Susan prepare to tie the knot; Joey dates a crazed fan; Rachel lands a date with Jean-Claude Van Damme. Rachel sees Ross in a different light; Monica falls for an old friend; Joey moves out. **9.00** **FILM** **Role Models** (2008/15) Two irresponsible salesmen find themselves in trouble with the law after crashing their truck. To avoid jail, they agree to undertake community service through a couple of troubled kids. Comedy, with Paul Rudd and Christopher Mintz-Plasse. **★★★★** **11.00** When TV Goes Horribly Wrong **2.00am** The Ricky Gervais Show **3.00** South Park **4.15-5.00am** Friends

Discovery

SKY 125 • VIRGIN 250

6.00am Wheeler Dealers **12.00noon** Gold Rush: White Water. Reality series. **6.00** **Building Off the Grid** A modern, solar-powered home with a wood-burning fireplace and gourmet kitchen is built in the Black Hills of South Dakota. **7.00** **Alaska: Hometown Rescue** The Raneys help an Idaho family in a cliffside geodesic dome home. Misty builds an innovative garden greenhouse, while Matt finds a dangerous predator. **8.00** **Hometown Rescue: Raney Ranch** The Raneys face a winter storm. The family rushes to make the cabin livable through winter. **10.00** **Wheeler Dealers** Mike and Elvis attempt to resuscitate a 1974 Jaguar XJ6, but it is a risky buy as it has just been on the road since 1990. **11.00** Moonshiners **12.00m** Yukon Men **5.40-6.00am** How It's Made

SUNDAY

6 MARCH

Discovery History

SKY 177 • VIRGIN 257

6.00am Mysteries at the Museum **9.00** Combat Soldiers **12.00noon** Expedition Unknown **3.00** Combat Dealers **6.00** Greatest Events of World War II **9.00** Deadly Legacy: The victims of John Wayne Gacy, one of America's most infamous serial killers. **10.00** Jeffrey Dahmer: Mind of a Monster. The crimes of Jeffrey Dahmer. **12.00m** Bloody Britain **2.00-6.00am** Combat Dealers

Alibi

SKY 132 • VIRGIN 126

6.00am Teleshopping **7.10** Murdoch Mysteries **10.00** Frankie Drake Mysteries **12.00noon** Death in Paradise **2.00** The Malcorra Files **4.00** Reef Break **6.00** Murdoch Mysteries **7.00** Hudson & Rex **9.00** Death in Paradise. A blind woman dies live on stage while being treated by a faith healer. **10.00** Clarice. Ruth returns. Kendler and VCA-P to track Catherine down. **11.00** Pretty Hard Cases **12.00m** Traces **1.00** Rizzoli & Isles **3.00** Reef Break **4.00-6.00am** Teleshopping

Animal Planet

SKY 162 • VIRGIN 251

6.00am Teleshopping **8.00** The Zoo **9.00** Animalia to the Rescue **10.00** The Zoo **11.00** Alaskan Bush People **1.00pm** Crkey! It's the Iwins **2.00** Crocodile Hunter **3.00** Born Mucky: Life on the Farm **4.00** **Scavled** **5.00** Sharkweeked: Crash Landing **6.00** Predators Up Close with Joel Lambert **7.00** Alaska: Hometown Rescue **8.00** Crkey! It's the Iwins **9.00** Crocodile Hunter **10.00** Finding Bigfoot **11.00** Lost Beasts of the Ice Age **1.00am** Monsters Inside Me **2.00** Crkey! It's the Iwins **3.00** Lost Beasts of the Ice Age **5.00-6.00am** Teleshopping

TCM Movies

SKY 315 • VIRGIN 415

6.00am Hollywood's Best Film Directors **7.10** TCM Shorts: Ben Miller Off Set **7.30** Stagecoach to Daner's Rock (1962) Western drama, starring Martin Landau. **9.00** Calamity Jane (1953/UK) Musical comedy Western, starring Dore Day. **★★★★** **11.10** **He Rides Tall** (1964/18) Western, starring Tony Young. **★★** **1.00pm** Cattle Annie and Little Britches (1955/UK) Western, starring Dore Day. **★★★★** **3.00** **Apache War Smoke** (1952/UK) Western, starring Gilbert Roland. **★★★★** **4.30** **Top Gun** (1985/UK) Western, starring Stirling Hayden. **★★★★** **6.05** **The Hawk of Wild River** (1952/UK) Western, starring Charles Starrett. **★★★★** **7.15** Money, Women and Guns (1958/UK) Western, starring Jack Mahoney. **★★★★** **9.00** Absolute Power (1987/15) A powerful boss a crime scene after witnessing a murder involving the US president, but discovers a dogged detective is on his trail. Thriller, with Clint Eastwood and Gene Hackman. **★★★★** **11.25** Pat Garrett and Billy the Kid (1973/15) Western, starring James Coburn and Kris Kristofferson. **★★★★** **1.45am** The Battle of the Sexes (1960/PG) Comedy, starring John Lennon. **★★★★** **3.20** **Off Set** **3.30** Close Up **5.00-6.00am** Hollywood's Best Film Directors

BBC One <small>F VIEW 1 • SKY 101 • VIRGIN 101 • FSAT 101</small>	BBC Two <small>F VIEW 2 • SKY 102 • VIRGIN 102 • FSAT 102</small>	ITV <small>F VIEW 3 • SKY 103 • VIRGIN 103 • FSAT 103</small>	Channel 4 <small>F VIEW 4 • SKY 104 • VIRGIN 104 • FSAT 104</small>
<p>6.00am Breakfast 9.15 Morning Live 10.00am NEWS Crimewatch Live 10.45 Caught Red-Handed 11.15 Homes Under the Hammer (R) 12.15pm Bargain Hunt, In Ardingly in Sussex.</p> <p>1.00 BBC News; Regional News 1.45 Doctors Princess makes an impression at the Mill. 2.15 Shakespeare & Hathaway – Private Investigators (R) 3.00 Escape to the Country The search for a Yorkshire home. 3.45 Garden Rescue A wildlife-friendly garden in Leicester. (R) 4.30 Antiques Road Trip Arusha Irvine and David Harper are in Lincolnshire and Hull. (R) 5.15 Pointless Low-scoring quiz. (R) 6.00 BBC News; Regional News</p>	<p>6.45am Marcus Wareing's Tales from a Kitchen Garden (R) 7.15 Bargain Hunt (R) 8.00 Amazing Hotels: Life Beyond the Lobby (R) 9.00 BBC News 10.00 BBC News 12.15pm Politics Live</p> <p>1.00 Ready Steady Cook (R) 1.45 Eggheads Quiz show. (R) 2.15 Put Your Money Where Your Mouth Is In London. (R) 3.00 The Heights Drama. (R) 3.30 Murder, Mystery and My Family A case from 1900. (R) 4.15 Sacred Wonders of Britain (R) 5.15 Flog It! Valuing antiques. (R) 6.00 Richard Osman's House of Games With Ugo Monye. 6.30 Marcus Wareing's Tales from a Kitchen Garden The chef expends his herb patch.</p>	<p>6.00am Good Morning Britain 9.00 Lorraine Entertainment news. 10.00 This Morning Celebrity chat and lifestyle features. 12.30pm Loose Women Celebrity interviews and topical debate. 1.30 ITV Lunchtime News; Weather 1.55 Regional News; Weather 2.00 Dickinson's Real Deal David Dickinson and the team visits Buxton, Derbyshire. (R) 3.00 Lingo Another battle of words, hosted by Adli Ray. (R) 4.00 Tipping Point Coin-drop quiz. 5.00 The Chase Bradley Walsh presents as Emma, Jonathan, Lizz and Brian work as a team to take on one of the Chasers. 6.00 Regional News; Weather 6.30 ITV Evening News; Weather</p>	<p>6.00am Winter Paralympics Coverage of the snowed-out cross finals. Plus, the Wheelchair Curling. 8.00 Winter Paralympics Breakfast 9.00 Fraser (R) 10.30 Ramsay's Kitchen Nightmares USA (R) 11.30 Coast vs Country (R) 12.30pm Steph's Packed Lunch 2.10 Countdown Gameshow. 3.00 A Place in the Sun (R) 4.00 A New Life in the Sun? Where Are They Now? 5.00 Four in a Bed At the Trap Inn in Broomhill, Northumberland. 5.30 Come Dine with Me The first of five dinner parties in Sheffield. 6.00 The Simpsons Homer fears the apocalypse is imminent. (R) 6.30 Hollyoaks James makes a life-changing decision. (R)</p>
<p>7.00 The One Show With Alex Jones and Jermaine Jenas. 7.30 EastEnders Gray and Chelsea prepare to bring Jordan home, only for DCI Arthurs to turn up asking to speak to Gray about Tina. 8.00 Manchester Arena Bombing: Saffie's Story – Panorama In-depth current affairs report covering a story behind the headlines. 8.30 We Are England Regional current affairs reports. 9.00 Katie Price: What Harvey Did Next Documentary following the celebrity's son as he turns 19 and pursues a more independent life, embarking on his first term at a specialist college, National Star, which provides courses for young adults with disabilities and behavioural conditions.</p>	<p>7.00 Doctors Princess makes an impression at the Mill. (R) 7.30 Nigella's Cook, Eat, Repeat Nigella Lawson reveals the inspiration behind many of her recipes, beginning with her take on the bharta. (R) 8.00 Mastermind The second semi-final of the quiz sees four contenders answering questions on Vincent van Gogh's paintings, the Bill & Ted films, 1990s drum & bass, and Julia Margaret Cameron. 8.30 University Challenge The quarter-final matches continue as two teams of four students compete to make it to the next stage of the competition. 9.00 The Real Peaky Blinders Part one of two. Historian Carl Chinn explores the real-life stories of the Birmingham gangs that inspired the drama.</p>	<p>7.30 Emmerdale Manpreet visits Meena, Charity and Chas are still not seeing eye to eye, and Rhona is shocked when her mum arrives out of the blue. 8.00 Coronation Street Kelly struggles to balance caring for Laura with her other commitments, and Nick blames Sam's chess obsession for a decline in his schoolwork. 9.00 Our House (1/4) Fi Lawson arrives home to find strangers moving into her house, but she insists that the property isn't for sale. With events spiralling beyond her control, her panic rises as she is unable to contact her estranged husband Bram or locate her missing children. Simon Ash-down's adaptation of Louise Candlish's thriller, starring Tuppence Middleton and Martin Compston.</p>	<p>7.00 Channel 4 News 7.30 Winter Paralympics: Today in Beijing Ade Adepitan catches up on all of the most exciting action from day three of the Beijing Games, featuring snowboard cross and wheelchair curling. 8.00 The Great Cookbook Challenge with Jamie Oliver The remaining contestants face two semi-final challenges – a live cooking demonstration in front of the judging panel and a lavish meal to be photographed for a double page spread. 9.00 Moors Murders: The Trial Hindley's brother-in-law David Smith and journalist Alice Entwistle describe the killers' trial in 1966, and recall the tension in court as they faced justice. Last in series.</p>
<p>10.00 BBC News; Regional News 10.35 Extraordinary Portraits Photographer Christy Lee Rogers works with Cee Cee, a model with albinism, on an underwater photoshoot, and helps her come to terms with how she is perceived by the outside world. (R) 11.05 The Graham Norton Show The first of two compilations of highlights from the recent series. (R) 11.55 The Wall Versus Celebrities. Comedians Shaparak Khorsandi and Ellie Taylor take part in the gameshow. Hosted by Danny Dyer. (R) 12.45am Killing Eve. Villanelle has embraced a new way of life. (R) 1.30 Weather for the Week Ahead 1.35-6.00am BBC News</p>	<p>10.00 Couples Therapy (9/9) The couples conclude their sessions, with Alan and Evelyn finding a path forward and Elaine and DeSean feeling a shift in their relationship. 10.25 Africa's Lion Kings: Natural World A follow-up documentary revisiting the African lions that learned to prey on elephants in the Kalahari Desert. (R) 10.30 Newsnight With Kirsty Wark. 11.15 [LIVE] The Man with the Iron Heart (2017/15) Thriller, starring Jason Clarke and Rosamund Pike. ★★★★★ 1.10am Countryfile. At West Park in Bedfordshire. (R) 2.05 Fraud Squad (R) 3.35-6.30am This is BBC Two</p>	<p>10.00 ITV News at Ten; Weather A fresh perspective on the major stories of the day. 10.30 Regional News; Weather 10.45 On Assignment Robert Moore is in Philadelphia to explore the reasons behind a surge in gun violence across the whole of the US. 11.15 Heathrow: Britain's Busiest Airport A passenger has an entourage of armed police officers waiting for him, while a propeller plane arrives from the Isle of Man, and Demi plunges into his role of 'passenger saviour'. (R) 11.45 All Elite Wrestling: Dynamite 1.30am Home Shopping 3.00 Loose Women (R) 3.50 Unwind with ITV 5.05-6.00am Tipping Point. Coin-drop quiz. (R)</p>	<p>10.00 Catching a Killer: A Bullet Through the Window Documentary following the investigation by Thames Valley Police into a fatal shooting through an open window, in the early hours of the morning in a Milton Keynes street. (R) 11.25 Women Who Kill Documentary following three women in prison in America convicted of murder, and the reasons why these women killed people they knew and loved. (R) 12.25am Celebrity Hunted (R) 1.15 [LIVE] Winter Paralympics. Coverage of day four, featuring the super combined event and Great Britain v Estonia in wheelchair curling. 3.30-6.00am [LIVE] Winter Paralympics. Coverage of the Super Combined continues.</p>

Channel 5

FVIEW 5 • SKY 105 • VIRGIN 105 • FSAT 105

- 6.00am Milkshake!** 9.15 Jeremy Vine **12.15pm** Nightmare Tenants, Slum Landlords (R) **1.10** 5 News at Lunchtime
- 1.15 Home and Away** Mia is involved in a high-speed chase. (R)
- 1.45 Neighbours** See 6.00pm.
- 2.15 A Daughter's Revenge**
- 2.20 (20/12)** Premiere. Thriller, starring Natalie Brown. ★★★
- 4.00 Filthy House** SOS Richard and Brennan are in Oswestry. (R)
- 5.00 5 News at 5** Headlines.
- 6.00 Neighbours** David is furious with Aaron for his jealous attack on Dean, and suspicious Aaron is smarter over David's friendship with his colleague. (R)
- 6.30 Eggheads** The Black Bird Club takes on the quiz experts.

- 7.00 Police Interceptors**
Nick and the team perform a textbook tactical pursuit and containment, and a drunk driver in Bradford attempts to escape the police. (R)
- 8.00 Traffic Cops** (4/10) Officers are on the look-out for cars linked to stolen motorbikes, but when they spot the vehicle parked up it immediately races off forcing them into a chase. With stingers at the ready, it's not long before the getaway car's tyres are shredded.
- 9.00 Police: Night Shift** 999 (4/6)
An officer responds to reports of a break-in at a garage and prepares for the possibility that the suspect is still there. When he does spot a suspicious-looking man, he must make a split-second decision about whether to tackle him or not.

- 10.00 Casually 24/7: Every Second Counts** Emergency nurse practitioner Jo Birkenshaw assesses 78-year-old Paul who has come to casualty after being bitten on the nose by a dog and may need reconstructive surgery. (R)
- 11.05 A&E: Under Dark** A patient ignores hospital policy and refuses to leave A&E after his treatment and staff and security end up in the firing line when he lashes out. (R) **12.05am** I'm 16 But Look 60 (R) **1.00** The 21.co.uk Live Casino Show **3.00** Entertainment News **3.10** Celebrity 5 Go Fishing (R) **4.00** Britain's Greatest Brides (R) **4.45** Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Peppa Pig (R) **5.40** Paw Patrol (R) **5.50-6.00am** Pip and Posy (R)



The Great Cookbook Challenge With Jamie Oliver

8pm, Channel 4

A week from now we'll know which contestant (four remain) has won their own cookbook publishing deal. But we're sad it won't be that nice lady whose every dish was a different take on lasagne. We liked her a lot. Will she go ahead and publish those lasagne-themed recipes independently? We wouldn't put it pasta.

ITV2

FVIEW 6 • SKY 118 • VIRGIN 115 • FSAT 113

- 6.00am** Dress to Impress **7.00** The Ellen DeGeneres Show **8.00** You've Been Framed! Let Loose! **8.00** Secret Crush **10.00** Dress to Impress **11.00** Love Bites **12.00am** Supermarket Sweep **1.00** Celebrity Tipping Point **2.00** Rolling in It **3.00** The Ellen DeGeneres Show **4.00** The Masked Singer US **5.00** You've Been Framed! **6.00** Catchphrase **Celebrity Special** **7.00** Superstore Double bill. **8.00** Bob's Burgers Double bill. **9.00** Family Guy Double bill. **10.00** The Stand Up Sketch Show With Travis Jay and Tom Lucy. **10.30** Family Guy Double bill. **11.25** Crossing Swords **12.25am** American Dad! Animated comedy. **1.20** Bob's Burgers **2.15** Superstore **3.05** Totally Bonkers Guinness World Records **3.30-6.00am** Teleshopping

BBC Three

FVIEW 23 • SKY 117 • VIRGIN 107

- 7.00pm** Meet the Khans **Relationship Quiz** Amir Khan and Faryal Makhdoom play the Quiz. **7.05** MasterChef Australia **Ngella Lawson** presents a mystery box. **8.25** The Catch Up The day's news. **8.30** Nail Bar Boys The day of Astro's boxing match arrives. Last in series. **9.00** **NEW** Life and Death in the Warehouse Drama inspired by real-world events. Poppy Lee Friar stars. **10.00** Starstruck Jesse's new job puts a strain on her relationship. **10.25** **EXTRA** Game Night (2018/15) Black comedy, with Jason Bateman and Rachel McAdams. ★★★ **12.00m** Nail Bar Boys **12.30** Life and Death in the Warehouse **1.30** Starstruck **1.55** Eating with My Ex **2.25** The Fast and the Farmer-ish **2.55** Gassed Up **3.45-4.00am** Zen Motoring

ITV3

FVIEW 10 • SKY 119 • VIRGIN 117 • FSAT 115

- 6.00am** Classic Coronation Street **7.00** Classic Emmerdale **8.05** George and Mildred **9.40** The Royal **11.50** Heartbeat **2.00pm** Classic Emmerdale **3.00** Classic Coronation Street **4.05** Midsomer Murders: double bill **6.00** Heartbeat Double bill. A dispute gets out of hand; a latter-day Robin Hood baffles the police. **8.00** Agatha Christie's Poirot A man is haunted by suicidal nightmares. **9.00** Long Lost Family Featuring a woman on a quest to solve a family mystery and find her sisters. **10.05** Law & Order: UK Brooks and Devlin are called to investigate when a man is attacked and his kidney is removed. Bradley Walsh stars. **11.05** Flesh and Blood. Drama. **12.05am** The Royal **2.05** Unwind with ITV **2.30-6.00am** Teleshopping

BBC Four

FVIEW 9 • SKY 116 • VIRGIN 107 • FSAT 107

- 7.00pm** The Lakes with Paul Rose The explorer visits Windermere. **7.30** Fred Dibnah's Made in Britain Fred collects his MBE. Last in series. **8.00** Britain's Lost Masterpieces Dr Bender Grosvenor and Emma Dabiri investigate a 16th-century portrait. **9.00** The Secret Life of the Mona Lisa The mystery of the Mona Lisa. **10.00** Da Vinci: The Lost Treasure Fiona Bruce travels across Europe to the story of Leonardo da Vinci's life. **11.00** Art on the BBC: The Genius of Leonardo da Vinci. An exploration of the Renaissance artist's work through the BBC archives. **12.00m** A Garden in Snowdonia **12.30** The Lakes with Paul Rose. In Windermere. **1.00** Fred Dibnah's Made in Britain **1.30** Britain's Lost Masterpieces **2.30-3.30am** The Secret Life of the Mona Lisa

MONDAY

7 MARCH

Scotland & Wales

BBC Scotland

12.00noon This is BBC Scotland **2.00pm** Sign Zone: Inside the Zoo **3.00** Sign Zone: The Mart **3.30** Sign Zone: Ian Robertson Rambles **4.00** Sign Zone: Grand Tours of Scotland's Lochs **4.30** This is BBC Scotland **7.00** Sportscenter: SWPL Highlights **7.30** The Mart **8.00** 8pm to Be Wild: Kancie and Gabby struggle with a pair of feisty gamrets. **9.00** The Nine **10.00** River City **11.00pm-12.00m** Getting Hitched Asian Style

BBC One Scotland

As BBC One except: **6.30-7.00pm** Reporting Scotland **8.30-9.00** Loggheads: The two teams head for the Isle of Skye. **11.05** Sportscenter: SWPL Highlights **11.35** The Graham Norton Show **12.25am** The Wal Versus Celebrities **1.15** Killing Eve **2.00** Weather for the Week Ahead **2.05-6.00am** BBC News

BBC One Wales

As BBC One except: **6.30-7.00pm** BBC Wales Today **8.00** X-Ray. Reports on some unhappy homeowners living on two new estates. **8.30** Manchester Arena Bombs: Saifia Story – Panorama. Current affairs report. **9.00-10.00** Life and Death in the Warehouse. Drama inspired by real-world events. **10.35** Katie Price: What Harvey Did Next **11.35** Extraordinary Portraits **12.05am** The Graham Norton Show **12.55** The Wal Versus Celebrities **1.45-6.00am** BBC News

STV

As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **10.30** STV The Graham Norton Show **11.05** On Assignment **11.40** All Elite Wrestling: Rampage **12.30-3.00am** Home Shopping **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **1.55-2.00pm** ITV News; Asymru Cymru **6.00-6.30** ITV News Wales at Six **10.30** ITV News Cymru Wales **10.45** Sharp End **11.15-11.45pm** On Assignment

S4C

6.00am Cwyl **12.00noon** Newyddion S4C a'r Tywydd **12.05** Y Newyddion **12.30** Y Newyddion **1.00** Y Sioe Fyw **1.30** Natur Gwylf **1.40** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Cor Cymru **2022** **4.00** Awr Fawr: Bocioau Rhif **4.05** Y Brodyr Gorsa **4.15** Bish a Mawr **4.30** Ffaisio **4.45** Fflem **5.45** Sioe Swins: Dennis a Dannedd **5.10** Angelo am Blyth **5.20** Arthur a Chyw'r Fford **6.00** Sioe Spono **5.55** Ffeli **6.00** Ddu Gi **6.30** Rownd a Rownd **6.57** Newyddion S4C a'r Tywydd **7.30** Newyddion S4C a'r Tywydd **8.00** Cymry ar Gynfas. Multimedia artist Aron Evans meets the multi-talented Cyas Eleri. Last in series. **8.25** Yn y Fan **8.55** Newyddion S4C a'r Tywydd **9.00** Agwori. Agricultural issues. **9.35** Pen Petrol **10.00** Sgorio **10.30-11.35pm** Eclawis

ITV4

FVUE 25 • SKY 120 • VIRGIN 118 • FSAT 117

6.00am The Derby Through the Years
6.15 Cadfael **8.35** Dempsey and Makepeace **7.25** The Professionals
9.35 Minder **10.40** The Champions
11.45 Cadfael **1.25pm** Dempsey and Makepeace **2.25** The Professionals
3.30 Minder **4.40** Gallagher
 Premiership Rugby Union Highlights
5.40 Cycling: Paris-Nice Highlights
6.45 **LIVE** FA Cup Football
 Nottingham Forest v Huddersfield Town (kick-off 7.30pm). Seema Jussawalla presents action from the fifth-round tie.
9.45 **MotoGP Highlights** Action from the first race of the season.
10.45 **FILM** **Maximum Conviction** (2012/15) Action adventure, starring Steven Seagal and Steve Austin. ★★
12.50am The Professionals. Doyle tests a rifle. **2.00** The Protectors **2.50** Unwind **3.00-6.00am** Teleshopping

E4

FVUE 13 • SKY 135 • VIRGIN 106 • FSAT 122

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares **USA 9.00** The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory **2.00** Young Sheldon **4.00** Brooklyn Nine-Nine **5.00** The Big Bang Theory **6.00** The Big Bang Theory
7.00 Hollyoaks Chester-based soap.
7.30 Married at First Sight Australia
9.00 The Real Dirty Dancing The men recreate Johnny's tight scene.
10.00 Naked Attraction A six-foot-tall pansexual opera singer is looking for a man as tall as she is.
11.05 Gogglebox **12.10am** First Dates **1.15** Married at First Sight Australia **2.45** The Real Dirty Dancing **3.40** Hell's Kitchen: Mediterranean **4.30** Ramsay's Kitchen Nightmares **USA 5.20-6.00am** Mike & Molly

5STAR

FVUE 31 • SKY 128 • VIRGIN 151 • FSAT 131

6.00am Teleshopping **8.00** Criminals: Caught on Camera **8.25** Shoplifters & Scammers: At War with the Law **9.10** Filthy House SOS **10.10** Judge Judy **12.00noon** Traffic **1.00** Police Interceptors **5.00** Shoplifters & Scammers: At War with the Law
6.00 Home and Away Double bill.
7.00 Caught on Camera: Funniest Moments Internet-sourced videos.
8.00 Nick Knowles' Better Homes Experts give their ideas and advice on how to improve storage in homes.
9.00 Skin A&E Medical documentary.
10.00 Adults Only: S***ing 9 To 5
11.00 The Lesbian Guide to Straight Sex **12.00am** Call the Balliffs: Time to Pay **1.00** Million Pound Motorhomes **2.00** Tattoo Disasters **UK 3.00** Judge Judy **3.45** Entertainment News on **5.40-6.00am** Teleshopping

ITVBe

FVUE 27 • SKY 131 • VIRGIN 119 • FSAT 118

7.00am The Real Housewives of Cheshire **8.00** Buying and Selling **9.00** LittleBe **12.00noon** Best Cake Wins **1.20** The Real Housewives of Atlanta **1.25** The Real Housewives of Cheshire **2.25** The Only Way Is Essex **3.10** Little Women: LA **4.05** The Real Housewives of Beverly Hills **5.00** The Real Housewives of Orange County
6.00 Masters of Flip Property show.
7.00 Buying and Selling A couple look for a spacious property.
8.00 Dinner Date Tanner chooses three dates from five potential partners.
9.00 The Real Housewives of Jersey The Housewives are brought together by Brian Dowling.
10.00 Botched Reality series.
11.00 Atlanta Plastic **11.55** The Only Way Is Essex **12.40am** Unwind with ITV **1.00-7.00am** Teleshopping

More4

FVUE 18 • SKY 136 • VIRGIN 147 • FSAT 124

8.55am A Place in the Sun **10.35** Find It, Fix It, Flop **12.35pm** Her Hunters **1.35** Four in a Bed **4.15** The Hotel Fixers **4.50** Find It, Fix It, Flop It
6.55 Escape to the Chateau: DIY **7.55** Grand Designs Kevin McCloud revisits the Sampsons in France.
9.00 The Great Australian Bake Off The remaining bakers have made it through to Patissiere Week.
10.15 24 Hours in A&E An 89-year-old woman is brought to King's after a fall, while a 23-year-old groom-to-be is examined following an epileptic seizure lasting most of the night.
11.20 Emergency Helicopter Medics **12.25am** 8 Out of 10 Cats Does Countdown. With Jimmy Carr. **1.25** 24 Hours in A&E **2.30** Father Ted **3.05** Winter Paralympics: Today in Beijing **3.35-3.40am** Escape to the Chateau

5USA

FVUE 21 • SKY 141 • VIRGIN 153 • FSAT 129

6.00am Teleshopping **9.00** NCIS **11.55** Entertainment News on **5.12.00noon** Law & Order **2.55** Entertainment News on **5.30** Law & Order: Triple bill
6.00 NCIS Four episodes. Tony travels to North Africa on the trail of Ziva, but is taken hostage by terrorists. Gibbs and his team investigate the bizarre death of a marine; a blogger who accused the NCIS of a cover-up is found dead; a case involving a dog-fighting ring sends Gibbs past his breaking-point.
10.00 Law & Order: Special Victims Unit A girl is believed to have been abducted from her home, but when Benson and Stabler investigate, they can find no sign of forced entry.
11.00 Law & Order: Special Victims Unit **11.50am** Law & Order: Criminal Intent **1.50am** Law & Order: Criminal Intent **3.35** Criminals: Caught on Camera **4.00-6.00am** Teleshopping

Dave

FVUE 20 • SKY 111 • VIRGIN 127 • FSAT 157

8.00am Ultimate Movers **9.00** Storage Hunters UK **10.00** Eddie Eats America **11.00** Expedition with Steve Backshall **12.00noon** Top Gear **1.00** Fast Junction **2.00** Travel Man: 48 Hours in Slovenia **3.20** Travel Man: 48 Hours in Milan **4.30** Rick Stein: From Venice to Istanbul **4.00** Red Bull Soapbox Race **5.00** Rick Stein's Road to Mexico
6.00 Taskmaster With Greg Davies.
7.00 Richard Osman's House of Games General knowledge quiz.
7.40 Room 11 With Rachel Riley.
8.20 Would I Lie to You?
9.00 Qi XL With Bridget Christie.
10.00 Have I Got a Big Movie News for You Damian Lewis hosts.
11.00 Mel Giedroyc: Unforgivable **12.00m** Hypothetical **12.40** Qi **1.20-2.00am** Would I Lie to You?

