**Sunday 10 March 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Amazing Facts: 7 Steps To Experience The Presence Of God** Religious program. | **PG** +AMFA19-010+ |

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| 07:00 | **Tomorrow's World: The Truth About The Rapture** Religious program. | **PG** +TOMW19-010+ |

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| 07:30 | **Leading The Way: From Valley To Victory, Pt. 7** Throughout the ages, one critical way believers in Christ have deepened and strengthened their faith in Him has been by drinking deeply from Paul's epistle to the Romans. | **PG (A)**+LWAY19-010+ |

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| 08:00 | **David Jeremiah: The Prophetic Times** Religious program. | **PG** +DAJE19-010+ |

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| 08:30 | **Hour Of Power: Love Your Enemies; Even Your Boss** Love is a powerful thing. This week we are encouraged to do what’s right, even when we’re being wronged. | **G** +HOOP19-010+ |

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| 09:00 | **TBA:** TBC | ++ |

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| 09:30 | **Mum's At The Table** Mums At The Table is the place where we share, laugh and dream together. It's a TV panel show featuring real women; smart and sassy ladies with real lives, real families, real struggles and real joy.  | **PG** +MTAB01-018+ |

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| 10:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-002+ |

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| 11:00 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-059+ |

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| 12:00 | **Jump Off (R) ’CC’** Bringing together household names from horse racing and show jumping. This high-stakes show jumping competition showcases five teams as they battle it out for $100,000. | **PG (L)**+JUOF01-005+ |

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| 13:00 | **The Great Australian Doorstep (R)** Peter and Sheree Everitt explore amazing holiday destinations. | **PG** +GRAD10-003+ |

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| 13:30 | **Vasili's Garden** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI03-050+ |

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| 14:00 | **The Outdoor Room With Jamie Durie: Italy (R) ’CC’** Join JAMIE DURIE as he travels the world in search of inspiration to use as he and his team transform a lucky garden into an OUTDOOR ROOM. Starring:ANDY URBANI,MARY URBANI,TOBIE PUTTOCK | **G** +ORWJ-001+ |

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| 14:30 | **TBA:** TBC | ++ |

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| 15:30 | **Queensland Weekender (R) ’CC’** Luke and Cody are giving you a taste of the ultimate outback adventure, Mel sets sail in the Whitsundays while Lee is soaring over Rainbow Beach. | **G** +7QWE19-003+ |

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| 16:00 | **The Yorkshire Vet (R)** Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**+YORK01-004+ |

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| 17:00 | **Escape To The Country: Devon (R)** Nicki Chapman is helping today's buyer to find a rural home in Devon from where she can escape London life and nourish her creative spirit. | **G** +ETTC22-016+ |

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| 18:00 | **Mighty Cruise Ships: Maersk Interceptor (R) ’CC’** The Maersk Interceptor is the largest rig of its kind. On her first job, the crew is challenged by high stakes and tough decisions required to survive the biggest storm in decades. | **PG** +MTYS08-004+ |

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| 19:00 | **Motorway Patrol Special - Strange But True: Motorway Patrol Special - Strange But True (R) (2013)** A driver tells police his name is Jesus after being pulled over and an officer comes across plastic bottles on a motorway containing what looks like blood. | **PG** +MOTS-018+ |

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| 19:30 | **Motorway Patrol: Party Mates (R)** An illegal driver attempts to swap seats right under the nose of police and members of the public help officers to foil a group of car-thieves. | **PG** +MOTP6-005+ |

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| 20:00 | **Highway Cops (R) ’CC’** An engines overheat almost ruins a birthday treat, driving complaints are lost in translation outside of Alexandra and honeymooners walk away from a spectacular crash in the Lindis Pass.  | **PG** +HPNZ03-004+ |

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| 20:30 | **Border Security - Australia's Front Line (R) ’CC’** A passenger claims he is a lawyer, but has missed one detail in hiding his crime, and a purple passenger casts a spell on an Officer. Narrated by Grant Bowler. | **PG** +BORD-127+ |

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| 21:00 | **Border Security - Australia's Front Line (R) ’CC’** A woman is suspected of withholding drugs in her stomach, while an overpriced water pump causes controversy. | **PG** +BORD-128+ |

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| 21:30 | **Border Security USA (R) ’CC’** A potential disaster brews offshore with a boat of illegal immigrants and a quarantine emergency takes flight. | **PG** +BDUS-003+ |

