**Sunday 16 February 2020**

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| 06:00 | **It Is Written: The Counter-Reformation** Religious program. | **PG (A)**+IIWR20-007+ |

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| 06:30 | **Home Shopping** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Tomorrow's World: Holidays Or Holy Days?** Religious program. | **PG (A)**+TOMW20-007+ |

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| 07:30 | **Leading The Way: Defending A Lion: Part 2** Religious program. | **PG (A)**+LWAY20-007+ |

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| 08:00 | **David Jeremiah: The Colossus** Religious program. | **PG** +DAJE20-007+ |

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| 08:30 | **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** +MTAB01-067+ |

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| 09:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 09:30 | **Sydney Weekender (R) ’CC’** Mike returns to Port Macquarie. Lizzy gets a taste of farm life in Wagga Wagga. Mel checks out Tenterfield.  | **G** +7SWE26-043+ |

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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** +HOWL04-001+ |

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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. | +NBCT20-046+ |

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| 12:00 | **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)**+YORK01-005+ |

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| 13:00 | **The Yorkshire Vet (R)** Details TBC.  | **PG (A)**+YORK07-001+ |

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| 14:00 | **Ultimate Bowls Championship: Moama - Quarter Final 3** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-014+ |

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| 15:00 | **My Greek Odyssey** Peter finishes his time in the Western Cyclades by exploring the islands of Kimolos and Milos. Despite their close proximity to one another, they’re in stark contrast. | **PG** +MYGO02-012+ |

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| 16:00 | **Escape To The Country: Glouchestershire (R)** Jules Hudson is helping a self-confessed city-lover to break free from the Big Smoke and find some countryside calm where she can raise her young son in Glouchestershire. | **G** +ETTC24-027+ |

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| 17:00 | **Escape To The Country: Buckinghamshire (R)** Alistair Appleton helps a house hunting couple find a country home and get back to nature in Buckinghamshire. | **PG** +ETTC24-028+ |

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| 18:00 | **Special Event: Fire Fight Australia Concert ’CC’ (2020) LIVE**A line-up of international and local music icons unite to share one stage for Australia during its time of need. Hosted by Celeste Barber, featuring Alice Cooper, 5 Seconds of Summer, Queen and more.  | **PG** +AUMS88-002+ |

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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’** Two women are suspected of hiding something when their stories don't add up. A British traveller has a sudden case of amnesia, and some cheap wooden crates could be worth up to 8 million dollars. | **PG** +BORD-140+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** An x-ray of religious statues shows a strange shape hidden inside, a passenger gets in a sticky situation when officers discover a flammable item and an athlete is caught with nowhere to run. | **PG** +BORD-141+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** When a detector dog gives a strong reaction to an adrenaline junkie, he makes a startling admission. And an alert officer notices that the contents of some drink packages are the wrong colour. Narrated by | **PG (D)**+BORD-142+ |

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| 20:30 | **Air Crash Investigations: Deadly Mission (R) ’CC’** On 31 October 2014, an experimental spaceflight test vehicle named VSS Enterprise suffers a catastrophic in-flight breakup and crashes into the Mojave Desert in California. | **PG (A)**+MDAY18-006+ |

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| 21:30 | **Air Crash Investigations: Blown Apart (R) ’CC’** High above the North Sea, an aging propeller plane tumbles from the sky, investigators take two years to find the answers and the cause. | **PG** +MDAY7-003+ |

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| 22:30 | **Hospital (R)** Go behind the scenes to show the complexity of a hospital in action - including how staff are managing competing pressures and demands to ensure patients get the care they need. | **M (A)**+LADW02-002+ |

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| 23:45 | **Border Security - Australia's Front Line (R) ’CC’** Two women are suspected of hiding something when their stories don't add up. A British traveller has a sudden case of amnesia, and some cheap wooden crates could be worth up to 8 million dollars. | **PG** +BORD-140+ |

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| 00:15 | **Air Crash Investigations: Deadly Mission (R) ’CC’** On 31 October 2014, an experimental spaceflight test vehicle named VSS Enterprise suffers a catastrophic in-flight breakup and crashes into the Mojave Desert in California. | **PG (A)**+MDAY18-006+ |

