**Sunday 19 January 2020**

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| 06:00 | **It Is Written: Father Forgive**  Religious program. | **PG**  +IIWR20-003+ |

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

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| 07:00 | **Tomorrow's World: Discovering God In Your Own Backyard**  Religious program. | **PG**  +TOMW20-003+ |

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| 07:30 | **Leading The Way: Know Where You Stand, Pt. 3**  Religious program. | **PG**  +LWAY20-003+ |

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| 08:00 | **David Jeremiah: Everything You Need Tour, Pt. 1**  Religious program. | **PG**  +DAJE20-003+ |

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| 08:30 | **Hour Of Power**  Religious program. | **PG**  +HOOP20-003+ |

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

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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**  +MTAB01-063+ |

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| 10:00 | **Australia's Deadliest (R) ’CC’**  A grandmother wakes up to her worst nightmare when she discovers a croc attacking her friend, while a young girl loses her eye to an aggressive bird. | **PG**  +WLDC-003+ |

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| 10:30 | **Australia's Deadliest (R) ’CC’**  A young girl is viciously attacked by a crocodile in a remote part of Western Australia, while a man finds himself alone, lost and paralysed from a Redback spider bite with only minutes to live. | **PG**  +WLDC-004+ |

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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. | +NBCT20-018+ |

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| 12:00 | **Escape To The Country: Dorset (R)**  Nicki Chapman is on a property hunting mission in Dorset with a young couple from Surrey who are seeking a rural home. | **G**  +ETTC24-021+ |

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| 13:00 | **Escape To The Country: Devon (R)**  Nicki Chapman is in Devon helping a fun loving couple with 475,000-pounds find a country home which suits their entertaining ambitions. | **G**  +ETTC23-025+ |

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| 14:00 | **My Greek Odyssey**  In this episode, Peter journeys to Serifos and experiences everything this little island has to offer. It’s a place where you can make your own adventure and enjoy a taste of Greek culture. | **PG**  +MYGO02-010+ |

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| 15:00 | **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)**  +YORK06-005+ |

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| 16:00 | **Escape To The Country: North Wales (R)**  Alistair Appleton is property shopping in rural North Wales with a couple who have 400,000-pounds to make their return from France to UK soil. | **G**  +ETTC23-026+ |

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| 17:00 | **2020 Santos Tour Down Under: Women's Final Stage ’CC’ LIVE**  The Women's Tour Down Under returns to the heart of Adelaide for the first time in years as the final 42.5km stage takes riders on a challenging and thrilling 1.7km circuit through the city centre. | +TOUR20-001+ |

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| 18:30 | **2020 Santos Tour Down Under: People's Choice Classic ’CC’ LIVE**  The traditional curtain-raiser to the Santos Tour Down Under returns to the heart of Adelaide for the first time in years, with riders taking on a 1.7km circuit through the city centre in a 51km race. | +TOUR20-002+ |

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| 20:30 | **Gold Coast Medical (R) ’CC’**  Tonight, miracle surgery saves the smallest patient, paramedics go off road to control a confused man, and Tracy bares all for plastic surgeon Raja Sawhney to work his magic. | **M (A)**  +GMED01-007+ |

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| 21:30 | **Hospital (R) ’CC’**  Dr. O'Neill and his colleagues deal with some of the country's most challenging neurological cases. Their work is so in demand, the department has one of the longest waiting lists in the country. | **PG (A)**  +LADW01-003+ |

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| 22:45 | **Air Crash Investigations: Who's Flying the Plane? (R) ’CC’**  It's a complicated relationship between a pilot and his aircraft and when it doesn't work perfectly, disaster can strike in an instant. | **PG**  +MDAY6-003+ |

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| 23:45 | **Australia's Deadliest (R) ’CC’**  A woman’s calf is ripped out by an unexpected creature of the sea, while a surfer is close to death unknowingly at the hands of a tiny jellyfish. | **PG**  +WLDC-005+ |

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| 00:15 | **Gold Coast Medical (R) ’CC’**  Tonight, miracle surgery saves the smallest patient, paramedics go off road to control a confused man, and Tracy bares all for plastic surgeon Raja Sawhney to work his magic. | **M (A)**  +GMED01-007+ |