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| 22:00 | **Border Security: International (R) ’CC’** A pleasant American jumps the gun when he decides to go on a quick day-trip. A cheerful traveller's trip is in the bag. A baggage search turns cheesy. | **PG** +BORC3-002+ |

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| 22:30 | **Border Security: International (R) ’CC’** Every day, millions of thousands of people arrive at airport border crossings. From citizens with undeclared food to international drug smugglers, border services officers see them all. | **PG** +BORC2-023+ |

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| 23:00 | **Special: River Monsters: Amazon Titanic (2014)** It was hailed as the safest boat on the river, but when the Sobral Santos sank on a pitch-black night, it's said many of the passengers were eaten alive. | **M (L,A)**+SPEC72-002+ |

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| 01:00 | **The Great Outdoors (R) ’CC’** Stunning Spain, where ancient villages come alive in a unique tour. Sail the Canadian islands where Killer Whales rule the waters. | **G** +GO14-005+ |

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| 02:00 | **The Great Outdoors: Australia On Sale (R) ’CC’** Don't miss your chance for a great holiday at 50% off. Thousands of bargains in every state, from family friendly resorts, five-star luxury Spas, beachcombing and driving the roof of Australia. | **G** +GO14-006+ |

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| 03:00 | **Jump Off (R) ’CC’** Bringing together household names from horse racing and show jumping. This high-stakes show jumping competition showcases five teams as they battle it out for $100,000. | **PG (L)**+JUOF01-005+ |

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| 04:00 | **Special: Hoofs, Humps And Feathers (R) (1980)** Since the arrival of the first fleet in Australia, imported animals have been introduced into the country. Three such animals are the subject of this fascinating documentary. | **G** +AMS-128+ |

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| 05:00 | **Special: Cameltrain Downstream (R) (1982)** Explorer Noel Fullerton gives us a taste of high adventure as he leads a camel safari down the Finke River in the Northern Territory. Starring:NOEL FULLERTON | **PG** +AMS-173+ |

 **Monday 11 March 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-099+ |

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| 07:00 | **Get Arty ’CC’ NEW EPISODE**Get inspired, get creative, get arty. | **C** +ARFA03-001+ |

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| 07:30 | **Match It (R) ’CC’** Jack Yabsley hosts this fast-paced show where teams use cool touch-screen technology to match words and pictures to answer quiz questions, and play for the chance to become MATCH IT champions! | **C** +MATI4-012+ |

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| 08:00 | **Toybox: Skipping (R)** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB2-006+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-077+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-078+ |

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| 09:30 | **NBC Today ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCS19-010+ |

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| 10:30 | **Meet The Press (R) ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-010+ |

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| 11:30 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI03-050+ |

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| 12:00 | **The Great Outdoors (R) ’CC’** Jennifer Hawkins shows where to shop, eat and stay in Hong Kong, including the latest bargain hotspots for fashion and exclusive labels. | **G** +GO17-017+ |

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| 13:00 | **The Great Outdoors: World Food Spectacular (R) ’CC’** Jennifer takes an island resort Masterclass to create a seafood feast and Tom explores a foodie heaven in our special World Food Spectacular. | **G** +GO17-020+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-077+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-078+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-099+ |

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| 15:30 | **RSPCA Animal Rescue (R) ’CC’** A shy stray Staffy, a virus threatens a cat refuge and Police ask the RSPCA to inspect a trailer load of goats. Hosted by Anthony Field. | **G** +ANRS4-008+ |

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| 16:00 | **Medical Emergency (R) ’CC’** Twenty-year-old Leah is brought to Emergency after having a head on collision. She is bleeding internally and may need to be rushed to theatre. | **PG** +MDEM5-012+ |

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| 16:30 | **Air Crash Investigations: Lost (R) ’CC’** Despite a sophisticated navigation system, a flight is 12 miles off course and crashes with only four survivors. | **PG (L)**+MDAY2-005+ |

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| 17:30 | **Property Ladder UK: Maidstone NEW EPISODE**Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-005+ |

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| 18:30 | **Bargain Hunt: Lincoln 2 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-002+ |

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| 19:30 | **Doc Martin: Guess Who's Coming To Dinner? (R) NEW EPISODE**Martin has second thoughts about their nanny, who is constantly scratching; the nanny walks out; Penhale calls into a radio show to learn how to win friends. | **PG (A)**+DOCM06-002+ |