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| 01:30 | **Sydney Weekender (R) ’CC’** Mike returns to Port Macquarie. Lizzy gets a taste of farm life in Wagga Wagga. Mel checks out Tenterfield.  | **G** +7SWE26-043+ |

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| 02:00 | **Ultimate Bowls Championship: Moama - Quarter Final 3 (R)** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-014+ |

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| 03:00 | **My Greek Odyssey (R)** Peter finishes his time in the Western Cyclades by exploring the islands of Kimolos and Milos. Despite their close proximity to one another, they’re in stark contrast. | **PG** +MYGO02-012+ |

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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** +MIDM4-097+ |

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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-177+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Monday 17 February 2020**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Bottersnikes and Gumbles: The Kings Seat / Monster In The Moat (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-006+ |

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| 07:30 | **Get Arty (R) ’CC’** On today's episode of GET ARTY, more film making hacks, crafty tips, learn how to do graffiti style lettering, and take your finger-painting to the next level! | **C** +ARFA01-038+ |

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| 08:00 | **Pipsqueaks: Block Towers & Flowers (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-034+ |

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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** +MIDM4-097+ |

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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. | +NBCT20-047+ |

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| 10:30 | **Malaysia Kitchen (R)** Alvin serves up the perfect condiment to your favourite curry, makes some succulent braised pork belly and is visited by Malaysian street food extraordinaire, Jackie M. | **G** +MKIT01-004+ |

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| 11:00 | **The Great Australian Doorstep: Falls Creek (R)** Its nearly winter and its time for a Family holiday to Falls Creek as we check out what makes Falls Creek one of Australia's leading snow holiday destinations. | **G** +GRAD08-011+ |

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| 11:30 | **Better Homes And Gardens (R) ’CC’** Joh catches up with Better Homes' new landscape designer at their central coast home away from home. Dr Harry meets with wildlife workers caring for sick and injured koalas. Karen makes ratatouille.  | **G** +BHAG26-002+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE07-101+ |

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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** +MIDM4-097+ |

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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-177+ |

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| 15:30 | **Air Crash Investigations: Blown Apart (R) ’CC’** High above the North Sea, an aging propeller plane tumbles from the sky, investigators take two years to find the answers and the cause. | **PG** +MDAY7-003+ |

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| 16:30 | **Medical Rookies (R) ’CC’** Meet the young medical trainees at Westmead Hospital, Australia's biggest teaching hospital. Hosted by JENNIFER KEYTE. | **PG** +MDRK-001+ |

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| 17:00 | **ICU (R) ’CC’** Jacob finds himself in ICU having sustained twenty separate injuries after his car collided with a truck. | **PG** +ICU-001+ |

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| 17:30 | **Escape To The Country: Herefordshire (R)** Nicki Chapman is in Herefordshire property shopping with a couple who dream of owning a period black and white cottage with bags of curb appeal. | **G** +ETTC18-002+ |

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| 18:30 | **Bargain Hunt: Builth Wells 3 (R)** Natasha Raskin presents from the Royal Welsh Showground in Builth Wells. Thomas Plant and Kate Bliss help the teams try and find items to take to auction in Cardiff. | **PG** +BHUN45-008+ |

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| 19:30 | **Doc Martin: The Departed (R)** Determined to conquer his phobia and return to a surgical position, the Doc tries therapy. | **PG** +DOCM4-005+ |

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| 20:30 | **The Inspector Lynley Mysteries: A Suitable Vengeance (R)** When Lynley returns to his ancestral estate to celebrate his recent engagement, a brutal killing in the nearby village sheds new light on the Inspector and his surprisingly dysfunctional family. Starring:DOMINIC MAFHAM,GABRIELLE DRAKE,MALI HARRIES,KARL PICTON,GAIL KEMP,PETER EGAN,OLIVER DIMSDALE,JOHN DUTTINE | **M (D,A,V)**+INLM2-003+ |

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| 22:30 | **Liar (R) ’CC’** Andrew tries to push the situation with Laura to the back of his mind until a phone call from his son forces him to confront the accusations against him. Laura takes matters into her own hands. | **M (A)**+LIAR01-002+ |

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| 23:30 | **Brit Cops (R) SERIES RETURN**The cops take on dangerous driving, drug raids and violent domestics. | **MA (L,V)**+BRIC01-012+ |