Film4

FVUE 14 • SKY 313 • VIRGIN 428 • FSAT 300

11.00am The Man from Colorado (1948/PG) Western, starring Glenn Ford. ★★ **1.05pm** The Stranger (1946/PG) Drama, starring Orson Welles. ★★ ★★ **3.00** Arabian Nights (1942/PG) Adventure, starring John Huston. ★★ ★★ **4.45** The Court-Martial of Billy Mitchell (1955/U) Courtroom drama, starring Gary Cooper. ★★ ★★ **6.50** Suffragette (2015/12) Period drama, starring Carey Mulligan. ★★ ★★ **9.00** 2012 (2009/12) As the human race faces extinction in a global cataclysm, a writer tries to get his family to the last safe refuge. Disaster movie, starring John Cusack. ★★ ★★ **12.00am** Ninjababy (2011/15) Premise. Comedy drama, starring Kristine Toph. ★★ ★★ **2.15-4.00am** The Future (2011/12) Drama, directed by and starring Miranda July. ★★ ★★

5Action

FVUE 32 • SKY 150 • VIRGIN 187 • FSAT 132

6.00am Teleshopping **9.00** Criminals: Caught on Camera **9.25** Traffic Cops **11.15** Sinkholes: Buried Underground **12.30pm** **FILM** Comanche Territory (1950/U) Macdonald Carey stars. ★★ **2.05** **FILM** Death of a Gunfighter (1969/PG) Western. ★★ ★★ **4.00** I Survived a Sinkhole **5.00** Traffic Cops **6.00** Traffic Cops Documentary.
7.00 Police Interceptors Andy Lawson is involved in a high-speed chase.
8.00 Trucking Hell A blaze leaves an sewage tanker stricken in a layby.
9.00 **FILM** Young Guns II: Blaze of Glory (1990/15) Western sequel, starring Emilio Estevez. ★★ ★★ **2.05** **FILM** Unlocked (2017/15) Thriller. ★★ ★★ **1.05** Car Crash TV **2.05** Fights, Camera, Action! **4.00** Outrageous Stunts **4.50** Entertainment News on **5.00-6.00am** Teleshopping

Drama

FVUE 20 • SKY 143 • VIRGIN 130 • FSAT 158

6.00am Teleshopping **7.25** Ashes to Ashes **8.35** The Bill **9.35** Classic Hollywood **10.55** Classic Casualty **12.00noon** The Bill **1.00** Classic Eastenders **2.15** A Place to Call Home **3.15** All Creatures Great and Small **4.20** Peak Practice. Medical drama. **5.20** Shropshire Strakes
6.00 Are You Being Served?
 Mr Humphries catches a disease.
6.40 Lost of the Summer Wine Double bill. Howard concocts a plan to ally Pearl's suspicions; Smiler decides to become a lollipop man.
8.00 Inspector George Gently Bacchus and Gently investigate the death of a man in custody.
10.00 New Tricks The team tracks down members of a witches' coven while trying to solve a murder.
11.20 Silent Witness **1.20am** Bleak House **4.00-6.00am** Teleshopping

Talking Pictures TV

FVUE 81 • SKY 328 • VIRGIN 445 • FSAT 306

6.00am Don Chicago (1945/PG) ★★ ★★ **7.40** Theatre Royal (1943/U) ★★ ★★ **8.55** The Scarlet Thread (1951/PG) ★★ ★★ **10.25** Look at Life **10.35** Don't Take it to Heart (1944/U) ★★ ★★ **12.20pm** Faces in the Crowd (1960/PG) ★★ ★★ **2.00** Rooms (1960) Scatariade (1933/PG) ★★ ★★ **4.40** That's an Order (1955/U) ★★ ★★ **5.00** The Footage Detectives
6.00 Look at Life A look into the scientific research behind a trial tunnel.
6.10 Come to the Stable (1949/U) Comedy, starring Loretta Young. ★★ ★★ **8.00** The Main Chance
9.00 The Honey Pot (1967/U) Comedy, with Rex Harrison. ★★ ★★ **11.35** The Amorous Adventures of Moll Flanders (1965/PG) ★★ ★★ **2.10am** Fido (1971/PG) Comedy. ★★ ★★ **4.00** Police Dog (1955/PG) ★★ ★★ **5.30-6.00am** The Adventures of Sir Lancelot

Yesterday

FVUE 26 • SKY 155 • VIRGIN 128 • FSAT 159

6.00am Antiques Roadshow **8.00** Murder Maps **9.00** Abandoned Engineering **11.00** Great Continental Railway Journeys **12.00noon** Great British Railway Journeys **2.00** Abandoned Engineering **4.00** Adolf Hitler's War **5.00** War Factories
6.00 Great British Railway Journeys Double bill. Michael Portillo journeys from Piccadilly Circus to Gravesend; From Warwick to Rye in East Sussex.
7.00 Full Circle with Michael Palin The final leg back to Alaska.
8.00 Underground Worlds
9.00 Smoke & Steel Examining a mill in Manchester, a bridge in St. Louis, and a vast harbor in Brazil.
10.00 Bangers and Cash
11.00 Bangers and Cash **12.00m** Abandoned Engineering **1.00** Antiques Roadshow **3.00-6.00am** Teleshopping

Sky Max

SKY 113 • VIRGIN 121

6.00am Stargate SG-1 **6.00am** Supergirl
9.00 DC's Legends of Tomorrow **10.00**
The Flash **11.00** NCIS: New Orleans
1.00pm Hawaii Five-0 **2.00** S.W.A.T.
3.00 DC's Legends of Tomorrow
4.00 Supergirl **5.00** The Flash
6.00 Stargate SG-1 Double bill. A curious entity invades the crew's minds; Jack is stranded on an alien planet.
8.00 Freddie Fries Again Andrew Flintoff and Rob Pinn take their mottled chipmunk to Newmarket.
9.00 Agatha Raisin Double bill. A local witch is found bludgeoned to death; the sleuth becomes the chief suspect when her first husband is found dead.
11.00 NCIS: New Orleans **12.00m**t Road Wars **1.00** The Force: North East
2.00 The Blacklist **3.00** Hawaii Five-0
4.00 S.W.A.T. **5.00-6.00am** Stop, Search, Seize. Documentary.

Sky Arts

FVIEW 11 • SKY 130 • VIRGIN 140 • FSAT 147

6.00am Northern Ballet's Casanova
8.00 Battle of the Brass Bands **9.00**
Tales of the Unexpected **10.00**
Discovering **12.00noon** The South Bank Show Originals **1.00** Tales of the Unexpected **2.00** Discovering **3.00** Maestro Artist of the Year **4.00** P22 **4.00** Landscape Artist of the Year: Celebrity Special **5.00** Tales of the Unexpected
6.00 Discovering: Gene Wilder
7.00 Andre Rieu: Welcome to My World Documentary.
8.00 The Big Design Challenge
9.00 Andre Rieu: Wonderful World – Live in Maastricht Annual concert.
12.00mt Tate Britain's Great Art Walks
1.00 Cold War Steve Meets the Outside World **3.00** Discovering: Crosby, Stills, Nash & Young **4.00** The Green Grass **5.00** Why Do We Dance?
5.05-6.00am The Art of Architecture

GOLD

SKY 110 • VIRGIN 124

6.00am Teleshopping **7.30** Chef! **8.05**
Porridge **8.45-10.15** **9.25** Last of the Summer Wine **10.45** The Green Grass **11.25** The Cockfields
12.50pm Chef! **1.25** Hi-Di-Ho **2.05**
Desmond's **2.40** The Green Grass **3.20** Dad's Army **4.00** Last of the Summer Wine **5.20** Hi-Di-Ho
6.00 Desmond's Barbershop comedy.
6.35 The Cockfields Double bill. Sue and Esther mind Sue's stall; Simon goes on a bike ride with Larry.
8.00 Dad's Army Double bill. Private Godfrey faces homelessness; Mainwaring and the platoon try to capture a German aircraft crew.
9.20 Fawcett Towers Classic comedy.
10.00 Billy Connolly Does...
11.00 Peep Show **12.15am** French and Saunders **12.55** Chef! **1.35** The Rebel **3.30-4.00am** Peep Show

Sky Witness

SKY 107 • VIRGIN 111

6.00am Nothing to Declare **8.00** Border Patrol **9.00** Stop, Search, Seize **10.00** UK Border Force **11.00** Law & Order **12.00noon** Bull **1.00** Blue Bloods **3.00** Private Eyes **4.00** UK Border Force
5.00 Nothing to Declare Double bill
6.00 Nothing to Declare Double bill following the work of customs officers.
7.00 Air Ambulance ER Britain's emergency helicopter medical services.
8.00 Blue Bloods Danny is asked for a favour by a woman he met in jail.
9.00 9-1-1 A explosion occurs.
10.00 Law & Order: Special Victims Unit Fertilised embryos are stolen.
11.00 Law & Order: Special Victims Unit **12.00m**t Private Eyes **1.00** The Equalizer **2.00** Criminal Minds **3.00** CSI: Crime Scene Investigation **4.00** Road Wars **5.00-6.00am** Brit Cops: Rapid Response. Police officers on patrol.

Sky Comedy

SKY 114 • VIRGIN 123

8.00am Parks and Recreation **9.00** The Fresh Prince of Bel-Air **9.50** The Office (US) **10.40** The Comeback **2.00pm** Vice Principals **3.10** Modern Family **4.00** The Office (US) **5.00** Parks and Recreation **5.30** The Fresh Prince of Bel-Air. Sitcom, starring Will Smith.
6.00 The Fresh Prince of Bel-Air
6.30 Will & Grace Triple bill.
8.00 Parks and Recreation Double bill. April replaces Leslie at a public hearing about a new park; the department puts together a gala.
9.00 Last Week Tonight with John Oliver Comedian John Oliver hosts.
9.45 Saturday Night Live
11.00 Last Week Tonight with John Oliver **11.45** Yvonne Gifford: Momma I Love You **1.00am** The Rickie Gervais Show: Oregon Trail **2.00** Room 104 **4.30-5.00am** Everybody Hates Chris

Nat Geo

SKY 125 • VIRGIN 266

8.00am Lost Treasures of Egypt **9.00** Lost Cities with Albert Lin **10.00** Ancient X Files **11.00** Legends of Atlantis **12.00noon** Anne Frank: The Nazis Capture **1.00** World War I Apocalypse **2.00** Hitler's Secret Underground Factory **3.00** Air Crash Investigation **5.00** To Catch a Smuggler
6.00 Ice Road Rescue
7.00 Car S.O.S. Restoring vehicles.
8.00 Air Crash Investigation
9.00 Trafficked with Mariana Van Zeller Documentary series.
10.00 America's Hardest Prisons
11.00 Air Crash Investigation. Aviation catastrophes. **12.00m**t Alaska: The Next Generation **1.00** Ice Road Rescue: Highway Havoc **2.00** Lawless Island. Documentary. **3.00** Draining Chicago: What Lies Beneath
4.00-5.00am Drain the Oceans

Sky Atlantic

SKY 108

6.00am Urban Secrets **8.00** CSI: Crime Scene Investigation **9.00** The Newsroom **10.05** The Sopranos **12.25pm** Game of Thrones **1.30** Gomorrah **3.30** Ray Donovan **5.40** The Sopranos. Gritty crime drama.
6.45 The Sopranos Paulie is shaken up by a message from the underworld.
7.55 Game of Thrones The Sand Snakes mount an attack.
9.00 Billions Drama, starring Paul Giamatti and Damian Lewis.
10.05 The Night Of A New York college student embarks upon a spontaneous night out, but a nightmareish run of events leads to his arrest for murder. Riz Ahmed stars.
11.35 Gangs of London. Sean makes a discovery. **12.45am** In Treatment
2.00 The Gilded Age **3.05** Babylon Berlin **4.10-6.00am** Urban Secrets

Comedy Central

SKY 112 • VIRGIN 132

6.00am Teleshopping **8.00** Impractical Jokers: Inside Jokes **8.35** Impractical Jokers **9.30** Impractical Jokers: Inside Jokes **11.00** Younger **1.00pm** Friends
6.00 Friends Six episodes. Monica dates a millionaire; Chandler dates Rachel's boss; Ross makes a sacrifice for Rachel. Joey's plays jokes terrible reviews; Ross finds a growth on his buttocks; Guest starring Robin Williams.
9.00 Guessable? With Gyles Brandreth, Nick Helm and Katy Wix.
10.00 Impractical Jokers: Inside Jokes An instant classic challenge.
10.30 Impractical Jokers: British Invasion The guys head to London.
11.30 Impractical Jokers **12.00m**t Rhod Gilbert's Growing Pains **1.00** The Rickie Gervais Show **2.00** The Alternative Comedy Experience **3.00** South Park **4.15-5.00am** Friends

Discovery

SKY 125 • VIRGIN 250

6.00am Wheeler Dealers **7.00** Deadliest Catch **8.00** Alaska: Homestead Rescue **9.00** Alaska: The Last Frontier **10.00** Combat Dealers **11.00** Wheeler Dealers **12.00noon** Railroad Alaska
1.00 Gold Rush: White Water **3.00** Rise of the Machines **4.00** Building Off the Grid **5.00** Wheeler Dealers
6.00 Fast 'n' Loud Richard's plan to reveal the 'Krew Kul' Dually hits a snag.
7.00 Outback Truckers Bureaucracy threatens to derail Joey's mercenary mission.
8.00 Iron Resurrection Motoring show.
9.00 Wheeler Dealers Documentary.
10.00 Texas Metal Documentary.
11.00 Combat Dealers **12.00m**t Wheeler Dealers **1.00** Texas Metal **2.00** Moonshiners **3.00** Wheeler Dealers
4.00 Fast 'n' Loud **4.50** Wheeler Dealers: Dream Car **5.40-6.00am** How It's Made. Omnidirectional speakers.

MONDAY

7 MARCH

Discovery History

SKY 177 • VIRGIN 257

6.00am Wings of War **7.00** UFOs: The Lost Evidence **8.00** World War II: Witness to War **9.00** NASA's Unexplained Files **10.00** Mighty Ships **11.00** UFOs: The Lost Evidence **12.00noon** Combat Dealers **1.00** Expedition Unknown **2.00** Wings of War **3.00** Blowing Up History **4.00** Mysteries at the Museum **5.00** World War II: Witness to War **6.00** NASA's Unexplained Files **7.00** Expedition Unknown **8.00** Combat Dealers **9.00** UFOs: The Lost Evidence **10.00** NASA's Unexplained Files **11.00** Greatest Events of World War II **12.00m**t Combat Dealers **2.00** NASA's Unexplained Files **3.00** Greatest Events of World War II **4.00** Blowing Up History **5.00-6.00am** Mysteries at the Museum

Alibi

SKY 132 • VIRGIN 126

6.00am Teleshopping **7.00** Murdoch Mysteries **9.00** Unforgettable **10.00** Major Crimes **11.00** Rizzoli & Isles **12.00noon** Hudson & Rex **1.00** Father Brown **2.00** Murdoch Mysteries **4.00** Unforgettable **5.00** Major Crimes **6.00** Hudson & Rex **7.00** Rizzoli & Isles **8.00** Traces in Paradise **9.00** Clarice **10.00** Death **11.00** Rizzoli & Isles **12.00m**t Annika **1.00** **2.00** Murdoch Mysteries **4.00-6.00am** Teleshopping

Animal Planet

SKY 162 • VIRGIN 251

6.00am Teleshopping **8.00** The Zoo **9.00** Dr Dee: Alaska Vet **10.00** Amanda to the Rescue **11.00** Extinct or Alive **12.00noon** Save By the Barn **1.00** Saved **2.00** Pit Bulls & Parolees **3.00** The Zoo **4.00** Dogs 101: Species **5.00** Animal Planet **6.00** Edge of Alaska **7.00** Extinct or Alive **8.00** Alkyote Predator: Brave the Wild **9.00** Alaska: Homestead Rescue **10.00** Monsters Inside Me **11.00** Alaskan Bush People **12.00m**t Finding Bigfoot **1.00** Extinct or Alive **2.00** Pit Bulls & Parolees **3.00** The Zoo **4.00** Dogs 101: Species **5.00-6.00am** Teleshopping

TCM Movies

SKY 315 • VIRGIN 415

6.00am Hollywood's Best Film Directors **7.10** Off Set **7.25** Initiation of Life (1959/12) Drama, starring Lana Turner. *****10.00** The Brass Legend (1958/15) Western, starring Hugh O'Brian. *****11.45** The Young Guns (1986/PG) Western, starring Russ Tamblyn. *****1.30pm** Murder, She Said (1961/PG) Miss Marple mystery, starring Margaret Rutherford. *****3.20** The Fastest Gun Alive (1956/PG) Western, starring Glenn Ford. *****5.20** The Cat in the Hat (1971/15) Police thriller, starring Clint Eastwood. *****6.55** 12.50am The Barretts of Wimpole Street (1957/U) Drama, starring period drama, starring Jennifer Jones. *****8.30** Close Up **9.00-6.00am** Hollywood's Best Film Directors

BBC One	BBC Two	ITV	Channel 4
F VIEW 1 • SKY 101 • VIRGIN 101 • FSAT 101	F VIEW 2 • SKY 102 • VIRGIN 102 • FSAT 102	F VIEW 3 • SKY 103 • VIRGIN 103 • FSAT 103	F VIEW 4 • SKY 104 • VIRGIN 104 • FSAT 104
<p>6.00am Breakfast 9.15 Morning Live 10.00 Crimewatch Live 10.45 Caught Red Handed 11.15 Homes Under the Hammer 12.15pm Bargain Hunt (R)</p> <p>1.00 BBC News; Regional News</p> <p>1.45 Doctors Daniel and Zara try a new approach.</p> <p>2.15 Shakespeare & Hathaway – Private Investigators</p> <p>3.00 Escape to the Country A property in the Cotswolds.</p> <p>3.45 Garden Rescue Charlie Dimmock and Lee Burkhill work on a garden in Manchester. (R)</p> <p>4.30 Antiques Road Trip Arusha Irvine and David Harper search York and Durham. (R)</p> <p>5.15 Pointless Low-scoring quiz. (R)</p> <p>6.00 BBC News; Regional News</p> <p>7.00 The One Show Including full highlights from the Red Nose and Spoon Race.</p> <p>7.30 EastEnders Shirley is out for revenge on Gray and Kheerat tells his family he has to leave the Square for good.</p> <p>7.50 Holby City Regina is relying on Midge to betray the hospital, Jac needs to find a surgeon who will operate on her risky tumour, and Hansen discovers another of Billie's secrets.</p> <p>8.30 Clean It, Fix It In Bristol, the team helps a family struggling to house their bikes. (R)</p> <p>9.00 This Is Going to Hurt (5/7) Adam learns he is the subject of a complaint, which means he could lose his licence.</p> <p>9.50 Cheaters (13/18) Josh and Esther fast-forward their wedding plans, organising their joint stag and hen party.</p> <p>10.00 BBC News; Regional News</p> <p>10.35 Cheaters (14/15/18) Double bill. Josh bumps into Zack and finds out that his father has died – and that Fola, who has moved out, does not know; Esther and Josh enjoy their joint stag and hen party, until she discovers a secret that threatens her relationship.</p> <p>10.55 Starstruck Tom and Jessie are presented with job opportunities that put a strain on their new relationship. (R)</p> <p>11.20 Would I Lie to You? With Jo Brand, Sam Quek, Bobby Seagull and Joe Thomas. (R) 11.50 The Apprentice (R) 12.50am Weather for the Week Ahead 12.55-6.00am BBC News</p>	<p>6.30am Bargain Hunt (R) 7.15 Escape to the Country (R) 8.00 Antiques Roadshow (R) 9.00 BBC News 10.00 BBC News. The latest headlines. 12.15pm Politics Live</p> <p>1.00 The Super League Show (R)</p> <p>1.45 Eggheads Quiz show. (R)</p> <p>2.15 Put Your Money Where Your Mouth Is In Kent. (R)</p> <p>3.00 The Heights (R)</p> <p>3.30 Murder, Mystery and My Family A murder from 1933. (R)</p> <p>4.15 Sacred Wonders of Britain (R)</p> <p>5.16 Flot It From Althorp in Northamptonshire. (R)</p> <p>6.00 Richard Osman's House of Games With Jennie McAlpine.</p> <p>6.30 Marcus Wareing's Tales from a Kitchen Garden Marcus brings in apple trees to the orchard.</p> <p>7.00 Doctors Daniel and Zara try a new approach but Emma may have had enough. (R)</p> <p>7.30 Nigella's Cook, Eat, Repeat Nigella Lawson shares recipes for cheesecake ice-cream and a fish stew that can be made in advance, and makes a cherry flambe using frozen fruits and kirsch. (R)</p> <p>8.00 Great British Menu Chefs from the northeast and Yorkshire – Luke French, Liz Cottam, Mark Aislorpore and Bobby Geetha – compete, hoping to wow the judges with their starters and fish courses.</p> <p>9.00 Rock Till We Drop (2/4) The two bands come together to rehearse for the first time, but for Martin and Lady Leshurr, hearing them all play together proves to be a different experience than they expected.</p> <p>10.00 The Witchfinder (1/6) A witchfinder arrives in an East Anglian village in search of work. Desperate for the fame a trial could bring, all he finds is an uncouth woman. Comedy, starring Tim Key, Daisy May Cooper and Jessica Hynes.</p> <p>10.30 Newswight Analysis of the day's events, with Kirsty Warwick.</p> <p>11.15 FIMB Phantom Threat (2017/15) Paul Thomas Anderson's Oscar-winning drama, starring Daniel Day-Lewis in his final role before retirement, alongside Vicky Krieps. ★★★★ 1.20am Dragons (Den) (R) 2.20 Rise of the Nazis: Dictators at War (R) 3.20 Great Coastal Railway Journeys (R) 3.50-6.15am This is BBC Two</p>	<p>6.00am Good Morning Britain</p> <p>9.00 Lorraine Entertainment news.</p> <p>10.00 This Morning Celebrity chat and lifestyle features.</p> <p>12.30pm Loose Women Celebrity interviews and topical debate.</p> <p>1.30 ITV Lunchtime News; Weather</p> <p>1.55 Regional News; Weather</p> <p>2.00 Dickinson's Real Deal David Dickinson helps people in Manchester sort the treasures from their trash. (R)</p> <p>3.00 Lingo Three more pairs compete in the quiz. (R)</p> <p>4.00 Tipping Point Coin-drop quiz.</p> <p>5.00 The Chase Bradley Walsh presents as Abigail, Paval, Donna and Leanne take part.</p> <p>6.00 Regional News; Weather</p> <p>6.30 ITV Evening News; Weather</p> <p>7.30 Emmerdale More drama from the Yorkshire Dales as Mandy is left devastated, Charity discovers Chas' plan, and the police arrive.</p> <p>8.00 The Martin Lewis Money Show: Live In this hour-long Cost of Living special, Martin demonstrates how to steal a march on April price hikes, sharing his tips on how to save cash by reducing the cost of household bills. Plus, in this final show of the series, Martin's on hand to answer viewers' questions directly. Last in series.</p> <p>9.00 Our House (2/4) Fi is left reeling by Bram's involvement in the house sale. Meanwhile, in the past, Bram frantically covers up his part in the accident. Tuppence Middleton stars. Continues tomorrow.</p> <p>10.00 ITV News at Ten; Weather</p> <p>10.30 Regional News; Weather</p> <p>10.45 Billy Connolly: It's Been a Pleasure Celebration of the comedian's performances, made to mark his retirement from stand-up. Featuring interviews with Billy and his wife Pamela Stephenson at their home in the Florida Keys, and contributions from famous fans including Paul McCartney, Elton John and Dustin Hoffman. (R)</p> <p>12.00m't Home Shopping 3.00 Masterpiece with Alan Titchmarsh. Alan and Rachel Houston-Holland visit Avington Park in Hampshire. (R)</p> <p>3.50 Unwind with ITV 5.05-6.00am Tipping Point. Coin-drop quiz. (R)</p>	<p>6.00am Winter Paralympics Coverage of day four including of the para bathlon events.</p> <p>8.00 Winter Paralympics Breakfast 9.00 Fraser (R) 10.30 Ramsay's Kitchen Nightmares USA (R) 11.30 Coast to Coast (R) 12.30pm Steph's Packed Lunch</p> <p>2.10 Countdown Gameshow.</p> <p>3.00 A Place in the Sun (R)</p> <p>4.00 A New Life in the Sun: Where Are They Now?</p> <p>5.00 Four in a Bed At the Newhome Hotel in Blackpool.</p> <p>5.30 Come Dine with Me Nathan plays in road in Sheffield.</p> <p>6.00 The Simpsons Ned Flanders takes in lodgers. (R)</p> <p>6.30 Hollyoaks Verity bites back at Tony for his comments. (R)</p> <p>7.00 Channel 4 News Including sport and weather.</p> <p>7.30 Winter Paralympics: Today in Beijing Ade Adepitan is in Beijing to round up the action from a busy day four at the Winter Paralympics.</p> <p>8.00 George Clarke's Amazing Spaces Special edition following George Clarke and master craftsman Will Hardie as they create a handbuilt observatory in honour of George's stargazing late father.</p> <p>9.00 24 Hours in A&E This episode focuses on a day at St George's during the global pandemic. Colin, 79, is rushed to the hospital after collapsing in his garage. Doctors are concerned that he has suffered a stroke, but he has also recently been diagnosed with a brain tumour.</p>
<p>10.00 BBC News; Regional News</p> <p>10.35 Cheaters (14/15/18) Double bill. Josh bumps into Zack and finds out that his father has died – and that Fola, who has moved out, does not know; Esther and Josh enjoy their joint stag and hen party, until she discovers a secret that threatens her relationship.</p> <p>10.55 Starstruck Tom and Jessie are presented with job opportunities that put a strain on their new relationship. (R)</p> <p>11.20 Would I Lie to You? With Jo Brand, Sam Quek, Bobby Seagull and Joe Thomas. (R) 11.50 The Apprentice (R) 12.50am Weather for the Week Ahead 12.55-6.00am BBC News</p>	<p>10.00 The Witchfinder (1/6) A witchfinder arrives in an East Anglian village in search of work. Desperate for the fame a trial could bring, all he finds is an uncouth woman. Comedy, starring Tim Key, Daisy May Cooper and Jessica Hynes.</p> <p>10.30 Newswight Analysis of the day's events, with Kirsty Warwick.</p> <p>11.15 FIMB Phantom Threat (2017/15) Paul Thomas Anderson's Oscar-winning drama, starring Daniel Day-Lewis in his final role before retirement, alongside Vicky Krieps. ★★★★ 1.20am Dragons (Den) (R) 2.20 Rise of the Nazis: Dictators at War (R) 3.20 Great Coastal Railway Journeys (R) 3.50-6.15am This is BBC Two</p>	<p>10.00 ITV News at Ten; Weather</p> <p>10.30 Regional News; Weather</p> <p>10.45 Billy Connolly: It's Been a Pleasure Celebration of the comedian's performances, made to mark his retirement from stand-up. Featuring interviews with Billy and his wife Pamela Stephenson at their home in the Florida Keys, and contributions from famous fans including Paul McCartney, Elton John and Dustin Hoffman. (R)</p> <p>12.00m't Home Shopping 3.00 Masterpiece with Alan Titchmarsh. Alan and Rachel Houston-Holland visit Avington Park in Hampshire. (R)</p> <p>3.50 Unwind with ITV 5.05-6.00am Tipping Point. Coin-drop quiz. (R)</p>	<p>10.00 Gogglebox Double bill. (R)</p> <p>12.05am Davina McCall: Sex, Myths and the Menopause The presenter lifts the lid on the menopause, tackling the mid-life taboos that can destroy women's jobs and relationships, and exposing the lack of specialist education for GPs. (R)</p> <p>1.00 LIVE Winter Paralympics. Coverage of day five, featuring an action-packed schedule of para cross-country skiing. It kicks off with the qualifying rounds of the free spirit, where Stephen Thomas is among the GB hopefuls. 3.30-6.00am LIVE Winter Paralympics. The free spirit competition in para cross-country skiing reaches the later stages, with GB's Stephen Thomas and Callum Deboys hoping to make it to the final.</p>

Channel 5

FVIEW 5 • SKY 105 • VIRGIN 105 • FSAT 105

- 6.00am Milkshake!** 9.15 Jeremy Vine **12.15pm** Nightmare Tenants, Slum Landlords (R) **1.10** 5 News at Lunchtime
- 1.15 Home and Away** Tensions erupt at the hospital.
- 2.45 Neighbours** See 6.00pm.
- 1.15 My Killer Twin** (2021/PG) Premiere. Thriller, starring Emily Pigford and Ish Morris. **HH**
- 4.00 Filthy House SOS** Richard and Brennan are called out to a cluttered house in York. (R)
- 5.00 5 News at 5** Headlines.
- 6.00 Neighbours** Ned takes Harlow on a stakeout to see if he can spot Gareth. (R)
- 6.30 Eggheads** First 'N' Last from Pembrokeshire try their luck against the Eggheads.
- 7.00 Dream Kitchens & Bathrooms with Mark Millar** Mark Millar helps create a Victorian-style bathroom for £3,000 in Linsolnshire, and a big budget £40,000 farmhouse-elf kitchen in Staffordshire.
- 8.00 Dogs Behaving (Very) Badly** Graeme Hall meets a greasy Cockapoo called Bailey that is constantly embarrassing owner Iana. Elsewhere, Graeme meets a blind Labrador called Wispie that is struggling to cope with his companion Shadow. Last in series.
- 9.00 Ben Fogle: New Lives in the Wild** Ben Fogle travels to the deserts of Arizona, to meet Dee, a modern-day nomad travelling across the United States in a former military transport vehicle which she has turned into a mobile home. Last in series.
- 10.00 Jack the Ripper: The Missing Evidence** Documentary examining Christen Holmgren's theory as to the identity of the serial killer who murdered a number of women on the streets of Whitechapel in 1888. (R)
- 11.00 FILM John Wick: Chapter 2** (2017/15) When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. Action sequel, starring Keanu Reeves. **★ ★ ★ 1.20am** UK Live Casino Show **3.20** Entertainment News **3.30** Celebrity 5 Go Fishing (R) **4.20** Get Your Tatts Out: Kavos Ink (R) **5.05** Wildlife SOS (R) **5.35** Peppa Pig (R) **5.40** Paw Patrol (R) **5.50-6.00pm** Pip and Posy (R)



Great British Menu

8pm, BBC Two

What do Monty Python, *Brideshead Revisited* and *Heartbeat* have in common? Yes, that's right – absolutely nothing. Except they've all inspired dishes on tonight's broadcasting-themed menu, cooked this time by chefs from the North East and Yorkshire. We're still dying for someone to pick *Cant Cook, Won't Cook*.