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| 20:30 | **Lewis: The Gift Of Promise (R)** When a businesswoman is brutally bludgeoned to death, it appears to be blackmail gone wrong. As the bodies begin to pile up, Lewis and Hathaway realise there is a secret at the heart of the case. | **M (A,V)**+LEWS5-003+ |

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| 22:30 | **Air Crash Investigations: Lost (R) ’CC’** Despite a sophisticated navigation system, a flight is 12 miles off course and crashes with only four survivors. | **PG (L)**+MDAY2-005+ |

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| 23:30 | **Cold Feet (R) ’CC’** Trying to prove his innocence, David realises that he may have his work cut out when his own wife kicks him out and files for divorce. | **M (A)**+CLDF06-004+ |

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| 00:30 | **Medical Emergency (R) ’CC’** Twenty-year-old Leah is brought to Emergency after having a head on collision. She is bleeding internally and may need to be rushed to theatre. | **PG** +MDEM5-012+ |

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| 01:00 | **Bargain Hunt: Lincoln 2 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-002+ |

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| 02:00 | **The Great Outdoors: Around The World In One Hour (R) ’CC’** The best of seven continents, with hundreds of spectacular places to see in Europe, Africa, North and South America, Antarctica. | **G** +GO14-001+ |

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| 03:00 | **The Great Outdoors (R) ’CC’** Jennifer Hawkins takes us to her favourite place in the world and take a train trip through Canada to the breathtaking Rocky Mountains. | **G** +GO14-002+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-077+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-078+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-099+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** A shy stray Staffy, a virus threatens a cat refuge and Police ask the RSPCA to inspect a trailer load of goats. Hosted by Anthony Field. | **G** +ANRS4-008+ |

 **Tuesday 12 March 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-100+ |

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| 07:00 | **Get Arty ’CC’** Get inspired, get creative, get arty. | **C** +ARFA03-002+ |

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| 07:30 | **Match It (R) ’CC’** Jack Yabsley hosts this fast-paced show where teams use cool touch-screen technology to match words and pictures to answer quiz questions, and play for the chance to become MATCH IT champions! | **C** +MATI4-013+ |

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| 08:00 | **Toybox: Chillax (R)** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB2-007+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-079+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-080+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-060+ |

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| 12:00 | **Property Ladder UK: Maidstone (R)** Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-005+ |

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| 13:00 | **The Great Outdoors (R) ’CC’** Journey into the heartland of the world's most amazing an animal sanctuary - Africa's unforgettable Serengeti. | **G** +GO14-004+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-079+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-080+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-100+ |

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| 15:30 | **RSPCA Animal Rescue (R) ’CC’** A dog is brought in paralysed and vets suspect he has been bitten by a snake. And two possums being illegally kept as domestic pets. | **G** +ANRS4-009+ |

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| 16:00 | **Medical Emergency (R) ’CC’** A fun day on the river ends in disaster for two young jet skiers. Elsewhere, an injured nurse makes a bad patient. Then, Dennis' heart transplant finally goes ahead, but there are serious complications. | **PG** +MDEM5-013+ |

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| 16:30 | **Air Crash Investigations: Air Crash Investigations: Attack Over Baghdad (R) ’CC’** November 22, 2003 - It was supposed to be a routine "mail run", but shortly after takeoff, the three man crew of the DHL A300 is thrown into the fight of their lives. | **PG** +MDAY3-002+ |

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| 17:30 | **Property Ladder UK: Burgess Hill NEW EPISODE**Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-006+ |

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| 18:30 | **Bargain Hunt: Lincoln 3 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-003+ |

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| 19:30 | **Rosemary & Thyme: The Language Of Flowers (R)** Laura and Rosemary are asked to restore an ornate water garden cascade in the grounds of Vincent House Health Spa. Starring:ANNA WILSON-JONES,RUTH PLATT,PAUL ANSDELL | **PG** +RAT-003+ |

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| 20:30 | **Crime Investigation Australia: Most Infamous: The Killing Fields Of Truro (R) ’CC’** Seven young women were raped and murdered in South Australia in the 1970s. The police hunt for the killers came to a bizarre end when one of them died in a car accident. | **MA (V,A)**+CIAU01-010+ |

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| 22:00 | **The Suspects - True Australian Thrillers (R) ’CC’** Tonight, a deadly love story triggers a huge police sting. A killer almost gets away with murder. And a chance event reveals a strange crime. | **M (V,L)**+CRLA-005+ |