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| 01:30 | **Australia's Best Drives (R) ’CC’**  Hosted by Shane Jolley, with guest appearances by Melissa Doyle, Collette Dinnigan and more, Australia's Best Drives takes you on a journey through six of our very best touring holidays. | **PG**  +BDRI01-006+ |

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| 02:00 | **Special: Cannibal Crusade (R) (1989)**  Take an exciting journey to the seldom explored tropical jungles of Indonesian-controlled Irian Jaya. Starring:GREG GRAINGER | **G**  +AMS-464+ |

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| 03:00 | **My Greek Odyssey (R)**  In this episode, Peter journeys to Serifos and experiences everything this little island has to offer. It’s a place where you can make your own adventure and enjoy a taste of Greek culture. | **PG**  +MYGO02-010+ |

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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**  +MIDM4-057+ |

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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-156+ |

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

**Monday 20 January 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 | **ZooMoo Wild Friends (R) ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO02-051+ |

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| 07:30 | **Get Arty (R) ’CC’**  Make some spooky spider webs or a dinosaur terrarium, learn how to ace a travel photo scrapbook, and trick up your phone cover. | **C**  +ARFA01-018+ |

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| 08:00 | **Pipsqueaks: Jumping Fun & Picnic (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-014+ |

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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**  +MIDM4-057+ |

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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**  +MIDM4-058+ |

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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. | +NBCT20-019+ |

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| 10:30 | **House Calls To The Rescue (R) ’CC’**  The team rescue a husband who built his wife a new kitchen - but forgot to leave space for the fridge. | **G**  +HSCL-016+ |

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| 11:30 | **Better Homes And Gardens Summer: Summer Series (R) ’CC’**  Karen makes some fragrant coconut mussels. Tara turns an old coffee table into a stylish ottoman. Dr Harry witnesses the return of a rehabilitated turtle back to its home on the Great Barrier Reef. | **G**  +BHGS16-009+ |

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| 13:00 | **Australia: The Story Of Us (R) ’CC’**  As we journey through 1928-1942, Australia emerges from the First World War. The Sydney Harbour Bridge nears completion and the war with Japan tests Australians on the Kokoda Track. | **PG (V)**  +ASUS-005+ |

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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**  +MIDM4-057+ |

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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-156+ |

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| 15:30 | **Mighty Ships: Solitaire (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G**  +MTYS03-005+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  Tonight, we catch up with Mark and Damien; a family sells their house to clear their debts; and a first time buyer finds her dream apartment. | **PG**  +UTHM-002+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  Lynn pays a hefty price for life in paradise and we check on the progress at Cosimo's French chateau. | **G**  +RLSC-004+ |

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| 17:30 | **Escape To The Country: Dorset (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-072+ |

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| 18:30 | **Bargain Hunt: Newark 12 (R)**  Christina Trevanion presents from Newark in Nottinghamshire, home of the largest antiques fair in Europe, with experts Caroline Hawley and David Harper. | **G**  +BHUN44-020+ |

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| 19:30 | **Doc Martin: Better The Devil (R)**  Life in the beautiful Cornish village of Portwenn has become ever more infuriating for Dr. Martin Ellingham since his and Louisa's heart-wrenching decision to call off their wedding. | **PG**  +DOCM4-001+ |

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| 20:30 | **The Inspector Lynley Mysteries: For The Sake Of Elena (R)**  Lynley and Havers are sent to the rarefied, academic world of Cambridge to investigate the murder of Elena, a stunning young deaf student. Starring:CHRIE LUNGHI,JAMES HILLIER,JUNE WATSON,RICHARD LINTERN,MIRANDA RAISON,WILL KNIGHTLEY,SOPHIE WARD,TIM PIGOTT-SMITH,SELINA CADELL | **M (A,V)**  +INLM-003+ |

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| 22:30 | **19-2: Welfare Day**  The first of the month brings "Welfare Day" to 19 - Nick and Ben handle an array of belligerent civilians; the day caps off with a cataclysmic domestic disturbance. | **M (N,A,V,L)**  +NINT01-003+ |