ITV2

FVIEW 6 • SKY 118 • VIRGIN 115 • FSAT 113

- 6.00am** Dress to Impress **7.00** The Ellen DeGeneres Show **8.00** You've Been Framed **9.00** Secret Crush **10.00** Dress to Impress **11.00** Love Bites **12.00am** Supermarket Sweep **1.00** Tipping Point: Lucky Stars **2.00** Rolling in It **3.00** The Ellen DeGeneres Show **4.00** The Masked Singer US **5.00** You've Been Framed! **6.00** Celebrity Catchphrase **7.00** Superstore Double bill. **8.00** Bob's Burgers Double bill. The family spends the weekend with Mort; Bob briefly becomes a local hero. **9.00** Family Guy Double bill. **10.00** Plebs Double bill. **11.00** Family Guy, Animated comedy. **11.30am** American Dad! **12.25am** Bob's Burgers **1.25** Superstore. Comedy. **2.15** Hey Tracery **3.10** Unwind with ITV **3.30-6.00am** Teleshopping

BBC Three

FVIEW 23 • SKY 117 • VIRGIN 107

- 7.00pm** MasterChef Australia **Ngella Lawson** presents a pressure test. **7.55** The Catch Up The day's news. **8.00** Meet the Khans: Big in Bolton Double bill. Following boxer Amir Khan and his wife Faryal; Faryal seeks therapy to address their issues. **8.55** Corey Baker's Dance Race The artist's firms featuring dance in striking and unexpected locations. **9.00** RuPaul's Drag Race: UK Versus the World The queens take on a Lip Sync Smackdown in the final. **10.00** Mood Sasha is forced to sofa-surf at her drug dealer Saleem's flat. **10.45** Nail Bar Boys The day of Astro's boxing match arrives. **11.15** Corey Baker's Dance Race **12.10** Flanagan **12.15am** Meet the Khans: Big in Bolton **1.15** As 9pm **2.15** Mood. Drama. **3.00-3.55am** Flanagan

ITV3

FVIEW 10 • SKY 119 • VIRGIN 117 • FSAT 115

- 6.00am** Classic Coronation Street **7.00** Classic Emmerdale **8.05** George and Mildred **9.40** The Royal **11.50** Heartbeat **2.00pm** Classic Emmerdale **3.00** Classic Coronation Street **4.05** Midsomer Murders double bill. **6.00** Heartbeat Double bill. An insurance salesman is murdered; a stolen load of condemned meat causes a health hazard in Aldersfield. **8.05** Midsomer Murders When director Nick Cheyney is found beheaded by a guillotine on the set of his latest film, Barnaby and Jones are left with no shortage of suspects. **10.05** Law & Order: UK Brooks and Devlin investigate the death of middle-class teenager Debbie Powell. **11.05** Flesh and Blood. Drama. **12.05am** The Royal **2.05** Unwind with ITV **3.00-6.00am** Teleshopping

BBC Four

FVIEW 9 • SKY 116 • VIRGIN 107 • FSAT 107

- 7.00pm** The Lakes with Paul Rose The explorer heads to Derwentwater. **7.30** Fred Dibnah's World of Steam, Steel and Stone The history of the steamjack's favourite sites. **8.00** Keeping Up Appearances **8.30** Yes, Prime Minister **9.00** Mothers, Missiles and the American President Three Welsh sisters who took action over the threat of nuclear war in the 1980s. **10.00** Girl Friday Joanne Lumley Murray on a desert island. **10.55** Women, Sex and Society: A Timewatch Guide Documentary. **12.00m** A Garden in Snowdonia. Last in series. **12.30** The Lakes with Paul Rose **1.00** Fred Dibnah's World of Steam, Steel and Stone **1.30** Mothers, Missiles and the American President **2.30-3.25am** Girl Friday

TUESDAY

8 MARCH

Scotland & Wales

BBC Scotland

12.00noon This Is BBC Scotland **7.00pm** Born to Be Wild. Kaniz and Gabry struggle with a pair of feisty garnets. **8.00** This Farming Life. Emma and Ewan head to Kelsa Ram Sales in search of three new tups. **9.00** The Nine **10.00** Real Kashmir FC. Documentary following Dave Robertson as he manages Real Kashmir FC. **11.00pm-12.00m** Darren McGarvey's Class Wars

BBC One Scotland

As BBC One except: **6.30pm** Reporting Scotland **7.00** River City. Lenny makes a deal with an old enemy. **8.00** EastEnders. Shirley is out for Sverige on Gray. **8.20-9.00** Hobby City. Regina is relying on Madge to betray the hospital. **11.20** The Edit **11.35** Would I Lie to You? **12.05am** The Apprentice **1.05** Weather for the Week Ahead **1.10-6.00am** BBC News

BBC Two Wales

As BBC One except: **3.00pm** Escape to the Country **4.00-4.30** X-Ray **6.30-7.00pm** BBC Wales Today **BBC Two Wales** As BBC Two except: **1.45-2.15pm** First Minister's Questions **2.35** Eggheads. Quiz show. **3.05** The Herts. **3.55** The Mystery and My Family **4.20** Sacred Wonders of Britain **5.20-6.00pm** Flog It!

STV

As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **10.30** STV News **10.40** Scotland Tonight **11.05pm-12.00m** Britain's Tiger Kings – On the Trail with Ross Kemp **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **1.55-2.00pm** ITV News Cymru; Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales

S4C

6.00am Cwyl **12.00noon** Newyddion S4C ar y Twydd **12.05** 04 Wail Gwestai'r Byd **12.30** Aeron **1.10** Wail Gwestai'r Byd **1.30** Ffleming **1.50** Newyddion S4C ar y Twydd **2.05** Prynhawn Di **3.00** Newyddion S4C ar y Twydd **3.05** Merched yr Awr **4.00** Awr Fawr: Canu Canu **4.05** Bing **4.15** Awyr Iach **4.30** Blero yn Mynd i Ocio **4.45** Gwldwr **5.00** Stewth: Barnard **5.05** Mwy o Swth Sackem **5.30** Hys Harsel **5.55** Ffeti **6.00** Cychwyn North **6.30** Cymry ar Gynfas **6.55** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C ar y Twydd **8.00** Pobol y Cwm. Rhys and Lois make up for lost time. **8.25** Rownd y Cwmpwr. Pleg and Kern are in good spirits despite the crash. **8.55** Newyddion S4C ar y Twydd **9.00** Cymfelin. The wonders of Hollywood in the north east. **10.00** Unod Marwol. The tension between Vincent and Alice drives Camille to despair. In series. **11.00** **11.35pm** Y Ddettec. The case of a dead body found in a South Wales garden.

ITV4

FVIEW 26 • SKY 120 • VIRGIN 116 • FSAT 117

6.00am Cadfael **7.20** Dempsey and Makepeace **8.15** The Professionals **9.15** Minder **10.25** The Champions **11.30** River Monsters **12.00noon** Cadfael **1.40** Dempsey and Makepeace **3.45** The Professionals **4.50** Minder **5.55** Made in Britain: Older production **7.00 Cycling: Paris-Nice Highlights** The best action from stage three **8.00 River Monsters** Jeremy Wade responds to reports from the Florida Keys that a creature is attacking people **9.00 [FIM] The Bourne Identity** (2002/12) An amnesiac man pulled from the sea is targeted by assassins. Thriller, starring Matt Damon. **★★★★** **11.25** All Elite Wrestling: Rampage **12.25am** Auto Mundial **12.55** Motorsport Mundial **1.25** The Professionals **2.25** The Protectors **3.25-3.00am** Unwind with ITV

E4

FVIEW 13 • SKY 135 • VIRGIN 106 • FSAT 122

6.00am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** Married at First Sight Australia **10.30** The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory **3.00** Young Sheldon **4.00** Brooklyn Nine-Nine **5.00** The Big Bang Theory: four episodes **7.00** Hollyoaks Chester-based soap **7.30** Married at First Sight Australia Intimacy Week is back, with sexologist Alessandra Rampolla at the helm **9.00** The Real Dirty Dancing The celebrities take on the infamous film **10.00** Naked Attraction Double bill **12.10am** First Dates **1.15** Married at First Sight Australia. Intimacy Week is returns **2.45** The Real Dirty Dancing **3.00** Below Deck: Mediterranean **4.30** Ramsay's Kitchen Nightmares USA **5.20-6.00am** Mike & Molly

5STAR

FVIEW 32 • SKY 128 • VIRGIN 151 • FSAT 131

8.00am Entertainment News on 5 **8.10** Shoplifters & Scammers: At War with the Law **9.00** Filthy House SOS **10.00** Judge Judy **12.00noon** Traffic Cops **2.00** Police Interceptors **5.00** Shoplifters & Scammers: At War with the Law **6.00** Home and Away Double bill **7.00** Caught on Camera: Funniest Moments Videos of people having very bad days and painful accidents **8.00** Kate: Our Queen in Waiting A profile of the Duchess of Cambridge **9.00 [FIM] Fifty Shades Freed** (2018/18) Romantic thriller, with Dakota Johnson and Jamie Dornan. **★★★★** **11.05** Embarrassing Sex Story of the Year **12.35am [FIM] The City of Evidence** (1992/18) Thriller, starring Madonna and Willem Dafoe. **★★★** **2.45** Casualty 24/7: Every Second Counts **3.35** Judge Judy **4.00-6.00am** Teleshopping

ITVBe

FVIEW 28 • SKY 131 • VIRGIN 119 • FSAT 118

7.00am The Real Housewives of Cheshire **8.00** Buying and Selling **9.00** Eddie Eats America **11.00** Travel Man **12.30** The Real Housewives of Atlanta **1.25** The Real Housewives of Cheshire **2.25** The Only Way Is Essex **3.10** Little Women: LA **4.05** The Real Housewives of Beverly Hills **5.00** The Real Housewives of Orange County **6.00** Masters of Flip Kortney and Dave flip a pink cottage-type house **7.00** Buying and Selling A couple hoping to move to a child-friendly home **8.00** Dinner Date Joe from Brighton **9.00** Botched Terry Dubrow helps a recluse break out with new breasts **10.00** For Real: The Story of Reality TV Andy Cohen delves into the history of unscripted television **11.00** Bridget Jones's **11.55** The Only Way Is Essex **12.40-1.00am** Unwind with ITV

More4

FVIEW 18 • SKY 136 • VIRGIN 147 • FSAT 124

8.55am A Place in the Sun **10.35** Find It, Fix It, Flop It **12.35pm** Her Hunters **1.35** Four in a Bed **4.15** The Hotel Fixers **4.50** Find It, Fix It, Flop It **6.55** Escape to the Chateau: DIY Dick Strawbridge helps new owners who have discovered a wrecked camp **7.55** Great British Design Revisited Thomas and Dervla O'Hare in Belfast **9.00** Car S.O.S. Tim and Fuzz head to Leicester to pick up a Mk3 Ford Cortina **10.00** Emergency Helicopter Medics A bonfire leaves a man with serious burns, and medics struggle to reach a horse rider who has fallen in the forest and broken her neck **11.05** 24 Hours in A&E **12.10am** 8 Out of 10 Cats Does Countdown **1.00** Car S.O.S. **2.10-2.24** Hours in A&E **3.15** Winter Paralympics: Today in Beijing **3.45-3.50am** Escape to the Chateau

5USA

FVIEW 21 • SKY 141 • VIRGIN 153 • FSAT 129

9.00am NCIS **10.55** Entertainment News on 5 **11.00** NCIS **12.00noon** Law & Order **2.55** Entertainment News on 5 **3.00** Law & Order: triple bill **6.00** NCIS Triple bill. The team investigates the death of a marine off the coast of Tanzania; a prank-loving marine is found dead on Halloween; the bodies of two dishonourably discharged officers are found on board a boat **9.00** Law & Order: Criminal Intent Double bill. A church employee is killed in a fire; Logan and Berek investigate a troubled teenager after his parents are found murdered. The detectives are convinced the youngest is innocent despite his confessing to the crime **11.00** Law & Order: Special Victims Unit **2.50am** Law & Order: Criminal Intent **3.35** Criminals: Caught on Camera **4.00-6.00am** Teleshopping

Dave

FVIEW 19 • SKY 111 • VIRGIN 121 • FSAT 157

7.10am Sin City **10.00** Ultimate Movers **9.00** Storage Hunters UK **10.00** Eddie Eats America **11.00** Travel Man **12.00noon** Red Bull Soapbox Race **1.00** Fast Justice **2.00** Travel Man **3.00** Rick Stein's Road to Mexico **4.00** Red Bull Soapbox Race **5.00** Rick Stein's Road to Mexico **6.00** Taskmaster **7.00** Richard Osman's House of Games With Jasmala and Paul Martin **7.40** Room 101 With Des O'Connor, Adrian Chiles and Jameela Jamil **9.00** Would I Lie to You? Panel show **9.00** QI XL Sandi Toksvig hosts **10.00** Mel Giedroyc: Unforgivable With Alan Davies and Ria Lina **11.00** Meet the Richardson **11.40** QI **12.00am** Hypothetical **1.00** QI **1.40** Would I Lie to You? **2.15** Mel Giedroyc: Unforgivable **3.15** Famalam **4.00-4.00am** The Indestructibles

Film4

FVIEW 14 • SKY 313 • VIRGIN 428 • FSAT 300

11.00am Two Thousand Women (1944/40) Second World War comedy, with Phyllis Caley. **★★★** **1.00pm** Samson and Delilah (1949/49) Biblical drama, starring Victor Mature and Hedy Lamarr. **★★★** **3.35** The Duel at Silver Creek (1952/52) Western, starring Audie Murphy. **★★★** **5.10** Captain Scarlett (1953/53) Swashbuckling adventure, starring Richard Greene. **★★★** **6.40** Little Women (1994/40) Period drama, starring Winona Ryder. **★★★** **9.00** Can You Ever Forgive Me? (2018/15) Premiere. While suffering financial troubles, writer Lee Israel finds a new way to make ends meet. Comedy, with Melissa McCarthy. **★★★** **11.10** Punisher: War Zone (2008/18) Thriller, with Ray Stevenson. **★★★** **11.15-1.00am** Wuthering Heights (2011/15) Drama, starring James Howson. **★★★**

5Action

FVIEW 33 • SKY 150 • VIRGIN 187 • FSAT 132

9.00am Entertainment News on 5 **9.15** Traffic Cops **11.15** Sinkholes: Sucked Under **12.10pm [FIM] When The Daltons Rode** (1940/PG) **★★★** **2.00 [FIM] The Great Northfield Minnesota Raid** (1972/PG) Western adventure. **★★★** **4.00** Sinkholes: Buried Underground **5.00** Traffic Cops **6.00** Traffic Cops A serious accident **7.00** Police Interceptors Double bill **9.00** Motorway Cops: Catching Britain's Speeders PC Amy Hollis is on the hunt for a drunk driver in Chester **10.00** Police: Hour of Duty **11.00** Fights, Camera, Action! **12.00mT** The Real Narcos UK: London's bloodiest **1.00** Criminals: Caught on Camera **3.00** Seconds from Death: Caught on Camera **3.30** Car Crash TV **4.35** Criminals: Caught on Camera **5.00-6.00am** Teleshopping

Drama

FVIEW 20 • SKY 143 • VIRGIN 130 • FSAT 158

6.00am Teleshopping **7.10** Last of the Summer Wine **7.40** Where the Heart Is **8.30** The Bill **9.35** Classic Holly City **10.55** Classic Casanova **12.00am** The Bill **1.00** Classic EastEnders **2.20** A Place to Call Home **4.20** Peak Practice **5.20** Last of the Summer Wine **6.00** Are You Being Served? Captain Peacock has suspicions about his wife **6.40** Last of the Summer Wine Double bill. Foggy shows off his orienteering skills; the pensioners encounter a prophet of doom **6.50** Dalziel & Pascoe Mystery surrounds the death of a stranger **10.00** New Tricks A missing police informant resurfaces after 17 years with details about a recent robbery **11.20** Silent Witness **1.25am** Kavanagh QC **2.45** Monarch of the Glen **4.00-6.00am** Teleshopping

Talking Pictures TV

FVIEW 82 • SKY 328 • VIRGIN 445 • FSAT 306

6.00am Fighting Cock Guard (1951/40) **★★★** **7.45** A Question of Suspense (1961/PG) **★★★** **9.00** Stagecoach West **10.00** Shadows on the Stairs (1941/PG) **★★★** **11.15** Look at Life **11.25** Uneasy Stars (1948/PG) **★★★** **1.15pm** The Way We Live **2.30** The Night We Got the Bird (1961/PG) **★★★** **4.05** Botany Bay (1952/PG) **★★★** **6.00** Dial 999 **6.30** Workers' Weekend **6.50** Devil's Bait (1959/40) Drama, starring Geoffrey Keen. **★★★** **9.05** Van der Valk Crime drama series **10.05** Public Eye British drama series **11.05** The Champions **12.00mT** The Outer Limits **1.05** Frankenstein and the Monster from Hell (1973/15) **★★★** **3.05** Quickstart (1950/40) **★★★** **4.45** Open Step Beyond **5.25** Streaked Lightning **5.30-6.00am** Sherlock Holmes

Yesterday

FVIEW 27 • SKY 155 • VIRGIN 125 • FSAT 159

6.00am Antiques Roadshow **8.00** Murder Maps **9.00** As 2pm **11.00** Full Circle with Michael Palin **12.00noon** Great British Railway Journeys **2.00** Abandoned Engineering **4.00** Adolf Hitler (1985/40) **★★★** **4.45** Open Step Beyond **5.25** Streaked Lightning **5.30-6.00am** Sherlock Holmes **6.00** Himalaya with Michael Palin The traveller embarks on a journey from the Khyber Pass to the Bay of Bengal **8.00** Secrets of the Transport Museum Double bill. A father and son team battle to get their vintage buses ready for a show; Brooklands' Concorde 'Delta Golf' has a makeover **10.00** Bangers and Cash A series of head-turning supercharged cars head to the Matthewson's auction room **11.00** Bangers and Cash **12.00mT** Abandoned Engineering **1.00** Antiques Roadshow **3.00-6.00am** Teleshopping

Sky Max

SKY 113 • VIRGIN 121

6.00am Stargate SG-1 **8.00** Supergirl
9.00 DC's Legends of Tomorrow **10.00**
The Flash **11.00** NCIS: New Orleans
1.00pm Hawaii Five-0 **2.00** S.W.A.T.
3.00 DC's Legends of Tomorrow
4.00 Supergirl **5.00** The Flash
6.00 Stargate SG-1 Double bill. Earth's
diplomatic relations suffer a blow; the
team are furious in an ideological war.
**8.00 Fast & Furious' Greatest
Moments** Highlights from the franchise.
9.00 Strike Back: Shadow Warfare
The team pulls out the big guns when
Martinez becomes infected.
10.00 SEAL Team Bravo reacts against
the clock to prevent a terrorist attack.
11.00 Resident Alien. Sci-fi comedy
drama. **12.00m** Frayed **1.00** The
Blacklist **2.00** NCIS: New Orleans **3.00**
Hawaii Five-0 **4.00** S.W.A.T. **5.00-
6.00am** Top Search, Seize

Sky Arts

FVIEW 11 • SKY 130 • VIRGIN 140 • FSAT 147

6.00am Arts Uncovered: Candoco
Dance Company **6.10** Kurt Well: Street
Scene **9.00** Tales of the Unexpected
10.00 Discovering **12.00noon** World
War II & Cinema **1.00** Tales of the
Unexpected **2.00** Discovering **3.00**
You're About to Die **4.00** Buster Keaton:
The Genius Crushed by Hollywood
5.00 Tales of the Unexpected
6.00 Discovering: Jodie Foster
7.00 The Big Design Challenge
8.00 The Conductor Martin Alsop.
10.00 Frida Kahlo Searching for the
truth behind the Mexican's art.
11.00 FILM Janine Jansen: Falling
for Stravinsky (2021/U) ★★ **12.00m** What
Was Virginia Woolf Afraid Of? **1.00** Toni
Morrison: The Pieces I Am **3.15** Neil
Gaiman: Off Camera **4.30** Inside Art:
Lubaina Himid at Tate Modern
5.00-6.00am The Art of Architecture

GOLD

SKY 110 • VIRGIN 124

6.00am Last Shopping **7.25** Chef **8.00**
dinnerladies **8.35** Hi-de-Hi! **9.20** Last of
the Summer Wine **10.40** The Green
Green Grass **11.25** Dad's Army
12.50pm Chef **1.25** Hi-de-Hi! **2.05**
Desmond's **2.40** The Green Green
Grass **3.40** Fawcety Towers **4.00** Last of
the Summer Wine **5.20** Open All Hours
6.00 Desmond's Classic comedy.
6.35 Hi-de-Hi! The staff try to stop Ted
celebrating his birthday every fortnight.
7.20 The Green Green Grass Marlene
plans to renew her marriage vows.
8.00 Dad's Army Double bill.
9.25 Fawcety Towers Classic comedy.
**10.00 French & Saunders: Funny
Women** Females in comedy.
12.00m French and Saunders **1.20**
Chef **2.00** The Rebel **3.20** French and
Saunders **4.00-6.00am** Teleshopping

Sky Witness

SKY 107 • VIRGIN 111

6.00am Nothing to Declare **8.00** Border
Patrol **9.00** Stop, Search, Seize **10.00**
UK Border Force **11.00** Law & Order
12.00noon Bull **1.00** Blue Bloods **3.00**
Private Eyes **4.00** UK Border Force
5.00 Nothing to Declare
6.00 Nothing to Declare Double bill.
7.00 Air Ambulance ERA Mother and
daughter are involved in a crash.
8.00 Blue Bloods Officers taking part
in a case of entrapment are filmed.
9.00 The Equalizer District Attorney
Grafton hires McCall to find a sniper.
10.00 Criminal Minds A real enemy
of the BAU has a very specific request.
11.00 Law & Order: Special Victims Unit
12.00m Private Eyes. Comedy. **1.00**
Bull. Crime drama. **2.00** Transplant
3.00 CSI: Crime Scene Investigation
4.00 Road Wars **5.00-6.00am**
Brit Cops: Rapid Response

Sky Comedy

SKY 114 • VIRGIN 123

6.00am Teleshopping **8.00** Parks and
Recreation **9.00** The Fresh Prince of
Bel-Air **10.00** Will & Grace **11.30** The
Office (US) **12.30pm** Vice Principals
3.00 Modern Family **4.00** The Office
(US) **5.00** Parks and Recreation
5.30 The Fresh Prince of Bel-Air
6.30 Will & Grace Triple bill.
8.00 Parks and Recreation Sitcom.
9.00 Somebody Somewhere
Comedy, starring Bridget Everett.
9.35 The Righteous Gemstones The
Gemstones celebrate Zion's Landing.
10.15 Pen15 Comedy double bill.
11.30 The Tonight Show Starring Jimmy
Fallon **12.25am** The Late Show with
James Corden **1.15** Sick of It **2.15**
A Black Lady Sketch Show **3.30** Mike
and Molly Presents: The Tour
Bus **4.30** Everybody Hates Chris
5.00-6.00am Teleshopping

Nat Geo

SKY 125 • VIRGIN 266

8.00am Last Treasures of Egypt
9.00 Lost Cities with Albert Lin **10.00**
Ancient X Files **11.00** Sunken Treasures
Revealed: Drain the Ocean **12.00noon**
Japan's Lost Battleship **1.00**
Apocalypse: The Rise of Hitler **2.00**
Nazi Megastructures **3.00** Air Crash
Investigation **5.00** To Catch a Smuggler
6.00 Ice Road Rescue Ole Henrik
must make a life-threatening decision.
7.00 Car S.O.S. Tim and Fazel travel to
Yorkshire to pick up a Car SOS first.
8.00 Lost Tomb of Genghis Khan A
search for the Mongol leader's burial site.
9.00 Uncovering Herod's Lost Tomb
10.00 China's Mystery Mummies
11.00 Air Crash Investigation **12.00m**
Alaska: The Next Generation **1.00**
Ice Road Rescue: Highway Havoc!
2.00 Lawless Island **3.00-5.00am**
Drain the Oceans: double bill

Sky Atlantic

SKY 108

6.00am Fish Town **8.00** CSI: Crime
Scene Investigation **9.00** The Newsroom
10.05 The Sopranos **12.25pm** Game of
Thrones **1.30** Gomorrah **3.30** Ray
Donovan **5.40** The Sopranos
6.45 The Sopranos Tony is advised to
spend time with one of his businesses.
7.55 Game of Thrones Jon prepares
for conflict. Sansa tries to talk to Theon,
and Brienne waits for a sign.
9.00 The Gilded Age Edison's
illuminating electricity demonstration
sparks conversation. Carrie Coon stars.
10.05 Raised by Wolves As the
Mithraic cult in on the settlement,
Mother finds herself distracted by
intense feelings she didn't know
she was capable of having.
11.10 Big Love: double bill **1.20am** Get
Shorty: double bill **3.30** In Treatment
4.00-6.00am Fish Town

Comedy Central

SKY 112 • VIRGIN 132

6.00am Teleshopping **8.00** Impractical
Jokers: Inside Jokes **9.00** Impractical
Jokers **9.30** Impractical Jokers: Inside
Jokes **10.00** Impractical Jokers
11.00 Younger **1.00pm** Friends
6.00 Friends XS episodes. Chandler
gets to know Joey's girlfriend; Chandler
tries to prevent Joey from discovering
the truth; Chandler makes up for kissing
Kathy; Rachel is offered a promotion;
Ross starts a relationship; Phoebe's
half-brother makes an announcement.
9.00 FILM American Pie: The
Wedding (2003/15) Comedy sequel,
starring Jason Biggs. ★★ ★★
10.55 Frank Skinner: Man in a Suit
11.55 Rhod Gilbert's Growing Pains
12.55am The Ricky Gervais Show **1.55**
The Alternative Comedy Experience
2.55 South Park **3.40** The Daily Show
4.15-5.00am Friends: double bill

Discovery

SKY 125 • VIRGIN 250

6.00am Wheeler Dealers **7.00** Deadliest
Catch **8.00** Alaska: Homestead Rescue
9.00 Alaska: The Last Frontier **10.00**
Combat Dealers **11.00** Wheeler Dealers
12.00 The Railroad Alaska **1.00** Gold
Rush: White Water **3.00** Rise of the
Machines **4.00** Building Off the Grid
5.00 Wheeler Dealers **6.00** Fast 'n' Loud
7.00 Outback Truckers Steve and Sy
battle to reach a remote community.
8.00 Iron Resurrection Joe stumbles
across a rare 1964 Ford Galaxie.
9.00 Gold Rush Fred's new alliance
is tested when their cut is flooded.
10.00 Gold Rush: White Water
11.00 Combat Dealers A rare 1942
Lud. **12.00m** Gold Rush **1.00** Gold
Rush: White Water **2.00** Monocliners
3.00 Gold Rush **4.00** Fast 'n' Loud
4.50 Wheeler Dealers: Dream Car
5.40-6.00am How It's Made

WEDSDAY

8 MARCH

Discovery History

SKY 177 • VIRGIN 257

6.00am Wings of War **7.00** UFOs: The
Lost Evidence **8.00** World War II: Witness
to War **9.00** NASA's Unexplained Files
10.00 Mighty Ships **11.00** UFOs: The
Lost Evidence **12.00noon** Combat
Dealers **1.00** Evidence Unknown **2.00**
Wings of War **3.00** Blowing Up History
4.00 Mysteries at the Museum **5.00**
World War II: Witness to War **6.00**
NASA's Unexplained Files **7.00** Expedition
Unknown **8.00** UFOs: Dealers **9.00**
UFOs: The Lost Evidence **10.00** NASA's
Unexplained Files **11.00** Greatest Events
of World War II **12.00m** Combat Dealers
2.00 NASA's Unexplained Files **3.00**
Greatest Events of World War II **4.00**
Blowing Up History **5.00-6.00am**
Mysteries at the Museum

Alibi

SKY 132 • VIRGIN 126

7.10am Murdoch Mysteries **9.00**
Unforgettable **10.00** Major Crimes
11.00 Rizzoli & Isles **12.00noon** Hudson
& Rex **1.00** Father Brown **2.00** Murdoch
Mysteries **4.00** Unforgettable **5.00** Major
Crimes **6.00** Hudson & Rex **7.00** Rizzoli &
Isles **8.00** Father Brown **9.00** Traces.
Two suspects derail the investigation.
10.00 Smother **11.00** Rizzoli & Isles
12.05am Armika **1.10** Evil **2.10** Murdoch
Mysteries **4.00** Murdoch's Telegraphing

Animal Planet

SKY 162 • VIRGIN 251

6.00am The Zoo **7.00** The Zoo **9.00**
Dr Dee: Alaska Vet **10.00** Amanda to the
Rescue **11.00** Extinct or Alive **12.00noon**
Restoration Wild **1.00** Born Mucky: Life
on the Farm **2.00** Pit Bulls & Parolees
3.00 The Zoo **4.00** Dogs **101**: Specials
5.00 Animal Precinct **6.00** Alaska
Monsters **7.00** Extinct or Alive **8.00** The
Crocodile Hunter: Beate and Steve Irwin **9.00**
Predators Up Close with Joel Lavin **9.00**
Monsters Inside Me **11.00** Alaskan
Bush People **12.00m** In Search of
Monsters **1.00** Extinct or Alive **2.00** Pit
Bulls & Parolees **3.00** The Zoo **4.00** Dogs
101: Specials **5.00-6.00am** Teleshopping

TCM Movies

SKY 315 • VIRGIN 415

6.00am Hollywood's Best Film Directors
7.45 Off Set **7.55** Meet Me in St Louis
(1944/U) Musical, starring Judy Garland.
★★★ **10.15** The Alamo: Starline War Smoke
(1952/U) ★★ **11.45** The Battle of the
Sevens (1960/P) ★★ **1.30pm** Murder
at the Galaxy (1983/U) ★★ **3.15** High
Society (1956/U) Musical romantic
comedy, with Bing Crosby and Grace Kelly.
★★★ **5.30** Good Day for a Hanging
(1950/U) Western, with Fred MacMurray.
★★★ **7.20** The Walking Hills (1949/P)G.
Western, starring Randolph Scott. ★★ ★★
9.00 Above the Law (1988/18) Martial arts
thriller, starring Steven Seagal. ★★ **11.10**
Last Man Standing (1991/18) Period
action adventure, starring Bruce Willis. ★★
1.15am Barry Lyndon (1975/P)G Period
drama, starring Ryan O'Neal and Marisa
Berenson. ★★ ★★ **3.00** TCM Shorts:
Michael Caine Off Set **5.00-6.00am**
Hollywood's Best Film Directors

Granddaughter, You Are My Shining Star

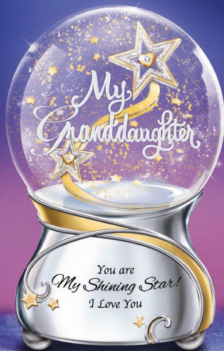
Illuminated Musical Glitter Globe



Genuine Swarovski®
crystals adorn the
golden hearts

Illuminated musical
globe sparkles with
star-shaped glitter

A loving message and
golden stars accent
the silver base



Plays the melody
of: 'You Are
So Beautiful'

Shown slightly smaller than
actual size of approx. 5.75
inches (14.6 cm) in height.