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| 23:00 | **TBA:** TBC | ++ |

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| 00:00 | **Air Crash Investigations: Air Crash Investigations: Attack Over Baghdad (R) ’CC’** November 22, 2003 - It was supposed to be a routine "mail run", but shortly after takeoff, the three man crew of the DHL A300 is thrown into the fight of their lives. | **PG** +MDAY3-002+ |

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| 01:00 | **Bargain Hunt: Lincoln 3 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-003+ |

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| 02:00 | **The Great Outdoors (R) ’CC’** Jennifer takes us to the world's most romantic hotspots and Ernie Dingo takes us onboard the super-liner Sapphire Princess. | **G** +GO14-003+ |

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| 03:00 | **The Great Outdoors (R) ’CC’** Journey into the heartland of the world's most amazing an animal sanctuary - Africa's unforgettable Serengeti. | **G** +GO14-004+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-079+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-080+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-100+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** A dog is brought in paralysed and vets suspect he has been bitten by a snake. And two possums being illegally kept as domestic pets. | **G** +ANRS4-009+ |

 **Wednesday 13 March 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Harry's Practice (R) ’CC’** Join DR. HARRY COOPER and DR. KATRINA WARREN for everything you need to know about animals as they treat 'patients' and capture the special bond between people and their pets. | **G** +HPR-101+ |

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| 07:00 | **Get Arty ’CC’** Get inspired, get creative, get arty. | **C** +ARFA03-003+ |

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| 07:30 | **Match It (R) ’CC’** Jack Yabsley hosts this fast-paced show where teams use cool touch-screen technology to match words and pictures to answer quiz questions, and play for the chance to become MATCH IT champions! | **C** +MATI4-014+ |

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| 08:00 | **Toybox: How Does Your Garden Grow? (R)** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB2-008+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-081+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-082+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-061+ |

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| 12:00 | **Property Ladder UK: Burgess Hill (R)** Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-006+ |

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| 13:00 | **The Great Outdoors: Australia On Sale (R) ’CC’** Don't miss your chance for a great holiday at 50% off. Thousands of bargains in every state, from family friendly resorts, five-star luxury Spas, beachcombing and driving the roof of Australia. | **G** +GO14-006+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-081+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-082+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Join DR. HARRY COOPER and DR. KATRINA WARREN for everything you need to know about animals as they treat 'patients' and capture the special bond between people and their pets. | **G** +HPR-101+ |

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| 15:30 | **RSPCA Animal Rescue (R) ’CC’** An inspector unravels the intriguing case of a maltese terrier found abandoned at a vacant suburban property. | **G** +ANRS4-010+ |

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| 16:00 | **Medical Emergency (R) ’CC’** A high-speed crash has closed a major highway and a teenage boy is trapped. Elsewhere, one man's night at the pub ends in tragedy, and a kiss lands George on the operating table. | **PG** +MDEM5-014+ |

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| 16:30 | **Air Crash Investigations: Mistaken Identity (R) ’CC’** During a sea battle, a radar operator mistakenly identifies an approaching civilian aircraft as a hostile F-14. The plane is shot down and all 290 people on board are killed. | **PG** +MDAY3-006+ |

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| 17:30 | **Property Ladder UK: Shoreditch NEW EPISODE**Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-007+ |

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| 18:30 | **Bargain Hunt: Lincoln 5 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-004+ |

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| 19:30 | **Pie In The Sky: Lemon Twist (R)** Pie in the Sky does a roaring trade after a rave review. Fisher considers quitting his job. | **PG** +PIES2-010+ |

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| 20:30 | **Foyle's War: Elise (R) ’CC’** Foyle must find out if there was a traitor within the SOE after Hilda Pierce is shot in an attempted assassination. | **M (V)**+FOYL09-003+ |

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| 22:30 | **Mighty Cruise Ships: Maersk Interceptor (R) ’CC’** The Maersk Interceptor is the largest rig of its kind. On her first job, the crew is challenged by high stakes and tough decisions required to survive the biggest storm in decades. | **PG** +MTYS08-004+ |

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| 23:30 | **Air Crash Investigations: Mistaken Identity (R) ’CC’** During a sea battle, a radar operator mistakenly identifies an approaching civilian aircraft as a hostile F-14. The plane is shot down and all 290 people on board are killed. | **PG** +MDAY3-006+ |