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| 00:30 | **Trial And Error: Pilot (R) ’CC’** When a rollercizing poetry professor is arrested for the murder of his wife, a bright-eyed lawyer goes to the quirky town of East Peck, South Carolina defend his first big case. | **M (V,L,S)**+TRAE01-001+ |

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| 01:00 | **Trial And Error: A Wrench In The Case (R) ’CC’** Josh and his team discover DNA that could lead to another suspect. Meanwhile, Josh is concerned about Larry's lack of emotion and his strange obsession with a skate wrench. | **M (V,L,S)**+TRAE01-002+ |

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| 01:30 | **ICU (R) ’CC’** Jacob finds himself in ICU having sustained twenty separate injuries after his car collided with a truck. | **PG** +ICU-001+ |

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| 02:00 | **Escape To The Country: Herefordshire (R)** Nicki Chapman is in Herefordshire property shopping with a couple who dream of owning a period black and white cottage with bags of curb appeal. | **G** +ETTC18-002+ |

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| 03:00 | **Bargain Hunt: Builth Wells 3 (R)** Natasha Raskin presents from the Royal Welsh Showground in Builth Wells. Thomas Plant and Kate Bliss help the teams try and find items to take to auction in Cardiff. | **PG** +BHUN45-008+ |

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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** +MIDM4-099+ |

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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-178+ |

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| 05:30 | **Medical Rookies (R) ’CC’** Meet the young medical trainees at Westmead Hospital, Australia's biggest teaching hospital. Hosted by JENNIFER KEYTE. | **PG** +MDRK-001+ |

 **Tuesday 18 February 2020**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Bottersnikes and Gumbles: King Prisoner / Burples (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-007+ |

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| 07:30 | **Get Arty (R) ’CC’** Get ready for a kindergarten party of the year! We're making a party photo booth, loads of arty designs and some explosive balloon decorations! | **C** +ARFA01-039+ |

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| 08:00 | **Pipsqueaks: Feeling The Heat & Autumn (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-035+ |

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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** +MIDM4-099+ |

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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** +MIDM4-100+ |

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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. | +NBCT20-048+ |

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| 12:00 | **Helloworld (R) ’CC’** Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-009+ |

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| 12:30 | **The Great Australian Doorstep (R)** Details TBC.  | **PG** +GRAD11-001+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE07-102+ |

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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-178+ |

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| 15:30 | **Air Crash Investigations: Unlocking Disaster (R)** Investigate how delays in fixing design faults caused the cargo door of a commercial flight to open mid-air, ripping a huge hole and taking out five rows of seats - and nine passengers with it. | **PG** +MDAY-001+ |

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| 16:30 | **Medical Rookies (R) ’CC’** It's a tense time for Dr Brendan with complications in his first solo kidney transplant. | **PG** +MDRK-002+ |

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| 17:00 | **ICU (R) ’CC’** Young mum Kasey's sinus complaints lead to brain surgery, while a mid-air motocross crash lands Clint in ICU with numerous injuries. | **PG** +ICU-002+ |

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| 17:30 | **Escape To The Country: Devon (R)** Jules Hudson heads to Devon to help a couple find a home with lots of West Country character. Then, Jules gets a private tour of Castle Drogo, the last castle to be built in England. | **G** +ETTC18-003+ |

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| 18:30 | **Bargain Hunt: Anglesey 11 (R)** Anita Manning presents from the Mona Showground on Anglesey, where experts Caroline Hawley and Philip Serrell are on hand to help the teams find items to take to auction. | **PG** +BHUN45-009+ |

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| 19:30 | **Cold Case: Boy In The Box (R) ’CC’** Rush and Valens reopen the unsolved killing of Arnold Collier, a 6-year-old orphan who died in an empty field in 1958. The former orphanage where Arnold lived now operates as a day care center. | **M (A)**+COLC01-014+ |

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| 20:30 | **Without A Trace ’CC’** Jack and the team search for a brilliant but complicated 14-year-old Russian violinist, Natasha Tzetcovich, who disappeared after a rehearsal for an important concert appearance. | **M (D)**+WIAT02-004+ |