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| 23:30 | **Mighty Ships: Solitaire (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G**  +MTYS03-005+ |

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| 00:30 | **The Real Seachange (R) ’CC’**  It's crunch time for two families. Has leaving the big city been worth the risk? | **G**  +RLSC-003+ |

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| 01:00 | **Doc Martin: Better The Devil (R)**  Life in the beautiful Cornish village of Portwenn has become ever more infuriating for Dr. Martin Ellingham since his and Louisa's heart-wrenching decision to call off their wedding. | **PG**  +DOCM4-001+ |

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| 02:00 | **Escape To The Country: Dorset (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-072+ |

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| 03:00 | **Bargain Hunt: Newark 12 (R)**  Christina Trevanion presents from Newark in Nottinghamshire, home of the largest antiques fair in Europe, with experts Caroline Hawley and David Harper. | **G**  +BHUN44-020+ |

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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**  +MIDM4-059+ |

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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**  +MIDM4-060+ |

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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-157+ |

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| 05:30 | **Under The Hammer (R) ’CC’**  Tonight, we catch up with Mark and Damien; a family sells their house to clear their debts; and a first time buyer finds her dream apartment. | **PG**  +UTHM-002+ |

**Tuesday 21 January 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 | **ZooMoo Wild Friends (R) ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO02-052+ |

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| 07:30 | **Get Arty (R) ’CC’**  Learn some of the basics of cake decorating, turn your nails into rainbows, and get tips on how to draw an eye from a professional artist. | **C**  +ARFA01-019+ |

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| 08:00 | **Pipsqueaks: Where Buses Go & Food From Animals (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-015+ |

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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**  +MIDM4-059+ |

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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**  +MIDM4-060+ |

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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. | +NBCT20-020+ |

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| 12:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-036+ |

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| 12:30 | **Creek To Coast: Lake Eyre (R) ’CC’**  Roger is taking trusty old Dolly, 1984 Landcruiser Ute, on a trip he has wanted to do for a very long time. | **G**  +7CTC19-043+ |

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| 13:00 | **Australia: The Story Of Us (R) ’CC’**  After the Second World War, peace brings prosperity to Australia. Suburban and technology dreams become a reality. The Sydney Opera House emerges, we host the Olympics and television is born. | **PG (A)**  +ASUS-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**  +MIDM4-059+ |

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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**  +MIDM4-060+ |

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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-157+ |

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| 15:30 | **Mighty Ships: G.O. Sars (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G**  +MTYS03-006+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  Today, a family hope to sell their home to clear their finances. And a couple breaks the first rule of real estate. | **PG**  +UTHM-003+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  Since Steve and Virginia took over a NSW country pub beer sales have gone through the roof. Problem is being their own boss means no day off. | **G**  +RLSC-005+ |

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| 17:30 | **Escape To The Country: Surrey (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-073+ |

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| 18:30 | **Bargain Hunt: Southwell 25 (R)**  Anita Manning presents from Southwell Racecourse in Nottinghamshire, where Mark Stacey and Raj Bisram are the experts helping out the teams. | **G**  +BHUN44-021+ |

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| 19:30 | **Cold Case: Sherry Darlin' (R) ’CC’**  Rush reopens a cold case when she receives a cryptic phone call from an anonymous man who claims he murdered his grandmother in 1989 and buried her in the basement of his former home. | **M (V,A)**  +COLC01-009+ |

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| 20:30 | **Without A Trace: Victory For Humanity ’CC’**  Jack's squad looks for a young, idealistic and dedicated school teacher, Josh Abrams, who disappeared after teaching a night class in the Bronx. | **M (D,V,A)**  +WIAT01-019+ |

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| 21:30 | **Without A Trace: No Mas ’CC’**  Jack and the team search for a boxer, Dante Jones, who vanishes before a much anticipated fight at New York's Madison Square Garden. | **M (V,A)**  +WIAT01-020+ |

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| 22:30 | **Criminal Confessions: Waterloo (R) ’CC’**  A shooting in broad daylight in the city of Waterloo, Iowa, leaves two dead. Investigators follow a trail of bloody footprints to a list of suspects and an unexpected lead from an informant. | **M (V,L)**  +CCON01-002+ |

