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Picture: SWNS



Lisa Buckingham and Sharpe on their wedding day

Jail for bigamist who stole from new wife's family

A CONMAN who stole from his new wife's family soon after getting married has been jailed... for bigamy.

Mitchell Sharpe, 44, had previously been involved in divorce proceedings but there was never a decree absolute, so that marriage never ended.

He met Lisa Buckingham, 39, on an online dating site and whisked her off on holiday to Portugal where he proposed to her in March 2014.

He deliberately lied to her about his previous marriage, Jonathan Wigodes, prosecuting said. But two days after the wedding, Lisa received a Facebook message from another woman saying: "Good luck with that cocaine conman", a court heard.

Lisa then discovered Sharpe had a string of convictions against him, and was due in court just days after their wedding in June.

He later defrauded her out of £8,000 and tried fraudulently to cash a cheque of her mother's. She ended the relationship, but allowed him to stay with her after he received a suspended sentence.

She later trawled through his paper-

By **Dan Townend**

work and discovered he was still married to another woman.

Sharpe, of Chaddesden, Derby, admitted bigamy and was jailed for five months at Derby Crown Court on Friday. His current partner broke down in tears in the public gallery and he mouthed "I love you" to her as he was sent down. He will serve half of his sentence before being released on licence.

Judge Jonathan Bennett said: "The main issue is the issue of deceit both to the register office and to the victim. I don't accept that in effect this was just an administrative error."

Later Lisa, who lives in Hucknall, Notts, said: "Before I knew about his fraudster ways he was the most charming person to live with. He was very attentive, it was like my life was one big film and I had finally found my fairytale ending."

She said he had been diagnosed as a sociopath. His current partner Hayleigh Borrill, 44, was another innocent victim, she added.

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TYCOON WHO'S SMITTEN BY TEA

Pictures: GETTY, ALAMY, RII SCHROER



RUSSIAN BREW: Putin is a customer

ADMIRAL'S JOY: Tea fan Nelson

COLLECTION TO SAVOUR: Nirmal Sethia among the treasures in his vault. He's holding Nelson's 'bachelor teapot', just big enough for one person's cuppa and possibly used by the hero at sea

By Adrian Lee

The drinking habits of historical figures such as Lord Nelson will finally be revealed when one of the world's greatest teaware collections goes on public display

AFTER dedicating more than half a century of his life to the nation's favourite beverage Nirmal Sethia has surely earned the title Mister Tea. He has made his fortune selling the leaf and is now on a one-man mission to teach Britons how to really appreciate the cuppa.

For good measure the 75-year-old tycoon has the world's foremost collection of tea paraphernalia, valued at £150million, started in honour of his late wife Chitra. Normally hidden away in a private vault, the treasure trove is to go on public display here next year, giving a unique insight into the drinking habits of some famous figures. There's Horatio Nelson's teapot, a service owned by a French king, a set from the Churchill family and pieces from ancient China.

Calcutta-born Sethia is the founder and owner of London-based tea company Newby, which includes Vladimir Putin among its elite customers.

"Tea is not just a drink, it's a 5,000-year-old culture," says Sethia, explaining a fascination which began when he became an apprentice taster at the age of 14 after a chance encounter in a London street. He struck up a conversation with an employee at one of the capital's leading tea merchants and was introduced to the boss, who offered him the post.

"Divine intervention you could call it," adds Sethia, who soon became a buyer, frequently travelling to India to snap up the best varieties at auction. Later, with

the support of his father he founded his first company, Sethia Tea Estates.

By then tea had become an obsession and he bought a plantation in the north-east Indian state of Assam, where he developed his palate. "I used to sleep on the veranda of one of the buildings in the tea garden and drink tea," Sethia recalls. "I taught myself about the different characteristics and subtleties in flavour. I seemed to have a gift for tasting tea."

"I was able to distinguish teas from different parts of India and beyond, something that impressed the buyers I met."

Later he expanded into property and banking but tea was always his first love and he co-launched Newby in 2000.

At first the business lost money. It was his wife who encouraged him to keep going. Today Newby of London is a multimillion-pound success story, with Russia its largest market, and frequently wins awards for its teas. The company employs 4,000 people worldwide.

After his wife died in 2010 aged 59, Sethia was left pondering the best way to honour her. A large

slice of Newby profits is donated to charity projects in Chitra's memory but Sethia also wanted a memorial to the role tea played in their lives.

"She was my rock, always there to stop me from falling," he says of his wife of 40 years. "I could not build the Taj Mahal for her so I started my collection in her name. Many a time she made comments about my relationship with tea."

The impressive Chitra Collection now boasts more than 1,700 items including works by Tiffany and Fabergé. Some have just gone on display in Kazakhstan and will be unveiled in the UK next year.

The jewel in the crown is the Nelson silver teapot, engraved with the letter "N". Others include a silver tea-set given to Winston Churchill's daughter, Lady Mary Soames, by his private office on her wedding, a 1,000-year-old Chinese Song Dynasty set and a hand-painted service for which Louis XVIII paid 10,000 francs in 1816.

The collection also includes tea strainers, caddies, urns and samovars and while Sethia is passionate about the heritage of the drink he's also keen to educate current gen-

erations. Britons consume 165 million cups of tea a day but a sure way of raising the tycoon's temperature to boiling point is our habit of adding milk – the custom of 98 per cent of British tea drinkers.

HE insists: "Whatever tea you drink you shouldn't add anything to it. Tea shouldn't have sugar, or milk or anything else. The subtle flavours should be obvious. If you add milk you destroy the flavour."

Then there's his advice on how to drink fine tea – above all, slowly.

"You don't slurp tea, you sip it. It's not supposed to be drunk quickly, it's to be savoured and enjoyed. A good cup of tea is like a journey to the heavens. Tea is like a beautiful woman, never to be judged for her appearance but for her character."

Sethia, who drinks up to nine cups of tea a day and counts a Himalayan black tea called Kan-Junga as his favourite, has his staff use a thermometer and a stopwatch to achieve the perfect brew.

Newby has more than 200 varieties in its range and the tea is unashamedly expensive. The company owner is also scathing about the cheap stuff that the majority of us drink, mainly in teabag form.

"If you can't afford a good tea, you can't have a good tea," he says bluntly. The finest teas in the world, such as Da Hong Pao from the Wuyi mountains in China, can fetch more than £1.5million a kilo.

Sethia laments the "rubbish tea" now widely sold, claiming it's often the lowest quality sweepings. "Often when tea is bad they put some fragrance into it, such as jasmine or Earl Grey. Also, people don't know the difference between tea and infusions – camomile is not tea; peppermint is not tea."

As much as 95 per cent of the taste of cheap tea is lost in transit due to poor storage and packaging methods, claims the tycoon, whose company produces 600,000kg of tea a year. "The biggest enemies of fine tea are heat, exposure to light, humidity and pollution."

Although born in India, the father of three considers London his home and is a big admirer of another great tea drinker, Margaret Thatcher. The former prime minister resolved much of the nation's business over endless cups of tea and Sethia first met her in the 1970s.

He's too polite to reveal if Mrs T added milk to her cuppa but says of the politician: "She would be a million-dollar tea, a vintage. She had the guts and courage of a million men put together."

Sethia was once asked why he was so passionate about a beverage most people take for granted. "Tea is life," he replied.

Pictures: RII SCHROER, GETTY, ALAMY

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expressyourself

Get the life you want

AS Diana Nyad's fingertips touched the warm, sandy shores of Florida's Key West, news crews from around the world gathered to capture the special moment.

Diana had just entered the history books as the first person to swim from Havana to Florida without the use of a shark cage.

To complete the 110-mile swim through waters infested with sharks and jellyfish, Diana had swum continuously for 53 hours.

What made her success so much sweeter was the fact that she had achieved something at the age of 64 that she had failed to do when she was 28.

Diana first attempted the crossing in 1978 but was forced to quit due to strong winds and enormous waves.

The next three attempts – two in 2011 and one in 2012 – ended prematurely due to shoulder pain, storms and jellyfish stings.

In the moments following her fifth, and this time successful, attempt in August 2013, a somewhat disoriented Diana had three messages for the world: "One is, you should never, ever give up. Two is, you are never too old to chase your dreams. Three is, it looks like a solitary sport but it is a team effort."

Diana, now 66, says it was one of the proudest moments of her life.

"When I finished I was proud of the fact that I finally achieved my dream at 64. I wanted to show that age wasn't a factor. I was a better athlete in my 60s than in my 20s.

"People told me it was fantastic that a woman my age was being fierce and not conforming to what's expected of a female of a certain age. It's my life and I am going to live it the way I want."

She says the idea of swimming from the capital of Cuba to Florida was planted in her head at a very young age. "Growing up, Cuba was this forbidden land," says Diana, who now works as a journalist and motivational speaker.

"Living in Florida, I would go to the beach with my mother and she would point in the direction of Cuba and talk about this mythical land. She told me that even though I couldn't see it, Cuba was so close that I could swim to it. That thought stuck with me."

It was only when Diana enrolled at Pine Crest School, Florida, and started swimming under Olympic coach Jack Nelson, that she came to realise her natural talent.

"My parents didn't believe in sports for girls," says Diana. "My dad wanted me to play the violin."

BUT Jack saw her talent and she went on to win three high school state championships. Unforgivably, he took advantage of his position of power and sexually assaulted Diana when she was 11.

"I was terrified, humiliated and didn't tell anybody," says Diana. "I tried to press charges years later but by the time that I felt strong enough to talk about it, it was too late."

Thinking she had no choice but to stay quiet, she continued training with Jack throughout her school years, only escaping when she enrolled at college in Illinois.

It was around this time she discovered her talent for long-distance swimming.

"A friend of mine had noticed the ease with which I glided through the water and suggested I join the marathon swimming circuit," says Diana. "The idea of racing across lakes, rivers and

I'm proof that you are never too old to fulfil your dreams

When **DIANA NYAD** swam from Havana to Florida at the age of 64, she not only made history but finally achieved something that she hadn't been able to do in her 20s



DETERMINED: Diana, now 66, swam for 53 hours to realise her ambition

oceans really appealed to me so I started training and discovered I was really good at it."

During her first long-distance swim, across Lake Ontario in Canada in 1970, she set a women's world record, swimming 10 miles in four hours and 22 minutes.

In 1975 Diana swam around Manhattan Island in New York. Completing the swim in seven hours and 57 minutes, she broke the existing record by nearly an hour and her picture was on the front cover of the New York Times magazine the next day.

Then her attention turned to the 110-mile stretch of open ocean between Havana and Florida.

"You can't find a stretch of water that is more difficult for a swimmer in terms of the animals under the surface, the gulf stream current and the winds coming from Africa," says Diana. "It's no

surprise that it's called the Cuban Graveyard. The best swimmers in the world have been attempting to cross it since the 1950s but without success."

In 1978 Diana stood on the Havana shore and set off on her quest, this time in a shark cage. A team of medics, shark experts and an independent adjudicator rode alongside her in a boat.

After 41 hours and 49 minutes a doctor removed Diana from the water due to the strong winds that were repeatedly banging her against the cage.

Over the next three decades she retired her swimming goggles and turned her attention to becoming a TV personality and broadcaster.

However, that stretch of water was never far from her mind and when her 60th birthday was looming, Diana's thoughts turned once again to her unfulfilled

ambition. "Mentally, I felt stronger than I did in my 20s – and that is crucial for success," she says.