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| 00:30 | **Medical Emergency (R) ’CC’** A high-speed crash has closed a major highway and a teenage boy is trapped. Elsewhere, one man's night at the pub ends in tragedy, and a kiss lands George on the operating table. | **PG** +MDEM5-014+ |

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| 01:00 | **Bargain Hunt: Lincoln 5 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-004+ |

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| 02:00 | **TBA:** TBC | ++ |

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| 03:00 | **TBA:** TBC | ++ |

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| 03:30 | **TBA:** TBC | ++ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-081+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-082+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Join DR. HARRY COOPER and DR. KATRINA WARREN for everything you need to know about animals as they treat 'patients' and capture the special bond between people and their pets. | **G** +HPR-101+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** An inspector unravels the intriguing case of a maltese terrier found abandoned at a vacant suburban property. | **G** +ANRS4-010+ |

 **Thursday 14 March 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Harry's Practice (R) ’CC’** Dr Harry Cooper visits some inmates at HM Prison Barwon who are caring for injured wildlife, drops in on baby Liam and the family's seven-year-old Burmese cat. | **G** +HPR-102+ |

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| 07:00 | **Get Arty ’CC’** Get inspired, get creative, get arty. | **C** +ARFA03-004+ |

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| 07:30 | **Match It (R) ’CC’** Jack Yabsley hosts this fast-paced show where teams use cool touch-screen technology to match words and pictures to answer quiz questions, and play for the chance to become MATCH IT champions! | **C** +MATI4-015+ |

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| 08:00 | **Toybox: Teachers Try Out (R)** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB2-009+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-083+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-084+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-062+ |

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| 12:00 | **Property Ladder UK: Shoreditch (R)** Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-007+ |

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| 13:00 | **The Great Outdoors (R) ’CC’** Ever wanted to kiss a dolphin in Tahiti or cruise on the real Love Boat through Fiji? Plus, the resort where all the rock stars chill-out. | **G** +GO14-008+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-083+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-084+ |

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| 15:00 | **Harry's Practice (R) ’CC’** Dr Harry Cooper visits some inmates at HM Prison Barwon who are caring for injured wildlife, drops in on baby Liam and the family's seven-year-old Burmese cat. | **G** +HPR-102+ |

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| 15:30 | **RSPCA Animal Rescue (R) ’CC’** Two neglected security guard dogs propel one of the largest court battles in Australian RSPCA history. Hosted by Anthony Field. | **G** +ANRS4-011+ |

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| 16:00 | **Medical Emergency (R) ’CC’** Three young tourists have a head-on collision, one of them receiving devastating injuries. Elsewhere, a freak accident leaves one woman with a broken neck, and Norman gets a kick while shoeing a horse. | **PG** +MDEM5-015+ |

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| 16:30 | **Air Crash Investigations: Helicopter Down (R) ’CC’** January 19, 1995, sixteen oil rig workers' and two pilots' lives hang in the balance when their Super Puma helicopter is struck by lightning in a storm. | **PG** +MDAY3-007+ |

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| 17:30 | **Property Ladder UK: Emsworth NEW EPISODE**Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-008+ |

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| 18:30 | **Bargain Hunt: Westpoint 16 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-005+ |

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| 19:30 | **Father Brown: The Blue Cross (R)** When his priceless Blue Cross is targeted by the infamous criminal Flambeau, Father Brown takes the initiative to try and save his soul. But is he walking into a trap? | **M (V)**+FBRO01-010+ |

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| 20:30 | **Murdoch Mysteries: Murdoch In Ladies Wear** Murdoch investigates the murder of an Eaton's department store manager who was disliked by the shop girls. | **M (V)**+MMYS06-008+ |

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| 21:30 | **Murdoch Mysteries: Victoria Cross** An uncooperative witness impedes Murdoch's investigation into a pawnbroker's murder, and Brackenreid faces resistance while looking into the prison death of an old army buddy. | **M (A,V)**+MMYS06-009+ |

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| 22:30 | **Murdoch Mysteries (R)** After the heir to a profitable business is murdered in church only minutes before his marriage of convenience, a post-mortem discloses he had recently engaged in sexual activity. | **M (V,S,A)**+MMYS01-005+ |