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| 23:30 | **Mighty Ships: G.O. Sars (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **G**  +MTYS03-006+ |

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| 00:30 | **The Real Seachange (R) ’CC’**  Lynn pays a hefty price for life in paradise and we check on the progress at Cosimo's French chateau. | **G**  +RLSC-004+ |

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| 01:00 | **Mr Selfridge (R)**  Mae's love life, Harry's judgement, Selfridge's and Whiteley's are now all under the spotlight of a tabloid frenzy. Serious questions about Harry's financial stability are rife. | **PG (A)**  +MRSE04-010+ |

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| 02:00 | **Escape To The Country: Surrey (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-073+ |

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| 03:00 | **Bargain Hunt: Southwell 25 (R)**  Anita Manning presents from Southwell Racecourse in Nottinghamshire, where Mark Stacey and Raj Bisram are the experts helping out the teams. | **G**  +BHUN44-021+ |

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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**  +MIDM4-061+ |

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| 05:00 | **Harry's Practice: Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-158+ |

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

**Wednesday 22 January 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 | **ZooMoo Wild Friends (R) ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO02-053+ |

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| 07:30 | **Get Arty (R) ’CC’**  It's everything emoji in this episode of Get Arty. Create them out of paper, make an emoji pillow, or put a love-heart face on your nails. | **C**  +ARFA01-020+ |

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| 08:00 | **Pipsqueaks: Ship Ahoy & Roaring Monsters (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-016+ |

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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**  +MIDM4-061+ |

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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**  +MIDM4-062+ |

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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. | +NBCT20-021+ |

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| 12:00 | **Queensland Weekender: Capricorn Coast (R) ’CC’**  Sammie is on the beautiful Capricorn Coast exploring the rainforest and uncovering the natural wonders of the southern end of the Great Barrier Reef. | **G**  +7QWE19-046+ |

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| 12:30 | **The Great Day Out: School Holiday Fun (R) ’CC’**  The team have ideas to keep the kids active, healthy and entertained during the school holidays. Jess learns the art of pasta making, we visit the butterfly house on Bribie Island, plus much more. | **G**  +GDOT19-048+ |

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| 13:00 | **Australia: The Story Of Us (R) ’CC’**  In the years 1956-1974, a generation is free from economic depression. Riots sweep the suburbs and beaches. Evonne Goolagong changes Australian tennis and Cyclone Tracey devastates Darwin. | **PG**  +ASUS-007+ |

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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**  +MIDM4-061+ |

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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**  +MIDM4-062+ |

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| 15:00 | **Harry's Practice: Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-158+ |

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| 15:30 | **Mighty Ships: DSV Skandi Arctic (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-001+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  Today, tensions arise when a couple put their home under the hammer. Can they get a $2 million sale? | **PG**  +UTHM-004+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  See families, couples and singles quit their jobs, sell their houses and take the biggest risk of their lives. | **G**  +RLSC-006+ |

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| 17:30 | **Escape To The Country: Cornwall (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-074+ |

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| 18:30 | **Bargain Hunt: Edinburgh 21 (R)**  Thomas Plant presents from the Royal Highland Centre just outside Edinburgh, with experts Kate Bliss and Ben Cooper. | **G**  +BHUN44-022+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger admits to using narcotics but officers make a find that he will struggle to explain. | **PG (D)**  +BORD-113+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’**  A woman returning from Vietnam attempts to evade Customs officers. And at Quarantine a passenger shocks officials when they inspect her luggage. | **PG**  +BORD-114+ |

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| 20:30 | **Criminal Minds: Blue Angel (R) ’CC’**  When successful businessmen in Detroit are targeted by an anger-driven power-assertive Unsub, the BAU is called in to investigate. | **MA (V,A,S)**  +CRMD13-003+ |

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| 21:30 | **Criminal Minds: Killer App (R) ’CC’**  The BAU investigates a workplace shooting committed by a state-of-the-art drone in Silicon Valley. | **M (A,V)**  +CRMD13-004+ |