"It's like people who climb Mount Everest. It isn't that they get their legs in shape, it's that their minds are willing to take another step through the pain and the lack of oxygen. That is my talent as an athlete."

After four failed attempts Diana started doing 10-hour swims in preparation for her fifth and final attempt, often getting up at 2am to begin a day's training.

She picked her 35-strong team wisely. It included the best shark and jellyfish experts in the world, plus a crew of top medics.

WHEN she took to the water on August 31, 2013, a shark shield – an underwater probe that emits an electrical signal to repel sharks – was used to keep the predators at bay and she wore a jellyfish mask to prevent stings. "However, if the sharks were particularly hungry they would come and try to take a nip," says Diana. "At night we couldn't use lights because they would attract jellyfish so I'd be swimming in complete darkness. Two divers were in the water with me, keeping a lookout." But her biggest obstacle was loneliness. "I couldn't

see or hear anything. I was turning my head 52 times a minute. I was alone. At points it was almost like I was dreaming. Childhood memories filled my mind, I'd count, or sing Elton John's Rocket Man over and over again and at times I'd distract myself by looking up at the stars.

"As the rules state that I can't touch the support boat, I'd have to eat while treading water, which made me feel extremely sick."

When she arrived at the Florida coastline she was taken to hospital suffering from severe dehydration, swelling and sunburn.

But despite this she couldn't have been happier that she had realised her ambition.

Today Diana proudly wears a bright blue pendant around her neck with a tiny map of the Havana to Florida crossing.

"It was given to me by a friend after one of my failed attempts," she says. "It reminds me that, despite failing, I continued to believe. There is something much more crucial to success than talent and good luck – and that's the spirit of never giving up."

● To order a copy of *Find A Way: One Untamed And Courageous Life*, by Diana Nyad (Pan Macmillan, £16.99) call 01872 562 310 or visit expressbookshop.co.uk

Interview by
SOPHIE DONNELLY

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expressyourself

AS AN internationally renowned make-up artist and wellbeing expert, Wendy Rowe has worked with many celebrities, including actresses Sienna Miller and Nicole Kidman and supermodel Cara Delevingne.

She says her experience of more than 20 years in the industry has taught her one thing: beauty starts from within.

"To get perfect skin and maintain it, you need the right balance inside and out," says Wendy.

"Make-up won't look good if your skin is clogged or irritated and your skin won't look good unless you pay attention to your health in general and your diet in particular."

Being on the A-listers' speed dial has meant Wendy has travelled all over the world, glamming up celebrities in their hour of need.

"Yet the secrets to gorgeous skin are the same whether you're in New York or Birmingham," she says.

"You need to laugh, exercise and feed your skin."

Here Wendy shares her golden rules to help you look and feel great.

EAT THE RAINBOW

Eating fresh fruit and vegetables in an array of different colours ensures you're getting the full spectrum of nutrients your body needs to function well.

Red fruits and vegetables such as red peppers, watermelon and tomatoes contain lycopene, a nutrient that helps protect against the damage caused by UV light as well as reducing inflammation and stimulating cell renewal.

Orange fruit and vegetables such as carrots, mango and melon contain beta-carotene, which is essential for skin and eye health.

STAY HYDRATED

Water is essential for good skin. Ensuring you are getting enough is the first step in treating your skin because when you're dehydrated your complexion will look dull.

Prolonged dehydration makes the skin less elastic and less able to defend itself, making it more prone to wrinkling over time.

Drink plenty of water and fill your diet with foods that have a high water content such as watermelon and cucumber as they will keep you hydrated too.

However beware of fruit juice and bottled smoothies as they are high in natural sugars and empty calories.

BRIGHT AND BEAUTIFUL: Enjoy all the colourful fruit and vegetables



The b guide

Make-up artist and w
WENDY ROWE believ
healthy complexion st

FAT IS YOUR FRIEND

Good fats don't make you fat. For too long we've been told that fat is bad and low-fat alternatives are better when in fact they're often stuffed with sugar, which is ageing and fattening.

Look at labels when shopping and be sure to avoid sugar-laden foods. Don't be scared of good fats such as avocado, coconut oil and nuts.

LISTEN TO YOUR BODY

Your body is a miracle of nature so listen to it. All too often the warning signs are ignored so a small problem becomes chronic.

If you have indigestion after eating a particular food, then avoid it for a while. Try keeping a food diary to help you spot any patterns.

Concentrate on how you feel and do what feels right for your body. Do you need water? Do you need more

sleep

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mins and minerals so in small
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ISH STRESS
ss is toxic for the immune
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skin, damaging collagen and
reducing natural moisture levels.
A simple meditation before you
go to sleep can be a powerful tool to
help quiet your mind. Close your
eyes and choose a favourite place or
soothing colour and focus on it while
breathing gently. Having a calming
image that you can conjure up
during stressful times will help train
your mind to deflect anxiety.

TURN OFF, NOD OFF
It's not good to have electronic
devices on all the time, especially
just before bedtime. The blue light
they emit will disturb sleep patterns.
Aim for eight hours of sleep a
night and try to go to bed at the
same time to train your body to
wind down on cue.

Disrupted sleep patterns will
quickly affect your health and
wellbeing and lack of sleep takes its
toll on the skin too, as this is when
the body has time to heal itself.

● *Extracted by HANNAH BRITT
from Eat Beautiful by Wendy Rowe
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Pictures: GETTY

IN THE KNOW: Cara Delevingne and
Sienna Miller take the healthy option



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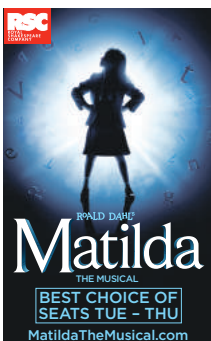
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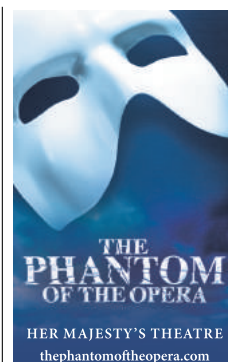


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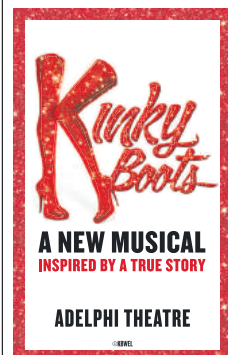


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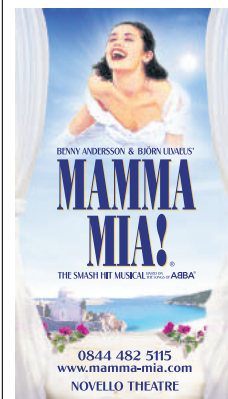
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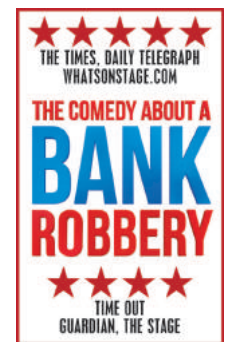


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1 WEIGHTS

I am currently touring with the musical Footloose and my character Willard spends most of his time on stage bare-chested in a pair of gold hot pants.

Such a daring costume obviously puts pressure on me to look as good as I possibly can so I try to work out almost every day.

I am one of those people who struggles to put on weight and rely on weights to bulk me out and to give my body definition.

But it's not just about looking good. I am committed to living a healthy life. I eat really well, I don't drink too much and I try to stay as fit as possible.

2 WHEELS

I spend a lot of time on the road and I love the independence that



having a good set of wheels gives me. I particularly enjoy driving my Range Rover Sport as it is such a smooth and reliable vehicle and as I often have my daughter Missy travelling with me, it is great to feel really safe.

Another plus is

that my Range Rover is big enough to put my weights and my weights bench in the boot, so I can continue to train even while I am away from home.

Driving is something that I find therapeutic and although I occasionally have music on as I am travelling, I prefer to listen to motivational audio CDs on long journeys. My favourite is The Secret

5 THINGS I CAN'T LIVE WITHOUT

Singer and actor GARETH GATES, 31, lives in Chiswick, west London, with his girlfriend, Coronation Street actress Faye Brookes, 28. He has a daughter Missy, seven

by Rhonda Byrne as it genuinely is quite life-changing.

3 GLASSES

My eyesight really has deteriorated over the past few years. I am long-sighted but it took me a long time to admit that I was having trouble reading.

Recently I put vanity aside and bought myself a pair of round tortoiseshell glasses and absolutely love them.

Although singing will always be my absolute passion and priority, in the past couple of years I have invested in several enterprises and as soon as I put on my glasses and start firing out emails, I begin to feel like Gareth the businessman rather than Gareth the performer.

It's funny but my glasses have turned out to be very empowering as when I am wearing them my focus changes and it's all about business.

4 VIDEO MESSAGING

I am constantly travelling and I find it difficult being away from my loved ones, especially my daughter Missy.

Because of my speech impediment I sometimes struggle to speak for a long time

on the phone. I am much better on a screen which is why video messaging works so well for me.

If I am touring I love to video message Missy as she is playing the piano or perfecting her latest dance routine. Like me, she absolutely loves to perform and I hate to miss out on anything she's doing.

5 FAKE TAN

I am naturally olive-skinned but I feel better with an all-round tan and I achieve my bronzed look with slow-release self-tanning cream.

My golden skin makes me feel happier and healthier and I think I look better with a bit of colour in my cheeks.

I am someone who absolutely adores the heat. One of my favourite beach holidays was to the Maldives. It was amazing as while I was there, the sun didn't stop shining.

This summer I am off to Greece and am really looking forward to switching off and just lying on a beach, soaking up the sunshine.

● Gareth Gates has recently launched a new range of coconut-infused biodegradable teabags. For more information visit cuppanut.com



Interview by LUCY BENYON

Pictures: GETTY; REX

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Fabulous shooting stars

IT'S my memory, from that strange blend of communist animation and over-dubbed Central European dramas that passed for kids' summer holiday telly in the Seventies, that **THE MUSKETEERS** (Saturday, BBC1) featured a lot.

Typically, they would save a village from a band of brigands and the end scene would involve everyone crying "Hurrah for the Musketeers!" before the fat one fell in the well.

I've cried many of my own hooahs this summer, since in the dreary wasteland of football, tennis and repeats, there hasn't been much else on the screen to savour.

The third series of this sword-swinging, wine-swigging, rotter-skewering drama has, in addition, turned into something



Matt Baylis
on the
weekend's
TV

pretty good. Saturday's episode set out its stall in the opening scene, with Aramis (Santiago Cabrera), the former monk, apparently facing a firing squad.

The voice of the Musketeers' nemesis, Feron (Rupert Everett), delivered a strange sermon about death and how you never know when your last moment has come.

Surprise surprise, it wasn't a firing squad but the preamble to a

sharp-shooting stunt, which the lads were apparently touring the land with, in the absence of any paid gigs. Then one swiftly arrived and they were sent to meet some fictitious aide-de-camp in a remote farmhouse.

Meanwhile, that gnarled old stump of pure evil, the king's brother Feron, was putting together the final strokes of a plan that would see the Musketeers assassinated and Gaston (Andre Flynn), the pretender to the throne, returned to the city in time for the ailing King Louis' death. What followed was, I think, what used to be meant by the term "gripping yarn" before it became irony.