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| 23:30 | **Air Crash Investigations: Helicopter Down (R) ’CC’** January 19, 1995, sixteen oil rig workers' and two pilots' lives hang in the balance when their Super Puma helicopter is struck by lightning in a storm. | **PG** +MDAY3-007+ |

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| 00:30 | **Medical Emergency (R) ’CC’** Three young tourists have a head-on collision, one of them receiving devastating injuries. Elsewhere, a freak accident leaves one woman with a broken neck, and Norman gets a kick while shoeing a horse. | **PG** +MDEM5-015+ |

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| 01:00 | **Bargain Hunt: Westpoint 16 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-005+ |

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| 02:00 | **The Great Outdoors (R) ’CC’** Jennifer Hawkins meets Shrek on a tour of Hollywood's Universal Studios. Then, a European Contiki tour where giraffes are welcome in your room. | **G** +GO14-007+ |

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| 03:00 | **The Great Outdoors (R) ’CC’** Ever wanted to kiss a dolphin in Tahiti or cruise on the real Love Boat through Fiji? Plus, the resort where all the rock stars chill-out. | **G** +GO14-008+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-083+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-084+ |

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| 05:00 | **Harry's Practice (R) ’CC’** Dr Harry Cooper visits some inmates at HM Prison Barwon who are caring for injured wildlife, drops in on baby Liam and the family's seven-year-old Burmese cat. | **G** +HPR-102+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** Two neglected security guard dogs propel one of the largest court battles in Australian RSPCA history. Hosted by Anthony Field. | **G** +ANRS4-011+ |

 **Friday 15 March 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 06:30 | **Harry's Practice (R) ’CC’** DR HARRY COOPER meets a 9 year-old German Collie who goes berserk every time the phone rings, DR KATRINA WARREN looks at the Land Hermit Crab and actress CAROLINE CRAIG introduces her many pets. Starring:CAROLINE CRAIG | **G** +HPR-103+ |

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| 07:00 | **Get Arty ’CC’** Get inspired, get creative, get arty. | **C** +ARFA03-005+ |

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| 07:30 | **Match It (R) ’CC’** Jack Yabsley hosts this fast-paced show where teams use cool touch-screen technology to match words and pictures to answer quiz questions, and play for the chance to become MATCH IT champions! | **C** +MATI4-016+ |

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| 08:00 | **Toybox: Who's A Good Boy (R)** Watch the toys come alive when we open the lid to a fantasy world full of fun, music, learning and adventure! | **P** +TOYB2-010+ |

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| 08:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-085+ |

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| 09:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-086+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-063+ |

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| 12:00 | **House Of Wellness (R) ’CC’** Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG** +HOWL03-003+ |

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| 13:00 | **The Great Outdoors (R) ’CC’** Olympic champion Ian Thorpe shows us his secret holiday spot high in the Swiss Alps. | **G** +GO14-010+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-085+ |

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| 14:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-086+ |

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| 15:00 | **Harry's Practice (R) ’CC’** DR HARRY COOPER meets a 9 year-old German Collie who goes berserk every time the phone rings, DR KATRINA WARREN looks at the Land Hermit Crab and actress CAROLINE CRAIG introduces her many pets. Starring:CAROLINE CRAIG | **G** +HPR-103+ |

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| 15:30 | **RSPCA Animal Rescue (R) ’CC’** The RSPCA launch an investigation to find the person responsible for deliberately hurting a family's cat as vets rush to save its life. Starring:KATE MILLS,TRAVIS COOPER | **G** +ANRS4-012+ |

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| 16:00 | **Medical Emergency (R) ’CC’** A Tasmanian man who has survived for years against the odds is almost out of time. Will the doctors be able to prolong his life? | **PG** +MDEM5-016+ |

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| 16:30 | **Air Crash Investigations: Death And Denial (R) ’CC’** When a Boeing 767 slams into the Atlantic Ocean off the coast of Nantucket, killing all 217 people on-board, the questions start flying. | **PG** +MDAY3-008+ |

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| 17:30 | **Property Ladder UK: Swansea** Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-009+ |

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| 18:30 | **Bargain Hunt: Hexham 12 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-006+ |

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| 19:30 | **Border Security: International (R) ’CC’** Every day, millions of thousands of people arrive at airport border crossings. From citizens with undeclared food to international drug smugglers, border services officers see them all. | **PG** +BORC2-023+ |