PAY NOTHING NOW

ORDER FORM

Please Respond Promptly

To: The Bradford Exchange, PO Box 653, Stoke-on-Trent ST4 4RA

YES! Please order ____ (Qty) of the 'MY GRANDDAUGHTER,
YOU ARE MY SHINING STAR' ILLUMINATED MUSICAL
GLITTER GLOBE for me as advertised in this advertisement.

Complete today or Call 0333 003 0019

Name (Mr/Mrs/Miss/Ms) _____ (PLEASE PRINT)

Address _____

Postcode _____ Telephone _____

Mobile _____

Email Address _____



Applicants must be aged 18 or over. Please note,
we may contact you via mail, email and mobile with
information about your reservation. For details of our
privacy policy, please go to www.bradford.co.uk/privacypolicy or contact us at the above address or
phone number.

01-30539-001

Order Ref:414592



Lighted view

For a granddaughter who outshines the stars

Your granddaughter makes your world a brighter place, and she shines in your eyes like a heavenly star. Now a new illuminated glitter globe expresses your love for her with pavé jewel-design shooting stars, two Swarovski® crystal golden hearts, a loving message, and: 'My Granddaughter' in elegant silver script. A graceful golden swirl on the silver base continues inside the globe, where golden hearts and metallic glitter swirl magically when you gently shake it. Just switch it on to see the globe light up. It plays: 'You Are So Beautiful' and includes a poem card.

Don't miss out – order yours today!

Accompanied by a Certificate of Authenticity and our famous 365-day money-back guarantee, this illuminated granddaughter gift is available for just 2 interest-free instalments of £39.99 – that's only £79.98 (plus £7.99 S&S)*. Pay nothing now – simply complete and return your Priority Order Form today.

© The Bradford Exchange. * S&S - Shipping & Service. Offer applies to UK only. Our guarantee is in addition to the rights provided to you by consumer protection regulations. 01-30539-001

FASTEST WAY TO ORDER

www.bradford.co.uk/granddaughterstarglobe

or call our 24hr hotline on **0333 003 0019**
and quote reference code **414592**

EXTENDED CASCADING BEGONIA SALE



TOP-QUALITY
5CM+ EXHIBITION
SIZED TUBERS



18 GIANT CASCADING BEGONIA COLLECTION ONLY £19.94



BUY 18 AND
SAVE
£25

A SHOW-STOPPING
COLLECTION, PERFECT FOR
BRIGHTENING UP YOUR
SUMMER BASKETS AND
CONTAINERS

Our giant-flowering Begonias produce fully double flowers that are at least 100% larger than standard cascading Begonias. They have a vigorous growing and flowering habit and produce an avalanche of colour throughout summer. Supplied as 5/6cm diameter tubers, these tubers are the size used by professionals to achieve exhibition size displays.

A. 3 Begonia Apricot £7.49

B. 3 Begonia White £7.49

C. 3 Begonia Yellow £7.49

D. 3 Begonia Orange £7.49

E. 3 Begonia Scarlet £7.49

F. 3 Begonia Pink £7.49

18 CASCADING BEGONIA
COLLECTION £44.94 £19.94
- SAVING £25 OFF RRP

Receive three of each colour (A-F)

All prices include delivery.

To Order Call **0843 922 5000** (quoting WLTVO53)
or visit **MirrorGardenOffers.co.uk**

Alternatively send your order to: We Love TV, Cascading Begonia Offer (WLTVO53), PO Box 64, South West District Office, Manchester, M16 5HY. Please include a cheque made payable to Garden Offers, NAME AND ADDRESS ON THE BACK, PLEASE USE BLUE OR BLACK INK. Calls cost 7p per minute plus your phone company's access charge. These goods are sold and supplied by J. Parker Dutch Bulbs (Wholesale) Ltd. with whom you contract when you accept this offer. Please note delivery to England, Wales and Scotland only. Please allow up to 28 days for delivery. All prices include postage and packaging.

BBC One

F VIEW 1 • SKY 101 • VIRGIN 101 • FSAT 101

- 6.00am Breakfast** 9.15 Morning Live
10.00 Crimewatch Live **10.45**
 Caught Red Handed **11.15**
 Homes Under the Hammer (R)
12.15pm Bargain Hunt (R)
1.00 BBC News; Regional News
1.45 Doctors Valerie helps Luca take
 Winnie on the trip of a lifetime.
2.15 Shakespeare & Hathaway –
 Private Investigators (R)
3.00 Escape to the Country Ginny
 Buckley helps a former army
 couple find a home in Devon. (R)
3.45 Garden Rescue A woman in
 Alton hoping for a 'gin and gym'
 garden on a £5,000 budget. (R)
4.30 Antiques Road Trip Rio Irvine
 learns the history of the loo. (R)
5.15 Pointless Low-scoring quiz. (R)
6.00 BBC News; Regional News

- 7.00 The One Show** Alex Jones
 and Jermaine Jenas present full
 highlights from day two of the
 Red Nose and Spoon Race.
7.30 EastEnders Karen agrees to
 hide Gary in her flat, but as
 he pours his heart out, Mitch is
 not so convinced of his
 innocence. Meanwhile, Chelsea
 has to think on her feet.

- 8.00 Mary Berry's Fantastic**
New Feasts Mary Berry teaches
 three novice cooks how to
 create dishes for afternoon tea
 so they can throw a thank you
 party for Soraya, who runs a
 youth charity in Cardiff.

- 9.00 Interior Design Masters**
New with Alan Carr Ten aspiring
 designers compete to get their
 big break in the world of
 commercial interior design,
 beginning by transforming
 upmarket rental apartments.

- 10.00 BBC News; Regional News**
10.35 Stacey Dooley: Inside the
Convent Documentary
 presenter Stacey Dooley is
 spending 10 days living with the
 nuns of St Hilida's Priory Order
 of the Holy Paraclete in Whitby.
 She adheres to the nuns'
 timetable, eating meals in
 silence, learning how to pray
 and singing in their choir. She
 also explores how the sisters
 – some of whom have been at
 the convent for half a century –
 cope with this way of life.

- 11.35 Mood** Sasha starts sofa-surfing.
 (R) **12.00** Kate Price: What Harvey
 Did Next (R) **1.20** Weather for the
 Week Ahead **1.25-6.00am** BBC News

BBC Two

F VIEW 2 • SKY 102 • VIRGIN 102 • FSAT 102

- 6.15am Marcus Wareing's Tales from**
a Kitchen Garden (R) **7.15**
 Escape to the Country (R) **8.00**
 Inside Culture with Mary Beard
 (R) **8.30** Great Coastal Railway
 Journeys (R) **9.00** BBC News
11.15 Politics Live, Reports.

- 1.00pm Ready Steady Cook** (R)
1.45 Eggheads Quiz show. (R)
2.15 Put Your Money Where Your
Mouth Is In Lyon, France. (R)
3.00 The Heights Drama. (R)
3.30 Murder, Mystery and My
Family A violent burglary. (R)

- 4.15 Sacred Wonders of Britain** (R)
5.15 Flog It! At Athorp House. (R)
6.00 Richard Osman's House of
Games Light-hearted quiz.
6.30 Marcus Wareing's Tales
from a Kitchen Garden

- 7.00 Doctors** Valerie helps Luca
 take Winnie on the trip of a
 lifetime, while Jimmi makes
 progress with Asif. (R)
7.30 Nigella's Cook, Eat,
Repeat Nigella Lawson shares
 recipes including a chocolate
 and peanut butter cake. (R)

- 8.00 Your Body Uncovered**
with Kate Garraway (2/6)
 Kate meets Roz, a doting
 grandmother to 23
 grandchildren, who tries to
 understand why Covid hit her
 so hard, as well as Adrian,
 whose prostate has enlarged
 so much, he is in agony.

- 9.00 Great British Menu** For their
 main courses, one chef from
 the northeast and Yorkshire
 takes inspiration from the first
 Christmas message on the
 radio, while another celebrates
 Strictly Come Dancing.

- 10.00 The Office** Brent makes easy
 money moonlighting at a
 business seminar and Gareth
 finds a new friend in the form of
 a know-it-all IT engineer. (R)

- 10.30 Newsnight** Analysis of the
 day's events, with Kirsty Wark.
11.15 Unspan World with John
Simpson The week's major global
 news stories. **11.40** Rock Till We Drop.
 The two bands come together to
 rehearse for the first time, but for
 Martin and Lady Leshurr, hearing them
 all play together proves to be a
 different experience than they
 expected. (R) **12.40am** We Are Black
 and British. Double bill. Six people
 share deeply personal stories. (R)

- 2.40-6.30am** This is BBC Two

ITV

F VIEW 3 • SKY 103 • VIRGIN 103 • FSAT 103

- 6.00am Good Morning Britain**
9.00 Lorraine Entertainment news.
10.00 This Morning Celebrity chat
 and lifestyle features.

- 12.30pm Loose Women** Celebrity
 interviews and topical debate.
1.30 ITV Lunchtime News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David
 Dickinson and the team are
 in Llandudno in Wales. (R)

- 3.00 Lingo** Guy and Joanne, Daniel
 and Fiona, and Anna and Jane
 compete on the quiz show. (R)
4.00 Tipping Point Coin-drop quiz.
5.00 The Chase Contestants
 Caroline, Matthew, Lizzy
 and Graham take part.

- 6.00 Regional News; Weather**
6.30 ITV Evening News; Weather

- 7.30 Emmerdale** Chas makes a
 suggestion, Mackenzie and
 Pollard do their best to
 sabotage each other's events,
 and Manpreet fears the worst.

- 8.00 Coronation Street** Abi
 forms a plan to retrieve the
 stolen car for Tyrone, and Gary
 is alarmed by Laura's decision
 to track down Rick. Meanwhile,
 Daisy makes the acquaintance
 of a face from Daniel's past.

- 9.00 Our House** (3/4) Fi has
 to come to terms with
 losing the house and tries to
 find out more about Bram's
 whereabouts. She turns to her
 new partner, Toby, for
 support, but he has secrets of
 his own. Thriller, starring
 Tuppence Middleton, Martin
 Compston, Rupert
 Perry-Jones and Wenche
 Opia. Concludes tomorrow.

- 10.00 ITV News at Ten; Weather**
10.30 Regional News; Weather
10.45 Peston Political magazine
 show, featuring major interviews
 with MPs, guests and cultural
 figures. Including updates
 from social media taking in
 perspectives from viewers,
 experts and key players
 throughout the programme.

- 11.40 Paul Sinha's TV Showdown**
 Joanna Page, Jenny Powell, Adam
 Thomas and David Baddiel join team
 captains Jay Ripley and Rob Beckett
 on the quiz show, as Paul Sinha tests
 the panelists' TV knowledge. (R)
12.15am Home Shopping **3.00** Bling.
 With Gok Wan. (R) **3.50** Unwind with
 ITV **5.05-6.00am** Tipping Point (R)

- 7.00 Channel 4 News**
7.30 Winter Paralympics: Today
in Beijing Ade Adepitan is in
 China to round up day five of
 the 2022 Winter Paralympics.
 There is grueling Para
 Cross-Country Skiing and
 Wheelchair Curling.

- 8.00 Kirstie and Phil's Love It or**
List It: Brilliant Builds Kirstie
 Allsopp and Phil Spencer
 remember helping Lucy and
 Lynton, whose three-bedroom
 semi in East Ginstead was so
 cramped they were forced to
 eat meals in the bedroom.

- 9.00 Michael Mosley: Who**
Made Britain Fat? Part
 one of two. Michael Mosley
 investigates the rise in obesity,
 investigating why past
 government policies have failed
 and whether new initiatives
 stand any better chance.

- 10.00 Naked Attraction** Nayeema
 and Dan, from Bristol and
 Bolton, take their pick of six
 potential partners, based purely
 on their naked bodies.

- 11.05 Sex Actually with Alice Levine**
 The presenter steps out of her comfort
 zone to embark on a journey of sexual
 discovery, invited into homes across
 the UK to find out what sex means
 for modern Brits. (R) **12.05am** 24 Hours
 in A&E. A trampolining dad has fractured
 his ankle. (R) **1.00 LIVE** Winter
 Paralympics. Day six from Beijing,
 including Great Britain v China in the
 round-robin stage of the wheelchair
 curling and the giant slalom. **3.30-**
6.00am **LIVE** Winter Paralympics.
 The conclusion of wheelchair
 curling, and the alpine skiing finals.

- 7.00 Channel 4 News**
7.30 Winter Paralympics: Today
in Beijing Ade Adepitan is in
 China to round up day five of
 the 2022 Winter Paralympics.
 There is grueling Para
 Cross-Country Skiing and
 Wheelchair Curling.

- 8.00 Kirstie and Phil's Love It or**
List It: Brilliant Builds Kirstie
 Allsopp and Phil Spencer
 remember helping Lucy and
 Lynton, whose three-bedroom
 semi in East Ginstead was so
 cramped they were forced to
 eat meals in the bedroom.

- 9.00 Michael Mosley: Who**
Made Britain Fat? Part
 one of two. Michael Mosley
 investigates the rise in obesity,
 investigating why past
 government policies have failed
 and whether new initiatives
 stand any better chance.

- 10.00 Naked Attraction** Nayeema
 and Dan, from Bristol and
 Bolton, take their pick of six
 potential partners, based purely
 on their naked bodies.

- 11.05 Sex Actually with Alice Levine**
 The presenter steps out of her comfort
 zone to embark on a journey of sexual
 discovery, invited into homes across
 the UK to find out what sex means
 for modern Brits. (R) **12.05am** 24 Hours
 in A&E. A trampolining dad has fractured
 his ankle. (R) **1.00 LIVE** Winter
 Paralympics. Day six from Beijing,
 including Great Britain v China in the
 round-robin stage of the wheelchair
 curling and the giant slalom. **3.30-**
6.00am **LIVE** Winter Paralympics.
 The conclusion of wheelchair
 curling, and the alpine skiing finals.

Channel 4

F VIEW 4 • SKY 104 • VIRGIN 104 • FSAT 104

- 6.00am Winter Paralympics**
LIVE Day five continues with
 wheelchair curling, as Great
 Britain face-off against Canada
 in their round-robin fixture.

- 8.00 Winter Paralympics Breakfast**
9.00 Fraser (R) **10.30** Ramsay's
 Kitchen Nightmares USA (R)
11.10 Coast vs Country (R)
12.30pm Steph's Packed Lunch

- 2.10 Countdown** Word game.
3.00 A Place in the Sun (R)
4.00 A New Life in the Sun:
Where Are They Now?

- 5.00 Four in a Bed** B&B contest.
5.30 Come Dine with Me Al
 prepares a fusion menu.
6.00 The Simpsons Cartoon. (R)
6.30 Hollyoaks Nancy firmly puts
 her foot down. (R)

- 7.00 Channel 4 News**
7.30 Winter Paralympics: Today
in Beijing Ade Adepitan is in
 China to round up day five of
 the 2022 Winter Paralympics.
 There is grueling Para
 Cross-Country Skiing and
 Wheelchair Curling.

- 8.00 Kirstie and Phil's Love It or**
List It: Brilliant Builds Kirstie
 Allsopp and Phil Spencer
 remember helping Lucy and
 Lynton, whose three-bedroom
 semi in East Ginstead was so
 cramped they were forced to
 eat meals in the bedroom.

- 9.00 Michael Mosley: Who**
Made Britain Fat? Part
 one of two. Michael Mosley
 investigates the rise in obesity,
 investigating why past
 government policies have failed
 and whether new initiatives
 stand any better chance.

- 10.00 Naked Attraction** Nayeema
 and Dan, from Bristol and
 Bolton, take their pick of six
 potential partners, based purely
 on their naked bodies.

- 11.05 Sex Actually with Alice Levine**
 The presenter steps out of her comfort
 zone to embark on a journey of sexual
 discovery, invited into homes across
 the UK to find out what sex means
 for modern Brits. (R) **12.05am** 24 Hours
 in A&E. A trampolining dad has fractured
 his ankle. (R) **1.00 LIVE** Winter
 Paralympics. Day six from Beijing,
 including Great Britain v China in the
 round-robin stage of the wheelchair
 curling and the giant slalom. **3.30-**
6.00am **LIVE** Winter Paralympics.
 The conclusion of wheelchair
 curling, and the alpine skiing finals.

- 7.00 Channel 4 News**
7.30 Winter Paralympics: Today
in Beijing Ade Adepitan is in
 China to round up day five of
 the 2022 Winter Paralympics.
 There is grueling Para
 Cross-Country Skiing and
 Wheelchair Curling.

- 8.00 Kirstie and Phil's Love It or**
List It: Brilliant Builds Kirstie
 Allsopp and Phil Spencer
 remember helping Lucy and
 Lynton, whose three-bedroom
 semi in East Ginstead was so
 cramped they were forced to
 eat meals in the bedroom.

- 9.00 Michael Mosley: Who**
Made Britain Fat? Part
 one of two. Michael Mosley
 investigates the rise in obesity,
 investigating why past
 government policies have failed
 and whether new initiatives
 stand any better chance.

- 10.00 Naked Attraction** Nayeema
 and Dan, from Bristol and
 Bolton, take their pick of six
 potential partners, based purely
 on their naked bodies.

- 11.05 Sex Actually with Alice Levine**
 The presenter steps out of her comfort
 zone to embark on a journey of sexual
 discovery, invited into homes across
 the UK to find out what sex means
 for modern Brits. (R) **12.05am** 24 Hours
 in A&E. A trampolining dad has fractured
 his ankle. (R) **1.00 LIVE** Winter
 Paralympics. Day six from Beijing,
 including Great Britain v China in the
 round-robin stage of the wheelchair
 curling and the giant slalom. **3.30-**
6.00am **LIVE** Winter Paralympics.
 The conclusion of wheelchair
 curling, and the alpine skiing finals.

- 7.00 Channel 4 News**
7.30 Winter Paralympics: Today
in Beijing Ade Adepitan is in
 China to round up day five of
 the 2022 Winter Paralympics.
 There is grueling Para
 Cross-Country Skiing and
 Wheelchair Curling.

- 8.00 Kirstie and Phil's Love It or**
List It: Brilliant Builds Kirstie
 Allsopp and Phil Spencer
 remember helping Lucy and
 Lynton, whose three-bedroom
 semi in East Ginstead was so
 cramped they were forced to
 eat meals in the bedroom.

Channel 5

FVIEW 5 • SKY 105 • VIRGIN 105 • FSAT 105

- 6.00am Milkshake!** 9.15 Jeremy Vine **12.15pm** Nightmare Tenants, **Slum Landlords** (R) **1.10** 5 News at Lunchtime
- 1.15 Home and Away** Justin and Alf's argument escalates.
- 1.45 Neighbours** See 6.00pm.
- 2.15 Stalked by My Teacher**
- 2.20 (PG)** Premiere, Thriller starring Vicca A Fox. **3h**
- 4.00 Filthy House** SOS Richard and Brennan clean up a semi-detached house in Bedford. (R)
- 5.00 5 News at 5** Headlines.
- 6.00 Neighbours** Levi refuses to believe that Freya is a stalker, but he is rattled as the group departs for River Bend. (R)
- 6.30 Eggheads** Strangers on a Train take on the quiz champions.

- 7.00 The Gadget Show** (2/6) George goes treasure hunting with Annabel Croft as they put Apple's AirTag up against two contenders to see which is best. Elsewhere, Jon delves into the history books.
- 8.00 Police Interceptors** (5/10) In Nottingham, the knife crime team pull over a group of men in a car, and their agitated behaviour leads the team to believe they are trying to hide something.
- 9.00 Soham: The Murder of Holly & Jessica** (1/3) Documentary examining the deaths of 10-year-old girls Holly Wells and Jessica Chapman in the Cambridgeshire town in August 2002, a crime that shocked the entire country. This opening edition charts the first 14 days of Operation Fincham.

- 10.35 My Lover, My Killer** (5/6) The case of a disabled man who formed a close relationship with his carer and her son, a situation they exploited to ultimately murder ends.
- 11.35 Skin A&E** Dr Adil is not sure what two lumps on a patient's back are. (R) **12.35am** 999: Criminals Caught on Camera. Nick Wallis joins police forces around the nation to discover how technological advances are helping to bring criminals to justice. (R) **1.00** The 21.co.uk Live Casino Show **3.00** Entertainment News on 5 **3.10** Celebrity 5 Go Fishing (R) **4.40** Get Your Tatts Out: Kavos Inc (R) **4.45** Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Peppa Pig (R) **5.40** Paw Patrol (R) **5.50-6.00am** Pip and Posy (R)



The Gadget Show 7pm, Channel 5

It's only a matter of weeks until she becomes a mum for the first time. So you can't blame *The Gadget Show*'s Georgie Barrat for being rather excited as she tries out the latest tech for babies and parents. That big brown teddy, on the other hand, is wishing to goodness he'd never volunteered to consumer-test cots.

ITV2

FVIEW 6 • SKY 118 • VIRGIN 115 • FSAT 113

- 6.00am** Dress to Impress **7.00** The Ellen DeGeneres Show **8.00** You've Been Framed! Uncaged: **9.00** Secret Crush **10.00** Dress to Impress **11.00** Love Bites **12.00noon** Supermarket Sweep **1.00** Tipping Point: Lucky Stars **2.00** Rolling in **3.00** The Ellen DeGeneres Show **4.00** The Masked Singer US **5.00** You've Been Framed! Goes Savage! Narrated by Harry Hill.
- 6.00 Catchphrase Celebrity Special**
- 7.00 Superstore** Double bill. A new employee makes a terrible first impression; Cheyenne and her fiancé come up with a jingle for the store.
- 8.00 Bob's Burgers** Double bill.
- 9.00 Family Guy** Five episodes.
- 11.30 American Dad!** **12.25am** Bob's Burgers **1.25** Superstore **2.20** Heya Tracey! **3.15** Unwind with ITV **3.30-6.00am** Teleshopping

BBC Three

FVIEW 23 • SKY 117 • VIRGIN 107

- 7.00pm MasterChef Australia** Alanna Sapwell and Ngella Lawson oversee an immunity challenge.
- 7.55 The Catch Up** The day's news.
- 8.00 Flat Out Fabulous** Double bill. Winnie tries to pull off her Japandi vision; Winnie meets three old friends.
- 9.00 Gassed Up** Mist takes on fellow rapper and comedian Jai Narstie.
- 9.50 Zen Motoring** Beat poet Ognies explores life as a scooter-boy.
- 10.00 The Fast and the Farmer-ish** Teams from England and Wales rev up for a thrilling semi-final.
- 10.30 This Country** Kurtan organises a surprise present for Kerry's birthday.
- 11.00 This Country** **11.30** Tonight with Target **12.15am** Gassed Up **1.05** The Fast and the Farmer-ish **1.35** Tonight with Target **2.25** Flat Out Fabulous **2.55-3.55am** This Country

ITV3

FVIEW 10 • SKY 119 • VIRGIN 117 • FSAT 115

- 6.00am** Classic Coronation Street **7.00** Classic Emmerdale **8.05** George and Mildred **9.40** The Royal. Drama. **11.50** Heartbeat **2.00pm** Classic Emmerdale **3.00** Classic Coronation Street **4.05** Midsomer Murders. Detective drama.
- 6.00 Heartbeat** Double bill. Mason thwarts a gang of safe-robbers; the last-ever episode of the police drama.
- 8.00 Maigret** Comes a Trap The Parisian detective comes under pressure to trap the killer of four women before he strikes again. With Rowan Atkinson.
- 10.00 Law & Order: UK** Brooks agrees to help old friend and partner Jimmy Valentine with an undercover drug sting, but when a dealer ends up dead, suspicion falls on the officers.
- 11.00** Flesh and Blood **12.00am** A Touch of Frost **2.10** Unwind with ITV **2.30-6.00am** Teleshopping

BBC Four

FVIEW 9 • SKY 116 • VIRGIN 107 • FSAT 107

- 7.00pm The Lakes with Paul Rose** In Coniston, the explorer enters a retro cycling event on a penny farthing.
- 7.30 Fred Dibnah's World of Steam, Steel and Stone** A look at the steeplejack's back garden workshop.
- 8.00 Great Barrier Reef** Monty Hall reveals how an array of creatures travel thousands of miles to visit the reef.
- 9.00 Digging for Britain** How a lobster led archaeologists to the discovery of an 8,000-year-old Neolithic underwater settlement.
- 10.00 Tango with Putin: Storyville** The story of a Russian radio producer as she sets up a TV station.
- 11.35 Russia on Four Wheels** **12.35am** The Lakes with Paul Rose **1.05** Fred Dibnah's World of Steam, Steel and Stone **1.35** Digging for Britain **2.35-3.55am** Great Barrier Reef

WEDNESDAY

9 MARCH

Scotland & Wales

BBC Scotland

12.00noon This is BBC Scotland **7.00pm** Getaways. Joe Lindsay and Jennifer Reoch explore Philadelphia. **7.30** Style Fixers. Alannah creates a boho-chic look for Kelsi. **8.00** This Farming Life. Pumpkin season arrives at the Girvans farm in Loch Ness. **9.00** The Nine **10.00** The Scots. Vonnv leaves Vincent and arrives on Barry and Laura's doorstep. **10.30** Debate Night. The big issues affecting Scotland and beyond. **11.30pm-12.00am** David Wilson's Crime Files. The criminologist examines fraud.