There were echoes of Butch Cassidy And The Sundance Kid as Porthos (Howard Charles) and d'Artagnan (Luke Pasqualino)

holed up in the farmhouse, being blasted by scores of assassins. Echoes of something scarier too, perhaps The Terminator, as Feron refused to do the bidding of his low-browed henchman Grimaud and kill his own brother. Grimaud (Matthew McNulty) ran him through and Feron, like some robot driven by ambition, crawled to grab a pistol in the grass. He shot it, warning King Louis of the imminent danger. A last good act, perhaps the only good act of his life.

I have to say I'll miss Feron a lot... more than the football for sure.

I'm wondering if during and after the Brexit referendum there was a spike in numbers viewing funny cat videos on YouTube. It does no harm and, potentially, much good, as **CATS MAKE YOU LAUGH OUT LOUD** (Saturday, Channel 5)

showed. As a critic, I have a duty to complain this was merely stuff you can find on the internet, plus comments from comedians.

As a viewer, this is one of the very few programmes that actually lives up to its title. Forget all those "Secrets of..." that tell you what you knew ten years ago. Never mind the "revealed!" programme that tells chuff all, or the "How to..." that tells you how not to. This was just cats making you laugh... out loud.

It showcased a new genre of the funny cat video, too, undiscovered in our household until Saturday. Cats versus cucumbers or more accurately, cats experiencing a primal reaction of horror when surprised by one, and jumping six feet into the air.

I'm sure the internet was created for nobler purposes but...

PICKS OF THE DAY



Travel: Wild France With Ray Mears, 8pm, ITV

Earlier this year Ray Mears (left) was exploring Australia and now he's back on our screens getting to know France a little bit better. Not bad work if you can get it! Across six episodes Mears visits half a dozen different regions and his tour kicks off this evening in the Vanoise National Park. Situated in the Rhône-Alpes region of south-east France, the beautiful stretch of land is home to more than 100 species of birds and Ray sets out on a trek to the top of a mountain to find one of the rarest in Europe – the bearded vulture. That's not all he's up to, though, as he also forages in alpine meadows, herds goats and watches some playful marmots.

NB: NOT SCOTLAND OR EIRE



Drama: Brief Encounters, 9pm, ITV

Defying the early doubters, this series started last week and enjoyed a warm reception from the critics. Tonight, Steph (Sophie Rundle, left) believes that her marriage is over and begins planning for a life on her own. Dawn, meanwhile, comes to the conclusion that she can no longer live at home and asks Pauline to take her in, leaving Brian fuming. Finally, Nita makes a decision about her family's future.

NB: NOT EIRE



Soap: EastEnders, 8pm, BBC1

Poor old Billy is in the middle of everything tonight. Struggling to deal with what he has seen, he agrees with Les he should quit his job. The decision leaves Pam (Lin Blakley, above left, with Perry Fenwick as Billy) devastated and when Les confesses that he has also had enough, the end looks in sight for Coker & Sons. Paul is far from happy to hear the news but Ben soon comes up with an idea.



Property: The Hairy Builder, 6.30pm, BBC2

Nope, there is not a mistake in the title of this programme: one of the Hairy Bikers has actually become a Hairy Builder. The man in question is Dave Myers (above right) and he leads this new series that begins a three-week run tonight. Travelling across the UK, Myers joins a construction firm as they set out with the intention of restoring prestigious buildings. Tonight, we are at Mansion House, Doncaster.

/lmx

Health: 999: What's Your Emergency?, 9pm, C4

Legal highs have been in the news for a number of years now and they are the focus of attention in this show, looking at how they affect the work of people like Eleri King (right). In Warrington, PC Karl Dickinson is one of eight officers required to detain a man who has taken a deadly mix of illegal and legal drugs. Elsewhere, paramedics deal with a regular user who is found in a terrible state at a bus stop. Alarming viewing.



DID YOU KNOW? In 1983, Ray Mears founded Woodlore, a company offering Bushcraft-related courses. It became so successful that it led to the trademarking of the name Ray Mears. His TV break came in 1994 with BBC series Tracks.

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BBC One

- 6.00 Breakfast** Latest headlines. (S)
9.15 Right On The Money Consumer advice, with Dominic Littlewood and Denise Lewis. (W) (S)
10.00 Homes Under The Hammer Featuring properties in Cumbria, Kent and Newcastle. (R) (W) (S)
11.00 The Wanted The Serious Organised Crime Group execute a drugs warrant. (AD) (R) (W) (S)
11.45 Neighbourhood Blues Officers try to collar a runaway suspect in Weston-super-Mare. (W)
12.15 Bargain Hunt From Lewes, East Sussex. (AD) (W) (S)
1.00 BBC News At One, Weather
1.30 Local News, Weather Ⓢ
1.45 Red Rock New series. (W) (S)
2.25 Escape To The Country A Hertfordshire couple go house-hunting in Lincolnshire with a budget of £375,000. (AD) (R) (W) (S)
3.25 Garden Rescue New series. Charlie Dimmock and Chelsea gold medal-winners Dave and Harry Rich transform gardens. (AD) (W) (S)
4.10 Flog It! The team values antiques at Blackpool Tower Circus, where terracotta tomb figures and a collection of seaside postcards come under scrutiny from the experts. (W)
5.10 Pointless Celebrities Guests from the world of comedy take part, with contestants including Tim Brooke-Taylor and John Bird. (R) (W)
6.00 BBC News, Weather
6.30 Local News, Weather Ⓢ



FORCES OF NATURE WITH BRIAN COX: The host takes to the air in a fighter jet as part of an experiment, 9pm

- 7.00 The One Show** The first visit of the week to the One Show studio, hosted by Matt Baker and Alex Jones. (W) (S)
7.30 Fake Britain Matt Allwright investigates counterfeit personal breathalysers that could cost drivers their licences. (W) (S)

BBC Two

- 6.15 Matron, Medicine And Me: 70 Years Of The NHS** (R) (W) (S)
7.00 Homes Under The Hammer
8.00 Sign Zone: Close Calls: On Camera A paraglider plunges out of control. (AD) (R) (SL) (W) (S)
8.30 Sign Zone: The Hair Bikers' Pubs That Built Britain Si King and Dave Myers visit Carlisle. Last in the series. (R) (SL) (W) (S)
9.00 Victoria Derbyshire (W) (S)
11.00 BBC Newsroom Live (W) (S)
12.00 Daily Politics (W) (S)
1.00 Coast Neil Oliver explores the strong bonds between Great Britain and Denmark. (R) (W) (S)
1.10 Golf: Scottish Open Highlights of the third and fourth days at Castle Stuart Golf Club in Inverness, where the successor to Rickie Fowler was crowned. (W) (S)
3.10 Nature's Miracle Babies Martin Hughes-Games investigates what is being done to save endangered species. (AD) (R) (W) (S)
4.10 Himalaya With Michael Palin The intrepid traveller embarks on a journey from the Khyber Pass to the Bay of Bengal. (R) (W) (S)
5.10 Antiques Roadshow Items of interest include a spy's camera, a quilt and a paperweight. (R)
6.00 Eggheads Quiz show. (W) (S)
6.30 The Hair New series. Dave Myers helps restore prestigious buildings throughout the UK. See *Pick Of The Day*. (W) (S)



ANTIQUES ROADSHOW: Fiona Bruce heads to the Yorkshire Museum in York, 5.10pm

- 7.00 Top Gear** Matt LeBlanc test drives the new Porsche 911 R, and Chris Evans tries out an MGB Roadster. Rory Reid checks out Ford's first-ever Mustang with right-hand drive, and Chris Harris puts Honda's latest NSX through its paces. (R) (W) (S) Ⓢ

ITV

- 6.00 Good Morning Britain** News, current affairs and lifestyle features.
8.30 Lorraine The very latest entertainment and fashion news. (W)
9.25 The Jeremy Kyle Show Guests air their differences. (W) (S)
10.30 This Morning Celebrity chat and lifestyle features. (W) (S)
12.30 Loose Women Interviews and topical studio discussion from a female perspective. (W) (S)
1.30 ITV News, Weather
1.55 Local News, Weather Ⓢ
2.00 Judge Rinder Criminal barrister Robert Rinder takes on real-life cases in a studio courtroom. (R) (W) (S)
3.00 Dickinson's Real Deal David Dickinson and the team are in Harrogate, North Yorkshire, where David Ford makes an offer on a sword and Fay Rutter receives a huge surprise from a seller. (W) (S)
3.59 ITV Weather (W) Ⓢ
4.00 Tipping Point Gameshow, hosted by Ben Shephard, in which contestants answer questions to win turns on an arcade-style machine that releases tokens worth thousands of pounds. (R) (W) (S)
5.00 The Chase Bradley Walsh presents as four contestants answer general knowledge questions and work as a team to take on ruthless quiz genius the Chaser and secure a cash prize. (R) (W) (S)
6.00 Local News, Weather Ⓢ
6.30 ITV News, Weather



CORONATION STREET: Sinead accuses Gemma of stealing from the till, 7.30pm

- 7.00 Emmerdale** Moira covers for Holly as she goes cold turkey, but is appalled by the extent of her lies. (W) (S)
7.30 Coronation Street Leanne awaits the results of her pregnancy test, while Kylie tries to reconcile Gail and Michael. (W)

Channel 4

- 6.00 Salvage SOS** The crew saves items from an old iron ore mine. (S)
6.25 Salvage SOS The team saves copper elements from a church. (S)
6.45 Will & Grace US sitcom. (R,S)
7.10 Will & Grace US sitcom. (R,S)
7.35 Will & Grace US sitcom. (R,S)
8.00 Everybody Loves Raymond
8.30 Everybody Loves Raymond
9.00 Frasier Hit comedy. (AD) (R,S)
9.30 Frasier Hit comedy. (AD) (R,S)
10.00 Undercover Boss (R,S)
11.00 A Place In The Sun: Winter Sun Laura Hamilton searches for a retirement home on Spain's Costa de Almeria for Ted and Diane Brewer. (R)
12.00 Channel 4 News (S)
12.05 A Place In The Sun: Winter Sun A couple looking for a holiday home in the Mijas area of Spain's Costa del Sol. (R,S)
1.10 Posh Pawnbrokers Charlie and Patrick value 19 pictures by American artist Darell Koons. (S)
2.10 Fifteen To One Quiz show. (S)
3.10 Countdown With Alison Steadman in Dictionary Corner. (S)
4.00 The Question Jury Quiz in which seven contestants are locked in a jury room and must work together to answer questions correctly. (S)
5.00 Couples Come Dine With Me Three couples from the Midlands compete for the cash prize of £1,000.
6.00 The Simpsons (AD) (R,S)
6.30 Hollyoaks Ste prepares for his first working day at The Bean. (AD) (S)



SUPERFOODS: THE REAL STORY: Kate Quilton heads to Naples to find out if coffee is able to perk up the liver, 8.30pm

- 7.00 Channel 4 News** Including sport and weather. (S)
7.55 Dare To Believe: Ali Jawad New series. (S)