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| 22:30 | **Criminal Minds: The Crossing (R) ’CC’**  Morgan, Prentiss, Reid and J.J. try to stop a stalker before he gets close to the woman who is the object of his affection. | **M**  +CRMD3-018+ |

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| 23:30 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger admits to using narcotics but officers make a find that he will struggle to explain. | **PG (D)**  +BORD-113+ |

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| 00:00 | **Border Security - Australia's Front Line (R) ’CC’**  A woman returning from Vietnam attempts to evade Customs officers. And at Quarantine a passenger shocks officials when they inspect her luggage. | **PG**  +BORD-114+ |

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| 00:30 | **Mighty Ships: DSV Skandi Arctic (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-001+ |

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| 01:30 | **The Real Seachange (R) ’CC’**  Since Steve and Virginia took over a NSW country pub beer sales have gone through the roof. Problem is being their own boss means no day off. | **G**  +RLSC-005+ |

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| 02:00 | **Escape To The Country: Cornwall (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-074+ |

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| 03:00 | **Bargain Hunt: Edinburgh 21 (R)**  Thomas Plant presents from the Royal Highland Centre just outside Edinburgh, with experts Kate Bliss and Ben Cooper. | **G**  +BHUN44-022+ |

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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**  +MIDM4-063+ |

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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**  +MIDM4-064+ |

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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-159+ |

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| 05:30 | **Under The Hammer (R) ’CC’**  Today, tensions arise when a couple put their home under the hammer. Can they get a $2 million sale? | **PG**  +UTHM-004+ |

**Thursday 23 January 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 | **ZooMoo Wild Friends (R) ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO02-054+ |

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| 07:30 | **Get Arty (R) ’CC’**  Build and decorate a bird house for your feathered friends, make artworks from golden feathers and DIY pom poms. | **C**  +ARFA01-021+ |

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| 08:00 | **Pipsqueaks: Going To The Hairdressers & Dressing Up (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-017+ |

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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**  +MIDM4-063+ |

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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**  +MIDM4-064+ |

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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. | +NBCT20-022+ |

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| 12:00 | **My Greek Odyssey (R)**  In this episode, Peter journeys to Serifos and experiences everything this little island has to offer. It’s a place where you can make your own adventure and enjoy a taste of Greek culture. | **PG**  +MYGO02-010+ |

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| 13:00 | **Australia: The Story Of Us (R) ’CC’**  As we journey through 1975-2015, Elaine Moir helps save babies from the Vietnam War. Paul Hogan becomes our best export and the Sydney Olympic Games creates moments of national pride. | **PG (V)**  +ASUS-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**  +MIDM4-063+ |

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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**  +MIDM4-064+ |

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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-159+ |

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| 15:30 | **Mighty Ships: USCGS Bertholf (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-002+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  The auction of Irishman John's two bedroom Marrickville home is underway but bidders are slow off the mark. | **PG**  +UTHM-005+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  Can Larry and Adrienne cut it as farmers? The Devlin's from Ireland run into some bad luck. | **G**  +RLSC-007+ |

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| 17:30 | **Escape To The Country: Shropshire (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-075+ |

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| 18:30 | **Bargain Hunt: CarMarthen 29 (R)**  Christina Trevanion presents from Welsh capital Cardiff, with experts Richard Madley and Caroline Hawley. | **G**  +BHUN44-023+ |

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| 19:30 | **Father Brown: The Blue Cross (R) ’CC’**  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 | **Judge John Deed: Abuse Of Power (R)**  The judge and jury must find the truth when a man with mental and emotionally challenging problems is put on the stand, and Judge John Deed investigates a multiple mortgage fraud case. Starring:JIM STURGESS | **M (V)**  +JJD2-002+ |

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| 22:30 | **Jonathan Creek: The Problem At Gallows Gate - Part 1 (R)**  Jonathan is baby-sitting Adam's sister Kitty, and takes her to a badger watch. But Kitty ends up seeing more than just badgers. Starring:ALAN DAVIES,CAROLINE QUENTIN | **M (A)**  +JNTC2-004+ |