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| 20:00 | **Border Security: International (R) ’CC’** Every day, millions of thousands of people arrive at airport border crossings. From citizens with undeclared food to international drug smugglers, border services officers see them all. | **PG** +BORC2-024+ |

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| 20:30 | **Movie: The Bridges Of Madison County (1995)** A photographer wanders into the life of a housewife in the1960s, and the two have a four day affair. Starring:ANNIE CORLEY,CLINT EASTWOOD,JIM HAYNIE,MERYL STREEP,VICTOR SLEZAK | **M (L)**+WBFF03-014+ |

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| 23:00 | **Air Crash Investigations: Death And Denial (R) ’CC’** When a Boeing 767 slams into the Atlantic Ocean off the coast of Nantucket, killing all 217 people on-board, the questions start flying. | **PG** +MDAY3-008+ |

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| 00:00 | **Property Ladder UK: Swansea (R) NEW EPISODE**Follow property speculators as they give advice to eager people looking to enter the property market, and rehab UK real estate in the hopes of turning profit. | **PG** +PRLU02-009+ |

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| 01:00 | **Bargain Hunt: Hexham 12 (R)** Two teams of contestants are challenged to see who can make the biggest profit when they buy antiques at a fair then go on to sell them at auction. | **PG** +BHUN41-006+ |

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| 02:00 | **The Great Outdoors (R) ’CC’** The best of Britain and Ireland. Explore London's East End or cruise the Cotswold's, England's most beautiful region and much more. | **G** +GO14-009+ |

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| 03:00 | **The Great Outdoors (R) ’CC’** Olympic champion Ian Thorpe shows us his secret holiday spot high in the Swiss Alps. | **G** +GO14-010+ |

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| 04:00 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-085+ |

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| 04:30 | **Million Dollar Minute (R) ’CC’** Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G** +MIDM4-086+ |

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| 05:00 | **Harry's Practice (R) ’CC’** DR HARRY COOPER meets a 9 year-old German Collie who goes berserk every time the phone rings, DR KATRINA WARREN looks at the Land Hermit Crab and actress CAROLINE CRAIG introduces her many pets. Starring:CAROLINE CRAIG | **G** +HPR-103+ |

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| 05:30 | **RSPCA Animal Rescue (R) ’CC’** The RSPCA launch an investigation to find the person responsible for deliberately hurting a family's cat as vets rush to save its life. Starring:KATE MILLS,TRAVIS COOPER | **G** +ANRS4-012+ |

 **Saturday 16 March 2019**

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| 06:00 | **TBA:** TBC | ++ |

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| 07:00 | **TBA:** TBC | ++ |

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| 07:30 | **TBA:** TBC | ++ |

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| 08:00 | **Travel Oz: Wildlife Encounters (R) ’CC’** In this special wildlife episode, meet the carers, the scarers and the catchers, seek out Aussie icons in the snow and on the beaches and track creatures from Kakadu to Australia's sub Antarctic. | **PG** +TRAV3-013+ |

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| 08:45 | **Travel Oz: Cradle Mountain (R) ’CC’** Greg Grainger heads off to explore the Tasmanian wilderness region while the two Tims attend a Sing-Song in the highlands of New Guinea. | **PG** +TRAV3-014+ |

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| 09:30 | **NBC Today (R) ’CC’** International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-064+ |

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| 11:30 | **Lifesaving World Championships** The largest international lifesaving sport competition brings thousands of lifesavers, officials and supporters from around the globe to the Australian shore.  | **PG** +LWSC18-001+ |

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| 12:30 | **Habitus House of the Year (R) ’CC’** Celebrating the diverse, vibrant design and architecture of the Indo-Pacific region. A deep dive into what it truly means to adopt design as a way of life within our unique part of the world. | **PG** +HHTY01-002+ |

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| 13:00 | **The Great Weekend (R)** Jane Bunn, Brian Taylor, Jack Riewoldt and Brooke Hogan hit the road to discover the best things to see, eat and do across Victoria, to help make your weekend a 'great weekend'. | **G** +LWND01-002+ |

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| 13:30 | **Sydney Weekender (R) ’CC’** Mike gets an overview of the Hawkesbury region from the Vale of Avoca Lookout. Mel explores the West MacDonnell Ranges. Rose eats out at two inner city restaurants serving Italian and Indian food.  | **G** +7SWE26-004+ |

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| 14:00 | **The Great Australian Doorstep** Peter and Sheree Everitt explore amazing holiday destinations. | **PG** +GRAD10-004+ |