Channel 5

- 6.00 Milkshake!** Fun for youngsters.
9.15 The Wright Stuff Matthew Wright debates the issues of the day.
11.15 To B&B The Best Lisa Holloway visits a home in Darwen, Lancashire, where owners Vikki and Paul are hoping to rent out their spare bedroom to raise money to treat their grandson. (S)
12.10 5 News Lunchtime (S)
12.15 Big Brother Daily round-up of highlights from the house. (R)
1.15 Home And Away (AD) (S)
1.45 Neighbours (AD) (S)
2.15 NCIS A reporter for the Navy Times is found stabbed to death – and the team learns he had been going to meet a call girl linked to three other murders. (AD) (R,S)
3.15 Lost Letter Mysteries: The Impossible Dream 2015 (PG) Premiere. The team of postal detectives work against the clock to decode a letter that could hold the key to saving the life of a US military medic in Afghanistan who is being held as a prisoner of war. Meanwhile, Rita competes in the Miss Special Delivery contest. Mystery drama, starring Eric Mabius. (W) (S)
5.00 5 News At 5, Weather (S)
5.30 Neighbours Gary makes a parenting blunder when trying to cheer up Xanthe. (AD) (R,S)
6.00 Home And Away Nate spots a suspicious text on Ricky's phone. (R)
6.30 5 News Tonight (S)



NEIGHBOURS: Piper is devastated by Tyler's decision, 5.30pm

- 7.00 The Concorde Air Disaster** Documentary detailing the events of 25 July, 2000, when Air France Flight 4590 crashed after taking off at Charles de Gaulle Airport, Paris, resulting in the deaths of 113 people. (R,S) Followed by 5 News Update. (S)

7 PM

8 PM

9 PM

10 PM

11 PM

12 midnight

- 8.00 EastEnders** Pam tells Les she has had enough of the business, so Ben comes up with an idea. See *Pick Of The Day*. (W) (S)
8.30 Pension Rip-Offs Exposed – Panorama Current affairs report covering a story behind the headlines. (W)

- 9.00 Forces Of Nature With Brian Cox** The physicist charts the Earth's journey through space. Plus, Brian explains how comprehending the motion and speed of Earth brings an understanding of the nature of space and time itself. (AD) (W) (S)

- 10.00 BBC News At Ten** (W) (S)
10.30 Local News, Weather Ⓢ
10.45 Have I Got Old News For You Charlie Brooker hosts, with guests Diane Abbott and Nish Kumar. (W) (S) Ⓢ

- 11.15 Have I Got A Bit More Old News For You** Jo Brand hosts an extended edition from October 2012, with guests Richard Bacon and Will Smith joining team captains Ian Hislop and Paul Merton. (R) (W) (S) Ⓢ

- 12.05-6.00 BBC News** Catch up with all the latest headlines. (W) (S) Ⓢ

- 8.00 University Challenge** New series. Jeremy Paxman hosts the return of the popular student quiz show. (W) (S)
8.30 Only Connect New series. Victoria Coren Mitchell returns with the general knowledge quiz show. (W) (S)

- 9.00 Exodus: Our Journey To Europe** New series. The stories of people seeking a home in Europe, from families forced to flee war and persecution, to economic migrants searching for a more prosperous life. Continues tomorrow. (AD) (W) (S)

- 10.00 Rhod Gilbert's Work Experience** New series. The stand-up comedian trains as a BBC news reporter. (W) (S)
10.30 Newsnight, Weather Headline analysis. (W) (S)

- 11.15 The Women's Football Show** A look back at the latest action from the FA WSL. (W) (S)

- 11.45 Mr Vs Mrs: Call The Mediator** Couples try to resolve their disputes through family mediation. In this first episode, Sue and Peter are divorcing but cannot agree on how their money should be split. (AD) (R) (W) (S)

- 12.45 Sign Zone: Celebrity MasterChef** (R) **1.45 Sign Zone: Mr Vs Mrs: Call The Mediator** (R) **3.55 ITV Nightscreen** (W) **5.05-6.00 This Is BBC Two** (W) (S)

- 8.00 Wild France With Ray Mears** New series. The host visits Vanoise National Park. See *Pick Of The Day*. (W) (S) Ⓢ
8.30 Coronation Street Leanne discovers the result of her pregnancy test while Nick waits to meet her in the Rovers. (W) (S)

- 9.00 Brief Encounters** ★ Steph starts life on her own, ★ Dawn decides she can no longer live at home and asks for refuge at Pauline and Brian's, and Nita makes a decision about her family's future. See *Pick Of The Day*. (W) (S)

- 10.00 ITV News, Weather**
10.30 Local News, Weather Ⓢ
10.40 The Big Fish Off Team captains Ali Hamidi and Dean Macey are joined by former Olympic 400m hurdle champion Sally Gunnell and reality star-turned-photographer Anna 'AK' Kelle on the competitive angling show. (W) (S) Ⓢ

- 11.40 In Plain Sight** Mary and Marshall go undercover with a conman to expose an arms dealer, while one of her old flames arrives in town looking to rekindle their relationship. (R) (W)

- 12.25 Jackpot247** Viewers are offered the chance to participate in live interactive gaming. (W) **3.00 The Jeremy Kyle Show** (R) (SL) (W) (S) **3.55 ITV Nightscreen** (W) **5.05-6.00 The Jeremy Kyle Show** (R) (W) (S)

- 8.00 Racist Britain: Channel 4 Dispatches** Seyi Rhodes investigates the rising tide of racism in the UK. (S)
8.30 Superfoods: The Real Story Kate Quilton travels to Morocco to see if saffron can help manage depression. (AD) (S)

- 9.00 999: What's Your Emergency?** This edition shows the devastating effects that so-called legal highs can have on users in one community and the huge strain their use is putting on emergency services. See *Pick Of The Day*. (S)

- 10.00 Kinky Britain** Documentary exploring the bizarre and highly lucrative business of bespoke online fetish video production, following British amateur film-makers making their fortunes catering to other people's fantasies. (S)

- 11.05 Ramsay's Hotel Hell** Gordon Ramsay heads to Massachusetts where he checks into the Vienna Inn, an Austrian-themed hotel. Owners Jonathan and Lisa Krach have seen their cluttered inn acquire a negative reputation among the locals. (R,S)

- 12.00 Bodysockers: Nips, Tucks And Tattoos** (AD) (R,S) **1.00 My Big Fat Wedding** (R,S) **1.55 What Britain Buys** (R,S) **2.50 Inside Birmingham Children's Hospital** (AD) (R,S) **3.45 Dare To Believe: Ali Jawad** (R) **3.50 Kirstie's Homemade Home** (R,S) **4.05 Posh Pawnbrokers** (R,S) **5.00 French Collection** (R,S)

- 8.00 Police Interceptors Unleashed** Vinnie Jones introduces clips of exciting police chases, as elite pursuit units crack down on law-breakers on the highways and byways of Britain. (R,S) Followed by 5 News Update. (S)

- 9.00 Big Brother: Annihilation** After four-and-a-half weeks in the house, which has seen the usual mix of games, arguments, laughs, diary room visits and bedroom chit-chat, Big Brother drops a week-long theme that is bound to shake up the residents. (S)

- 10.00 Wentworth Prison** Ferguson has been released into the general prison population, but is confined to her cell for safety reasons. However, she uses whatever opportunities she can to try to win over Kaz and Doreen by twisting the truth. (AD) (S)

- 11.05 Big Brother's Bit On The Side** Rylan Clark-Neal presents the live Big Brother companion show, including a debate on the burning issues, celebrity guests' thoughts on the latest developments and behind-the-scenes insights. (S)

- 12.05 Can't Pay? We'll Take It Away** Agents Paul Bohill and Steve Pinner get caught up in a dispute between a landlord and a tenant. (R,S) **1.00 SuperCasino** **3.10 Person Of Interest** (R) **4.00 Street Crime UK: Caught On Camera** (R) **4.45 Divine Designs** (R) **5.10 Great Artists** (R) **5.35-6.00 House Doctor** (R) (SL) (S)

5STAR

- 6.00 Teleshopping** Home shopping.
8.00 Access Latest showbiz gossip.
8.10 GPs: Behind Closed Doors Dr Kirkland's patient is the victim of a mysterious accident. (S)
9.00 Nightmare Tenants, Slum Landlords Alarming tales from all corners of the buy-to-let system. (S)
10.00 The Nightmare Neighbour Next Door A young couple gather footage of harrasment they received.
11.00 That '70s Show US sitcom. (S)
11.30 That '70s Show Hit comedy.
12.00 My Wife And Kids US comedy.
12.30 My Wife And Kids US sitcom.
1.00 Dance Moms Reality series.
1.55 Access Latest showbiz gossip.
2.00 Big Brother Highlights.
3.00 Neighbours (AD) (S)
3.30 Home And Away (AD) (S)
4.00 8 Simple Rules US sitcom. (S)
4.30 8 Simple Rules US comedy.
5.00 Big Brother Highlights from the house, narrated by Marcus Bentley.
5.55 Access Latest showbiz gossip.
6.00 Neighbours Piper is devastated by Tyler's decision. (AD) (R,S)
6.30 Home And Away Kat and Phoebe face each other over an awkward lunch. (AD) (S)
7.00 Dance Moms Melissa takes control of Mackenzie's video shoot, but the power soon goes to her head.
8.00 Benefits Special: 18 Kids And Claiming Featuring a Weymouth mum who picks up almost £30,000 a year to supplement her husband's income as a taxi driver. (S)
9.00 FILM: Elysium 2013 (15) In the future, most of the human race exists in poverty on a ruined Earth, while a wealthy elite live in luxury on an orbiting space station. A man dying of radiation poisoning fights security forces to gain access to the satellite and its medical facilities. Sci-fi thriller, starring Matt Damon and Jodie Foster.
11.10 FILM: Drag Me To Hell 2009 (15) Sam Raimi's horror, starring Alison Lohman and Justin Long.
1.15 The Magicians (S) **2.05** That '70s Show (S) **2.40** That '70s Show **3.05** The Devil's Disciple: Born To Kill? **3.55** Access **4.00-6.00** Teleshopping

5USA

- 6.00 Teleshopping** Home shopping.
9.00 Mr & Mrs Murder Charlie and Nicola investigate the murder of a fashion designer.
10.00 Access Latest showbiz gossip.
10.10 FILM: Hit & Run 2015 (PG) Thriller, starring Josie Davis. (S)
12.00 CSI: Miami A driver is decapitated while performing a stunt.
1.00 NCIS A marine suspected of murdering a girl is killed in Iraq. (S)
2.00 Person Of Interest Finch and Reese are sent to protect the mysterious millionaire CEO of a data-entry company.
3.00 Person Of Interest Root now has unfettered access to the Machine following its reboot, but it refuses to divulge its location.
4.00 NCIS Tony is infected with a deadly virus after opening a letter containing a mysterious white powder.
5.00 CSI: Crime Scene Investigation A boy's corpse is discovered among body parts in an illegal waste dump. (AD) (S)
6.00 CSI: Miami Ryan is attacked and suffers potentially fatal injuries.
7.00 NCIS The murder of a marine's wife is shown live on the internet and inquiries point to two housewives who were running their own pornographic website, but have since vanished. (S)
8.00 NCIS A six-year-old boy claims his father has been kidnapped, and the agents learn the missing man is a lieutenant commander. (AD) (S)
9.00 NCIS: Los Angeles The team investigates when a reporter is murdered as she prepares to break a story about a mysterious Libyan freedom fighter named El-Libi. (S)
10.00 NCIS: New Orleans LaSalle's family life seriously affects his work, when his brother Cade begs for help having found the body of his girlfriend Wendy in the boot of his car.
11.00 NCIS: New Orleans The elusive Balfish murders LaSalle's girlfriend. Scott Bakula stars. (AD) (S)
11.55 CSI: NY A businessman is murdered. Anna Belknap stars. (S)
12.55 CSI: NY 1.55 CSI: NY 2.50 CSI: Miami (AD) (S) **3.35** True Crimes: The First 72 Hours **4.00-6.00** Teleshopping

RADIO 1

FM: 97.6-99.8 MHz

6.30 The Radio 1 Breakfast Show With Nick Grimshaw: Music, chat and humour. **10.00** Clara Amfo. **12.45** Newsbeat. **1.00** Scott Mills: Music and topical chat. **4.00** Greg James. **7.00** Annie Mac. **9.00** University Of Edinburgh's Post Exam Jy Playlist. **10.00** Huw Stephens. **1.00** Friction. **4.00-6.30** Adele Roberts.