BBC One Scotland

As BBC One except: **2.15pm** Politics Scotland **3.00-3.45** Shakespeare & Hathaway – Private investigators **6.30-7.00** Reporting Scotland **11.35** Debate Night. Topical debate on the big issues affecting Scotland and beyond. **12.55am** Mood. Sasha is forced to sofa-surf at her drug dealer Saleem's flat. **1.20** Katie Price: What Harvey Did Next **2.20** Weather for the Week Ahead **2.25-6.00am** BBC News

BBC One Wales

As BBC One except: **3.00-3.45pm** Escape to the Country **6.30-7.00** BBC Wales Today **10.30** BBC Wales Live. Hard-hitting stories and interviews. **11.05** Stacey Dooley: Inside the Convent **12.05** Mood **12.55** Katie Price: What Harvey Did Next **1.50-6.00am** BBC News

STV

As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **10.30** STV News **10.40** Scotland Tonight **11.05** Preston, P & J magazine show. **12.00m-1.30am** Home Shopping **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30-10.45pm** ITV News Cymru Wales

S4C

6.00am Cwyl **11.00** Dwygu Gydys Cwyl: Bing **11.10** Y Brodyr Coala **11.20** Antur Natur Cwyl **11.35** Guto Gwiningen **11.50** Antellaid Bach y Byd **12.00noon** Newyddion S4C ar Twydyd **12.05** Sgwrs Dany Lloer **12.30** Heno **1.00** Amhegion Melys Richard Hall **1.30** Yn y Fan ar Fawr **2.10** Newyddion S4C ar Twydyd **2.05** Prynhawn Da **3.00** Newyddion S4C ar Twydyd **3.05** Noson Lawen **4.00** Awr Fawr: Timpio **4.10** Caru Cenu a Storï **4.20** Yr Meib **4.30** Seijiddu Byw **5.00** Swnethi! Ofi Csgar **5.10** Eclafwits **5.35** Iolipa **5.55** Ffest **6.00** Natur Gwylf Iolo **6.30** Rownd a Rownd **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C ar Twydyd **8.00** Pobol y Cwm. Sion realises that Tyni had lied about her pregnancy. **8.25** Yn yd ar Bedwar **8.55** Newyddion S4C ar Twydyd **9.00** Tŷ am Ddim. A joiner and builder renovate a house in Colwyn Bay. **10.00** Cor Cynta **10.30** Yr Eiddo choral singing competition. **11.00-11.35pm** Gwely a Brecwast Maggi Noggi

ITV4

FVIEW 26 • SKY 128 • VIRGIN 118 • FSAT 117

6.00am The Best of the 80s **6.10** Cadfael **7.30** Dempsey and Makepeace **9.35** The Professionals **10.40** Minder **11.50** The Champions **12.55pm** Cadfael **2.35** Dempsey and Makepeace **3.40** The Professionals **4.50** Minder **6.00 Made in Britain** How Aga stoves are made to last a lifetime. **7.00 Cycling: Paris-Nice Highlights** Gary Imlay presents today's action. **8.00 Bradley & Barney Walsh: Breaking Bad** Double bill. Another trip across America together; the duo head to the Great Smoky Mountains. **9.00 [FILM] The Bourne Supremacy** (2004/12) Action thriller sequel, starring Matt Damon and Brian Cox. **★★★★** **11.15 [FILM] Carlito's Way** (1993/16) Crime thriller, starring Al Pacino. **★★★★** **2.05** The Protectors **2.35-3.00am** Unwind with ITV

E4

FVIEW 13 • SKY 135 • VIRGIN 106 • FSAT 122

6.00am Holyoaks **7.00** Ramsay's Kitchen Nightmares **USA 9.00** Married at First Sight Australia **10.30** The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory **3.00** Young Sheldon **4.00** Brooklyn Nine-Nine **5.00** The Big Bang Theory **6.00** The Big Bang Theory Double bill. **7.00** Holyoaks **Chester-based soap**. **7.30** Married at First Sight Australia **9.00** Teen First Dates Political prodigy Connor heads into the restaurant. **10.00** Celebrity Gogglebox Appraisals of Britain's Got Talent and Alan Carr's Epic Gameshow. **11.05** Gogglebox **12.10am** First Dates **1.15** As 7.30gm **2.45** Teen First Dates **3.30** Below Deck: Mediterranean **4.30** Ramsay's Kitchen Nightmares **USA 5.20-6.00am** Mike & Molly

5STAR

FVIEW 32 • SKY 128 • VIRGIN 151 • FSAT 131

6.00am **Teleshopping 8.00** Criminals: Caught on Camera **8.25** Shoplifters & Scammers: At War with the Law **9.10** Filthy House SOS **10.10** Judge Judy **12.00noon** Traffic Cops **2.00** Police Interceptors **5.00** Shoplifters & Scammers: At War with the Law **6.00** Home and Away Double bill. **7.10** Babies 24/7: The Maternity Ward **A teacher** is desperate to have a water birth after suffering post-natal depression with her first child. **8.00** Ambulance: Code Red **A three-year-old** has stopped breathing. **9.00** Casualty **24/7: Every Second Counts** Life at a children's hospital. **10.00 999: Critical Condition** **11.00** A&E After Dark **12.00m** Skin A&E **1.00** Don't Tell the Doctor **2.00** Sex Pod **3.05** Judge Judy **3.45-4.00am** Entertainment News on 5

ITVBe

FVIEW 26 • SKY 131 • VIRGIN 119 • FSAT 118

7.00am The Real Housewives of Cheshire **8.00** Buying and Selling **9.00** LittleBe **12.00noon** Best Cake Wins **12.30** The Real Housewives of Potomac **1.25** The Real Housewives of Cheshire **2.25** The Only Way Is Essex **3.10** Little Women: LA **4.05** The Real Housewives of Beverly Hills **5.00** The Real Housewives of Orange County **6.00** Masters of Flip Dave and Kortney flip a classic brick home. **7.00** Buying and Selling **A home** which is failing to attract buyers. **8.00** Dinner Date Sales director Colin is given five menus to choose from. **9.00** Botched Double bill. **A woman** with breasts in need of attention; a gemmer with a case of man boobs. **11.00** The Real Housewives of Jersey **12.00m** The Only Way Is Essex **12.45-1.00am** Unwind with ITV

More4

FVIEW 18 • SKY 136 • VIRGIN 147 • FSAT 124

8.55am A Place in the Sun **10.35** Find It, Fix It, Flop **12.35pm** Her's Hunders **1.35** Four in a Bed **4.15** The Hotel Fixers **4.50** Find It, Fix It, Flop **6.55** Escape to the Chateau: DIY Dick Strawbridge fixes up his terrace, mental van in his chateau. **7.55** Grand Designs Kevin McCloud revisits one of the show's first projects. **9.00** Secrets of the Royal Gardens Looking at royal parks across London. **10.00** 24 Hours in Police Custody: Murder in the Woods Part one of two. An investigation into the premeditated murder in Cambridgeshire. **11.05** 24 Hours in A&E **12.05am** Secrets of the Royal Gardens **1.10** 24 Hours in Police Custody: Murder in the Woods **2.15** 24 Hours in A&E **3.20** Winter Paralympics: Today in Beijing **3.50-3.55am** Escape to the Chateau

5USA

FVIEW 21 • SKY 141 • VIRGIN 153 • FSAT 125

6.00am **Teleshopping 9.00** NCIS **11.55** Entertainment News on 5 **12.00noon** Law & Order **3.55** Entertainment News on 5 **4.00** Law & Order: Double bill **6.00** NCIS Triple bill. An assassin threatens Vance's family; an attempted robbery leads to the death of a lieutenant; the agents investigate an organisation dedicated to prodigies. **9.00** Crossing Lines Carine finds a Congolese boy who survived Wombos's massacre, while the race to find Sophie's source continues. **10.00** Law & Order: Special Victims Unit A PR executive is found dead and Stabler and Benson have to untangle a web of love, lies and jealousy. **11.00** Law & Order: Special Victims Unit **1.00am** Law & Order: Criminal Intent **3.35** Criminals: Caught on Camera **4.00-6.00am** **Teleshopping**

Dave

FVIEW 19 • SKY 111 • VIRGIN 121 • FSAT 157

7.10am Sin City **Motors 8.00** Ultimate Movers **9.00** Storage Hunters UK **10.00** Eddie Eats America **11.00** Travel Man **12.00noon** Red Bull Soapbox Race **1.00** Fast Justice **2.00** Travel Man **3.00** Rick Stein's Road to Mexico **4.00** Red Bull Soapbox Race **5.00** Rick Stein's Road to Mexico **6.00** TasteMaster **7.00** Richard Osman's House of Games With Jasmela and Paul Martin. **7.40** Room 101 With David Tennant. **8.20** Would I Lie to You? Panel show. **9.00** Qi Xi With guest panelists Joe Lycett, Zoe Lyons and Lisa Tarbuck. **10.00** Outsiders Tempers flare as the comics take pot shots at one another. **11.00** Have I Got a Bit More News for You **12.00m** Hypothetical **12.40** Qi Xi **2.00** Would I Lie to You? **2.00** Live at the Apollo. Stand-up show. **2.45** This Country **4.00-6.00am** **Teleshopping**

Film4

FVIEW 14 • SKY 313 • VIRGIN 428 • FSAT 300

11.00am The Bells of St Mary's (1945/UK) Musical drama sequel, starring Bing Crosby. **★★★★** **1.35pm** Anne of the Thousand Days (1969/PG) Historical drama, starring Richard Burton. **★★★★** **4.30** Donovan's Reef (1963/UK) Comedy drama, starring John Wayne. **★★★★** **6.50** On Day (2011/12) Romantic drama, with Anne Hathaway. **★★★★** **9.00** Venom (2018/15) A journalist gains superhuman strength and power when his body merges with an alien organism. Fantasy adventure, starring Tom Hardy and Riz Ahmed. **★★★★** **11.10** Snowpiercer (2013/15) In a snow-ravaged world, travellers fight for survival on a train circumnavigating the globe. Fantasy thriller, starring Chris Evans. **★★★★** **1.45-3.55am** Things to Come (2016/12) Drama, starring Isabelle Huppert. **★★★★**

5Action

FVIEW 33 • SKY 150 • VIRGIN 187 • FSAT 132

9.00am Traffic Cops **10.55** Sinkholes: Sucked to Death **11.55** [FILM] Journey to Nikto (1968/12) Western, starring James Cagney. **★★★★** **1.55** [FILM] Rough Night in Jericho (1967/12) Western, starring George Peppard and Jean Simmons. **★★★★** **4.00** Sinkholes: Buried Underground **5.00** Traffic Cops **6.00** Traffic Cops **A dangerous** 90mph chase near Scarborough on wet roads. **7.00** Police Interceptors Double bill. Extreme chases; a have-a-go hero helps to tackle a runaway drug driver. **9.00** Treestone Doug tries to save a target, Edwards and Haynes are hunted, and Soyun goes undercover. **10.00** [FILM] The Rookie (1980/18) Action thriller, directed by and starring Clint Eastwood. **★★★★** **12.25am** Fights, Camera, Action! **2.25** Hijacked **3.20-5.00am** Car Crash TV

Drama

FVIEW 20 • SKY 143 • VIRGIN 130 • FSAT 158

6.00am **Teleshopping 7.40** Where the Heart Is **8.35** The Bill **9.35** Classic Holly City **10.55** Classic Casualty **12.00noon** The Bill **1.00** Classic Eastenders **2.20** A Place to Call Home **4.20** Peak Practice **5.20** Bush Stokes **6.00** Are You Being Served? An in-house magazine causes rifts. **6.40** Last of the Summer Wine Double bill. Compo makes a bet; something sinister stirs in the woods. **8.00** The Last Detective **A man** is found dead after a college reunion. **9.35** New Tricks The squad deals with a feud between two family businesses. **10.55** Silent Witness Sam's skills are tested to the limit following the murder of a close friend and the evidence leads her into a deadly game. **1.00am** Kavanagh QX **2.35** Traces **3.25-4.00am** **Bush Stokes**

Talking PicturesTV

FVIEW 82 • SKY 328 • VIRGIN 445 • FSAT 306

6.00am The Atomic City (1952/PG) **★★★★** **7.40** Dial-A-Bus in Harlow **8.00** Trade Softly (1952/PG) **★★★★** **9.30** Enemy at the Door **10.30** Dear Mr Prohack (1949/UK) **★★★★** **12.15pm** Soho Conspiracy (1950/PG) **★★★★** **2.00** Secret Arm **3.05** King Creole (1958/PG) **★★★★** **5.20** Scales of Justice **6.00** For the Love of Ada Sitcom. **6.30** Look at Life Documentary. **6.50** Edgar Wallace Mystery Theatre **8.00** Rumpole of the Bailey **A soldier** is charged with murdering his sergeant. **9.05** The Offence (1973/15) Drama, starring Sean Connery. **★★★★** **11.15** The Spy Who Came in from the Cold (1965/PG) Espionage thriller. **★★★★** **1.30am** On the Hunted Hill (1959/12) **★★★★** **3.05** The War (1968/15) **★★★★** **5.20-6.00am** A Yank Comes Back (1949/UK) **★★★★**

Yesterday

FVIEW 27 • SKY 155 • VIRGIN 128 • FSAT 159

6.00am **Antiques Roadshow 8.00** Murder Maps **9.00** Abandoned Engineering **11.00** Himalaya with Michael Palin **12.00noon** Great British Railway Journeys **2.00** Abandoned Engineering **4.00** Adolf Hitler's War **5.00** War Factories: Ammunition production. **6.00** Great British Railway Journeys Double bill. Lissimouth and Inverness; the West Country between the wars. **7.00** Himalaya with Michael Palin From K2 in Pakistan to Ladakh in India. **8.00** The Architecture The Railways Built Grade 1 Curzon Street Station. **9.00** Steam Train Britain Following the pursuit of a new railway heritage. **10.00** Full Steam Ahead The historians take a trip on the Flying Scotsman. **11.00** Bangers and Cash **12.00m** Around Engineering **1.00** Antiques Roadshow **3.00-6.00am** **Teleshopping**

Sky Max

SKY 113 • VIRGIN 121

6.00am Stargate SG-1 **8.00** Supergirl
9.00 DC's Legends of Tomorrow **10.00**
The Flash **11.00** NCIS: New Orleans
1.00pm Hawaii Five-0 **2.00** S.W.A.T.
3.00 DC's Legends of Tomorrow **4.00**
Supergirl **5.00** The Flash, Adventure.
6.00 Stargate SG-1 Double bill. The team races to find the Harbinger child; the team encounters a crystal skull.
8.00 There's Something About Movies With guest Zane Ashton.
9.00 SEAL Team Jason's personal and professional lives become intertwined.
10.00 Frayed Sammy comes face-to-face with her husband's mistress.
11.00 Dating No Filter **11.30** Fast & Furious: Greatest Moments **12.30am**
Road Wars **1.00** The Blacklist **2.00**
Caught on Dashcam **3.00** Hawaii Five-0. Crime drama. **4.00** S.W.A.T. **5.00-6.00am** Stop, Search, Seize

Sky Arts

FVIEW 11 • SKY 130 • VIRGIN 140 • FSAT 147

6.00am **FILM** Janine Jansen: Falling for Stradivari (2021/U) ★★ **7.00** The Conductor **9.00** Tales of the Unexpected **10.00** Discovering **12.00noon** The Grapes of Wrath: The Ghost of Modern America **1.00** Tales of the Unexpected **2.00** Discovering **3.00** The Wars of Coco Chanel **4.00** John Wayne: America at All Costs **5.00** Tales of the Unexpected **6.00** Discovering **7.00** Portrait Artist of the Year **2018** **8.00** Landscape Artist of the Year **2022** Highlights from series.
9.00 **FILM** Jane Fonda in Five Acts (2018/12) Documentary. ★★ ★★
11.30 The Directors **12.30am** Sam Spiegel: Conquering Hollywood. Documentary. **1.00** Urban Myths **2.30** The Walk: Just Call Me God **4.00** The South Bank **5.00-6.00am** The Art of Architecture

GOLD

SKY 110 • VIRGIN 124

6.00am Teleshopping **7.30** Chef **8.00** dinnerdaries **8.40** Hi-De Ho! **9.20** Last of the Summer Wine **10.40** The Green Green Grass **11.20** Dad's Army **12.40pm** Chef **1.20** Hi-De Ho! **2.00** Desmond's **2.30** The Green Green Grass **3.15** Fawcett Towers **4.00** Last of the Summer Wine **5.20** Open All Hours **6.00** Desmond's Classic sitcom.
6.35 Hi-De Ho! Holiday camp capers.
7.15 The Green Green Grass
8.00 Dad's Army Double bill.
9.20 Fawcett Towers Classic comedy.
10.10 Men Behaving Badly Gary and Dorothy take a weekend break.
10.50 Billy Connolly Does...
11.45 Peep Show **1.00am** French and Saunders **1.40** Chef. Gareth needs another chef. **2.15** Men Behaving Badly **2.50-4.00am** Peep Show

Sky Witness

SKY 107 • VIRGIN 111

6.00am Nothing to Declare **8.00** Border Patrol **9.00** Stop, Search, Seize **10.00** UK Border Force **11.00** Law & Order **12.00noon** Bull **1.00** Blue Bloods **3.00** Private Eyes **4.00** UK Border Force **5.00** Nothing to Declare **6.00** Nothing to Declare Double bill.
7.00 Air Ambulance E&R A car plummeted 30ft into a ravine.
8.00 Blue Bloods Erin helps Anthony protect his daughter and ex-wife from a dangerous psychiatric patient.
9.00 Bull Izzy asks Bull to petition the court to have her best friend's body exhumed. Yara Martinez stars.
10.00 Transplant An explosion takes place not far from the hospital.
1.00 Law & Order: Special Victims Unit **12.00m** Private Eyes **1.00** The Rookie **2.00** Blue Bloods **3.00** Road Wars **5.00-6.00am** Brit Cops: Rapid Response

Sky Comedy

SKY 114 • VIRGIN 123

6.00am Teleshopping **8.00** Parks and Recreation **9.00** The Fresh Prince of Bel-Air **10.00** Will & Grace **11.30** The Office (US) **12.30pm** Vice Principals **3.00** Modern Family **4.00** The Office (US) **5.00** Parks and Recreation **5.30** The Fresh Prince of Bel-Air **6.00** The Fresh Prince of Bel-Air **6.30** Will & Grace Triple bill.
8.00 Parks and Recreation
9.00 Bloods Double bill. Wendy discovers Maleek can sing; Maleek and Wendy deliver a baby together.
10.00 Yonderland Double bill.
11.00 Sex and the City: double bill.
12.15am The Tonight Show Starring Jimmy Fallon **1.15** The Late Late Show with James Corden. Chat show. **2.15** SNL **3.30** **FILM** The Big Sick: Tales from the Tour Bus **4.30** Everybody Hates Chris **5.00** Teleshopping

Nat Geo

SKY 125 • VIRGIN 266

8.00am Lost Treasures of Egypt **9.00** Lost Cities with Albert Lin **10.00** Ancient X Files **11.00** World's Biggest Battleship: Draining the Ocean **12.00noon** Churchill's German Army **1.00** Apocalypse: The Rise of Hitler **2.00** Nazi Megastuctures **3.00** Air Crash Investigation **5.00** To Catch a Smuggler **6.00** Car S.O.S. Double bill.
8.00 Alaska: The Next Generation Outsourcing the brutal elements.
9.00 Air Crash Investigation Investigators uncover two key factors that led to an Illinois turbotropor crash.
10.00 Ice Road Rescue A major challenge turns up in the forest.
11.00 Air Crash Investigation **12.00m** Alaska: The Next Generation. Documentary. **1.00** Ice Road Rescue: Highway Havoc! **2.00** Lawless Island **3.00-5.00am** Drain the Oceans

Sky Atlantic

SKY 108

6.00am The British **8.00** CSI: Crime Scene Investigation **9.00** The Sopranos **10.05** The Sopranos **12.25pm** Game of Thrones **1.30** Gomorrah **3.30** Ray Donovan **5.40** The Sopranos. Pussy's loyalty wavers.
6.45 The Sopranos Christopher receives some welcome news.
7.55 Game of Thrones Cersei faces a struggle and Jon embarks on a journey.
9.00 **FILM** Notes From the Field (2018) With Anna Deavere Smith.
10.45 Yellowjackets The teens get their bearings, and Misty finds her on earth quite becoming. In the present, revenge rears its head along with the policeman formerly known as Goli.
11.50 The Fear Index **12.55am** Six Feet Under **2.00** **FILM** My Brilliant Friend. Italian drama series. **3.05** In Treatment **4.05-6.00am** The British: double bill

Comedy Central

SKY 112 • VIRGIN 132

6.00am Teleshopping **8.00** Impractical Jokers **11.00** Younger **1.00pm** Friends **6.00** Friends Six episodes. Rachel's date ends in disaster; Monica and Rachel plot to take back their old apartment; Joey's snoring exasperates Chandler; Ross and Rachel reminisce; Joey loses Ross's wedding ring; Ross sets off for England to marry Emily.
9.00 Michael McIntyre: Hello Wembley! A stand-up performance by the comedian at Wembley Arena.
10.00 Kevin Bridges: A Whole Different Story The Scots comedian on stage during his 2015 tour.
11.00 Al Murray's Great British Pub Quiz **12.00m** Rhod Gilbert's Growing Pains **1.00** The Ricky Gervais Show **2.00** The Alternative Comedy Experience **2.55** Saturday Car **3.40** The Daily Show **4.15** Friends **5.00-6.00am** Teleshopping

Discovery

SKY 125 • VIRGIN 250

6.00am Wheeler Dealers **7.00** Deadliest Catch **8.00** Alaska: Homestead Rescue **9.00** Alaska: The Last Frontier **10.00** Combat Dealers **11.00** Wheeler Dealers **12.00noon** Railroad Alaska **1.00** Gold Rush: White Water **3.00** Rise of the Machines **4.00** Building Off the Grid **5.00** Wheeler Dealers. A Mini Cooper.
6.00 Fast 'n' Loud As a deadline approaches, the crew have a dilemma.
7.00 Outback Truckers Adrian and Neil Bennett battle an inferno.
8.00 Gold Divers Double bill. Following a team of dredgers in Nome, Alaska.
10.00 Moonshiners Following the efforts of illegal whiskey brewers.
11.00 Gold Rush. Fred's alliance is tested. **12.00m** Moonshiners **1.00** Gold Divers **3.00** Moonshiners **4.00** Fast 'n' Loud **4.50** Wheeler Dealers **5.40-6.00am** How It's Made

WEDNESDAY

9 MARCH

Discovery History

SKY 177 • VIRGIN 257

6.00am Wings War **7.00** UFOs: The Lost Evidence **8.00** World War II: Witness to War **9.00** NASA's Unexplained Files **10.00** Mighty Ships **11.00** Codes and Conspiracies **12.00noon** Combat Dealers **1.00** Expeditions Unknown **2.00** Mystery of War **3.00** Blowing Up History **4.00** Mysteries at the Museum **5.00** World War II: Witness to War. The fall of Berlin.
6.00 NASA's Unexplained Files **7.00** Expedition Unknown **8.00** Combat Dealers **9.00** UFOs: The Lost Evidence **10.00** NASA's Unexplained Files **11.00** Edge of War **12.00m** Combat Dealers **2.00** NASA's Unexplained Files **3.00** Edge of War **4.00** Blowing Up History **5.00-6.00am** Mysteries at the Museum

Alibi

SKY 132 • VIRGIN 126

6.00am Teleshopping **7.10** Murdoch Mysteries **9.00** Unforgettable **10.00** Major Crimes **11.00** Rizzoli & Isles **12.00noon** Hudson & Rex **1.00** Father Brown **2.00** Murdoch Mysteries **4.00** Unforgettable **5.00** Major Crimes **6.00** Hudson & Rex **7.00** Rizzoli & Isles **8.00** Father Brown **9.00** Pretty Hard Cases. Sam and Kelly track a MDMA source. **10.00** Deception. The FBI works with the team. **11.00** Rizzoli & Isles. Thriller. **12.00m** Why Women Kill **1.00** Father Brown **2.00** Mysteries **4.00-6.00am** Teleshopping

Animal Planet

SKY 162 • VIRGIN 251

6.00am Teleshopping **8.00** The Zoo **9.00** Dr Dee: Alaska Vet **10.00** Amanda to the Rescue **11.00** Extinct or Alive **12.00noon** Coyote Territory: Brave the Wild **1.00** Alaska: Homestead Rescue **2.00** Pit Bulls & Parolees **3.00** The Zoo **4.00** Dogs 101: Specials **5.00** Animal Planet **6.00** Cockey It's the Iwans **7.00** Extinct or Alive **8.00** How Sharks Hunt **9.00** Shark Week Immersion **10.00** Monsters Inside Me **11.00** Alaskan Bush People **12.00m** Finding Shiploft **1.00** Extinct or Alive **2.00** Pit Bulls & Parolees **3.00** The Zoo **4.00-5.00am** Dogs 101: Specials

TCM Movies

SKY 315 • VIRGIN 415

6.00am Hollywood's Best Film Directors **10** TCM Shorts: The Best of Set **7.30** The Fastest Gun Alive (1956/PG) ★★ **9.20** Calamity Jane (1953/U) Musical comedy Western, starring Doris Day. ★★ ★★
11.25 Cattle Annie and Little Britches (1980/PG) Western. ★★ **1.30pm** Murder Ahoy (1964/U) Mystery, starring Margaret Rutherford. ★★ ★★ **3.25** Gunmen from Laredo (1958/U) ★★ ★★ **4.55** The Westerner (1940/PG) Western, starring Gary Cooper. ★★ ★★ **7.00** Billy Two Hats (1937/15) Western, with Gregory Peck. ★★ ★★ **9.00** Magnum Force (1973/18) Dirty Harry goes after the vigilantes executing San Francisco's criminals. Another thriller sequel, starring Clint Eastwood. ★★ ★★
11.35 Deep Blue Sea (1999/15) Thriller, starring Saffron Burrows. ★★ ★★ **1.45am** Tell Them Willie Boy Is Here (1969/15) Western. ★★ ★★ **3.30** Closure **5.00-6.00am** Hollywood's Best Film Directors

BBC One <small>F VIEW 1 • SKY 101 • VIRGIN 101 • FSAT 101</small>	BBC Two <small>F VIEW 2 • SKY 102 • VIRGIN 102 • FSAT 102</small>	ITV <small>F VIEW 3 • SKY 103 • VIRGIN 103 • FSAT 103</small>	Channel 4 <small>F VIEW 4 • SKY 104 • VIRGIN 104 • FSAT 104</small>
<p>6.00am Breakfast 9.15 Morning Live 10.00 Crimewatch Live 10.45 Caught Red Handed 11.15 Homes Under the Hammer 12.15pm Bargain Hunt (R)</p> <p>1.00 BBC News; Regional News</p> <p>1.45 Doctors Emma wants to have a quiet birthday.</p> <p>2.15 Shakespeare & Hathaway – Private Investigators The duo investigate a campaign of culinary sabotage. (R)</p> <p>3.00 Escape to the Country (R)</p> <p>3.45 Garden Rescue A wheelchair-friendly 'African paradise'. (R)</p> <p>4.30 Antiques Road Trip Arusha Irvine and David Harper tour the west coast of Scotland. (R)</p> <p>5.15 Pointless Low-scoring quiz. (R)</p> <p>6.00 BBC News; Regional News</p>	<p>6.30am Marcus Wareing's Tales from a Kitchen Garden (R) 7.00 Homes Under the Hammer (R) 8.00 Your Garden Made Perfect (R) 9.00 BBC News 10.00 BBC News 12.15pm Politics Live</p> <p>1.00 Ready Steady Cook (R)</p> <p>1.45 Eggheads Quiz show. (R)</p> <p>2.15 Put Your Money Where Your Mouth Is In Surrey. (R)</p> <p>3.00 The Heights Drama. (R)</p> <p>3.30 Murder, Mystery and My Family A murder in 1953. (R)</p> <p>4.15 Sicily: Wonder of the Mediterranean (R)</p> <p>5.15 Flog It! From Blotchley Park. (R)</p> <p>6.00 Richard Osman's House of Games Light-hearted quiz.</p> <p>6.30 Marcus Wareing's Tales from a Kitchen Garden</p>	<p>6.00am Good Morning Britain</p> <p>9.00 Lorraine Entertainment news.</p> <p>10.00 This Morning Celebrity chat and lifestyle features.</p> <p>12.30pm Loose Women Celebrity interviews and topical debate.</p> <p>1.30 ITV Lunchtime News; Weather</p> <p>1.55 Regional News; Weather</p> <p>2.00 Dickinson's Real Deal David Dickinson and the team value collections in Bradford. (R)</p> <p>3.00 Lingo Three more pairs compete in the quiz show. Presented by Adli Ray (R)</p> <p>4.00 Tipping Point Coin-drop quiz, hosted by Ben Shepherd.</p> <p>5.00 The Chase Quiz show, hosted by Bradley Walsh.</p> <p>6.00 Regional News; Weather</p> <p>6.30 ITV Evening News; Weather</p>	<p>6.00am Winter Paralympics Great Britain play their final round-robin wheelchair curling match. Plus, the giant slalom final.</p> <p>8.00 Winter Paralympics Breakfast 9.00 Fraser (R) 10.30 Ramsay's Kitchen Nightmares USA (R) 11.30 Coast to Country (R) 12.30pm Steph's Packed Lunch</p> <p>2.10 Countdown Word game.</p> <p>3.00 Crufts 2022 Clare Balding presents from the NEC in Birmingham. Coverage continues on More4 at 6.30pm.</p> <p>4.00 A New Life in the Sun: Where Are They Now?</p> <p>5.00 Four in a Bed Hotelier contest.</p> <p>5.30 Come Dine with Me</p> <p>6.00 The Simpsons Cartoon. (R)</p> <p>6.30 Hollyoaks Ste seeks help. (R)</p>
<p>7.00 The One Show Alex Jones and Ronan Keating present a stimulating mix of features, with guests dropping in for a chat.</p> <p>7.30 EastEnders With the truth about his dark past finally coming to light and numerous people with their sight on revenge, Gray realises his options are quickly running out.</p> <p>8.00 Dragons' Den (10/12) An entrepreneur presents an idea that she hopes will empower and inspire women and girls. However, it is soon apparent she risks potentially alienating one half of society.</p> <p>9.00 The Apprentice (10/12) The candidates are tasked with creating and branding a new baby food. Mistakes made by both sides – including a less than tasteful logo – lead to problematic pitches to retailers.</p>	<p>7.00 Doctors Emma wants to have a quiet birthday but the Mill gang has other ideas, with guests dropping in for a chat.</p> <p>7.30 Nigella's Cook, Eat, Repeat Nigella Lawson shares recipes featuring anchovies, including a dish of spaghetti with chard and chilli. (R)</p> <p>8.00 Great British Menu Si King helps the judging panel decide the winner for the North East and Yorkshire as the two highest scoring chefs from that region cook their six-course menus again.</p> <p>9.00 Anmol Rajan Interviews Nile Rodgers The journalist speaks to musician Nile Rodgers, who discusses his childhood in 1960s New York, setting up Chic with Bernard Edwards, and the racism that still troubles America.</p>	<p>7.30 Emmerdale The Woolpack reopens, Chas and Charity are at loggerheads. Meanwhile, Vinny and Liv are worried.</p> <p>8.30 Louise Minchin: The Truth About Stalking – Tonight For its many thousands of victims, most of them women, stalking can be a terrifying ordeal – sometimes violent and deadly. TV presenter Louise Minchin was subjected to a campaign of threats and harassment online. She asks if enough is being done to tackle the crime.</p> <p>9.00 Our House (4/4) Fi finally discovers the truth behind the house sale and confronts those responsible. Meanwhile, Bram, on the run, must come to terms with his own actions. Thriller, starring Tuppence Middleton and Martin Compston.</p>	<p>7.00 Channel 4 News</p> <p>7.30 Winter Paralympics: Today in Beijing Ade Adepitan presents highlights from day six. Alpine skiers Neil Simpson and James Whitely went for gold in the giant slalom final, and Paralympics GB's Wheelchair Curling team concluded the round-robin.</p> <p>8.00 Crufts 2022 Clare Balding hosts from the NEC in Birmingham, as the first day concludes with more action from the Flyball and Freestyle Hockleywood to Music.</p> <p>9.00 Extraordinary Escapes with Sandi Toksvig Sue Johnston joins Sandi in Cornwall, visiting a modernist beach house overlooking Praa Sands, a fairy tale cottage in the woods and a former shepherd's hut on an alpaca farm.</p>
<p>10.00 BBC News; Regional News</p> <p>10.35 Question Time Fiona Bruce chairs the debate, inviting a panel of politicians and other guests to answer questions from an invited audience.</p> <p>11.35 Newscast Political chat.</p> <p>12.05am Celebrity Mastermind. Clive Myrie invites Maria McElrane, The Vivienne, Martine Croxall and DJ Ace to take to the black chair in the specialist and general knowledge quiz to win money for charity. (R) 12.35 Superman & Lois and Irons clash about the best way to defeat Edge's schemes, while an old friend is brought in to help with the search for Clark. Arrow star David Ramsey guest stars. (R) 1.20 Weather for the Week Ahead 1.25-6.00am BBC News. Headlines.</p>	<p>10.00 The Apprentice: You're Fired Tom Allen talks to the show's rejected candidate, who reveals what it is really like to be in the firing line.</p> <p>10.30 Newswatch Analysis of the day's events, presented by Christian Fraser.</p> <p>11.15 Slammed The rise of the Wales rugby team, coach Steve Hansen is returning to New Zealand after a tough time in Wales. Gough to get Wales back to their winning ways Welshman, Mike Ruddock has taken the rudder. (R) 12.15am Louis Theroux's Forbidden America. Documentary. (R) 1.15 Kelvin's Big Farming Adventure (R) 1.45 Great Coastal Railway Journeys (R) 2.15-6.30am This is BBC Two</p>	<p>10.00 ITV News at Ten; Weather</p> <p>10.30 Regional News; Weather</p> <p>10.45 Billy Connolly: My Absolute Pleasure The comedian shares with us a personal selection of his best-loved stand-up routines captured during his tours, some of which have never before been seen on TV. (R)</p> <p>11.50 All Elite Wrestling: Rampage Hard-hitting, high-flying wrestling action with many of AEW's biggest stars. 12.40am Home Shopping</p> <p>3.00 Louise Minchin: The Truth About Stalking – Tonight (R) 3.25 Britain's Brightest Celebrity Family (R) 3.50 Unwind with ITV 5.05-6.00am Tipping Point. Coin-drop quiz. (R)</p>	<p>10.00 First Dates Classic moments featuring memorable dates who came to the restaurant with a secret to share, including alopecia-sufferer Eve and cross-dresser Paul.</p> <p>11.05 Naked Attraction Singletons Nayeema and Dan, from Bristol and Bolton, take part. (R) 12.05am Moors Murders: The Trial. Hindley's brother-in-law David Smith and journalist Clive Entwistle describe the trial. (R) 1.00 LIVE Winter Paralympics. Day seven begins on the slopes with coverage of the women's giant slalom in para alpine skiing. Plus, the sitting 12.5km race. 3.30-6.00am LIVE Winter Paralympics. The women's giant slalom final concludes. Plus, the first semi-final in the para ice hockey.</p>

F*VIEW 5 • SKY 105 • VIRGIN 105 • F*SAT 105

6.00am Milkshake! 9.15 Jeremy Vine.
Discussion. **12.15pm** Nightmare
Tenants, Slum Landlords (R)
1.10 5 News at Lunchtime

1.15 Home and Away Logan and Mackenzie have a fresh start.

2.15 **FILM** **The Killer Affair**
(2019) Thriller. ★★

4.00 Filthy House SOS Francis and Brennan help a compulsive buyer who has been housebound for 10 years. (R)

5.00 5 News at 5 Headlines.