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| 14:30 | **Vasili's Garden (R)** Vasili's Gardens takes you into the backyards of everyday Australians to share organic gardening techniques and teach you how to improve your health using your own garden produce. | **PG** +VASI03-050+ |

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| 15:00 | **Queensland Weekender ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-005+ |

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| 15:30 | **The Great Day Out ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-006+ |

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| 16:00 | **SA Weekender** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-005+ |

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| 16:30 | **Inside The Queen Mary 2: Inside The Queen Mary 2 (R) ’CC’ (2008)** The Queen Mary 2 is the biggest ocean liner in the world - a veritable city at sea, a marvel both of luxury and engineering. | **G** +SPEC4-076+ |

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| 17:30 | **Air Crash Investigations: Deadly Delay (R) ’CC’** When Spanair Flight 5022 crashes just seconds after taking off from Madrid, investigators suspect a last minute repair may have played an unexpected role in the catastrophe. | **PG** +MDAY15-007+ |

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| 18:30 | **Air Crash Investigations: Fatal Focus (R) ’CC’** An examination of what happened when Garuda Flight 200 crashed, killing 21 people. | **PG** +MDAY15-008+ |

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| 19:30 | **The Yorkshire Vet NEW EPISODE**Joining Julian Norton is his partner, fellow vet and former Herriot trainee, Peter Wright together with their dedicated team of staff at his practice, Skeldale Veterinary Centre. | **PG (A)**+YORK01-005+ |

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| 20:30 | **Escape To The Country: North Devon NEW EPISODE**Today's buyers have set their sights on a relocation from Surrey to North Devon and Sonali Shah is taking them to see some of the finest rural properties on the market for their 650,000 pound budget. | **G** +ETTC23-051+ |

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| 21:30 | **Escape To The Country: West Sussex (R)** Alistair Appleton is property hunting with a couple of returning ex-pats. | **G** +ETTC22-017+ |

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| 22:30 | **Escape To The Country: Dorset (R)** Jonnie Irwin is helping a property hunting young family bid farewell to city life to begin a new life in the Dorset countryside. | **G** +ETTC22-018+ |

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| 23:30 | **Air Crash Investigations: Deadly Delay (R) ’CC’** When Spanair Flight 5022 crashes just seconds after taking off from Madrid, investigators suspect a last minute repair may have played an unexpected role in the catastrophe. | **PG** +MDAY15-007+ |

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| 00:30 | **Air Crash Investigations: Fatal Focus (R) ’CC’** An examination of what happened when Garuda Flight 200 crashed, killing 21 people. | **PG** +MDAY15-008+ |

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| 01:30 | **The Great Australian Doorstep (R)** Peter and Sheree Everitt explore amazing holiday destinations. | **PG** +GRAD10-004+ |

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| 02:00 | **Queensland Weekender (R) ’CC’** From day tripping to the reef, relaxing at a cool city restaurant, or watching a fiery outback sunset, Queensland Weekender will inspire you to make the most of a weekend in our beautiful State. | **G** +7QWE19-005+ |

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| 02:30 | **The Great Day Out (R) ’CC’** The Great Day Out is people, places and friendly faces; it is at the very heart of Queensland and special guest celebrities will invite you along on their Great Day Out. | **G** +GDOT19-006+ |

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| 03:00 | **SA Weekender (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. Presenters include Belinda Sloane, Callum Hann, Michael Keelan and Kelly Golding. | **G** +SAWE18-005+ |

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| 03:30 | **Harry's Practice (R) ’CC’** DR HARRY COOPER visits Ann and her thoroughbred gelding and Alison and Neville's deformed kitten, Clover. DR KATRINA WARREN looks at disabled pets and the Sea Horse. | **G** +HPR-104+ |

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| 04:00 | **Harry's Practice (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-105+ |

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| 04:30 | **Travel Oz: Wildlife Encounters (R) ’CC’** In this special wildlife episode, meet the carers, the scarers and the catchers, seek out Aussie icons in the snow and on the beaches and track creatures from Kakadu to Australia's sub Antarctic. | **PG** +TRAV3-013+ |

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| 05:15 | **Travel Oz: Cradle Mountain (R) ’CC’** Greg Grainger heads off to explore the Tasmanian wilderness region while the two Tims attend a Sing-Song in the highlands of New Guinea. | **PG** +TRAV3-014+ |