RADIO 2

FM: 88-90.2 MHz

5.00 Vanessa Feltz. **6.30** Sara Cox: Music and chat. **9.30** Ken Bruce. **12.00** Paddy O'Connell. **2.00** Steve Wright In The Afternoon. **5.00** Simon Mayo. **7.00** Paul Jones. **8.00** Jo Whaley. **10.00** Kiki Dee: I've Got The Music In Me. **11.00** The Art Of Artists. **12.00** After Midnight. **3.00** Johnnie Walker's Sounds Of The 70s.

RADIO 3

FM: 90.2-92.4 MHz

6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer Of The Week: Mozart. **1.00** News: Latest headlines. **1.02** Radio 3 Lunchtime Concert: At London's Wigmore Hall, period-instrument specialists Ensemble Marsyas and Kristian Bezuidenhout perform the quintets for piano and winds by Mozart and Beethoven. **2.00** Afternoon On 3: Highlights from the 2015 Verbier and Lucerne Festivals, beginning with the Verbier Festival Chamber Orchestra in works by composers including Haydn, Bartók and Beethoven. **4.30** In Tune: Suzy Klein's guests include conductor John Wilson. Plus, Sarah Walker shares her practice diary as she takes up the drums hoping to perform at this year's BBC Proms. **6.30** Composer Of The Week: Mozart: Donald Macleod explores Mozart's complex relationship with his home city of Salzburg, where he spent his formative years. Works include the overture to Don Giovanni. **7.30** Radio 3 In Concert: Live from the Town Hall, Cheltenham, Baroque favourites by composers Fasch, Corelli, Vivaldi, Rebel, Bach and Handel performed by Barokksolisten and their director Bjarte Eike. **10.00** Music Matters: Petroc Trelawny offers a portrait of composer Cole Porter, and rounds up the biggest news stories of the classical music season. **10.45** The Essay: Roald Dahl At 100: Frank Cottrell Boyce marks the centenary of Dahl's birth, exploring how the storyteller so perceptively captured a child's eye view in his writing. **11.00** Jazz Now. **12.30-6.30** Through The Night: Music and chat.

RADIO 4

FM: 92.4-94.6 MHz LW: 198 kHz

5.30 News Briefing. **5.43** Prayer For The Day. **5.45** Farming Today. **5.58** Tweet Of The Day. **6.00** Today. **9.00** The Long View. **9.30** In Therapy. **9.45** (LW) Daily Service. **9.45** (FM) A Point Of View: After The Vote. **10.00** Woman's Hour. **11.00** The Untold. **11.30** Way Out East. **12.00** News. **12.01** (LW) Shipping Forecast. **12.04** The Why Factor. **12.15** You And Yours. **12.57** Weather. **1.00** The World At One. **1.45** Cold War: Stories From The Big Freeze. **2.00** The Archers: Toby finds himself in a tight spot. **2.15** Drama: Brief Lives: New series. By Tom Fry and Sharon Kelly. **3.00** Counterpoint: With contestants from Hampshire and London. **3.30** The Food Programme: Government funding cuts on school food. **4.00** With Great Pleasure: Maxine Peake selects her favourite pieces of poetry, prose and song. **4.30** The Infinite Monkey Cage. **5.00** PM: With Eddie Mair. **5.54** (LW) Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.30** I'm Sorry I Haven't A Clue: From Glasgow's Pavilion Theatre. **7.00** The Archers: Ursula strikes a deal. **7.15** Front Row: Arts programme. **7.45** Life Lines: Drama, by Al Smith. **8.00** The Corbyn Story: See *Radio Choice*. **8.30** Analysis: Sonia Sodha examines whether the state should pay everyone a universal basic income and why the idea is winning support from an unlikely alliance of leftists and libertarians. **9.00** Natural Histories: Brett Westwood looks at how the lobster has become an epicure's delight, a sex symbol, a sign of a luxurious lifestyle and a muse for surrealist artists. **9.30** The Long View: Jonathan Freedland returns with the programme that examines a current news story through the prism of the past. **9.59** Weather. **10.00** The World Tonight: With Ritula Shah. **10.45** Book at Bedtime: The Muse: By Jessie Burton. **11.00** Don't Log Off. **11.30** Today In Parliament. **12.00** News. **12.30** A Point Of View: After The Vote. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20-5.30** Shipping Forecast.

RADIO 5 LIVE

MW: 909, 693 kHz

5.00 Morning Reports. **5.15** Wake Up To Money: Financial news reports. **6.00** 5 Live Breakfast. **10.00** 5 Live Daily. **1.00** Afternoon Edition. **4.00** 5 Live Drive. **7.00** 5 Live Sport: The Monday Night Club: A round-up of the day's sports news, plus football discussion. **9.00** 5 Live Sport: Cricket news, interviews and discussion ahead of the first Test between England and

REGIONAL VARIATIONS

BBC1 Variations WALES: **10.40** Visions Of World War One. **11.25** Have I Got Old News For You. **11.55** Have I Got A Bit More Old News For You. **12.40** Weather For The Week ahead. **12.45-6.00** BBC News: Latest headlines.
BBC2 Variations WALES: **7.00-8.00** Llangollen 2016
ITV Variations ITV CHANNEL: **12.25** ITV Nightscreen **S4C** **7.00** Cyw: Holi Hana **7.10** Cyw: Heini **7.25** Cyw: Ty Mel **7.35** Cyw: Sbridi **7.55** Cyw: Ti Fi A Cyw **8.00** Cyw: Guto Gwngin **8.15** Cyw: Bla Blewog **8.30** Cyw: Syrcas Deithiol Dewi **8.40** Cyw: Boj **8.50** Cyw: Bing **9.00** Cyw: Twt **9.10** Cyw: Y Dwrnod **9.25** Cyw: Tomos A'i Ffrindiau **9.35** Cyw: Marcaroni **9.50** Cyw: Nodi **10.05** Cyw: Y Dywysoges Fach **10.15** Cyw: Y Brodyr Coala **10.25** Cyw: Cwpwrdd Cadi **10.35** Cyw: Sara A Cwac **10.45** Cyw: Dwylo'r Entys **11.00** Cyw: Holi Hana **11.10** Cyw: Heini **11.25** Cyw: Ty Mel **11.35** Cyw: Sbridi **11.55** Cyw: Ti Fi A Cyw **12.00** Cyw: Guto Gwngin **12.15** Cyw: Bla Bla Blewog **12.30** Cyw: Syrcas Deithiol Dewi **12.40** Boj **12.50** Cyw: Bing **1.00** Newyddion S4C A'r Tywydd **1.05** Heno **2.00** Prynhawn **2.45** Newyddion S4C A'r Tywydd **3.00** Mamwlad **3.30** 3 Lïe **4.00** Awr Fawr **5.00** Stwnsh: Newid Byd **5.25** Stwnsh: Dreigiau - Marchogion Berc **5.50** Stwnsh: Angelo Am Byth **5.55** Stwnsh: Ffeli **6.00** Cyw: Yr Ymgydd **6.25** Newyddion S4C A'r Tywydd **6.30** Ysgol Odwans Antti Karen **7.00** Heno **8.00** Pobol Y Cwch **8.55** Calon **9.00** Newyddion 9 A'r Tywydd **9.30** Fflemio **10.00** Y Sioe Fawr 2015 **11.00** Yr Ynys

televisionexpress

Radio Choice

The Corbyn Story
Radio 4, 8pm

With the UK still in shock following last month's vote to quit the EU, Steve Richards examines the dramatic story of Jeremy Corbyn over the past year as he rose from political obscurity to win the Labour leadership election. Corbyn finds

himself under increasing pressure as former shadow business secretary Angela Eagle looks to oust him from his position.

But the host looks at how his surprise success came about and how well-equipped he is to handle the pressures of his new role.

CHRIS McHUGH

Pakistan later this week. **10.30** Phil Williams. **1.00-5.00** Up All Night.

talkSPORT

MW: 1053, 1089, 1071, 1107 kHz

6.00 The Alan Brazil Sports Breakfast With Danny Murphy. **10.00** Colin Murray. **1.00** Hawksbee And Jacobs. **4.00** Adrian Durham And Darren Gough. **7.00** Kick-off: With Stan Collymore and Ian Danter. **10.00** Andy Goldstein And Jason Cundy. **1.00-6.00** The Two Mikes: The latest from the world of sport.

BBC WORLD SERVICE

on digital only

5.00 Newsday. **5.30** The Conversation. **6.00** Newsday. **8.30** Business Daily: Business and

finance news, interviews and reports. **8.50** Witness: Reports on current affairs. **9.00** News: Latest headlines. **9.06** The Arts Hour. **10.00** World Update. **11.00** Outside Source. **12.00** News. **12.06** Outlook: Perspectives on important issues. **1.00** The Newsroom. **1.30** The Conversation. **2.00** NewsHour. **3.00** News. **3.06** HARDtalk. **3.30** The Why Factor. **3.50** More Or Less. **4.00** News. **4.06** Business Daily. **4.25** Winners. **4.30** Sport Today. **5.00** World Have Your Say. **6.00** The Newsroom. **6.30** World Business Report. **7.00** The Newsroom. **7.30** The Conversation. **8.00** News. **8.06** Outlook. **9.00** NewsHour. **10.00** News. **10.06** HARDtalk. **10.30** Discovery. **11.00** The Newsroom. **11.20** Sports News. **11.30** World Business Report. **12.00** News. **12.06** The Arts Hour. **1.00**

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FILMS

SKY CINEMA PREMIERE

Sky 301

6.00am Independence Day: Resurgence Special Moviepreview. **6.30 Strange Magic (2015) (U)** Animated fantasy musical. **8.20 The Walk (2015) (PG)** Premiere. Fact-based drama, starring Joseph Gordon-Levitt. **10.35 Spectre (2015) (12)** James Bond thriller, starring Daniel Craig. **1.20pm Mission: Impossible – Rogue Nation (2015) (12)** Spy thriller sequel, starring Tom Cruise. **3.35 Strange Magic (2015) (U)** Animated fantasy musical. **5.25 Spectre (2015) (12)** James Bond thriller, starring Daniel Craig. **8.00 The Walk (2015) (PG)** Premiere. See *Today's Choice*. **10.10 Mission: Impossible – Rogue Nation (2015) (12)** Spy thriller sequel, starring Tom Cruise. **12.25am The Frankenstein Theory (2013) (15)** Found-footage horror, starring Kris Lemche. **1.55 Regression (2015) (15)** Psychological thriller, starring Ethan Hawke. **3.45 The Frankenstein Theory (2013) (15)** Found-footage horror, starring Kris Lemche. **5.30 Fast & Furious 7 Special With Alex Zane.**

SKY CINEMA COMEDY

Sky 308

7.05am The Naked Gun 2 1/2: The Smell Of Fear (1991) (15) With Leslie Nielsen. **8.40 The Naked Gun 33 1/3: The Final Insult (1994) (12)** With Leslie Nielsen. **10.10 Ghostbusters (1984) (12)** With Bill Murray. **Neon Ghostbusters: Special Interviews with the cast.** **12.30 Ghostbusters II (1989) (PG)** With Bill Murray. **2.25 The Cable Guy (1996) (12)** With Jim Carrey. **4.05 Failure To Launch (2006) (12)** With Matthew McConaughey. **5.50 Wedding Crashers (2005) (15)** With Owen Wilson. **8.00 Unfinished Business (2015) (12)** With Vince Vaughn. **9.40 Ghostbusters (1984) (12)** With Bill Murray. **11.30 Ghostbusters II (1989) (PG)** With Bill Murray. **1.25am Monty Python's The Meaning Of Life (1983) (15)** With Michael Palin. **3.20 Playing It Cool (2014) (15)** With Chris Evans. **5.00 The Pink Panther (1963) (PG)** With Peter Sellers.