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| 21:30 | **Without A Trace ’CC’** Jack and the team search for a missing woman whose description is remarkably similar to the five murder victims from long ago. | **M (A)**+WIAT02-005+ |

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| 22:30 | **Criminal Minds: Full-Tilt Boogie (R) ’CC’** The BAU team's investigation into the home invasion and attempted homicide of a police chief's wife uncovers a world of secrets in a small town in Virginia. | **M (D,A,V)**+CRMD13-011+ |

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| 23:30 | **Criminal Minds: Bad Moon On The Rise (R) ’CC’ NEW EPISODE**The BAU is called to New York when several casualties of a brutal nature are reported in Central Park. | **M (A,V)**+CRMD13-012+ |

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| 00:30 | **Trial And Error: The Other Man (R) ’CC’** Josh and his team discover a "sex print" on the wall that leads to a shocking new suspect. Plus, Josh gets sloppy and gives a piece of damning evidence to the Prosecution. | **M (S)**+TRAE01-003+ |

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| 01:00 | **Trial And Error: An Unwelcomed Distraction (R) ’CC’** A new suspect turns up in a coma and Josh becomes a suspect himself. Meanwhile, Margaret Henderson's autopsy report leads to a frantic search for the murder weapon. | **M (A)**+TRAE01-004+ |

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| 01:30 | **ICU (R) ’CC’** Young mum Kasey's sinus complaints lead to brain surgery, while a mid-air motocross crash lands Clint in ICU with numerous injuries. | **PG** +ICU-002+ |

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| 02:00 | **Escape To The Country: Devon (R)** Jules Hudson heads to Devon to help a couple find a home with lots of West Country character. Then, Jules gets a private tour of Castle Drogo, the last castle to be built in England. | **G** +ETTC18-003+ |

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| 03:00 | **Bargain Hunt: Anglesey 11 (R)** Anita Manning presents from the Mona Showground on Anglesey, where experts Caroline Hawley and Philip Serrell are on hand to help the teams find items to take to auction. | **PG** +BHUN45-009+ |

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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** +MIDM4-101+ |

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| 05:00 | **Harry's Practice: Baby Animal Special (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-179+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Wednesday 19 February 2020**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Bottersnikes and Gumbles: Grubloom Day / The Blame Game (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-008+ |

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| 07:30 | **Get Arty (R) ’CC’** Will our arty designers get the school hall ready in time for the party of the year?! It's all kinds of fun and games on today's GET ARTY! | **C** +ARFA01-040+ |

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| 08:00 | **Pipsqueaks: Flying Birds & Animals That Jump (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-036+ |

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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** +MIDM4-101+ |

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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** +MIDM4-102+ |

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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. | +NBCT20-049+ |

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| 12:00 | **Creek To Coast (R) ’CC’** Roger shares tips for driving on the beach. Scott chases balls of tuna. We show you what makes Nippers tick, Andrew shares a prawn recipe and we check out a favourite Sunshine Coast Holiday Park. | **G** +7CTC20-001+ |

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| 12:30 | **Weekender (R) ’CC’** Kimberley checks out an Australian first in the Tweed Valley. Kay explores her new roots on the Sunshine Coast. Billy uncovers a new way to South Stradbroke Island and Chris visits Wallaman. | **G** +WEKN20-001+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE07-103+ |

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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** +MIDM4-101+ |

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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** +MIDM4-102+ |

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| 15:00 | **Harry's Practice: Baby Animal Special (R) ’CC’** Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G** +HPR-179+ |

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| 15:30 | **Air Crash Investigations: Panic On The Runway (R) ’CC’** Investigators try to uncover how an airline with 137 people on board turned into one of Britain's worst aviation disasters and it had never even left the runway. | **PG** +MDAY9-001+ |

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| 16:30 | **Medical Rookies (R) ’CC’** Follow the post-operative recovery of a kidney transplant donor George, who gave his kidney to save his wife's life. | **PG** +MDRK-003+ |

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| 17:00 | **ICU (R) ’CC’** Aaron needs a heart transplant to survive, but the urgent surgery means he might miss his twin sister's wedding. Will he recover in time? | **PG** +ICU-003+ |

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| 17:30 | **Escape To The Country: Cornwall (R)** Nicki Chapman heads to Cornwall to help a couple find a rural home with room to house their internet business. | **G** +ETTC18-004+ |