6.00 Neighbours Levi comes clean to Freya about Ned and

6.30 Eggheads Previous contestants the Harmer Hillbillies take on the experts once more.

7.00 **A Country Life for Half the Price with Kate Humble**

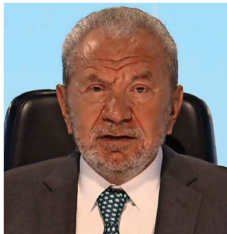
Now The presenter meets more folks embarking on ambitious moves to pastures new, beginning with a Solihull family relocating to the Welsh Borders.

8.00 The Queen's Guards: A Year In Service (4/5)
Rehearsals for the Queen's birthday parade are ramping up, and Garrison Sergeant Major Vern Stokes has to make sure everyone is up to scratch.

9.00 Soham: The Murder of Holly & Jessica (2/3)
Examining the days after college caretaker Ian Huntley and his girlfriend Maxine Carr were taken in to help police with their enquiries. This episode also charts the discovery of two items of the girls' clothing in the caretaker's lock-up.

10.35 Crimes That Shook Britain Eyewitnesses, family members and neighbours discuss the case of Mick and Mairead Philipott, who killed six of their children after setting fire to their Derby home. (R)

11.35 Police: Night Shift 999 An officer respond to reports of a break-in at a garage. (R) **12.35am Criminals: Caught on Camera.** How CCTV and technological advances are helping to bring criminals to justice. (R) **1.00 The 21.co.uk Live Casino Show 3.00** Entertainment News on 5 **3.10** Celebrity 5 Go Fishing (R) **4.00 Get Your Tatts Out:** Kavos Ink (R) **4.45** Wildlife SOS (R) **5.10** House Doctor (R) **5.35** Peppa Pig (R) **5.40** Paw Patrol (R) **5.50-6.00am** Plo and Posv (R)



The Apprentice

9pm, BBC One

Imagine a world where a parent would think, "There's only one brand of food I'm willing to feed my baby, and it's the one knocked up by some bunch of utter whatchamacallits on *The Apprentice*." Actually, don't bother imagining it, because Lord S pretty much creates that tonight, with a make-and-sell baby food task.

ITV2

F'VIEW 6 • SKY 118 • VIRGIN 115 • F'SAT 113

6.00am *Dress to Impress* **7.00** The Elton DeGeneres Show **8.00** You've Been Framed! **Gold** **9.00** Secret Crush **10.00** *Dress to Impress* **11.00** Love Bites **12.00noon** Supermarket Sweep **1.00** Tipping Point: Lucky Stars **2.00** Rolling in It **3.00** The Elton DeGeneres Show **4.00** The Masked Singer US **5.00** You've Been Framed! Full Throttle **6.00** *Celebrity Catchphrase* **7.00** *Supertore* Double bill. **8.00** *Bob's Burgers* Double bill. **9.00** *Gordon, Gino and Fred's Road Trip* **10.00** *Bob's Burgers* **11.00** *Shopping with Keith Lemon* **12.30** *Family Guy* Double bill. **1.30** *Animal Hospital* **12.25pm** *Bob's Burgers* **1.25pm** *Supertore* **2.00** The Stand Up Sketch Show **2.45** Totally Bonters Guinness World Records **3.10-3.30am** Unwinding with ITV.

BBC Three

VIEW 23 • SKY 117 • VIRGIN 107

7.00pm MasterChef Australia The contestants take a riverside challenge.
7.50 The Catch Up The day's news.
8.00 This Girl's Changed Persephone Rizvi reconnects with old friends.
8.30 Split Up in Care: Life Without Siblings Ashley John-Baptiste explores the separation of siblings by the UK care system.
9.00 Roman Kemp: Our Silent Emergency The mental health and suicide crisis affecting young men.
10.00 MOTDx Football discussion presented by Jermaine Jenas.
10.30 Mood Sasha is forced to sofa-surf at her drug dealer Saleem's flat.
11.15 Back to Life. Miri's nerves are on edge as she returns to the theatre in the Warehouse. **1.15 This Girl's Changed**.
1.45 Roman Kemp: Our Silent Emergency. **2.45-3.45pm Back to Life**.

ITV3

F'VIEW 10 • SKY 119 • VIRGIN 117 • F'SAT 115

6.00am Classic Coronation Street **7.00**
Classic Emmerdale **8.05** George and
Mildred **9.40** A Touch of **11.55**
Heartbeat **2.00pm** Classic Emmerdale
3.00 Classic Coronation Street: double
bill **4.05** Midsomer Murders. A
performer at a music festival is killed.
6.00 Heartbeat Double bill. First-ever
episode of the police drama; Nick
pursues a party of drunken hikers.
8.00 Vera The detective must
complete a murder victim's research into
an old criminal case.

10.00 Law & Order: UK Two children
are taken for a ride on a roller coaster at
Castle Heford by a superior and takes
interest from a victim's mother.
Crime drama, starring Bill Paterson.
11.00 Flesh and Blood **12.00am** T.A.
Touch of **2.05** Unwind with ITV
2.30-6.00am Teleshopping

BBC Four

F'VIEW 9 • SKY 116 • VIRGIN 107 • F'SAT 107

7.00pm The Lakes with Paul Rose
The explorer heads to Eskdale.

7.30 Fred Dibnah's World of Steam, Steel and Stone
The explorer and The steeplejack's interest in the Industrial Revolution.

8.00 Michael Wood's Story of England
The construction of a Norman castle in 1066.

9.00 (FILM) If Beale Street Could Talk
Talk (2018/15) A couple's plans to starting a family are derailed. Drama, starring Kiki Layne. ★★★★★

10.50 (FILM) Lilies of the Field
(1963/5) A handyman agrees to help nuns make repairs to their small farm. Drama, with Sidney Poitier. ★★★

12.55pm Female First: The Makers
BBC 1 (2018/15) The Lakes with Paul Rose. 1.55 Fred Dibnah's World of Steam, Steel and Stone 2.25-3.25am Michael Wood's Story of England.

THURSDAY

10 MARCH

Scotland & Wales

BBC Scotland

12.00noon This Is BBC Scotland **7.00pm**
The Great Food Guys. Nick Nairn and
Dougie Vipond focus on Scottish beef.
7.30 Grand Tours of Scotland's Lochs. The
strategic wartime importance of Loch
Ryan. **8.30** Loggerheads. The teams visit
the most Northerly woodlands in
mainland Scotland. **9.00** The Nine **10.00**
Scot Squad **10.30** Scotland's Home of the
Year **11.30pm-12.00m't** Loop

BBC One Scotland

As BBC One except: **11.15am** Bargain Hunt **12.00noon-1.00pm** First Minister's Questions **6.30-7.00pm** Reporting Scotland

BBC One Wales

As BBC One except: **6.30-7.00pm** BBC Wales Today. The day's headlines: Weather

BBC Two Wales

As BBC Two except: **7.30pm** The Hair
Bakers. Dave Myers and Si King make
celebration cakes. **7.45-10.00** **LIVE**
Scrum V. Wales Under-20s v France
Under-20s (kick-off 8.00pm). **11.15** Amol
Rajan interviews Nile Rodgers. The
journalist chats to the acclaimed musician
about his life and career. **12.15-1.15am**
Slammed. The rise of the Wales rugby team.

STV

As ITV except: **1.55-2.00pm** STV News; Weather **6.00-6.30** STV News at Six; Weather **8.30-9.00** Scotland Tonight. Current affairs show, **10.30** STV News **10.45** Louise Minchin: The Truth About Stalking – Tonight **11.10** Driving Force **12.05-3.00am** Home Shopping **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **1.55-2.00pm** ITV News Cymru Wales **6.00-6.30** ITV News Wales at Six **10.30** ITV News Cymru Wales **10.45** Face to Face **11.10** Heathrow: Britain's Busiest Airport **11.40-11.50pm** **NEW** Coast & Country. Celebrating the 10th anniversary of Wales' coast path.

S4C

6.00am Cyw **12.00noon** Newyddion S4C
a'r Twydded 12.05 Bwyd Bach i Bawb 12.30
Heno 1.00 Tysorau Cymru: Tril, Tal a
Chryfnachd 1.30 Cymry ar Gyntaf 2.00
Newyddion S4C a'r Twydded 2.05
Prynhawn Da 3.00 Newyddion S4C a'r
Twydded 3.05 Ty m Ddim! 4.00 Awar Fawr:
Sail Mael 4.05 Jambo! 4.15 Digbi Darg
4.30 Sefydliad y Goleuadau 4.50
Deddfwr 5.00 Ynys 5.10 Ar Goll yn
Oer: Deny y Brodyr Adrenalin! 5.40 Chwarter
Caf 5.55 Ffiel 6.00 Calwydd Noeth 6.30
Elafric 6.57 Newyddion S4C 7.00 Heno
7.30 Newyddion S4C a'r Twydded 8.00
Pobol y Cwm, Gaynor heads to Bristol to
find Gwen, 8.25 Rownd a Rownd 8.55
Newyddion S4C a'r Twydded 9.00 Jonathan
and the Pigeons 9.15 The Great Irish Hunt
Jack Brassington 11.00 Pen Petrol
11.25pm-12.00ma'r Werth

ITV4

FVIEW 26 • SKY 120 • VIRGIN 118 • FSAT 117

6.00am World of Sport **6.10** The Champions **7.00** Cadfael **8.30** Dempsey and Makepeace **9.35** The Professionals **10.40** Minder, Drama, **11.55** The Champions **1.00pm** Cadfael **2.40** Dempsey and Makepeace **3.45** The Professionals **4.55** Minder
6.00 Made in Britain British brands.
7.00 Cycling: Paris-Nice Highlights The best bits from stage five.
8.00 Bradley & Barney Walsh: Breaking Bad Double bill. Bradley and Barney visit the Red River Gorge in Kentucky; the pair arrive in Ohio.
9.00 **FILM The Bourne Ultimatum** (2007/12) Spy thriller sequel, starring Matt Damon. **★★★★**
11.20 **FILM RoboCop 3** (1993/18) Sci-fi thriller, starring Robert Burke. **★★**
1.25 The Professionals 2.25 The Protectors **2.55-3.00am** Unwind

E4

FVIEW 13 • SKY 135 • VIRGIN 106 • FSAT 122

6.00am Holyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** Married at First Sight Australia **10.30** The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory **3.00** Young Sheldon **4.00** Brooklyn Nine-Nine **5.00** The Big Bang Theory: four episodes
7.00 Holyoaks Chester-based soap.
7.30 Teen First Dates A 19-year-old musician wants to start a friend.
8.30 Married at First Sight Australia
10.00 Street Dance: Against the Odds Charlie pushes his teams harder.
11.05 Gogglebox **12.10am** First Dates **1.20** Rick and Morty: Animated US sitcom. **1.50** Teenage Euthanasia **2.15** Married at First Sight Australia **3.35** Street Dance: Against the Odds **4.30** Ramsay's Kitchen Nightmares USA **5.20-6.00am** Mike & Molly

5STAR

FVIEW 21 • SKY 128 • VIRGIN 151 • FSAT 131

8.00am 999: Criminals Caught on Camera **8.25** Shoplifters & Scammers: At War with the Law **9.10** Filthy House SOS **10.10** Judge Judy **12.00noon** Traffic Cops **2.00** Police Interceptors: triple bill **5.00** Shoplifters & Scammers: At War with the Law **6.00** Home and Away Double bill.
7.00 Filthy House SOS Visiting some of Britain's filthiest homes.
8.00 22 Kids & Counting Daughter Millie announces her pregnancy.
9.00 Call the Balliffs: Time to Pay Up Sherry and Alex try to serve a High-Court writ to a delivery driver.
10.00 **FILM Patriot Games** (1992/15) Political thriller, starring Harrison Ford. **★★★★**
12.25am **FILM The Warriors** (1979/18) Action adventure, with Michael Beck. **★★★★**
2.15 Last Man Standing **3.15-4.00am** Judge Judy

ITVBe

FVIEW 28 • SKY 131 • VIRGIN 119 • FSAT 118

7.00am The Real Housewives of Cheshire **8.00** Buying and Selling **9.00** LittleBe **12.00noon** Best Cake Wins **12.30** The Real Housewives of Potomac **1.25** The Real Housewives of Cheshire **2.25** The Only Way Is Essex **3.10** Little Women: LA **4.05** The Real Housewives of Beverly Hills **5.00** The Real Housewives of Orange County
6.00 Masters of Flip Renovations.
7.00 Buying and Selling New parents hope to find a family-friendly home.
8.00 Dinner Date Julie chooses three blind dates from five potential partners.
9.00 Botched A Texas chef has jarring pain from her breast implants.
10.00 Chrisley Knows Best Double bill. Julie gets revenge. Choe feels lost out during the family holiday.
11.00 Vanderpump Rules **11.55** The Only Way Is Essex **12.45-1.00am** Unwind

More4

FVIEW 18 • SKY 136 • VIRGIN 147 • FSAT 124

8.55am A Place in the Sun **10.35** Find It, Fix It, Flop **12.35pm** Heir Hunters **1.35** Four in a Bed **4.15** The Hotel Fixers **4.50** Find It, Fix It, Flop
6.30 Crufts **2022** Continued coverage from the NEC in Birmingham.
8.00 Grand Designs Revisiting Paul and Richard Irvine who planned to build a family home on an industrial estate.
9.00 The Dog House Cheeky Jack Russell Rocco seeks a new home.
10.05 24 Hours in A&E The team treats a man having seizures, a patient with breathing difficulties and a girl who fell off a climbing frame.
11.05 24 Hour Baby Hospital **12.00am** 8 Out of 10 Cats Does Countdown. Comedy panel show. **1.15** The Dog House **2-24** Hours in A&E **3.20** Winter Paralympics: Today in Beijing **3.50-3.55am** Escape to the Chateau

5USA

FVIEW 21 • SKY 141 • VIRGIN 153 • FSAT 129

9.00am NCIS **9.55** Entertainment News on 5 **10.00** NCIS **12.00noon** Law & Order **3.55** Entertainment News on 5 **4.00** Law & Order: double bill.
6.00 NCIS Triple bill. A marine is killed after changing his religious persuasion; the team investigates the murder of a Navy pilot; Tony's father is linked to an attempted assassination.
9.00 Law & Order: Special Victims Unit Triple bill. Stabler's family is threatened; Benson and Stabler are called to an industrial laundry where an environmental activist has been found raped and murdered; an FBI agent claims she has been raped while working undercover.
11.55 Law & Order: Special Victims Unit **1.50am** Private Eyes: double bill
3.35 Criminals: Caught on Camera **4.00-6.00am** Teleshopping

Dave

FVIEW 19 • SKY 111 • VIRGIN 127 • FSAT 157

7.10am Sin City Motors **8.00** Ultimate Movers **9.00** Storage Hunters UK **10.00** Eddie Eats America **11.00** Travel Man **12.00noon** Red Bull Soapbox Race **1.00** Fast Justice **2.00** Travel Man **3.00** Rick Stein's Road to Mexico **4.00** Red Bull Soapbox Race **5.00** Rick Stein's Road to Mexico **6.00** Taskmaster
7.00 Richard Osman's House of Games Light-hearted quiz show.
7.40 Room 11 With Noel Fielding.
8.20 Would I Lie to You? Festive films.
9.00 Qi Xi With guest, Joe Lycett.
10.00 Meet the Richardsons John and Lucy get to know their new neighbours.
10.40 Mock the Week Panel show.
11.20 Mock the Week. Satirical quiz.
12.00m Hypothetical. Natural quiz **1.20** Would I Lie to You? **2.00** Live at the Apollo **2.50-4.00am** This Country

Film4

FVIEW 14 • SKY 313 • VIRGIN 428 • FSAT 300

11.00am Gunsmoke (1953/10) Western, starring Alvin Karpis. **★★★**
12.40pm Border River (1954/10) Western, starring Joel McCrea. **★★★★**
2.20 Attack! (1956/PG) Second World War drama, starring Jack Palance. **★★★★**
4.30 The Great Sioux Massacre (1965/10) Western, starring Philip Carey. **★★**
6.35 The Karate Kid (1984/PG) Martial arts drama, starring Ralph Macchio and Pat Morita. **★★★**
9.00 Deadpool 2 (2018/15) The wisecracking anti-hero attempts to protect a young mutant being pursued by a heavily armed cyborg. Action comedy, starring Ryan Reynolds, Josh Brolin and Julian Dennison. **★★★★**
11.20 Dog Soldiers (2002/15) Horror, with Kevin McKidd. **★★★★**
1.25-4.00am Happy as Lazzaro (2018/12) Drama, with Adriano Tardiolo. **★★★★★**

5Action

FVIEW 32 • SKY 150 • VIRGIN 187 • FSAT 132

9.00am Criminals: Caught on Camera **9.25** Traffic Cops: On the Edge **11.25** Sinkholes: Sucked Underground **12.25pm **FILM** The Wild and the Innocent** (1959/PG) **★★★**
2.10 **FILM The Great Escape** (1963/15) Western. **★★★★**
4.00 Sinkholes: Buried Underground **5.00** Traffic Cops **7.00** Police Interceptors A look at some extreme police chases.
8.00 Traffic Cops An insight into the life of officers patrolling Britain's roads.
9.00 Trucking Hell Double bill. A 38-tonne metal lorry crashes; an articulated lorry axle dead in mud.
11.00 WWE: Raw Highlights **12.00m** WWE: NXT UK **1.05** Streets of Rage: Caught on Camera **2.05** Criminals: Caught on Camera **3.05** World's Wildest Holidays **3.55-4.50am** Seconds from Death: Caught on Camera

Drama

FVIEW 20 • SKY 143 • VIRGIN 130 • FSAT 158

6.00am Teleshopping **7.40** Where the Heart Is **8.35** The Bill **9.35** Classic Holly City **10.55** Classic Casualty **12.00noon** The Bill **1.00** Classic Eastenders **2.20** A Place to Call Home **4.20** Peak Practice **5.20** Brush Strokes **6.00** Are You Being Served? The employees go on strike.
6.40 Last of the Summer Wine Double bill. Compo takes Nora for a ride; Compo volunteers to test Wesley's heavy-duty sucker and bowler.
8.00 Jonathan Creek Part one of two. Adam Klaus's sister Kitty witnesses a murder. Drama, with Alan Davies.
9.00 New Tricks Double bill. A woman claims to be Stanning's daughter; a car accident threatens the team's future.
11.50 Silent Witness. Drama.
1.55am Kavanagh Q3 **3.25** Brush Strokes **4.00-6.00am** Teleshopping

Talking PicturesTV

FVIEW 82 • SKY 328 • VIRGIN 445 • FSAT 306

6.00am The Hills of Donegal (1947/PG) **★★★**
7.40 The Second Woman (1951/PG) **★★★**
9.30 Scales of Justice **10.10** Bank Holiday (1938/10) **★★★★**
11.55 Young and Innocent (1937/10) **★★★★**
1.35pm House of Bamboo (1955/PG) **★★★★**
2.45 The Silver Bears (1977/PG) **★★★★**
5.55 House of Strangers (1949/PG) **★★★★**
8.00 Justice Harriet defends a truck driver accused of killing a pedestrian.
9.00 One Way Pendulum (1964/10) Comedy, starring Eric Sykes. **★★★★**
10.40 Only When I Larf (1968/10) Comedy, starring Richard Attenborough and David Hemmings. **★★★★**
12.45am These Dangerous Years (1957/PG) Musical, starring Frankie Vaughan. **★★★★**
2.45 The House of 1953 (PG) Biopic, starring Tony Curtis. **★★★★**
5.00-6.00am Burke's Law

Yesterday

FVIEW 27 • SKY 155 • VIRGIN 189 • FSAT 159

6.00am Antiques Roadshow **8.00** Forbidden History **9.00** Abandoned Engineering **11.00** Himalaya with Michael Palin **12.00noon** Great British Railway Journeys **2.00** Abandoned Engineering **4.00** The Buildings That Fought Hitler **5.00** War Factories **6.00** Great British Railway Journeys Double bill. Cornwall's county town, Truro; Michael Portillo reaches Bodmin.
7.00 Himalaya with Michael Palin Michael visits the village of Lekhani.
8.00 Bangers and Chas Double bill. A Saab 96L and a Volvo P1800ES; vehicles that were used in Heartbeat.
10.00 Secrets of the London Underground Tim Dunn and Siddy Holloway explore Easton.
11.00 Bangers and Chas **12.00m** Abandoned Engineering **1.00** Antiques Roadshow **3.00-6.00am** Teleshopping

Sky Max

SKY 113 • VIRGIN 121

6.00am Stargate SG-1 **8.00am** Supergirl
9.00am DC's Legends of Tomorrow **10.00am** The Flash **11.00am** NCIS: New Orleans
1.00pm Hawaii Five-O **2.00am** S.W.A.T.
3.00pm DC's Legends of Tomorrow **4.00pm** Supergirl **5.00pm** The Flash, Adventure
6.00am Stargate SG-1 Double bill
9.00am **Idiot Abroad** Karl Pilkington arrives in India, where he attends a spring festival, and visits the Taj Mahal.
10.00pm **Resident Alien** Harry meets a woman unlike any other and realizes that she is the key to his new mission.
10.00pm **The Flight Attendant** Cassie enlists Max in a complex plan that involves breaking and entering, computer fraud and too much vodka.
11.00pm **Frayed** **12.00am** Road Wars **1.00am** The Force: North East **2.00am** The Blacklist
3.00am Hawaii Five-O **4.00am** S.W.A.T.
5.00pm **6.00am** Stop, Search, Seize

Sky Arts

FVIEW 11 • SKY 130 • VIRGIN 140 • FSAT 147

6.00am Andre Rieu: Wonderful World – Live in Maastricht **9.00am** Tales of the Unexpected **10.00am** Discovering **12.00noon** National Treasures: The Art of Collecting **1.00pm** Tales of the Unexpected **2.00pm** Discovering **3.00pm** Frida Kahlo **4.00pm** Joy: Fresh Perspectives Forever **5.00pm** Tales of the Unexpected **6.00pm** Discovering: Dirk Bogarde **7.00pm** Landscape Artist of the Year **2022** Highlights. Last in series.
8.00pm **The Directors** The life and work of producer and actor John Singleton.
9.00pm **FILM** **Passport to Pimlico** (1949/U) Ealing comedy, starring Stanley Holloway. **★★★★**
10.35pm **The Movies** Cinematic history.
11.35am Alvin Steve McQueen **1.35am** David Byrne in Barcelona **3.50am** Del Ammiré: You Can't Go Back
5.05pm **6.00am** The Art of Architecture

GOLD

SKY 111 • VIRGIN 124

7.05am Hi-Del-Hi **7.50pm** Chef **8.30pm** dinnerdials **9.10pm** Hi-Del-Hi **9.50pm** Last of the Summer Wine **11.10pm** The Green Grass **11.50pm** Dad's Army **1.10pm** Chef **1.50pm** Hi-Del-Hi **2.30pm** Desmond's **3.00pm** The Green Grass **3.40pm** Dad's Army **4.20pm** Last of the Summer Wine **5.40pm** Hi-Del-Hi Comedy.
6.20pm Desmond's Classic sitcom.
7.00pm The Green Grass
7.40pm Dad's Army Classic comedy.
8.20pm Fawcety Towers A loud-mouthed, American comes to stay at the hotel.
9.00pm Billy Connolly Does...
10.00pm Men Behaving Badly
10.40pm Not Going Out Sitcom.
11.20pm Peep Show: double bill **12.35am** French and Saunders **1.15pm** Chef **1.55pm** Men Behaving Badly **2.30pm** Not Going Out **3.00pm** **4.00pm** Peep Show

Sky Witness

SKY 107 • VIRGIN 111

6.00am Nothing to Declare **8.00pm** Border Patrol **9.00pm** Stop, Search, Seize **10.00am** UK Border Force **11.00am** Law & Order **12.00noon** Bull **1.00pm** Blue Bloods
3.00pm Private Eyes **4.00pm** UK Border Force **5.00pm** Nothing to Declare
6.00pm Nothing to Declare Double bill.
7.00am Air Ambulance ERA A 16-year-old boy suffers a major head injury.
8.00pm Blue Bloods A guilty Frank tries to reinstate an officer he previously fired.
9.00pm The Rookie The team comes up against a citizen who believes they are above the law. Nathan Fillion stars.
10.00pm Blue Bloods Shockwaves ripple through the Reagan family.
11.00pm Law & Order: Special Victims Unit, Crime drama. **12.00am** Chicago Med **1.00am** Chicago Fire **2.00am** Chicago PD **3.00pm** Road Wars **5.00pm** **6.00am** Brit Cops: Rapid Response

Sky Comedy

SKY 114 • VIRGIN 123

6.00am Teleshopping **8.00pm** Parks and Recreation **9.00pm** The Fresh Prince of Bel-Air **10.00pm** Will & Grace **11.30pm** The Office (US) **12.30pm** Vice Principals
3.00pm Modern Family **4.00pm** The Office (US) **5.00pm** Parks and Recreation
5.30pm The Fresh Prince of Bel-Air
6.30pm Will & Grace Triple bill.
8.00pm Parks and Recreation Double bill. Ron needs to see a doctor; April and Ron take Chris's training course.
9.00pm Sex and the City Double bill. Carrie considers monogamy; Carrie discovers Big's secret.
10.00pm Ricky Vaiz: Here's Everything
11.05pm The Tonight Show Starring Jimmy Fallon **12.00am** Broods **1.00pm** The Late Late Show with James Corden **2.00pm** Dick Cavett **3.30pm** Mike Judge Presents: Stars from the Tour Bus
4.30pm **5.00am** Everybody Hates Chris

Nat Geo

SKY 125 • VIRGIN 266

8.00am Lost Treasures of Egypt **9.00pm** Lost Cities with Albert Lin **10.00pm** Ancient X Files **11.00pm** Drain the Ocean: Egypt's Lost Wonders **12.00noon** Gallipolis: Deep Secrets **1.00pm** World War II: The Apocalypse **2.00pm** Nazi Megastructures **3.00pm** Air Crash Investigation **5.00pm** To Catch a Smuggler **6.00pm** Car S.O.S. A Fiat X1/9.
7.00pm Wicked Tuna: North v South **8.00pm** **NEW** Car S.O.S. Tim and Fuzz take on a 1988 Fiat Uno Turbo.
9.00pm Alaska: The Next Generation The Alaskans acquire food.
10.00pm **Primal Survivor** Hazen Audel looks back at extreme tribal foods.
11.00pm Air Crash Investigation
12.00am Alaska: The Next Generation
1.00pm Ice Road Rescue: Highway Hawk
2.00pm Lawless Island **3.00pm** **5.00am** Drain the Oceans: double bill

Sky Atlantic

SKY 108

6.00am Richard E Grant's Hotel Secrets
8.00pm CSI: Crime Scene Investigation
9.00pm The Newsroom **10.05pm** The Sopranos **12.25pm** Game of Thrones
1.30pm Gomorra **3.30pm** Ray Donovan: double bill **5.40pm** The Sopranos
6.45pm The Sopranos Livio's death forces Janice to return from Seattle.
7.55pm Game of Thrones Daenerys hosts a celebration of athleticism.
9.00pm My Brilliant Friend Italian drama series based on Elena Ferrante's novel, following the lives of two girls from Naples over six decades.
10.05pm The Gilded Age As Edison's illuminating electricity demonstration sparks conversation, George prepares for a battle and Barnister plots revenge.
11.10pm Banshee **2.25am** In Treatment
2.55pm Six Feet Under **4.00pm** **6.00am** Richard E Grant's Hotel Secrets