SKY CINEMA ACTION & ADVENTURE

Sky 307

6.10am Gladiator (2000) (15) With Russell Crowe. **8.55 Kingsman: The Secret Service (2015) (15)** With Colin Firth. **11.15 John Wick (2014) (15)** With Keanu Reeves. **1.10pm Alex Zane's Cinecast 1.30 The Fast And The Furious (2011) (15)** With Vin Diesel. **3.25 Batman (1989) (15)** With Michael Keaton. **5.40 Kingsman: The Secret Service (2015) (15)** With Colin Firth. **8.00 John Wick (2014) (15)** With Keanu Reeves. **9.50 The Fast And The Furious (2001)**

TODAY'S CHOICE

THE WALK ★★★★★

Sky Cinema Premiere, 8pm

The World Trade Center's Twin Towers are best known for the sickening terrorist attacks carried out by the Islamic terrorist group al-Qaeda back in 2001.

However, over 15 years prior to the disaster, French high-wire artist Philippe Petit decided to hatch a daring scheme to carry out his most spectacular performance to date by walking between the two buildings.

This film tells the tale of the stuntman, who, with the aid of his circus mentor and an international team of helpers, sets about accompanying his goal.

Fact-based drama, starring Joseph Gordon-Levitt, Charlotte Le Bon and Sir Ben Kingsley.

CHRIS McHUGH



SKY CINEMA DRAMA & ROMANCE

Sky 310

6.00am Anna And The King Of Siam (1946) (12) With Irene Dunne. **8.15 Ashby (2015) (15)** With Mickey Rourke. **10.05 Raising Helen (2004) (PG)** With Kate Hudson. **12.10pm Fiddler On The Roof (1971) (U)** With Topol. **3.10 A Passage To India (1984) (PG)** With Peggy Ashcroft. **6.00 Kelly & Cal (2014) (15)** With Juliette Lewis. **8.00 Unbroken (2014) (15)** An Olympic athlete serving in the Second World War survives being lost at sea and held in a brutal POW camp. Fact-based drama, with Jack O'Connell. **10.20 Chicago (2002) (12)** With Renee Zellweger. **12.20am Men, Women & Children (2014) (15)** With Adam Sandler. **2.30 Children Of A Lesser God (1988) (15)** Starring William Hurt. **4.35 The King And I (1956) (U)** Starring Yul Brynner.

SKY CINEMA TOM CRUISE

Sky 304

6.30am Alex Zane's Cinecast 6.50 Rain Man (1988) (15) Drama, starring Dustin Hoffman and Tom Cruise. **9.20 Mission: Impossible III (2006) (12)** Action thriller sequel, starring Tom Cruise. **11.35 Alex Zane's Cinecast** New films coming to Sky Cinema. **11.50 The Last Samurai (2003) (15)** Historical adventure, starring Tom Cruise. **2.35pm Tom Cruise: Show Me**

The Movies Alex Zane chats to the actor. **3.35 Valkyrie (2008) (12)** Fact-based thriller, starring Tom Cruise. **5.45 Rain Man (1988) (15)** Drama, starring Dustin Hoffman and Tom Cruise. **8.00 A Few Good Men (1992) (15)** Three Navy lawyers uncover corruption leading to a top-ranking officer during the defence of two marines accused of murder. Drama, with Tom Cruise, Demi Moore and Jack Nicholson. **10.20 Collateral (2004) (15)** Thriller, starring Tom Cruise and Jamie Foxx. **12.25am Jerry Maguire (1996) (15)** Romantic comedy drama, starring Tom Cruise and Renee Zellweger. **2.50 Eyes Wide Shut (1999) (18)** Stanley Kubrick's drama, starring Tom Cruise and Nicole Kidman. **5.30 Tom Cruise: Show Me The Movies** Alex Zane chats to the actor.

TCM

Freeview 512 - Sky 317

6.00am Hollywood's Best Film Directors 6.30 Apache War Smoke (1952) (U) Western, starring Gilbert Roland. **7.50 The Command (1954) (PG)** Western, starring Guy Madison. **9.45 Vengeance Valley (1951) (PG)** Western, starring Burt Lancaster. **11.25 Apache War Smoke (1952) (U)** Western, starring Gilbert Roland. **12.50pm Rawhide 1.55 Rawhide 3.00 Oklahoma Justice (1951) (PG)** Western, starring Johnny Mack Brown. **4.10 The Marauders (1955) (PG)** Western, starring Dan Duryea. **5.45 Pursuit To Algiers (1945) (PG)** Mystery, starring Basil Rathbone. **7.00 The Maltese Falcon (1941) (PG)** Film noir crime drama, starring Humphrey Bogart. **9.00 US Marshals (1998) (PG)** Thriller sequel, starring Tommy Lee Jones. **11.35pm Presumed Innocent (1990) (18)** Mystery thriller, starring Harrison Ford. **2.05am Conspiracy Theory With Jesse Ventura 3.55 Hollywood's Best Film Directors 4.30 Hollywood's Best Film Directors 5.00 Hollywood's Best Film Directors**

FILM4

Freeview 15 - Sky 315

11.00am Man In The Saddle (1951) (U) Western. **12.45pm The Mouse That Roared (1959) (U)** Comedy, with Peter Sellers. **2.25 Sands Of Iwo Jima (1949) (PG)** Second World War adventure, with John Wayne. **4.35 The Man From Laramie (1955) (U)** Western, with James Stewart. **6.40 Percy Jackson & The Lightning Thief (2010) (PG)** Fantasy adventure, with Logan Lerman. **9.00 The Wolverine (2013) (12)** Superhero adventure, with Hugh Jackman. **11.25am Helsing (2004) (12)** Gothic action, with Hugh Jackman. **2.05am Cyrus (2010) (15)** Comedy, with John C Reilly.

ENTERTAINMENT

ITV2

Freeview 6 - Sky 118

6.00am Planet's Funniest Animals **6.20** Dinner Date **7.10** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Psych **10.20** Scorpion **11.15** Dinner Date **12.10pm** Emmerdale **12.45** Coronation Street **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **5.50** Take Me Out **7.00** Love Island **7.30** You've Been Framed! **8.00** Two And A Half Men **9.00** Love Island: The Live Final **10.30** Family Guy: Cartoon capers. **11.30** The Chase **12.25am** The Cleveland Show **1.25** The Vampire Diaries **2.15** The Hot Desk: Nathan Sykes **2.25** Teleshopping

ITV3

Freeview 10 - Sky 119

6.00am Doctor In The House **6.25** Heartbeat **7.30** Where The Heart Is **8.35** The Royal 3.55 Judge Judy **10.55** Murder, She Wrote **11.55** Wildlife **1.00pm** Heartbeat **2.00** The Royal 3.45 Where The Heart Is **4.10** Doctor In The House **4.45** On The Buses **5.15** Man About The House **5.55** Heartbeat **6.55** Murder, She Wrote **7.55** Wildlife **9.00** Someone's Daughter, Someone's Son **10.00** Unforgiven **11.05** Liverpool **1.12.15am** Blue Murder **1.00** Teleshopping **1.15** Marchlands

ITV4

Freeview 24 - Sky 120

6.00am Gunsmoke **6.50** Minder **7.45** Inside 8.45 Quincy Mc **9.50** Ax Men **10.45** The Chase **11.45** Gunsmoke **12.50pm** Tour De France Highlights **1.55** The Saint **2.50** Minder **3.55** Quincy Mc **4.55** Ironside **6.00** The Saint **7.00** Tour De France Highlights **8.00** Storage Wars: Best Of The Strategies **8.30** Storage Wars: Best Of The Feuds **9.00** Film: The Krays (1990) (18) **10.00** FYI Daily **10.05** Film: The Krays (1990) (18) **11.35** Film: A Dangerous Man (2010) (18) **12.40am** FYI Daily **12.45** Film: A Dangerous Man (2010) (18) **1.30** Highway Patrol **1.55** Tour De France Highlights **2.50** ITV4 Nightscreen

SKY1

Sky 106

6.00am Monkey Life **8.00** Ninja Warrior Women Tournament **8.30** Ninja Warrior **9.00** Forever **10.00** Hawaii Five-0. Crime drama. **Noon** Forever **1.00** Hawaii Five-0 **3.00** Road Wars **4.00** Futurama **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** David Attenborough's Galapagos **9.00** 50 Ways To Kill A Mammy **10.00** Modern Man **11.00** A League Of Their Own **Midnight** Duck Quacks Don't Echo **1.00** Limitless **2.00** A League Of Their Own **3.00** Brit Comps: Rapid Response **4.00** Stop, Search, Seize **5.00** Ninja Warrior Women Tournament **5.30** Ninja Warrior

E4

Freeview 28 - Sky 136

6.00am Charmed **7.35** Holyoaks **8.05** Rules Of Engagement **9.00** The Goldbergs **10.00** Melissa & Joey **11.00** Charmed **1.00pm** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Melissa & Joey **4.00** How I Met Your Mother **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Holyoaks **7.30** The Big Bang Theory **9.00** Rich Kids Of Instagram **10.00** First Dates Abroad **11.05** The Big Bang Theory **Midnight** Gogglebox **1.05** Tattoo Fixers **2.05** First Dates Abroad **3.00** Rich Kids Of Instagram **3.55** Rude(ish) Tube

MORE4

Freeview 14 - Sky 138

8.55am Jamie's Super Food **9.35** A Place In The Sun: Home Or Away **10.35** Food Unwrapped **11.10** Kirstie's Vintage Gems **11.20** Film: The Bridges At Toko-Ri (1954)

(U) 1.25pm Time Team **3.35** A Place In The Sun: Home Or Away **5.45** Selling Houses With Amanda Lamb **6.50** Building The Dream **7.55** Grand Designs **9.00** The Supertv **10.00** One Born Every Minute **11.05** 24 Hours In A&E **12.10am** Embarrassing Bodies **1.15** The Supertv **2.20** One Born Every Minute

GOLD

Sky 110

7.00am Outnumbered **7.30** The Brittas Empire **8.10** Keeping Up Appearances **8.55** Last Of The Summer Wine **11.35** My Family **12.15pm** Outnumbered **12.55** The Brittas Empire **1.30** Keeping Up Appearances **2.05** Porridge **3.25** Last Of The Summer Wine **6.00** My Family **6.40** Porridge **9.00** Fawlty Towers **9.20** Harry Enfield And Chums **10.00** Miranda **10.40** Men Behaving Badly **11.20** Red Dwarf **Midnight** Peep Show **1.00** Harry Enfield And Chums **1.40** Men Behaving Badly **2.20** Red Dwarf **3.00** Jeeves And Wooster