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| 18:30 | **Bargain Hunt: Newbury 7 (R)** Charlie Ross and experts David Harper and John Cameron are in Hungerford and Newbury with two teams hoping to make a profit at auction. | **PG** +BHUN45-010+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’** A passenger returns to Australia with a big hangover and a search reveals he's carrying knives. Further inspection leads officers to discover something shocking and illegal. Narrated by Grant Bowler. | **PG** +BORD-146+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’** A passenger makes a strange admission that he is here to deliver a children's book, but officers have a different read on the situation. Meanwhile, detector dogs react to some exotic golden statues.  | **PG** +BORD-150+ |

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| 20:30 | **Chris Tarrant's Extreme Railways: Crossing The Andes (R)** TV Presenter Chris Tarrant travels around the world to ride some of the most extreme railways that wind their way through some of the harshest terrain on Earth. | **PG** +CTER02-002+ |

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| 21:30 | **Mighty Trains: The Bullet Train (R) ’CC’** The Bullet Train. Venture inside the fastest train in the world, the Bullet Train. | **PG** +MTRA01-002+ |

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| 22:30 | **The Greatest Cities In The World: London (R)** In his own capital, Britton Griff starts contemplating how London continuously grew from a new Roman town to Europe's single-most prominent true metropolis. | **PG** +GRCI01-002+ |

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| 23:30 | **Mighty Planes: C-5M Super Galaxy (R)** Jump on board one of the largest aircraft in the world for a record-setting mission into a war zone, crossing the Atlantic before a perilous descent into Bagram, Afghanistan. | **G** +MIPL-002+ |

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| 00:30 | **Air Crash Investigations: Panic On The Runway (R) ’CC’** Investigators try to uncover how an airline with 137 people on board turned into one of Britain's worst aviation disasters and it had never even left the runway. | **PG** +MDAY9-001+ |

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| 01:30 | **ICU (R) ’CC’** Aaron needs a heart transplant to survive, but the urgent surgery means he might miss his twin sister's wedding. Will he recover in time? | **PG** +ICU-003+ |

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| 02:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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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** +MIDM4-103+ |

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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** +MIDM4-104+ |

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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-180+ |

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| 05:30 | **Medical Rookies (R) ’CC’** Follow the post-operative recovery of a kidney transplant donor George, who gave his kidney to save his wife's life. | **PG** +MDRK-003+ |

 **Thursday 20 February 2020**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Bottersnikes and Gumbles: Abominable Gumble / Those Magnificent Gumbles (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-009+ |

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| 07:30 | **Get Arty (R) ’CC’** Get inspired, get creative, get arty. | **C** +ARFA01-041+ |

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| 08:00 | **Pipsqueaks: Bees Are Amazing & Vegetables (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-037+ |

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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** +MIDM4-103+ |

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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** +MIDM4-104+ |

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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. | +NBCT20-050+ |

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| 12:00 | **My Greek Odyssey (R)** Peter finishes his time in the Western Cyclades by exploring the islands of Kimolos and Milos. Despite their close proximity to one another, they’re in stark contrast. | **PG** +MYGO02-012+ |

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| 13:00 | **The Chase (R) ’CC’** Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G** +CHSE07-105+ |

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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** +MIDM4-103+ |

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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** +MIDM4-104+ |

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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-180+ |

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| 15:30 | **Air Crash Investigations: Alarming Silence (R) ’CC’** August 16th, 1987, Flight 255 has trouble locating the runway, then crashes into a nearby building upon take-off. What went wrong? | **PG** +MDAY9-002+ |

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| 16:30 | **Medical Rookies (R) ’CC’** See the first day on the ward for Dr Tan and Dr Unwin faces her biggest challenge: in charge of the Emergency Department. | **PG** +MDRK-004+ |

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| 17:00 | **ICU (R) ’CC’** While working on a ladder, Ben falls three metres, causing a collapsed lung and a ruptured spleen. Will he survive the injuries? | **PG** +ICU-004+ |

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| 17:30 | **Escape To The Country: Norfolk (R)** Jules Hudson joins a couple wishing to escape chaotic town life in Buckinghamshire. Not only does it promise to be a real journey of discovery, but there'll also be a few firsts along the way. | **G** +ETTC18-005+ |