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| 23:30 | **Mighty Ships: USCGS Bertholf (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-002+ |

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| 00:30 | **The Cosmetic Surgery Show (R)**  Follows one of Australia's leading Cosmetic and Dermatological Surgeons, Dr Daniel Lanzer, as he and his team perform incredible procedures. | **M**  +CMCF02-001+ |

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| 01:00 | **Father Brown: The Blue Cross (R) ’CC’**  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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| 02:00 | **Escape To The Country: Shropshire (R)**  Prospective buyers find their dream home. | **G**  +ETTC22-075+ |

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| 03:00 | **Bargain Hunt: CarMarthen 29 (R)**  Christina Trevanion presents from Welsh capital Cardiff, with experts Richard Madley and Caroline Hawley. | **G**  +BHUN44-023+ |

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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**  +MIDM4-065+ |

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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**  +MIDM4-066+ |

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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-160+ |

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

**Friday 24 January 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 | **ZooMoo Wild Friends (R) ’CC’**  Flash is lost! Where could he be? He might be in danger! Help Owl and Piglet unravel the clues so we can find our friend, Flash, and then bring him back home, safe and sound! | **C**  +ZOMO02-055+ |

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| 07:30 | **Get Arty (R) ’CC’**  In an out-of-this-world episode make your own space collage, get stardust on your lips in a simple make up tutorial, and meet speed painter Brad Blaze. | **C**  +ARFA01-022+ |

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| 08:00 | **Pipsqueaks: Clothes & Fit And Healthy (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-018+ |

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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**  +MIDM4-065+ |

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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**  +MIDM4-066+ |

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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. | +NBCT20-023+ |

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| 12:00 | **The Zoo (R) ’CC’**  A lion must undergo a world-first operation. Meanwhile, an orphaned flying fox meets his new mum. | **G**  +ZOOT3-002+ |

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| 12:30 | **The Zoo (R) ’CC’**  A zebra tries to avoid a pedicure, while the parenting skills of a new tiger mum are scrutinised. | **G**  +ZOOT3-003+ |

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| 13:00 | **Mr Selfridge (R)**  Mae's love life, Harry's judgement, Selfridge's and Whiteley's are now all under the spotlight of a tabloid frenzy. Serious questions about Harry's financial stability are rife. | **PG (A)**  +MRSE04-010+ |

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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**  +MIDM4-065+ |

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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**  +MIDM4-066+ |

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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-160+ |

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| 15:30 | **Mighty Ships: MV Beluga Bremen (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-003+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  Today, a firefighter faces a hectic schedule when the two properties he is interested in are auctioned at the same time. Starring:BILL TOLSON,JASON KEEN,SHARLENE PURSER | **PG**  +UTHM-006+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  Can Larry and Adrienne cut it as farmers? The Devlin's from Ireland run into some bad luck. | **PG**  +RLSC-008+ |

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| 17:30 | **The Yorkshire Vet In Spring (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,L)**  +YORK02-006+ |

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| 18:30 | **Bargain Hunt: Southwell 26 (R)**  Anita Manning presents as the hunt for bargains heads to Southwell racecourse. Experts Mark Stacey and Raj Bisram help out the teams as they trawl around the antiques fair. | **G**  +BHUN44-024+ |

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| 19:30 | **Better Homes And Gardens: Gardens Of The World (R) ’CC’**  Graham and Jason take a look around some of the most spectacular gardens on the planet. From Europe to Canada and Japan to Dubai these gardens are truly world class, with some even fit for royalty. | **G**  +BHSP19-004+ |

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| 20:30 | **Dogs Behaving (Very) Badly (R) ’CC’**  Graeme takes on Rome! First up is an out of control 71 kilo Great Dane from South Shields who intimidates all in his path. | **PG**  +DOBB01-007+ |

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| 21:30 | **Mighty Cruise Ships: Viking Sea (R) ’CC’**  Viking Sea is the second ocean-going vessel launched by the owners of Viking River Cruises; it features fine food, dramatic destinations, and Scandinavian décor. | **PG**  +MCRU02-002+ |