SKY LIVING

Sky 107

6.00am Motorway Patrol **7.00** Nothing To Declare **8.00** The Real A&E **9.00** Border Security: Canada's Front Line **10.00** Obese: A Year To Save My Life **11.00** CSI: Crime Scene Investigation **Noon** Sugar Showdown **1.00** Criminal Minds **2.50** Bones **3.50** Obese: A Year To Save My Life **4.50** Stop, Search, Seize **5.50** Nothing To Declare **6.20** Cooks To Market **6.35** My Kitchen Rules: Australia **8.00** CSI: Crime Scene Investigation **9.00** Criminal Minds **1.00am** Bones **2.40** CSI: Crime Scene Investigation **3.35** My Kitchen Rules: Australia

CBS ACTION

Freeview 64 - Sky 148

6.00am Teleshopping **9.00** JAG **10.00** MacGyver **11.00** Star Trek: Deep Space Nine

SPORT

SKY SPORTS THE OPEN

Sky 401

6.00am The Open – Official Films **7.00** The Open – Official Films **8.00** The Open – Official Films **9.00** The Open – Official Films **10.00** The Open – Official Films **11.00** The Open – Official Films **Noon** The Open Countdown: Live **1.00** The Open – Official Films **2.00** The Open – Official Films **3.00** The Open – Official Films **4.00** Live At The Open. A look ahead to the prestigious event at the Royal Troon Golf Club in Scotland. **5.30** Chronicles Of A Champion Golfer **6.00** The Open – Official Films **7.00** The Open **8.30** Chronicles Of A Champion Golfer **9.00** The Open **10.30** The Open – Official Films **11.30** The Open **1.00am** Chronicles Of A Champion Golfer **1.30** Chronicles Of A Champion Golfer **2.00** The Open **3.30** Chronicles Of A Champion Golfer **4.00** The Open **5.30** Chronicles Of A Champion Golfer

SKY SPORTS 2

Sky 402

6.00am Cricket Classics **6.30** Cricket Classics **7.00** WVE: Raw **8.00** Major League Soccer **10.00** Major League Soccer **Noon** Cricket Classics **12.30** Cricket Classics **1.00** Major League Soccer **3.00** Major League Soccer **5.00** How The 2012 ICC World T20 Was Won **7.00** Sporting Rivalries **7.30** Live Elite League Speedway. Coventry Bees v King's Lynn Stars. **9.30** Super League Gold **9.45** Super League **10.00** Super League Fulltime **10.30** Super League Gold **10.45** Super League Gold **11.00** Elite League Speedway. Coventry Bees v King's Lynn Stars. **1.00am** Sporting Rivalries

Noon Star Trek **1.00** The High Chaparral **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00** Star Trek **7.00** MacGyver **8.00** Star Trek: Deep Space Nine **9.00** NCIS **10.00** Bad Girls **11.05** Walker, Texas Ranger **12.05am** Ultimate Force **2.15** NCIS **3.10** The Streets Of San Francisco **4.05** Walker, Texas Ranger

CBS REALITY

Freeview 66 - Sky 146

6.00am Teleshopping **9.00** Judge Judy **10.00** It's A Miracle With Roma Downey **11.00** Unsolved Mysteries **Noon** Beyond Belief: Fact Or Fiction? **1.00** Judge Judy **3.00** It's A Miracle With Roma Downey **4.00** Unsolved Mysteries **5.00** Judge Judy **7.00** Medical Detectives **8.00** Troubled Teens: Jail Shock **9.00** Cold Blood **10.00** Ice Cold Killers **11.00** Medical Detectives **Midnight** 48 Hours: Mystery **1.00** Cold Blood **2.00** Ice Cold Killers **3.00** Teleshopping **4.00** Addicted To The Life **4.25** Heir Hunters **5.10** Dog And Beth: On The Hunt

BBC FOUR

Freeview 9 - Sky 116

7.00pm World News Today, Weather **7.30** The Taff: The River That Made Wales **8.00** Trainspotting Live. New series. **9.00** War At Sea: Scotland's Story **10.00** The Secret Life Of Children's Books **10.30** Easter Island: Mysteries Of A Lost World **Midnight** The Last Seabird Summer? **1.00** War At Sea: Scotland's Story **2.00** Sex And Sensibility: The Allure Of Art Nouveau **3.00** The Bridges That Built London With Dan Cruickshank

COMEDY CENTRAL

Sky 112

8.00am Malcolm In The Middle **9.00** Impractical Jokers: Inside Jokes **10.00** Friends **1.00pm** The Middle **2.00** Impractical Jokers: Inside Jokes **3.00** Friends **8.00** Impractical

1.30 Sporting Triumphs **1.45** Sporting Triumphs **2.00** Sporting Rivalries **2.30** Legends Of Darts **2.45** Legends Of Darts **3.00** Sporting Heroes **4.00** Cricket Classics **4.30** Cricket Classics **5.00** World Cup Cricket Classics

SKY SPORTS 3

Sky 403

6.00am Super League Gold **6.15** Super League Gold **6.30** Legends Of Darts **6.45** Darts Gold **7.00** Time Of Our Lives **8.00** Sporting Greats **8.30** Sporting Greats **9.00** Pro Kabaddi League **10.00** Sporting Rivalries **10.30** Sporting Rivalries **11.00** Pro Kabaddi League **Noon** Live ATP Tennis. The German Open from Hamburg. **6.00** Sporting Rivalries **6.30** Sporting Greats **7.00** Major League Soccer. New York Red Bulls v Portland Timbers. **9.00** MLS Round-Up Show **9.30** Major League Soccer. Sporting Kansas City v New York City FC. **11.30** MLS Round-Up Show **Midnight** Sporting Greats **12.30** Sporting Rivalries **1.00** Legends Of Darts **1.15** Legends Of Darts **1.30** Super League Gold **1.45** Super League Gold **2.00** The Sky Sports Years **3.00** Sporting Heroes **4.00** Darts Gold **4.30** Sky Sports Boxing Gold **5.00** Time Of Our Lives

BT SPORT 1

Sky 413

6.00am Indoor Bowls: Premier 3s Finals **7.00** Virgin Australia Supercars Championship **8.00** Virgin Australia Supercars Championship **9.00** Gillette World Sport **9.30** Formula E – Sound Of The Future **10.00** Road To Rio **10.30** Global Goals **11.00** Sao Paulo V America

Jokers 9.00 Russell Howard's Good News **10.00** Impractical Jokers: Wild **10.30** Impractical Jokers **11.00** Idiotstir **11.30** Russell Howard's Stand Up Central **Midnight** Bob's Burgers **1.00** South Park. Animated comedy. **2.00** Russell Howard's Good News **3.50** Two And A Half Men **5.00** Teleshopping

FOX

Sky 124

8.00am Monk **10.00** The Closer **11.00** The Mentalist **1.00pm** NCIS **3.00** Leverage **4.00** The Mentalist **6.00** The Closer **7.00** NCIS **9.00** Rick And Morty **10.00** American Dad! **11.00** Family Guy. Cartoon capers. **Midnight** American Dad! Animated comedy. **1.00** The Cleveland Show **2.00** American Dad! **3.00** Family Guy **4.00** American Dad!

DISCOVERY

Sky 520

6.00am How It's Made **7.00** Overhaul! **8.00** Misfit Garage **9.00** Fast N' Loud **11.00** Wheeler Dealers **1.00pm** Naked And Afraid **2.00** Gold Rush **3.00** Bear Grylls: Born Survivor **4.00** Mythbusters **5.00** Wheeler Dealers **5.30** Auction Hunters **6.00** Fast N' Loud **8.00** Driving Wild **9.00** Wheeler Dealers **10.00** Diesel Brothers **11.00** Street Outlaws **Midnight** Wheeler Dealers **1.00** Diesel Brothers **2.00** Alaska: The Last Frontier **3.00** Wheeler Dealers **3.50** Diesel Brothers

HISTORY

Sky 529

6.00am Teleshopping **6.30** Teleshopping **7.00** Teleshopping **8.00** Pawn Stars **9.00** Shipping Wars **11.00** Counting Cars **Noon** Storage Wars **1.00** Pawn Stars **3.00** Mountain Men **4.00** Alone **5.00** Pawn Stars **6.00** American Pickers **7.00** Storage Wars **8.00** Mountain Men **9.00** Pawn Stars **10.00**

American Pickers 11.00 Alone. New series. **1.00am** American Pickers **2.00** Alone **4.00** American Pickers **5.00** Teleshopping

YESTERDAY

Freeview 19 - Sky 537

6.05am Britain In Motion. Russ Malkin focuses on the UK shipbuilding trade and visits a dockyard. **6.30** Cash In The Attic **7.15** Antiques Roadshow **8.00** Time Team **9.00** Coast **10.00** Secrets Of War **11.00** Battleplan **Noon** Time Team **1.00** Great British Railway Journeys **2.00** Who Do You Think You Are? **3.00** Coast **4.00** Time Team **5.00** Secrets Of War **6.00** Battleplan **7.00** Edward VIII: The Plot To Topple A King **8.00** Jeeves And Wooster **9.10** The Royle Family **10.30** The Two Ronnies **11.20** The Royle Family **12.40am** Who Do You Think You Are? **1.40** Coast **2.30** Pagans And Pilgrims: Britain's Holiest Places

HOME

Freeview 25 - Sky 196



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LUXURY HOMELIFT



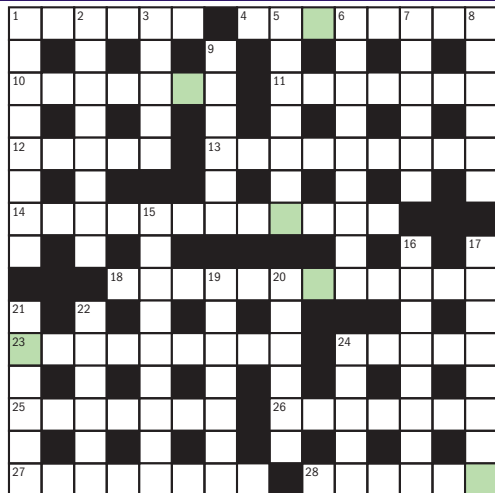
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CRUSADER PRIZE CROSSWORD

WIN £100 CASH


ACROSS

- 1 Cleric has day on new canoe (6)
- 4 Two rides turn out to be most unruly (8)
- 10 Singer carries out brawl with hesitation (7)
- 11 Performer finds a key to lock (7)
- 12 Difficult question for model (5)
- 13 Intangible song (9)
- 14 Team declares in foreign country (6,6)
- 18 Rum accent is about getting key situation (12)
- 23 Explain clue solved at one meeting (9)
- 24 Arrive on time to see heavenly body (5)
- 25 Do not take wild ram to be inactive (7)
- 26 Madman gets a cult in trouble (7)
- 27 Got wrong interpretation for his dream (8)
- 28 Church has spoken using voices (6)