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| 18:30 | **Bargain Hunt: Builth Wells 4 (R)** Natasha Raskin presents from the Royal Welsh Showground as a married couple take on two friends, with Thomas Plant and Kate Bliss providing expert advice. | **PG** +BHUN45-011+ |

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| 19:30 | **Father Brown: The Sign Of The Broken Sword (R) ’CC’** A murder at the local army barracks using a legendary broken sword leads Father Brown to investigate another death at Dunkirk some 13 years earlier. | **M (V,A)**+FBRO03-004+ |

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| 20:30 | **Judge John Deed: Judicial Review (R)** When Sir Monty Everard grants a political benefactor a non-custodial sentence, Deed flies into a rage and publicly accuses him of corruption. | **M (A,V)**+JJD2-006+ |

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| 22:30 | **Jonathan Creek: The Eyes Of Tiresias (R)** A 73 year-old widow has a dream about a man being killed. A few days later it comes true, and a tin of Goldfish food holds the key... Starring:ALAN DAVIES,CAROLINE QUENTIN | **M (V)**+JNTC3-002+ |

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| 23:30 | **Air Crash Investigations: Alarming Silence (R) ’CC’** August 16th, 1987, Flight 255 has trouble locating the runway, then crashes into a nearby building upon take-off. What went wrong? | **PG** +MDAY9-002+ |

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| 00:30 | **ICU (R) ’CC’** While working on a ladder, Ben falls three metres, causing a collapsed lung and a ruptured spleen. Will he survive the injuries? | **PG** +ICU-004+ |

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| 01:00 | **Father Brown: The Sign Of The Broken Sword (R) ’CC’** A murder at the local army barracks using a legendary broken sword leads Father Brown to investigate another death at Dunkirk some 13 years earlier. | **M (V,A)**+FBRO03-004+ |

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| 02:00 | **Escape To The Country: Norfolk (R)** Jules Hudson joins a couple wishing to escape chaotic town life in Buckinghamshire. Not only does it promise to be a real journey of discovery, but there'll also be a few firsts along the way. | **G** +ETTC18-005+ |

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| 03:00 | **Bargain Hunt: Builth Wells 4 (R)** Natasha Raskin presents from the Royal Welsh Showground as a married couple take on two friends, with Thomas Plant and Kate Bliss providing expert advice. | **PG** +BHUN45-011+ |

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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** +MIDM4-105+ |

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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** +MIDM4-106+ |

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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-181+ |

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| 05:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

 **Friday 21 February 2020**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Bottersnikes and Gumbles: Gumble Grabba / Sammi Whammi Gumble (R) ’CC’** In a faraway forgotten valley, heaped with long abandoned junk, a timeless battle rages between good and evil, this is the land of Bottersnikes & Gumbles. | **C** +BSAG-010+ |

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| 07:30 | **Get Arty (R) ’CC’ SEASON FINAL**Get inspired, get creative, get arty. | **C** +ARFA01-042+ |

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| 08:00 | **Pipsqueaks: Trip To Doctor & Amazing Birds (R) ’CC’** Follow the adventures of four furry creatures called the Pipsqueaks, who live in a huge adventure playground. They sing, dance, laugh and learn. | **P** +PIPQ-038+ |

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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** +MIDM4-105+ |

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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** +MIDM4-106+ |

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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. | +NBCT20-051+ |

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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** +HOWL04-002+ |

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| 13:00 | **Ultimate Bowls Championship: Moama - Quarter Final 3 (R)** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-014+ |

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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** +MIDM4-105+ |

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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** +MIDM4-106+ |

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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-181+ |

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| 15:30 | **Air Crash Investigations: Pilot vs Plane (R) ’CC’** When a public demonstration of Airbus A-320 goes wrong, investigators determine whether it was the pilot or the plane that caused the crash. | **PG** +MDAY9-003+ |

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| 16:30 | **Medical Rookies (R) ’CC’** Dr Tan begins his first overtime shift and is responsible for every surgical patient in the hospital. | **PG (A)**+MDRK-005+ |

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| 17:00 | **ICU (R) ’CC’** A mother of three has a brain aneurysm whilst driving. Will the doctors be able to save her life? | **PG** +ICU-005+ |