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| 22:30 | **The House That 100K Built: Jody And Lori (R)**  Jody and Lori have outgrown their cramped house near Southend and are desperate for a modern family home - but prices in Essex are rocketing. | **G**  +HOTB03-006+ |

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| 23:45 | **Mighty Ships: MV Beluga Bremen (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-003+ |

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| 00:45 | **Mighty Cruise Ships: Viking Sea (R) ’CC’**  Viking Sea is the second ocean-going vessel launched by the owners of Viking River Cruises; it features fine food, dramatic destinations, and Scandinavian décor. | **PG**  +MCRU02-002+ |

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| 02:00 | **The Yorkshire Vet In Spring (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,L)**  +YORK02-006+ |

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| 03:00 | **Bargain Hunt: Southwell 26 (R)**  Anita Manning presents as the hunt for bargains heads to Southwell racecourse. Experts Mark Stacey and Raj Bisram help out the teams as they trawl around the antiques fair. | **G**  +BHUN44-024+ |

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| 04:00 | **Movie: Cannibal Crusade (R) (1989)**  Take an exciting journey to the seldom explored tropical jungles of Indonesian-controlled Irian Jaya. Starring:GREG GRAINGER | **G**  +AMS-464+ |

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| 05:00 | **Australia's Best Drives (R) ’CC’**  Hosted by Shane Jolley, with guest appearances by Melissa Doyle, Collette Dinnigan and more, Australia's Best Drives takes you on a journey through six of our very best touring holidays. | **PG**  +BDRI01-006+ |

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| 05:30 | **The Cosmetic Surgery Show (R)**  Follows one of Australia's leading Cosmetic and Dermatological Surgeons, Dr Daniel Lanzer, as he and his team perform incredible procedures. | **M**  +CMCF02-001+ |

**Saturday 25 January 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: Lake Eyre & Nongaloo (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV-009+ |

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| 08:45 | **Travel Oz: Marine Encounters (R) ’CC’**  Join Greg Grainger as he swims with turtles, whales and sharks and interacts with dolphins, dugongs and playful seals. | **PG**  +TRAV3-007+ |

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| 09:30 | **House Calls To The Rescue (R) ’CC’**  The team rescue a husband who built his wife a new kitchen - but forgot to leave space for the fridge. | **G**  +HSCL-016+ |

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| 10:30 | **Australia's Best Drives (R) ’CC’**  Hosted by Shane Jolley, with guest appearances by Melissa Doyle, Collette Dinnigan and more, Australia's Best Drives takes you on a journey through six of our very best touring holidays. | **PG**  +BDRI01-006+ |

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| 11:00 | **2020 Santos Tour Down Under: Stage 5 ’CC’ LIVE**  The peloton faces a 149.1km stage that departs from Glenelg towards the Fleurieu Peninsula, heading towards Strathalbyn before a late climb near the finish in Victor Harbor that could split the group. | +TOUR20-007+ |

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| 12:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-036+ |

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| 12:30 | **Intolerant Cooks: Ep 12 - All Spiced Up! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-012+ |

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| 13:00 | **The Great Australian Doorstep: New Zealand Motorhome Tour (R)**  We kick off in the most picturesque part of New Zealand the Marlborough Sounds before our ocean odyssey in Kaikoura with the whales, seals and an enormous amount of dolphins! | **PG**  +GRAD08-008+ |

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| 13:30 | **SA Weekender ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-037+ |

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| 14:00 | **Creek To Coast: Reel Deep Charters (R) ’CC’**  Remote, untouched reef and fish that have never seen a lure, join Scotty on the fishing adventure of a lifetime. Five days in the middle of the coral sea on a 72-foot fishing boat. | **G**  +7CTC19-044+ |

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| 14:30 | **Queensland Weekender: Best Life ’CC’**  Mel finds the easiest way to sail around the Whitsundays. Chris explores the Fraser Coast and its many family offerings. Sammie is living her best life and Kip visits a creative festival in Ipswich. | **G**  +7QWE19-047+ |

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| 15:00 | **The Great Day Out: GC and Beyond ’CC’**  Tamsyn gets back to her running roots. Alastair is on a tantalising tour of the Scenic Rim, we spend a day with Olympian Sally Pearson, while Karni Liddell saddles up for a horse ride in Byron Bay. | **G**  +GDOT19-049+ |