Comedy Central

SKY 112 • VIRGIN 132

6.00am Teleshopping **8.00pm** Impractical Jokers **11.00pm** Younger **1.00pm** Friends
6.00pm Friends Six episodes. Emily asks Ross to move away; Ross moves in with Chandler and Joey; the pals recall previous Thanksgivings; Ross turns to his co-workers. Ross turns to Joey for employment advice; the pals make New Year's resolutions.
9.00pm Michael McIntyre's Big Surprises The host looks back over the last four series of his Big Show.
10.00pm Guessable? Sara Pascoe and team captains Alan Davies and Darren Harriott welcome Gyles Brandreth, Nick Helm, Sarah Kendall and Katy Wix.
11.00pm Joel & Nath in the World
12.00am Rhod Gilbert's Growing Pains
1.00pm The Late Late Gervase Show **2.00pm** South Park **3.40pm** The Daily Show **4.15pm** Friends **5.00pm** **6.00am** Teleshopping

Discovery

SKY 125 • VIRGIN 250

6.00am Wheeler Dealers **7.00pm** Deadliest Catch **8.00pm** Alaska: Homestead Rescue
9.00pm Alaska: The Last Frontier **10.00pm** Combat Dealers **11.00pm** Wheeler Dealers **12.00noon** Railroad Auction **1.00pm** Gold Rush: White Water **2.00pm** Rise of the Machines **4.00pm** Building Off the Grid **5.00pm** Wheeler Dealers. An early SUV.
6.00pm Fast 'n' Loud A Chevy Coupe.
7.00pm Outback Truckers
8.00pm Iron Resurrection Joe Martin brings new life to old iron at his shop.
9.00pm Building Off the Grid A couple set out to build a cabin in Vermont.
10.00pm Pushing The Line
11.00pm Combat Dealers. A Second World War SAS jeep. **12.00am** Building Off the Grid **1.00pm** Pushing The Line
2.00pm Moonshiners **3.00pm** Building Off the Grid **4.00pm** Fast 'n' Loud **5.40pm** Wheeler Dealers **6.40pm** **6.00am** How It's Made

THURSDAY

10 MARCH

Discovery History

SKY 177 • VIRGIN 257

6.00am Wings Around the World Codes and Conspiracies **8.00pm** World War II: Witness to War **9.00pm** Nasa's Unexplained Files **10.00pm** Mighty Ships **11.00pm** Codes and Conspiracies **12.00noon** Combat Dealers **1.00pm** Expedition Unexplained **2.00pm** Wings of War **3.00pm** Blowing Up History **4.00pm** Mysteries at the Museum **5.00pm** World War II: Witness to War **6.00pm** Nasa's Unexplained Files **7.00pm** Expedition Unexplained **8.00pm** Combat Dealers **9.00pm** UFOs: The Lost Evidence **10.00pm** Nasa's Unexplained Files **11.00pm** Edge of War **12.00am** Combat Dealers **2.00pm** Nasa's Unexplained Files **3.00pm** Edge of War **4.00pm** Blowing Up History **5.00pm** **6.00am** Mysteries at the Museum

Alibi

SKY 132 • VIRGIN 126

6.00am Teleshopping **7.10pm** Murdoch Mysteries **9.00pm** Unforgettable **10.00pm** Major Crimes **11.00pm** Rizzoli & Isles **12.00noon** Hudson & Rex **1.00pm** Father Brown **2.00pm** Murdoch Mysteries **4.00pm** Unforgettable **5.00pm** Major Crimes **6.00pm** Hudson & Rex **7.00pm** Rizzoli & Isles **8.00pm** Father Brown **9.00pm** Murdoch Mysteries. An inmate is killed at a women's reformatory. **10.00pm** Frankie Drake Mysteries **11.00pm** Rizzoli & Isles **12.00pm** Why Women Kill **1.00pm** Evil **2.00pm** **4.00am** Murdoch Mysteries

Animal Planet

SKY 162 • VIRGIN 251

6.00am Teleshopping **8.00pm** The Zoo **9.00pm** Docs 101: Specials **10.00pm** Amanda to the Rescue **11.00pm** Extinct or Alive **12.00noon** The Crocodile Hunter. Best of Steve Irwin **1.00pm** Predators Up Close with Joel Lambert **2.00pm** Pit Bulls & Parolees **3.00pm** The Zoo **4.00pm** Docs 101: Specials **5.00pm** Animal Planet **6.00pm** Crocodile Hunter **7.00pm** Extinct or Alive **8.00pm** Saved by the Barn **9.00pm** Scaled **10.00pm** Was Prey **11.00pm** Treehouse Masters **12.00am** Lost Beasts of the Ice Age **2.00pm** Pit Bulls & Parolees **3.00pm** The Zoo **4.00pm** Docs 101: Specials **5.00pm** **6.00am** Teleshopping

TCM Movies

SKY 315 • VIRGIN 415

6.00am Off Set **6.10pm** Barry Lyndon (1975/P) PG Period drama, starring Ryan O'Neal. **★★★★** **9.50pm** Murder, She Said (1961/P) PG Miss Marple mystery, starring Margaret Rutherford. **★★★★** **11.40pm** Good Day for a Hanging (1969/U) Western, starring Fred MacMurray. **★★★★** **1.30pm** Murder Most Foul (1964/U) Agatha Christie mystery, with Margaret Rutherford. **★★★★** **3.25pm** The Young Guns (1956/P) **★★★★** **5.10pm** The Brass Legend (1956/V) **★★★★** **6.50pm** The Last Hunt (1956/P) Western, starring Robert Taylor. **★★★★** **9.00pm** Maximum Risk (1996/18) Action thriller, starring Jean-Claude Van Damme. **★★★★** **11.05pm** Passenger 57 (1992/15) Action thriller, with Wesley Snipes. **★★★★** **12.50am** Calamity Jane (1953/U) Musical comedy Western, starring Doris Day. **★★★★** **2.55pm** High Society (1956/U) Musical romantic comedy, with Cary Grant and Grace Kelly. **★★★★** **4.50pm** Off Set **5.00pm** **6.00am** Hollywood's Best Film Directors

BBC One

F VIEW 1 • SKY 101 • VIRGIN 101 • FSAT 101

- 6.00am Breakfast** 9.15 Morning Live
10.00 Crimewatch Live 10.45
Caught Red Handed 11.15
Homes Under the Hammer (R)
12.15pm Bargain Hunt
- 1.00 BBC News; Regional News**
- 1.45 Shakespear & Hathaway – Private Investigators (R)**
- 2.30 The Repair Shop** A battered ventriloquist's dummy. (R)
- 3.00 Escape to the Country** A retirement retreat in the Cornish countryside. (R)
- 3.45 Garden Rescue** A sad garden in Stoke-on-Trent. (R)
- 4.30 Antiques Road Trip** Arusha Irvine and David Harper tour the Lake District. (R)
- 5.15 Pointless** Low-scoring quiz. (R)
- 6.00 BBC News; Regional News**

7.00 The One Show Alex Jones and Ronan Keating round off the working week with a stimulating mix of features. Plus, the result of the Red Nose and Spoon Race 2022.

7.30 Six Nations Rugby Union
Live Wales v France (kick-off 8.00pm). Gabby Logan presents all the action from the fourth and penultimate fixture for both teams, held at Principality Stadium. France recorded a thrilling 32-30 home win when the sides met in the final match of last year's competition, but that result was not enough to prevent Wales being crowned champions for the second time in three years, with the French emulating their achievement in 2020 by finishing as runners-up. With commentary by Eddie Butler.

10.10 BBC News; Regional News
10.45 The Graham Norton Show (22/22) The second of two compilations of highlights from the recent series, featuring a host of stars including Adele, Kenneth Branagh, Ant and Dec and Andrew Garfield.

11.35 Six Nations Sin Bin Gabby Logan and Gareth Thomas are joined by guests Mike Tindall, Jonathan Davies and Ellie Simmonds to look ahead to the latest Six Nations round of matches. **12.05am FILM** The Witches of Eastwick (1987/18) Fantasy comedy, starring Jack Nicholson, Cher, Michelle Pfeiffer and Susan Sarandon. **★★★★ 2.00** Weather for the Week Ahead **2.05-6.00am** BBC News

BBC Two

F VIEW 2 • SKY 102 • VIRGIN 102 • FSAT 102

- 6.30am Marcus Wareing's Tales from a Kitchen Garden (R)** 7.00
Homes Under the Hammer (R)
8.00 The Repair Shop (R) **9.00**
BBC News **10.00** BBC News
12.15pm Politics UK
- 1.00 It's a Mad, Mad, Mad, Mad, Mad**
FILM World (1963/U) Comedy, starring Spencer Tracy, Milton Berle and Dick Shawn. **★★★★**
- 3.30 Put Your Money Where Your Mouth Is (R)**
- 4.15 Sicily: Wonder of the Mediterranean (R)**
- 5.15 Flog It!** In Reading. (R)
- 6.00 Richard Osman's House of Games** Jennie McPaine, Ugo Monye, Jo Pasquale and Felicity Ward take part.
- 6.30 Marcus Wareing's Tales from a Kitchen Garden** Last in series.

7.00 MOTDx Jermaine Jenas presents the show looking at the lifestyle and culture that surrounds the Premier League and those involved in it.

7.30 Inside Culture with Mary Beard (3/5) Mary Beard is joined by actor and screenwriter Emma Thompson to talk tears, dissecting some of Emma's most famous on-screen weeps.

8.00 Gardeners' World
New At Longmeadow, horticulturist Monty Don embarks on an exciting new project, sows perennial seeds and gives a tree-planting masterclass.

9.00 Your Garden Made Perfect Wokingham residents Lisa and Justin want to make more of their home's plot outside, so designers Oliver Bond and Steve Williams help. Angela Scanlon hosts. Last in series.

10.00 Live at the Apollo Darren Harriott introduces performances by Jessica Fostekew and Stephen Bailey, recorded before a packed house at London's Hammersmith Apollo. (R)

10.30 Newsnight Analysis of the day's events, with Faisal Islam.

11.05 The Real Peaky Blinders Part one of two. Historian Karl Chinn explores the real-life stories of the Birmingham gangs that inspired the hit BBC drama, sorting out the fact from the fiction. (R) **12.05am** Manchester Arena Bombing: Saffie's Story – Panorama. Current affairs report. (R) **12.35** Great Coastal Railway Journeys (R) **1.05-6.40am** This is BBC Two

ITV

F VIEW 3 • SKY 103 • VIRGIN 103 • FSAT 103

- 6.00am Good Morning Britain**
9.00 Lorraine Entertainment news.
10.00 This Morning Celebrity chat and lifestyle features.
- 12.30pm Loose Women** Celebrity interviews and topical debate.
- 1.30 ITV Lunchtime News; Weather**
- 1.55 Regional News; Weather**
- 2.00 Dickinson's Real Deal** Alison Chapman is dazzled by a diamond brooch in Scarborough. (R)
- 3.00 Lingo** Another battle of words, including contestants from Dartford and east London. (R)
- 4.00 Tipping Point** Coin-drop quiz.
- 5.00 The Chase** Quiz show, hosted by Bradley Walsh.
- 6.00 Regional News; Weather**
- 6.30 ITV Evening News; Weather**

7.30 Emmerdale Billy and Dawn return from their honeymoon, and Jai struggles with his ego.

8.00 Coronation Street Abi is given a rude awakening by the police, and Daniel is delighted by Nicky's return to the area.

9.00 Grantchester
New The summer of 1959 finds the wedding season in full swing. Among the Reverend Will Davenport's many brides-to-be is Adele Fitzgerald, who lives on the declining Fitzgerald Estate with her green-fingered spinster sister Maude. The body of a dead man is found in the grounds and is quickly identified as the sisters' errant brother. Will and DI Geordie Keating find themselves at odds with Geordie's new boss DCI Elliot Wallace and DC Larry Peters in viewing the death as a murder.

10.00 ITV News at Ten; Weather
10.30 Regional News; Weather

10.45Rocky IV (1985/PG) The Italian Stallion agrees to help former champion Apollo Creed train for a match against the Soviet Union, only to see his friend die as a result of injuries sustained in the fight. Rocky vows to avenge him, and prepares to take on the Russian heavyweight in his own country. Drama sequel, starring Sylvester Stallone. **★★**

12.25am Home Shopping 3.00
Winning Combination. Quiz show. (R)
3.50 Unwind with ITV **5.05-6.00am**
Masterpiece with Alan Titchmarsh (R)

Channel 4

F VIEW 4 • SKY 104 • VIRGIN 104 • FSAT 104

6.00am Winter Paralympics Further coverage from day seven in Beijing, including the wheelchair curling semi-finals.

8.00 Winter Paralympics Breakfast
9.00 Fraser (R) 10.30 Ramsay's Kitchen Nightmares USA (R)
11.30 Coast to Country (R)
12.30pm Steph's Packed Lunch

2.10 Countdown Word game.

3.00 Crufts 2022 Fyball action.

4.00 A New Life in the Sun: Where Are They Now?

5.00 Four in a Bed The guests rifle through the week's feedback.

5.30 Come Dine with Me

6.00 The Simpsons (R)

6.30 Hollyoaks As guilt overwhelms him, Ste makes a surprising admission to Liberty. (R)

7.00 Channel 4 News

7.30 Winter Paralympics: Today in Beijing Adele Adeptan reviews the highlights from a busy day seven in Beijing.

There are semi-finals in both para ice hockey and wheelchair curling, while medals are up for grabs in the women's giant slalom in para alpine skiing.

8.00 Crufts 2022 Clare Balding presents as the second day of the event concludes. Group judging has reached the Hounds group, with only one canine winning a chance to be named Best in Show.

9.00 Gogglebox The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and the discussions that are prompted by the week's shows.

10.00 The Last Leg Adam Hills, Josh Widdicombe and Alex Brooker are joined by celebrity guests for a comic review of the significant moments of the past seven days.

11.05 8 Out of 10 Cats Does Countdown Jon Richardson and Tom Allen take on Sean Lock and Rosie Jones in the words-and-numbers quiz, while Sean Bean – aka Adam Riches – joins Susie Dent in Dictionary Corner. (R) **12.05am** Jimmy Carr's 1 Literally Just Told You. Gameshow. (R)

1.00 LIVE Winter Paralympics. Coverage of the eighth and penultimate day from Beijing. **3.30-6.00am LIVE** Winter Paralympics. Further coverage of day eight from Beijing, as the men's slalom concludes.

Channel 5

FVIEW 5 • SKY 105 • VIRGIN 105 • FSAT 105

- 6.00am Milkshake!** 9.15 Jeremy Vine
12.15pm Nightmares, Tenants,
Slum Landlords (R) **1.10 5 News**
- 1.15 Home and Away** A frazzled
Logan reconnects with a
mysterious woman.
- 1.45 Neighbours** See 6.00pm.
- 2.15 Killer in the Attic** (2021/PG)
Premiere. Drama, starring
Vivica A. Fox. ★★
- 4.00 Filthy House SOS** Richard
and Brennan come to the aid
of a compulsive buyer. (R)
- 5.00 5 News at 5** Headlines.
- 6.00 Neighbours** Hearing gunshots,
the group search frantically
for Levi and Freya. (R)
- 6.30 Eggheads** The Single 1s
return to face the Eggheads
once more. Last in series.

- 7.00 World's Most Scenic River
Journeys** (7/10) Cameras
follow in the wake of the
earliest European explorers and
venture down the untamed
waters of the Buller River
on the west coast of New
Zealand's South Island.
- 8.00 Susan Calman's Grand
Day Out in Wales** The
comedian ventures along the
Pembroke coast in Wales.
Starting in Cardigan, she
follows the coastline south to
Carmarthenshire, ending her
trip at Pendine Sands. (R)
- 9.00 A&E After Dark** (5/10) The
night staff at Hull Royal Infirmary
try to save the life of Jane who
has a heart rate more than
double the average. Dr Ben and
medical student Charlotte try to
bring the heart back under
control for their patient.

- 10.00 ABBA's 30 Greatest
Moments** Documentary
celebrating the seminal and
singular career of the band, in
an attempt to identify just what
it was about the Swedish
supergroup that made
them so evergreen. (R)
- 12.05am All-Time Favourite ABBA
Songs** A countdown featuring 20
of ABBA's best loved songs, as voted
for by fans of the Swedish music legends.
(R) **1.45 The 21** c.o.uk Live Casino
Show **3.55 1992: Britain's Biggest Hits.**
Revisiting the musical highs of 1992,
the year Wet Wet Wet, Shakespears
Sister and the Shamen dominated the
charts. (R) **5.10 House Doctor** (R) **5.35**
Peppa Pig (R) **5.40 Paw Patrol** (R)
5.50-6.00am Pip and Posy (R)



Susan Calman's Grand Day Out 8pm, Channel 5

Once she's topped up the
screenwash on Helen,
her beloved campervan,
Susan sets off along a
stunning stretch of Welsh
coastline. She starts in
lovely Cardigan (and in
a cardigan of her own,
funnily enough, which
is a tad less beautiful
but no doubt super for
keeping the chill off)
and aims to end at
Pendine Sands.

ITV2

FVIEW 6 • SKY 118 • VIRGIN 115 • FSAT 113

- 6.00am** Dress to Impress **7.00** The
Ellen DeGeneres Show **8.00** You've
Been Framed! **Gold 9.00** Secret Crush
10.00 Dress to Impress **11.00** Love
Bites **12.00noon** Supermarket Sweep
1.00 Tipping Point: Lucky Stars **2.00**
Rolling in It **3.00** The Ellen DeGeneres
Show **4.00** The Masked Singer US
5.00 You've Been Framed!
- 6.00 Celebrity Catchphrase**
7.00 Superstore Double bill. Amy
brings her daughter to work; Amy
and Jonah become competitive.
- 8.00 Bob's Burgers** Double bill.
- 9.00 FILM 22 Jump Street** (2014/15)
Comedy, starring Jonah Hill. ★★
- 11.15** Family Guy **12.15am** American
Dad! **1.10** Bob's Burgers **2.05**
Superstore **2.55** Totally Bonkers
Guinness World Records **3.20** Unwind
with ITV **3.30-6.00am** Teleshopping

BBC Three

FVIEW 23 • SKY 117 • VIRGIN 107

- 7.00pm MasterChef Australia** Matt
Preston's take on roasted cauliflower.
8.35 The Catch Up The day's news.
9.40 Becoming – Nathan Drake
Tom Holland reveals all about taking
on the iconic character in Uncharted.
- 9.00 Life and Death in the
Warehouse** Drama inspired by
real-world events, telling the story
of young Welsh worker Alys.
- 10.00 FILM The Big Sick** (2017/15)
A stand-up comic proves a hit with
a student teacher, but their affair ends
just before a mysterious illness puts
her in a coma. Romantic comedy,
starring Kumail Nanjiani. ★★
- 11.55 RuPaul's Drag Race: UK** Versus
the World **12.55am** Gassed Up
1.45 Zen Motoring **1.55** Nail Bar Boys
2.25 As 9pm **3.30-4.00am** Split Up in
Care: Life Without Siblings

ITV3

FVIEW 10 • SKY 119 • VIRGIN 117 • FSAT 115

- 6.00am** Classic Coronation Street **7.00**
Classic Emmerdale **8.05** Man About
the House **9.40** A Touch of Frost **11.50**
Heartbeat **2.00pm** Classic Emmerdale
3.00 Classic Coronation Street: double
bill **4.05** Midwinter Murders
- 6.00 Heartbeat** Double bill. Nick
gets a tip-off about a shopkeeper's
scarcies; two barns are set on fire.
- 6.00 Doc Martin** Double bill. Louisa
leaves for Spain; the GP tries to
keep a promise to Louisa to see a
therapist, but a lifeboat training
exercise causes problems and he
struggles to keep the appointment.
- 10.05 Law & Order: UK** Steel pushes
the boundaries of the law to the limit to
prosecute a convicted serial rapist
accused of killing a 16-year-old girl.
- 11.05** Wycliffe **12.15am** A Touch of
Frost **2.15-2.30am** Unwind with ITV

BBC Four

FVIEW 9 • SKY 116 • VIRGIN 108 • FSAT 107

- 7.00pm Harry Belafonte – Live at
the BBC A** 1977 performance.
- 7.50** Sounds of the 60s Music by
Craig Douglas, Joe Brown & the
Bruwers, and Peter & Gordon.
- 8.00 TOTP: 1992** Double bill. Featuring
performances by Shakespears Sister,
Enya and Jimmy Nail; music by the
Shamen, Betty Boo and Madness.
- 9.00 John Denver: Country Boy**
The life and legacy of John Denver.
- 10.00 John Denver in Person** The
American singer-songwriter performs.
- 10.55 Country & Beyond with the
Shires** The songs that shaped Ben
Earle and Cassie Rhodes' lives.
- 11.55** Michael Kiwanuka and
Laura Marling at 6 Music Festival
12.55am TOTP: 1992 **1.55** Country
Kings at the BBC **2.55-3.54am** Harry
Belafonte – Live at the BBC

FRIDAY

11 MARCH

Scotland & Wales

BBC Scotland

12.00noon This is BBC Scotland **7.00pm**
Homes Under the Hammer **8.30-7.00pm**
Friday The Seven **7.30 LIVE** Sportscentre: Friday
Night Football. Ayr United v Kilmarnock
(kick-off 7.45pm). **10.00** Still Game. A TV
crew visits the Clansman. **10.30** A View
from the Terrace. A look at Scottish
football. **11.30pm-12.00am** The Scots

BBC One Scotland

As BBC One except: **11.15am-12.15pm**
Homes Under the Hammer **6.30-7.00pm**
Reporting Scotland **11.35** A View from the
Terrace **12.35am** Six Nations Sin Bin. With
guests Mike Tindal, Jonathan Davies and
Ellie Simmonds. **1.05** Weather for the Week
Ahead **1.10-6.00am** BBC News

BBC Two Wales

As BBC One except: **6.30pm** BBC Wales
Today **7.00-7.30pm** Six Nations Sin Bin.
With guests Mike Tindal, Jonathan
Davies and Ellie Simmonds.

BBC Two Wales

As BBC Two except: **3.30pm** Grand Tours
of Scotland's Lochs **4.00** Sicily's Wonder of
the Mediterranean **5.00** LIVE Scrum V.
Sharks v Antics (kick-off 5.10pm). **7.10**
The One Show. Hosted by Alex Jones and
Ronan Keating. **7.40-8.00pm** The
Stories of some of our most dramatic
coastlines in Europe. **10.00-10.30**
MOTD. Presented by Jermaine Jenas.
11.05 Inside Culture with Mary Beard
11.35pm-12.05am Live at the Apollo

STV

As TV except: **1.55-2.00pm** STV News;
Weather **6.00-6.30pm** STV News at Six;
Weather **10.30-10.45** STV News
3.50-5.05am Unwind with STV

ITV Wales

As TV except: **1.55-2.00pm** ITV News
Cymru Wales **6.00-6.30pm** ITV News Wales at
Six **7.00-7.30** Coast & Country. The 10th
anniversary of Wales' coast path.
10.30-10.45pm ITV News Cymru Wales

S4C

6.00am Cwyl **12.00noon** Newyddion S4C
a'r Tywydd **12.05** Adre **12.30** Hino **1.00**
God! Hwyl **1.30** Day Gwyl **2.00**
Newyddion S4C a'r Tywydd **2.05**
Prifhwydd Da **3.00** Newyddion S4C a'r
Tywydd **3.05** Am Drol **4.00** Awr Fawr:
Peppa **4.05** Cymylauychan **4.15** Ben
Dant **4.30** Rhabio **4.45** Byd Tad Cio **5.00**
Shwst: Bernard **5.05** Cath-D **5.15** Cio
5.35 Gwarch **5.45** Phyllyon **5.55** Ffil **6.00** Ar
Werth **6.30** Anhreng Melys Richard Holt.
The patisserie chef surprises two sisters.
7.00 Newyddion S4C a'r Tywydd
7.30 LIVE Cwyl Rhybiel Rhwyddallt.
Wales v France (kick-off 8.00pm). **10.20**
Yn y Fan Ar Llu. Shaun helps Christine
move to a smaller house in Llanfairpwll.
10.55pm-12.00m Stad. Dan receives his
A-level results, and Gary drops a
bombshell that could change everything.
With on-screen English subtitles.

ITV4

FVIEW 26 • SKY 122 • VIRGIN 118 • FSAT 117

6.00am The Protectors **6.25** The Champions **7.15** Cadfael **8.45** Dempsey and Makepeace **9.50** The Professionals **10.55** Mind **12.05pm** The Champions **1.05** Cadfael **2.45** Dempsey and Makepeace **3.50** The Professionals **4.55** Minder

6.00 Made in Britain including the making of a suitcase beloved by royalty.

7.00 Cycling: Paris-Nice Highlights The best bits from stage six.

8.00 Bradley & Barney Walsh: Breaking Bad Double bill. A trip to the iconic Niagara Falls; the pair continue through the snow to New Hampshire.

9.00 **ITV4 The Bourne Legacy** (2012/12) Spy thriller sequel, starring Jeremy Renner. **★★★**

11.45 All Elite Wrestling: Dynamite

1.05am Mind **2.45** Unwind with **ITV 3.00-6.00am** Teleshopping

E4

FVIEW 13 • SKY 135 • VIRGIN 106 • FSAT 122

6.00am Holyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** Married at First Sight Australia **10.30** The Big Bang Theory **11.00** Young Sheldon **12.00noon** Brooklyn Nine-Nine **1.00** The Big Bang Theory **3.00** Young Sheldon **4.00** Brooklyn Nine-Nine **5.00** The Big Bang Theory: four episodes

7.00 Holyoaks Chester-based soap.

7.30 The Big Bang Theory Sheldon and Penny bond as they miss Leonard.

8.00 **FILM Knight and Day** (2010/12) Comedy adventure, with Tom Cruise, Cameron Diaz and Viola Davis. **★★★**

10.10 Naked Attraction A tree surgeon takes their pick of six potentials.

11.15 Naked Attraction: Dating show.

12.20am First Dates: Valentine's

1.25 Gogglebox **3.20** Below Deck: Mediterranean **3.40-6.00am** Ramsay's Kitchen Nightmares USA

5STAR

FVIEW 32 • SKY 128 • VIRGIN 151 • FSAT 131

8.00am 999: Criminals Caught on Camera **8.25** Shoplifters & Scammers: At War with the Law **9.10** Filthy House **9.30** 10.10 Judge Judy **12.00noon** Traffic Cops: double bill **2.00** Police Interceptors: triple bill **3.00** Shoplifters & Scammers: At War with the Law

6.00 Home and Away Double bill.

7.00 The World's Most Expensive Cruise Ships Seven hundred guests board for a cruise around the Baltics.

8.00 Million Pound Motorhomes

9.00 **FILM London Has Fallen** (2016/15) Action thriller, starring Gerard Butler and Aaron Eckhart. **★★**

11.00 **FILM Final Destination 5** (2011/15) Horror sequel, starring Nicholas D'Agosto. **★★★** **12.55** Adults Only: *Sm'ing* to 9 to 5 **1.55** Skin & E **2.55** Judge Judy **3.35-4.00am** Criminals: Caught on Camera

ITVBe

FVIEW 26 • SKY 131 • VIRGIN 119 • FSAT 118

7.00am The Real Housewives of Cheshire **8.00** Buying and Selling **9.00** Little **12.00noon** Best Cake Wins **12.30** The Real Housewives of Potomac **1.25** The Real Housewives of Cheshire **2.25** The Only Way Is Essex **3.10** Little Women: LA **4.05** The Real Housewives of Beverly Hills **5.00** The Real Housewives of Orange County

6.00 Masters of Flip Dave and Kortney Wilson fix up a run-down home.

7.00 Buying and Selling A family want to sell their open-concept home.

8.00 Dinner Date Mitch chooses three blind dates from five potential partners.

9.00 Botched Double bill. Paul Nassif helps a female impersonator; Terry operates on a cancer survivor.

11.00 Atlanta Plastic **11.55** The Only Way Is Essex **12.40am** Unwind with **ITV 1.00-7.00am** Teleshopping

More4

FVIEW 18 • SKY 136 • VIRGIN 147 • FSAT 124

8.55am A Place in the Sun **10.35** Find It, Fix It, Flox **12.35pm** Hair Hunters **1.35** Four in a Bed **4.15** The Hotel **4.50** Find It, Fix It, Flox **12.30** Crafts **2022** Further coverage from the NEC in Birmingham.

7.45 The Great Pottery Throw Down: The Final Ellie Taylor and Soham MacSweeney host the conclusion of the contest. Last in series.

9.00 Japan's Tsunami: How It Happened The earthquake and tsunami that struck Japan on March 11, 2011.

10.00 Japan's Tsunami: Caught on Camera Amateur footage and eyewitness accounts of the disaster.

11.20 24 Hours in A&E **12.25am** 6 Out of 10 Cats Does Countdown **2.30** Father Ted: Comedy **3.05** Winter Paralympics: Today in Beijing **3.35-3.40am** Escape to the Chateau

9.00am NCIS **9.55** Entertainment News on 5 **10.00** NCIS **12.00noon** Law & Order **3.55** Entertainment News on 5 **4.00** Law & Order: Double bill

6.00 NCIS Four episodes. An assassin targets a government witness on a flight; terrorists threaten to detonate a crude nuclear device; the murder of a former marine is investigated; Gibbs' former mother-in-law surfaces as a witness in a murder investigation.

10.00 Law & Order: Special Victims Unit Double bill. Cragen orders Benson off a case. Guest starring Maria Bello; the team is called in when the body of a badly beaten teenager is found on a ride at an amusement park.