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| 17:30 | **Escape To The Country: Warwickshire (R)** Alistair Appleton helps a couple leave behind the stresses of life in the capital and seek out a spiritual retreat in Warwickshire. | **G** +ETTC18-006+ |

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| 18:30 | **Bargain Hunt: Newbury 8 (R)** Charlie Ross is travelling along the Kennet and Avon Canal to Hungerford, where the many antique shops are the setting for today's competition. | **PG** +BHUN45-012+ |

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| 19:30 | **Pie In The Sky: The Mild Bunch (R)** Ian and Henry hunt the Coverly sisters, mistresses of multiple cheque fraud. | **PG** +PIES2-008+ |

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| 20:30 | **Billy Connolly: Made In Scotland (R) ’CC’** Billy visits the Scotland of his childhood, where he reveals that knitted woolly swimming trunks were not a figment of his imagination.  | **M (L)**+BCMS01-002+ |

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| 21:30 | **Martin Clunes: Islands Of Britain: The West (R)** Martin Clunes visits islands of the west and starts his journey on the tiny islands of Piel, near Barrow-in-Furness in Cumbria. Starring:STEVE CUTHBERTSON | **G** +IOB-002+ |

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| 22:30 | **Selling Houses Australia: Fixer Upper (R) ’CC’** A couple expecting twins are desperate to sell their home, described as a fixer upper job. | **G** +SEHO05-010+ |

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| 23:30 | **Tales From The Coast With Robson Green: Suffolk / Essex (R) ’CC’** Join Robson Green as he explores the shores of Britain, on a journey to find out just what it is that makes the coast so special and how Britain has been defined by its relationship with the sea. | **M (L)**+TALE01-004+ |

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| 00:45 | **Air Crash Investigations: Pilot vs Plane (R) ’CC’** When a public demonstration of Airbus A-320 goes wrong, investigators determine whether it was the pilot or the plane that caused the crash. | **PG** +MDAY9-003+ |

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| 02:00 | **Escape To The Country: Warwickshire (R)** Alistair Appleton helps a couple leave behind the stresses of life in the capital and seek out a spiritual retreat in Warwickshire. | **G** +ETTC18-006+ |

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| 03:00 | **Bargain Hunt: Newbury 8 (R)** Charlie Ross is travelling along the Kennet and Avon Canal to Hungerford, where the many antique shops are the setting for today's competition. | **PG** +BHUN45-012+ |

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| 04:00 | **Medical Rookies (R) ’CC’** Dr Tan begins his first overtime shift and is responsible for every surgical patient in the hospital. | **PG (A)**+MDRK-005+ |

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| 04:30 | **ICU (R) ’CC’** A mother of three has a brain aneurysm whilst driving. Will the doctors be able to save her life? | **PG** +ICU-005+ |

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| 05:00 | **Ultimate Bowls Championship: Moama - Quarter Final 3 (R)** The Ultimate Bowls Championship is a celebration of the sport of lawn bowls. It has been designed to respect, showcase and grow the game we love. | **PG** +ULBC01-014+ |

 **Saturday 22 February 2020**

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| 06:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 06:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 07:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 08:00 | **Travel Oz: Australia Day (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-013+ |

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| 08:45 | **Travel Oz: Murray Magic (R) ’CC’** Greg Grainger explores the impressive mighty Murray River; the Two Tim's explore the Trobriand Islands and the Yarrangobilly Caves in the Kosciusko National Park. | **PG** +TRAV3-011+ |

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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. | +NBCT20-052+ |

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| 11:30 | **The Great Australian Doorstep: Flinders Rangers (R)** Spida puts his Isuzu through its paces as he goes off road in the Flinders Ranges. Will his 4WD make it out in one piece? | **PG** +GRAD08-012+ |

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| 12:00 | **Malaysia Kitchen (R)** Alvin serves up the perfect condiment to your favourite curry, makes some succulent braised pork belly and is visited by Malaysian street food extraordinaire, Jackie M. | **G** +MKIT01-004+ |

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| 12:30 | **TBA:**  | ++ |

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| 14:00 | **Sydney Weekender (R) ’CC’** Mike feels the wind through his hair on a trike tour of Bellingen. Karen and Lizzy try out Ultimate Paintball. Matt visits Balranald. | **G** +7SWE26-044+ |