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| 15:30 | **The Zoo (R) ’CC’**  A frisky young elephant is on the hunt for a bachelor pad. Then, a baby koala is rescued from the Victorian bushfires. | **G**  +ZOOT3-004+ |

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| 16:00 | **The Zoo (R) ’CC’**  A francois langur baby is abandoned by her parents. Then, Bruiser the lion visits the dentist, and the rat renovation gets underway at Taronga. | **G**  +ZOOT3-005+ |

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| 16:30 | **Honey I Bought The House: Barbara And Doyin NEW EPISODE**  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)**  +HBTH01-003+ |

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| 17:30 | **Building The Dream: West Sussex (R)**  Charlie meets Ian and Steph Shaw, who are planning to build a fabulous family home, just outside Horsham, for themselves and their 5-year-old son Gabriel. | **G**  +BUTD01-004+ |

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| 18:30 | **World's Deadliest Weather: Caught On Camera (R) ’CC’**  Hurricane Harvey, the most powerful hurricane in a decade to strike the United States, rips a coastal town apart and dumps a once-in-a-thousand-years rainfall that drowns the city of Houston. | **PG (A)**  +WDWC02-002+ |

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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)**  +YORK06-006+ |

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| 20:30 | **Escape To The Country: Derbyshire NEW EPISODE**  Alistair Appleton is helping a couple and their young sons to quit London and make a new life and home in Derbyshire. | **G**  +ETTC24-022+ |

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| 21:30 | **Escape To The Country: Sussex (R)**  Jonnie Irwin is in Sussex with a house-hunting couple who hope their 650,000-pound budget will secure them their perfect rural retreat. | **G**  +ETTC23-027+ |

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| 22:30 | **Escape To The Country: Hampshire (R)**  Jonnie Irwin is on a multi-generational property mission to help a mother and son from London find rural harmony in the Hampshire countryside. | **G**  +ETTC23-028+ |

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| 23:30 | **Honey I Bought The House: Barbara And Doyin (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)**  +HBTH01-003+ |

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| 00:30 | **Escape To The Country: Derbyshire (R)**  Alistair Appleton is helping a couple and their young sons to quit London and make a new life and home in Derbyshire. | **G**  +ETTC24-022+ |

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| 01:30 | **The Great Australian Doorstep: New Zealand Motorhome Tour (R)**  We kick off in the most picturesque part of New Zealand the Marlborough Sounds before our ocean odyssey in Kaikoura with the whales, seals and an enormous amount of dolphins! | **PG**  +GRAD08-008+ |

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| 02:00 | **Intolerant Cooks: Ep 12 - All Spiced Up! (R)**  Join witty food intolerants as they create delicious recipes using fresh regional produce for those with food sensitivities. | **PG**  +INTC04-012+ |

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| 02:30 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-037+ |

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| 03:00 | **Creek To Coast: Reel Deep Charters (R) ’CC’**  Remote, untouched reef and fish that have never seen a lure, join Scotty on the fishing adventure of a lifetime. Five days in the middle of the coral sea on a 72-foot fishing boat. | **G**  +7CTC19-044+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 20 (R) ’CC’**  Bridget is on an iconic journey through Queensland's Gulf Savannah country, exploring the natural wonders and visiting Queensland's youngest gorge. | **G**  +7QWE19-020+ |

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| 04:00 | **The Great Day Out: GC and Beyond (R) ’CC’**  Tamsyn gets back to her running roots. Alastair is on a tantalising tour of the Scenic Rim, we spend a day with Olympian Sally Pearson, while Karni Liddell saddles up for a horse ride in Byron Bay. | **G**  +GDOT19-049+ |

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| 04:30 | **Travel Oz: Lake Eyre & Nongaloo (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV-009+ |

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| 05:15 | **Travel Oz: Marine Encounters (R) ’CC’**  Join Greg Grainger as he swims with turtles, whales and sharks and interacts with dolphins, dugongs and playful seals. | **PG**  +TRAV3-007+ |