11.55 Law & Order: Special Victims Unit: Double bill **1.50am** Private Eyes **3.35** Criminals: Caught on Camera **4.00-6.00am** Teleshopping

5USA

FVIEW 21 • SKY 141 • VIRGIN 153 • FSAT 129

Dave

FVIEW 19 • SKY 111 • VIRGIN 127 • FSAT 157

7.10am Sin City Motors **8.00** Timber Kings **9.00** Storage Hunters UK **10.00** Eddie Eats America **11.00** Travel Man **12.00noon** Red Bull Soapbox Race

1.00 Fast Justice **2.00** Travel Man **3.00** Rick Stein's Road to Mexico **4.00** Red Bull Soapbox Race **5.00** Rick Stein's Road to Mexico **6.00** Tastermaster

7.00 Richard Osman's House of Games Light-hearted quiz show.

7.40 Room 101 With Katie Price.

8.20 Would I Lie to You? Panel show.

9.00 Have I Got a Bit More News for You Victoria Coren Mitchell hosts.

10.00 Q! Panelists include Jo Brand.

11.40 Mock the Week Topical gags.

12.10 Meet the Richardsons **12.00m't** Hypothetical **12.40** Q! **1.20** Would I Lie to You? **2.00** Live at the Apollo

2.50-4.00am This Country

Film4

FVIEW 14 • SKY 313 • VIRGIN 428 • FSAT 300

11.00am The Court-Martial of Billy Mitchell (1955/U) Courtroom drama, starring Gary Cooper. **★★★★** **1.10pm** Santa Fe Passage (1955/U) Western adventure, starring John Payne. **★★★**

3.00 The Tail T (1957/PG) Western, starring Randolph Scott. **★★★★** **4.35** Carry On Nurse (1959/PG) Comedy, starring Hattie Jacques. **★★★**

6.20 The Hunger Games: Mockingjay – Part 2 (2015/12) Katniss Everdeen leads her allies in a final battle to bring down the despotic President Snow. Sci-fi adventure sequel, starring Jennifer Lawrence. **★★★★**

9.00 Red (2010/12) Action thriller, starring Bruce Willis. **★★★**

11.15 The Cabin in the Woods (2012/15) Horror, with Kristen Connolly. **★★★★**

1.05-3.30am Short Caller (2017/15) Crime drama, with Jon Bernthal. **★★★**

9.00am Entertainment News on 5 **9.10** Criminals: Caught on Camera **9.40** Traffic Cops **11.40** **FILM** Apache (1954/U) **★★★★** **1.30** **FILM** Bite the Bullet (1975/PG) **★★★** **4.00** Snirkholes: Buried Underground **5.00** Traffic Cops **6.00** Traffic Cops: A driver tries to escape by hitting speeds over 100mph.

7.00 Police Interceptors Double bill.

9.00 Traffic Cops: A look at incidents involving alcohol or drug abuse.

10.00 Motorway Cops: Catching Britain's Speeders PC Amy Hollis is on the hunt for a drunk driver in Chester.

11.00 Police: Hour of Duty **12.00m't** Fights, Camera, Action! **1.00** Page & Tobbers: Caught on Camera **2.00** 999: Criminals Caught on Camera **3.00** Banged Up Abroad **3.50** Outrageous Stunts **4.35** Criminals: Caught on Camera **5.00-6.00am** Teleshopping

5Action

FVIEW 33 • SKY 150 • VIRGIN 187 • FSAT 132

Drama

FVIEW 20 • SKY 143 • VIRGIN 130 • FSAT 158

6.00am Teleshopping **7.40** Where the Heart Is **8.35** The Bill **9.35** Classic Holly City **10.55** Classic Casualty

12.00noon The Bill **1.00** Classic Eastenders **2.20** A Place to Call Home **4.20** Peak Practice **5.20** Brush Strokes

6.00 Are You Being Served? Old Mr Grace begins to suspect Mr. Humphries may be his son and heir.

6.40 Last of the Summer Wine Double bill. Nora gets her hands on Compo; Compo is given rescue training.

8.00 Father Brown A baby is taken.

9.00 **NEW Sister Boniface Mysteries** Sister Boniface investigates the death of a woman found at the Wurzel Festival.

10.00 New Tricks Sandra's mother needs to move into a care home.

11.20 Silent Witness **1.25am** Kavanagh QC. Thriller **2.55** Where the Heart Is. Drama **4.00-6.00am** Teleshopping

Talking Pictures TV

FVIEW 82 • SKY 328 • VIRGIN 445 • FSAT 306

6.00am The Man Who Changed His Name (1934/12) **★★★** **7.35** Tiger by the Tail (1955/PG) **★★★** **9.15** My Teenage Daughter (1956/PG) **★★★** **11.20** Play (1978/12) **★★★** **1.40pm** Dance Little Lady (1955/U) **★★** **3.25** Dangerous Company (1953/PG) **★★** **5.00** Upstairs, Downstairs. Period drama.

6.00 Portrush in 1959 Home movies.

6.20 Daleks' Invasion Earth: 2150 AD (1966/U) Sci-fi adventure sequel, starring Peter Cushing. **★★★**

8.00 The Outer Limits A team of soldiers is experimented on by aliens.

9.05 Count Yorga, Vampire (1970/18) Horror, starring Robert Quarry. **★★★**

11.05 Tales of Terror (1962/15) Horror anthology. **★★** **12.55am** Bluebeard (1944/PG) **★★** **1.55** The Apache (1971/15) **★★★★** **4.15-6.00am** Too Young to Love (1960/12) **★★★**

7.00am Antiques Roadshow **8.00** Forbidden History **9.00** Abandoned Engineering **11.00** Himalaya with Michael Palin **12.00noon** Great British Railway Journeys **2.00** Abandoned Engineering **4.00** The Buildings That Fought Hitler **5.00** World War Weird **6.00** Great British Railway Journeys Double bill. Michael Portillo visits Painsford; tourism in Somerset.

7.00 Himalaya with Michael Palin The intrepid traveller reaches Tibet.

8.00 Great British Railway Journeys Double bill. Strling to Pitlochry; a trip from St Andrews to Edinburgh.

9.00 Bangers and Cash A cash 96L.

10.00 Secrets of the Transport Museum Priming vintage buses.

11.00 Bangers and Cash **12.00m't** Abandoned Engineering **1.00** Antiques Roadshow **3.00-6.00am** Teleshopping

Sky Max

SKY 113 • VIRGIN 121

6.00am Stargate SG-1 **8.00** Supergirl
9.00 DC's Legends of Tomorrow **10.00**
The Flash **11.00** NCIS: New Orleans:
double bill **1.00pm** Hawaii Five-2 **2.00**
S.W.A.T. **3.00** DC's Legends of
Tomorrow **4.00** Arrow **5.00** The Flash
6.00 Stargate SG-1 Double bill
8.00 A League of Their Own With
Troy Denney, Robin Conner, Geoff
Norcott, Alex Brooker and Tom Allen.
9.00 Rob & Roshes vs Team GB:
Part 1 The pair try weightlifting.
10.00 Dating No Filter: Comedians
observe people on first dates.
10.30 Brassic: Vinnie's friend Gideon
calls to say his mother has passed away
11.30 Brassic **12.30am** Fast & Furious'
Greatest Moments **1.30** Road Wars
2.00 The Blacklist **3.00** Hawaii Five-2
4.00 S.W.A.T. Police drama **5.00**
6.00am Stop, Search, Seize

Sky Arts

FVIEW 11 • SKY 130 • VIRGIN 140 • FSAT 147

6.00am Darbar Festival 2018 **7.00**
Hollywood in Vienna: A Night at the
Oscars **9.00** Tales of the Unexpected
10.00 Discovering **12.00noon** What Was
Virginia Woolf Afraid Of? **1.00** Tales of
the Unexpected **2.00** Discovering **3.00**
The Big Design Challenge **4.00**
Hollywood Gossip **5.00** Tales of the
Unexpected **6.00** Discovering
7.00 Classic Albums:
The Waiters - Catch a Fire
8.00 Johnny Cash: Song by Song
9.00 Laura Marling - Live at Union
Chapel A concert by the folk singer.
10.25 Bob Dylan: The Other Side
of the Mirror Documentary.
12.00m Isle of Wight Festival Greatest
Hits **1.00** Tina Turner: One Last
Gasp **2.00** The Apocryphal
3.00 FILM: Tina (2021/15) ★★★★★
5.05-6.00am The Art of Architecture

GOLD

SKY 110 • VIRGIN 124

6.00am Teleshopping **7.35** Chef: **8.05**
dinnerdaries **8.40** Hi-De-Hi **9.25** Last of
the Summer Wine **10.45** The Green
Green Grass **11.25** Dad's Army
12.45pm Chef: **1.20** Hi-De-Hi **2.00**
Desmond's **2.35** The Green Green
Grass **3.20** Fawlty Towers **4.00** Last of
the Summer Wine **5.20** dinnerdaries
6.00 Desmond's Desmond becomes
preoccupied with dominies.
6.40 Hi-De-Hi Ted cons campers.
7.20 The Green Green Grass Boyle
wants his employees to work harder.
8.00 Dad's Army Double bill.
9.20 Fawlty Towers A guest's death
plunges the hotel into chaos.
10.00 All Round to Mrs Brown's
11.20 Peep Show: double bill **12.30am**
French and Saunders **1.10** Chef **1.45**
The Rebel **2.50-4.00am** Peep Show

Sky Witness

SKY 107 • VIRGIN 111

6.00am Nothing to Declare **8.00** Border
Patrol **9.00** Stop, Search, Seize **10.00**
UK Border Force **11.00** Law & Order
12.00noon Will **1.00** Blue Bloods
3.00 Private Eyes **4.00** Stop, Search,
Seize **5.00** Nothing to Declare
6.00 Nothing to Declare Double bill.
7.00 Air Ambulance E&R a roter
picks up a nasty leg fracture in a fall.
8.00 Chicago Med Halstead and
Scott struggle to save an infant.
9.00 Chicago Fire Brett prepares to
present her paramedicine initiative and
the firefighters get in the holiday spirit.
10.00 Chicago PD Voight and
Halstead strategise on a way out.
11.00 Law & Order: Special Victims Unit
12.00m Private Eyes **1.00** 9-1-1 **2.00**
Law & Order: Special Victims Unit
3.00 Will **4.00** Road Wars **5.00** **6.00am**
Brit Cops: Rapid Response

Sky Comedy

SKY 114 • VIRGIN 123

8.00am Parks and Recreation **9.00** The
Fresh Prince of Bel-Air **10.00** Will &
Grace **11.30** The Office (US) **12.30pm**
Vice Principals **3.00** Modern Family
4.00 Will & Grace **5.00** The Office (US)
5.30 The Fresh Prince of Bel-Air
6.30 Saturday Night Live Sketches:
Comedy and Recreation Double bill.
Jerry announces he's retiring; Leslie
competes for Councilman Jamm's vote.
9.00 Girls Double bill. Pilot episode of
the comedy; Hannah discovers Adam
has been having unprotected sex.
10.15 The Late Late Show with
James Cordery: Best of the Week
11.15 The Tonight Show Starring Jimmy
Fallon **12.15am** Sex and the City **1.30**
The Late Late Show with James
Cordery **2.30** Sex & the City Mike Judge
Presents: Tales from the Tour Bus
3.40-5.00am Everybody Hates Chris

Nat Geo

SKY 125 • VIRGIN 266

8.00am Lost Treasures of Egypt **9.00**
Lost Cities with Albert Lin **10.00**
Ancient X-Files **11.00** WWI Wrecks:
Draughting the Ocean **12.00noon** Nazi
Death Camp: The Great Escape **1.00**
World War II: The Apocalypse **2.00**
Nazi Megastructures **3.00** Air Crash
Investigation **5.00** To Catch a Smuggler
6.00 Car S.O.S. Double bill. A VW
Wizard; a Japanese super saloon.
8.00 Supercars How designers are
reimagining the Porsche 911.
9.00 Car S.O.S. Tim and Fuzz take on
a neglected 1988 Fiat Uno Turbo.
10.00 Megafactories A look at how
every Koenigsegg car is hand-built.
11.00 Air Crash Investigation **12.00m** **1.00**
Alaska: The Next Generation **1.30**
Ice Road Rescue: Highway Havoc
2.00 Lawless Island. Documentary.
3.00-5.00am Drain the Oceans

Sky Atlantic

SKY 108

6.00am Storm City **8.00** CSI: Crime
Scene Investigation **9.00** The
Newsroom **10.05** The Sopranos
12.25pm Game of Thrones **1.30** Totti:
One Captain **3.30** Ray Donovan **5.40**
The Sopranos. Dr Melfi helps Tony.
6.45 The Sopranos Ralph Ciglietto
endears himself to Jackie Jr.
7.50 Game of Thrones Cersai finds
herself seeking forgiveness. Meanwhile,
Jon Snow is challenged at the Wall.
9.00 I Hate Suzie Triple bill. Suzie gives
a disastrous interview; Cob decides it's
his turn to let loose; On the lookout for a
career change, Suzie decides to
audition for a new musical. Meanwhile,
family politics come to light with Suzie's
parents. Drama, starring Billie Piper.
11.05 Succession. Greg wonders about
his future. **12.15am** True Blood **3.40** In
Treatment **4.10-6.00am** Storm City

Comedy Central

SKY 112 • VIRGIN 132

6.00am Teleshopping **8.00** Impractical
Jokers **11.00** Younger **1.00pm** Friends
6.00 Friends Six back-to-back
episodes. Joy competes against
Ross's son; Ross flirts with a pizza-
delivery woman; the guys enjoy a ride in
a police car; Phoebe learns Gary plans
to ask her to move in with him. Joy gets
a shock in Las Vegas; part one of
two. The pals visit Las Vegas.
9.00 Kevin Bridges Live: The Story
Continues The comedian performs.
10.00 South Park Double bill. Satirical
animation; Cartman takes it upon
himself to keep order in the town.
11.00 The Ricky Gervais Show **1.00am**
Al Murray's Great British Pub Quiz **2.00**
Joel & Nath vs the World **3.00** Luis
Cordero: Comedy Central Live **3.30**
The Daily Show **4.05** Friends: double
bill **5.00-6.00am** Teleshopping

Discovery

SKY 125 • VIRGIN 250

6.00am Wheeler Dealers **7.00** Deadliest
Catch **8.00** Alaska: Homestead Rescue
9.00 Alaska: The Last Frontier **10.00**
Combat Dealers **11.00** Wheeler Dealers
12.00 The Railroad Alaska **1.00** Gold
Rush: White Water **3.00** Rise of the
Machines **4.00** Building Off the Grid
5.00 Wheeler Dealers **6.00** Fast 'n' Loud
7.00 Outback Truckers Ash and
Darryl are on a time critical job.
8.00 Gold Rush Fred's new alliance
with the Claytons is tested.
9.00 Conspiracies Decoded One of
the world's largest active volcanoes.
10.00 Legendary Locations Josh
explores six awe-inspiring areas.
11.00 Combat Dealers **12.00m** **1.00**
gem **1.00** Legendary Locations **2.00**
Moonshiners **3.00** Gold Rush **4.00**
Gold Rush: White Water **4.50** Wheeler
Dealers **5.40-6.00am** How It's Made

FRIDAY

11 MARCH

Discovery History

SKY 177 • VIRGIN 257

6.00am Wings a 1900s Hudson and
Conspiracies **8.00** World War II: Witness
to War **9.00** Nasa's Unexplained Files
10.00 Mighty Ships **11.00** Codes and
Conspiracies **12.00noon** Combat Dealers
1.00 Evacuation Unknown **2.00** Wilmas
of War **3.00** Blowing Up History **4.00**
Mysteries at the Museum **5.00** Devonport:
Inside the Royal Navy **6.00** Nasa's
Unexplained Files **7.00** Expedition
Unknown **8.00** Combat Dealers **9.00**
UFOs: The Lost Evidence **10.00** Nasa's
Unexplained Files **11.00** Edge of War
12.00m Combat Dealers **2.00** Nasa's
Unexplained Files **3.00** Edge of War
4.00 Blowing Up History **5.00-6.00am**
Mysteries at the Museum

Alibi

SKY 132 • VIRGIN 126

7.10am Murdoch Mysteries **9.00**
Unforgettable **10.00** Major Crimes **11.00**
Rizzoli & Isles **12.00noon** Hudson & Rex
1.00 Father Brown **2.00** Murdoch
Mysteries **4.00** Unforgettable **5.00** Major
Crimes **6.00** Hudson & Rex **7.00** Rizzoli &
Isles **8.00** Father Brown **9.00** My Life Is
Murder. Alaska tries to prove that
clairvoyants are frauds. **10.00** Whiskey
Cavalier **11.00** Rizzoli & Isles **12.00m** Why
Women Kill **1.00** Evil **2.00** Murdoch
Mysteries **4.00-6.00am** Teleshopping

Animal Planet

SKY 162 • VIRGIN 251

6.00am Teleshopping **8.00** The Zoo **9.00**
Dogs **10.10** Specials **10.00** Animal Precinct
11.00 Extinct or Alive **12.00noon** Into the
Shark Bite **1.00** Sharkweek: Crash
Landing **2.00** Pit Bulls & Parolees **3.00**
The Zoo **4.00** Bad Dog! **5.00** Animal
Precinct **6.00** Alaska Monsters **7.00** How
Do Animals Do That? **8.00** Restoration
Wild **9.00** Born Free: Life on the Farm
10.00 I Was Prey **11.00** Treehouse
Masters **12.00m** In Search of Monsters
1.00 How Do Animals Do That? **2.00** Pit
Bulls & Parolees **3.00** The Zoo **4.00** Bad
Dog! **5.00-5.30am** Teleshopping

TCM Movies

SKY 315 • VIRGIN 415

6.00am Hollywood's Best Film Directors
7.10 The China Syndrome (1979/PG)
Thriller, starring Michael Douglas and Jane
Fonda. ★★★★★ **9.45** Murder at the Gallows
(1963/U) Miss Marple mystery, starring
Margaret Rutherford. ★★★★★ **11.30** Billy Two
Hats (1973/15) Western, with Gregory
Peck. ★★★★★ **1.30pm** The Vamps (1963/U)
Drama, starring Elizabeth Taylor and
Richard Burton. ★★★★★ **4.00** Easter Parade
(1948/U) Romantic musical, with Fred
Astaire and Judy Garland. ★★★★★ **6.10**
The Fastest Gun Alive (1956/PG) Western,
starring Glenn Ford. ★★★★★ **8.00** Ocean's
Eleven (2001/12) Crime comedy, starring
George Clooney. ★★★★★ **10.20** Full Metal
Jacket (1987/15) Vietnam War drama,
starring Matthew Modine. ★★★★★
12.45am The Birds (1963/15) Alfred
Hitchcock's thriller, starring Tippi Hedren.
★★★★★ **3.05** TCM Movie: The Michael Caine
Off Set **3.30** Close Up **5.00-6.00am**
Hollywood's Best Film Directors

OK! ROYAL COLLECTOR'S EDITION

HARRY AND MEGHAN: A LIFE OF SERVICE REIMAGINED



ON
SALE NOW
ONLY
£4.99

AVAILABLE IN SHOPS AND AT
OK.CO.UK/HARRYANDMEGHAN



Online purchase price excludes P&P. See website for details.

Clean your patio with NO scrubbing or jet washing!

SPECIAL FORMULA

GUARANTEED RESULTS!



FROM THIS

TO THIS

With NO EFFORT it removes:

- ☒ INGRAINED DIRT
- ☒ STUBBORN STAINS
- ☒ ALGAE ☒ MOULD

Let it work its magic! Suitable for use on all types of:

**Block paving
Concrete
Stone
Decking**



HERE'S WHAT CUSTOMERS HAVE TO SAY ABOUT IT...

"A brilliant patio cleaner. First time I've used it, it worked a treat without having to scrub. I would highly recommend this product." Mr Thomas

"Our 30-year-old patio was in a right state, but with Miracle Patio Cleaner, it looks as good as ever!" Mr & Mrs Phillips

"So impressed, it's worked wonders on our patio and drive and it's so easy to use. It even got rid of marks that I've been trying to remove for years."

"I was going to invest in a power jet washer, now I don't need to. This got rid of all the mould and moss. So pleased with the results. Looking forward to showing it off when we have a BBQ." Mr Tomlinson

Is your patio, path or driveway looking dirty? Covered with ingrained dirt, algae, moss, and mould? If you're dreading having to give it a good scrub and been putting off this back-breaking job, now you'll hardly have to lift a finger!

NO SCRUBBING, NO EFFORT

The new **Miracle Patio Cleaner** does all the hard work for you! Simply dilute then pour **Miracle Patio Cleaner** onto your patio and leave it to work its magic. No further treatment needed. All you need to do is sit back, relax and enjoy the results!

MAX-STRENGTH TREATMENT

With no effort your patio will look like new. This miracle treatment is a special blend of detergents and super-effective cleaning agents that not only remove ingrained dirt and stubborn marks but also kill off algae and moss. What's more, it keeps on working, helping prevent regrowth of mould and algae for up to 6 months.

EXCELLENT VALUE, A LITTLE GOES A LONG WAY

The **Miracle Patio Cleaner** is ultra-concentrated. When diluted (1:50) it makes 25 litres, enough to cover 250 square metres. Even if you tried other patio cleaners before, now it's time to try **Miracle Patio Cleaner**, you won't be disappointed!! **Results GUARANTEED or your money back!** (excl. p&p).

CORONAVIRUS NOTICE: STAY SAFE... The fastest and safest way to order is to call our FREEPHONE orderline

BRING YOUR PATIO BACK TO LIFE!

Important – test on a small discreet area, keep pets and children away until it is completely dry. Full instructions provided.

FREEPHONE 24 HOUR UK CALL CENTRE

0800 138 4900

branshaws.co.uk/MPC55

QUOTE CODE: MPC55

Please send me (tick):

☐ 1 Bottle (500ml) for only **£34.95**

SAVE £10

☐ 2 Bottles ~~£69.90~~ **£59.90**

BEST DEAL - SAVE £25

☐ 3 Bottles ~~£104.85~~ **£79.85**

☒ I include P&P **£4.95**

TOTAL £

Post to: Branshaws, Offer Code MPC55, Unit 9, Romsey Ind. Est., Greatbridge Road, Romsey, Hampshire SO51 0HR

☐ I enclose a cheque/PO payable to Branshaws for £

☐ Please charge my credit/debit card (tick): ☐ MISA ☐ CARD ☐ VISA

SIGNATURE

EXPIRY

Title Name

PLEASE PRINT

Address

Post Code

IMPORTANT: Please include in case we need to contact you about your delivery:

Telephone

Email

MPC55

Delivery normally within one week but please allow 28 days. We will send you other offers for this and other similar products, if you do not want us to send you these offers please tick this box ☐. We may also share your postal details with selected charities and approved companies selling similar health and lifestyle products. If you do not want us to share your details in this way please tick this box ☐.

*Refund on request within 30 days of delivery. Items to be returned for refund. Risk free trial and offers applicable to first order only. Postage and packaging is non-refundable. For details on how we look after your data please see our privacy policy at www.branshaws.co.uk/privacy or call/write to the number/address above.

Stephen Moyer

True Blood's Stephen Moyer tells us about his new Krays movie, his brave move to the US and his hatred of all Simon Cowell's shows...

What can we expect from *Krays: Code Of Silence*?

My initial response was, "Nobody needs to see another Krays movie." But this is a really interesting film told from a perspective that we don't usually see – that of Nipper Read, the policeman charged with bringing the twins to justice.



In *True Blood* with Anna Paquin

Do you like gangster movies?

I love *The Departed* with Leonardo DiCaprio, Matt Damon and Jack Nicholson, but *The Godfather* was the first one where I remember going Holy s***, this is film-making. I really liked *Miller's Crossing* as well, and also the original *Scarface* with Edward G. Robinson and James With Dirty Faces with Angela Cagney.

What was your first TV break?

I did a sitcom called *Conjugal Rights* with Michael Williams and Gwen Taylor. My role was to walk in, say nothing, pick up a banana and go "Mum" and then

walk off. And then there was a period on British TV where I killed everybody, first as a GP in *Casualty* and then from *Waking The Dead* to *Midsomer Murders*. And if you were watching those shows you'd go "Oh it's Moyer, he's going to kill someone."

Did playing Bill Compton in *True Blood* change your life?

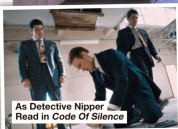
It was a game changer in that I had to move countries and completely change my life. It was a huge decision but one that I knew would make my kids secure for the rest of their lives. About a year and a half later, my daughter came over to America but my son wanted to stay in England. So it was a massive upheaval, yeah. I still miss England a lot. That's where my heart is really.

Who's your favourite TV character?

Larry in *Curb Your Enthusiasm*.

And your favourite British TV programme is...

I'm going to say the very first one that I remember being completely affected by – *Citizen Smith*. I remember us all going round the playground saying "power to the people" without



As Detective Nipper Read in *Code Of Silence*

any idea of what it meant. I was obsessed with Robert Lindsay and I loved that show.

Is there anything you can't bear to watch on TV?

Pretty much anything with Simon Cowell in it.

Do you watch a lot of sport on TV in the US?

I watch the *Premier League* on NBC, *The Ashes* on Willow TV and the *Six Nations* on NBC Sports. In terms of American sport, the family and I love a baseball game. My kids play Little League baseball, which is a community thing here. Everyone mucks in and it's really lovely.

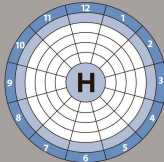
Krays: Code Of Silence is on digital and DVD now (101 Films)

SUDOKU

	9	4				8		
		7					1	3
6	5				7	2		
	7	1		3			9	
9		6					1	7
	4		9		5	2		
		4	3				5	2
1			2			6		
	6			4	5			

WHEEL OF TV

The solutions from 1 to 12 are all six-letter words ending with the letter H in the centre. Moving clockwise from 1, the letters in the blue outer ring will spell out the name of a former Arsenal footballer.



- Place of worship
- Improve quality
- Stiffening substance
- Settle
- Irrational devotion
- Once more
- Rupture
- Salad vegetable
- Entangle
- Colourful
- Attack from hiding
- Drawing

LAST WEEK'S SOLUTIONS

3	7	5	1	2	8	4	9	6
9	2	8	3	4	6	7	1	5
4	1	6	7	5	9	2	3	8
2	4	9	8	3	7	5	6	1
7	5	3	4	6	1	9	8	2
6	8	1	5	9	2	3	7	4
1	3	7	2	8	4	6	5	9
5	6	2	9	1	3	8	4	7
8	9	4	6	7	5	1	2	3

WHEEL OF TV

- LITTLE
 - ATTUNE
 - CADDIE
 - ELYSEE
 - YANKEE
 - COUPLE
 - HEARSE
 - APACHE
 - BUNDLE
 - EXHALE
 - RIDDLE
 - TREBLE
- TWELVE LETTER SOLUTION: LACEY CHABERT.

TRANSFORM YOUR BATHROOM - TRANSFORM YOUR LIFE

Old bath out! New shower in!



← Fits →
EXACTLY
where your old
bath used to be



"Safe, easy access
bathing can help maintain
your independence
and wellbeing"

Dr Hilary Jones
GP and Health Advisor



Don't struggle getting in and out of your old bath when you can enjoy safe, comfortable bathing again. Let Mobility Plus transform your bathroom with one of our superb, easy entry showers.

- Easy access showers, baths and wetrooms tailored to you
- Complete design and installation service
- Bathrooms of all shapes and sizes
- Finance options to help spread the cost*



MOBILITYplus  **CANCER RESEARCH UK**

PROUD TO HAVE RAISED **£1 MILLION** FOR LIFE-SAVING CANCER RESEARCH

Mobility Plus give £100 from the sale of every bathroom fitted to Cancer Research UK. From the start of this promotion over £1,000,000 has been raised towards Cancer Research UK's life saving work. Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666)

*Subject to eligibility.

For your free brochure or to
book an appointment call

0808 291 1801

REF MCC350

www.mobility-plus.co.uk



The Steiff Purity Law makes their teddy bears the safest you can buy.

Disney
**MICKEY
MOUSE**

12" (31cm)
standing.

From the inventors of the teddy bear...

Disney Mickey Mouse Teddy by Steiff

**Snuggle up with
Disney's famous mouse**



A Disney icon for over 90 years, **Mickey Mouse** needs no introduction! Steiff have recreated this loveable legend in spectacular detail, from his iconic round ears to his fabulous yellow shoes. Hand-made from huggably-soft plush, **Mickey** is the perfect friend for children and adults alike! With his signature smile and wide eyes Steiff have captured the enchanting personality of everyone's favourite mouse to absolute perfection.

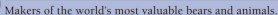
Mickey is wonderfully snuggly and super safe for children. He's

made from high-quality, durable materials that'll survive the rough and tumble of playtime. And don't worry about him getting dirty - he's fully machine washable! Finally, **Mickey** is finished with Steiff's famous "button-in-ear" - your guarantee that he's a genuine Steiff creation.

A friend to treasure forever

Steiff are renowned for their exquisite quality and craftsmanship, yet **Mickey** can be yours for just three convenient monthly instalments of £26 (plus £2.60 postage and handling per instalment) – a total of £78 (plus £7.80 p+h). You can order risk free. If you are not completely satisfied, simply return him within 90 days for a FULL refund – including our postage and handling charge!

He's hoping to make your home the happiest place on earth, so order **Mickey** now. Simply visit **www.danburymint.co.uk** or call **0344 557 1000**. Alternatively post your order form today to Danbury Mint, Davis Road, Chessington, KT9 1SE.



© Disney

Danbury Mint, Davis Road, Chessington KT9 1SE.
Order online at www.danburymint.co.uk
☎ Telephone orders on 0344 557 1000

Mickey Mouse by Steiff

Please reserve _____ (q'ty) **Mickey(s)** for me as described in this offer.
My satisfaction is guaranteed.

☐ Please charge my credit/debit card in monthly installments.

Card No. ☐ Mastercard ☐ Visa/Delta

--	--	--	--

Card expiry date _____ Signature _____

☐ I will pay by cheque or postal order.
We'll invoice you for the first instalment.

SEND NO MONEY NOW

Title _____ First name _____
(Mr/Mrs/Ms etc.) (please print clearly)

Surname _____

Address _____

Dietitians

Telephone No. _____

Email address

A division of MBI, Inc. No overseas orders. We may process your information and share it with carefully considered companies to enhance the services we provide. For more information see our Privacy Notice at www.danburymint.co.uk.

OFFER CODE:
H14361