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| 14:30 | **The Great Australian Doorstep** Details TBC.  | **PG** +GRAD11-002+ |

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| 15:00 | **Creek To Coast (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC20-002+ |

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| 15:30 | **SA Weekender: Book Them Out ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-041+ |

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| 16:00 | **Honey I Bought The House: Scott And Lauren** Couples are given a £15,000 deposit to get them on the property ladder. The only catch is they are separated immediately and one has three weeks to secure a property - or they lose the money. | **PG (L)**+HBTH01-007+ |

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| 17:00 | **Building The Dream: Yarm (R)** Charlie's in the North East of England with Andy and Mandy Boylett. They're building a huge dormer bungalow complete with basement and sunken garden in the back garden of their current home. | **G** +BUTD01-011+ |

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| 18:00 | **Helloworld ’CC’ NEW EPISODE**Join the all-star cast as they uncover the greatest travel experiences in the world today. | **PG** +HELW01-010+ |

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| 18:30 | **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)**+YORK01-006+ |

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| 19:30 | **The Yorkshire Vet NEW EPISODE**Details TBC.  | **PG (A,S)**+YORK07-002+ |

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| 20:30 | **Escape To The Country: Snowdonia NEW EPISODE**Jules Hudson heads to Snowdonia with buyer who wants to downsize and move closer to relatives. She's after a new house as well as a new business and has brought her son along to help. | **G** +ETTC24-029+ |

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| 21:30 | **Escape To The Country: North Yorkshire NEW EPISODE**Jonnie Irwin is on a house hunting mission with a couple who want to break away from their London suburb and find a rural family home in North Yorkshire. | **G** +ETTC24-030+ |

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| 22:30 | **Escape To The Country: Lincolnshire (R)** Nicki Chapman is helping a globe-trotting young couple who are returning to the UK with 425,000-pounds to find peaceful and permanent sanctuary in the Lincolnshire countryside. | **G** +ETTC23-032+ |

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| 23:30 | **Honey I Bought The House: Scott And Lauren (R)** Couples are given a £15,000 deposit to get them on the property ladder. The only catch is they are separated immediately and one has three weeks to secure a property - or they lose the money. | **PG (L)**+HBTH01-007+ |

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| 00:30 | **Escape To The Country: Snowdonia (R)** Jules Hudson heads to Snowdonia with buyer who wants to downsize and move closer to relatives. She's after a new house as well as a new business and has brought her son along to help. | **G** +ETTC24-029+ |

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| 01:30 | **The Great Australian Doorstep (R)** Details TBC.  | **PG** +GRAD11-002+ |

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| 02:00 | **Creek To Coast (R) ’CC’** Creek to Coast is all things boating, camping, 4WDing, outdoor adventuring and fishing. From bush-bashing to cooking to caravanning to watersports, Creek to Coast has it all. | **G** +7CTC20-002+ |

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| 02:30 | **SA Weekender: Book Them Out (R) ’CC’** Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G** +SAWE19-041+ |

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| 03:00 | **Queensland Weekender: Queensland Weekender 2019 Ep: 24 (R) ’CC’** Kay visits a dinosaur wonderland. Duane explores Tamborine Mountain via army tank. Victoria checks out interactive art on the Gold Coast, while Chris discovers a well kept bushwalking secret. | **G** +7QWE19-024+ |

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| 03:30 | **Malaysia Kitchen (R)** Alvin serves up the perfect condiment to your favourite curry, makes some succulent braised pork belly and is visited by Malaysian street food extraordinaire, Jackie M. | **G** +MKIT01-004+ |

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| 04:00 | **The Great Australian Doorstep: Flinders Rangers (R)** Spida puts his Isuzu through its paces as he goes off road in the Flinders Ranges. Will his 4WD make it out in one piece? | **PG** +GRAD08-012+ |

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| 04:30 | **Travel Oz: Australia Day (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV-013+ |

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| 05:15 | **Travel Oz: Murray Magic (R) ’CC’** Greg Grainger explores the impressive mighty Murray River; the Two Tim's explore the Trobriand Islands and the Yarrangobilly Caves in the Kosciusko National Park. | **PG** +TRAV3-011+ |