DOWN

- 1 Now proud to play in cloudburst (8)
- 2 Poem that's initially meaningful (8)
- 3 Spectator has role to play with force (5)
- 5 Instrument in old vehicle in Austria (7)
- 6 Disadvantage when red mitten is worn (9)
- 7 View of French engineer's report (6)
- 8 Lets us organise fight (6)
- 9 Credit is repeatedly causing trauma (6)
- 15 Get rid of a timeline that's wrong (9)
- 16 Airman to turn to Disney, say (8)
- 17 Not prone to clear TV broadcast around one (8)
- 19 Singer has suitable stage (7)
- 20 Run miles to get acceptable breakfast (6)
- 21 Models work, but not often (6)
- 22 Brushing off, losing no-good arrogance (6)
- 24 Prisoner reaches Switzerland to get shell (5)

FOR YOUR CHANCE TO WIN £100 CASH read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 1603** and leave your answer and details, or text **DXMON** followed by a space, your answer, name and address details to **88600**. Calls cost £1.50 plus your telephone company's network access charge. Texts cost £1.50 plus your standard network rate. Lines close at midnight tonight. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, July 11, PO Box 12578, Sutton Coldfield B73 9BT. Entries must be postmarked by July 12 at the latest. **SP: Spoke** - 0333 202 3390. For any postal enquiries, call helpline number. ● *The winner will be the first random correct entry drawn from all entry routes after the closing date of July 18.*

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME _____

ADDRESS _____

POSTCODE _____

LAST THURSDAY'S SOLUTION

ACROSS: 1 Back-pedal, 6 Idol, 10 Credo, 11 Flavoured, 12 Entwine, 13 Sardine, 14 Outdistancing, 17 Light-fingered, 21 Tighter, 22 Socotra, 24 Unnerving, 25 Omani, 26 Kick, 27 Retaliator. **DOWN:** 1 Bachelor, 2 Cheat, 3 Promising start, 4 Deflect, 5 Liaison, 7 Derringer, 8 Lodger, 9 Boarding school, 15 Telegenic, 16 Idealise, 18 Tarsier, 19 Insight, 20 Struck, 23 Tiara. **Prizeword:** Boffin

THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 25; INTERMEDIATE = 173; ADVANCED = 16.

CROSSDOUBT

Can you make two common five-letter words from the nine letters given, using each letter only once? You can - but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover - but which one is it? See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow.**

Target times: Average: 18 mins Good: 14 mins Excellent: 10 mins Friday's solution: CHIDE (across) SHEER (down)

H L L N O O P S W

STUCK? CALL FOR A CLUE

0901 322 5601

Have your Target Time!

SOLUTION

0901 322 5607

Both today's words in a moment

*Calls cost 75p plus your telephone company's network access charge.



MENSA TEASER

mensateaser: Win! Six months' supply of ACE for Colours

Keep your clothes stain-free this summer with the help of household cleaning brand ACE, which is giving away six months' supply of ACE for Colours! Visit: www.acecleanuk.co.uk for more information.

Take the online Mensa workout at www.mensa.org.uk or apply for a supervised IQ test in your area, email booktest@mensa.org.uk or telephone 01902 772771. Mensa does not accept hyphenated words, and uses the Oxford Dictionary of English (Second Edition Revised) as its official reference.

Which word connects all the following words?

**RUNNING LINE FACE
LIVED PLAYING LOST**



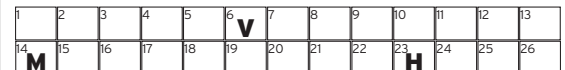
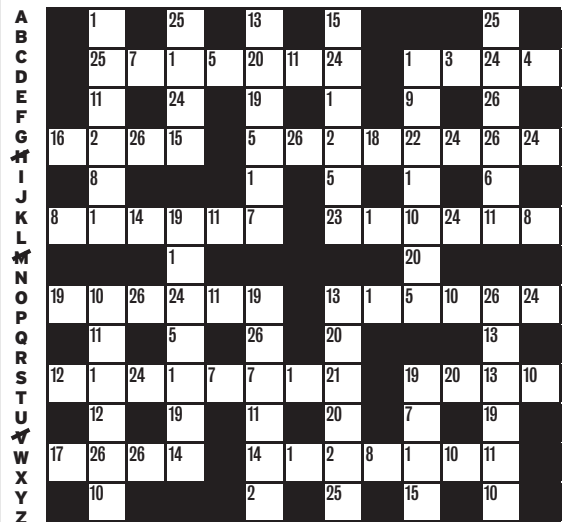
Answer for Teaser 04/07/16: 15.

For your chance to win, call: **0907 181 2718***

*Calls cost 80p per minute plus your telephone company's network access charge and last 2.5 minutes. Lines close at midnight on Sunday, July 17. For full T&Cs see www.express.co.uk/campaigns/terms/7.SP. **SP: Spoke**, 0333 202 3390.

ALPHAPUZZLE®

Alphapuzzle® tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters - below the main grid - to start. **Solution tomorrow.** **DIFFICULTY:** 7/10; **TARGET:** 23 mins; **CLUE:** Headgear hue shows deep loathing. **FRIDAY'S SOLUTION:** Across: Paraded, Twerp, Lotus, Puffer, Misquote, Stay, Robust, Hotdog, Dolt, Achieved, Compete, Eerie, Trawl, Muscles. **Down:** Polymer, Ducat, Rites, Bulimia, Disguise, Jell, Depute, Scream, Toff (clue), Doziness, Existed, Viral, Perky, Goddess.

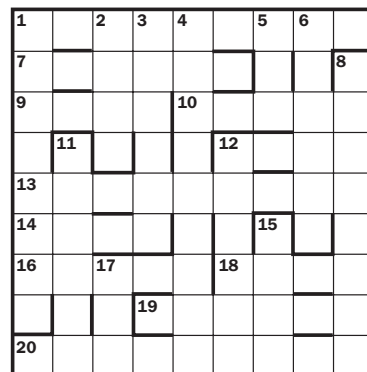


EXTRA LETTER CLUES: 0907 181 2568 (Hear up to six Extra Letters, deduct two minutes for each clue letter heard) Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** to **88080**. Texts cost £1 plus normal network operator rate. **FULL SOLUTION: 0907 181 2565; ACROSS ONLY: 0907 181 2561; DOWN ONLY: 0907 181 2562.** *Calls cost 80p per minute plus your telephone company's network access charge.

The Daily Express Alphapuzzles 3 (published by Express Newspapers 2007) is available at £6.99. To order, call The Express Bookshop on **01872 562310**, send a cheque/PO payable to 'Express Bookshop', to: Express Bookshop, PO Box 200, Falmouth, TR11 4WJ, or order online at www.expressbookshop.com UK delivery is free. Alphapuzzle® ©2016 Acorn Editorial Ltd. All words appear in Chambers Dictionary.



SMALL CROSSWORD



- ACROSS**
- 1 A flat (9)
 - 7 Fixed amount or portion (6)
 - 9 Spirit mixed with water (4)
 - 10 Stage whisper (5)
 - 12 Shortly (4)
 - 13 Temporary substitute (9)
 - 14 Blyton, writer (4)
 - 16 Mexican snack (5)
 - 18 Close to (4)
 - 19 Container for holding liquids (6)
 - 20 Palsy (9)
- DOWN**
- 1 Quarrel (8)
 - 2 At the summit (4)
 - 3 Arranged in a dishonest way (6)
 - 4 Poisonous fungus (9)
 - 5 Electronic data interchange (abbr.) (3)
 - 6 Fall asleep (3,3)
 - 8 False teeth (8)
 - 11 Fruit type (6)
 - 12 Game like hockey (6)
 - 15 Permits (4)
 - 17 Vehicle (3)

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FRIDAY'S SOLUTION

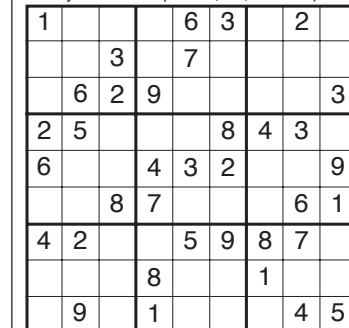
ACROSS 1 Saltpetre, 7 Aria, 8 Serum, 10 USB, 11 Inroad, 13 Sabotages, 14 Cheers, 16 Int, 18 Exams, 19 Shoe, 20 Splinters. **DOWN** 1 Satisfies, 2 Arenas, 3 Taco, 4 Eel, 5 Trudges, 6 Embassies, 8 Swathes, 9 Orbital, 12 Terror, 15 East, 17 HMI.

For today's solution call: **0907 181 2582**

*Calls cost 80p per minute plus your telephone company's network access charge.

Level: Gentle SUDOKU Target: 16 mins

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine.



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YESTERDAY'S SOLUTION

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

Extra clues: **0901 322 5609**

Today's solution: **0907 181 2573**

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*Calls cost 80p per minute plus your telephone company's network access charge.

TARGET



The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)

HOW many words of four letters or more can you make from the letters shown here? In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals or verb forms ending in "s".

TODAY'S TARGET
Good 11; very good 16; excellent 21 (or more). **Solution tomorrow.**

SATURDAY'S SOLUTION
beep burp burped deep depute drupe dupe erupt erupted per pert perter perturb PERTURBED peter prude pure puree pureed purer purr purred reputed reputed rupee

Call **0907 181 2585** for today's Target solution
*Calls cost 80p per minute plus your telephone company's network access charge.

*SP: Spoke - Helpline 0333 202 3390

THE ALPHABEATER

TARGET TIME: 36 minutes

CAN you crack the Alphabeater? Each grid number represents a letter - or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' - in other words, it looks the same if you turn the page upside down. **Solution tomorrow.**

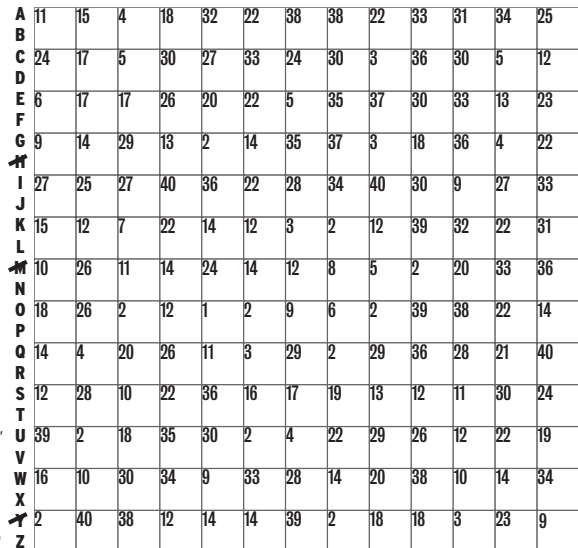
Saturday's solution
Black squares: 2, 4, 7, 11, 12, 16, 18, 21, 25, 28, 30, 32, 35, 39.

Across: Spring, Board, Forked, Stubby, Largesse, Harmonica, Manpower, Vizier, Equate, Forum, Jerkin. **Down:** Abyss, Comment, Urchin, Crib, Axe, Xylem, Whelk, Refer, Nerry, Nor, Zoom, Scampi, Midweek, Cramp.

Extra letter clues **0907 181 2560** (Deduct three minutes for each extra clue letter heard)

Full solution **0907 181 2558**

*Calls cost 80p per minute plus your telephone company's network access charge.



● Alternatively, for six Extra Letter clues to your mobile, text **DSEABAT** to **88080**. Texts cost £1 plus your usual operator rate

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