**Sunday 26 January 2020**

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| 06:00 | **It Is Written: 500**  Religious program. | **PG (A)**  +IIWR20-004+ |

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

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| 07:00 | **Tomorrow's World: What Happens When You Die?**  Religious program. | **PG (A)**  +TOMW20-004+ |

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| 07:30 | **Leading The Way: We Preach Christ**  Religious program. | **PG**  +LWAY20-004+ |

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| 08:00 | **David Jeremiah: Everything You Need Tour, Pt. 2**  Religious program. | **PG (A)**  +DAJE20-004+ |

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| 08:30 | **Hour Of Power**  Religious program. | **PG**  +HOOP20-004+ |

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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**  +MTAB01-064+ |

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| 10:00 | **2020 Santos Tour Down Under: Women's Highlights ’CC’**  Not just a bike race, the Santos Tour Down Under is home to the largest Festival of Cycling in the southern hemisphere. | +TOUR20-015+ |

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| 11:00 | **2020 Santos Tour Down Under: Stage 6 ’CC’ LIVE**  The final stage will for the second year running take the riders on a 151.5km route from McLaren Vale to Willunga, Aldinga Beach and Tatachilla before tackling two climbs of dreaded Willunga Hill. | +TOUR20-008+ |

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| 15:30 | **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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| 16:00 | **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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| 17:00 | **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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| 18:00 | **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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| 19:00 | **Border Security - Australia's Front Line (R) ’CC’**  Officers inspect a package and are amazed at the lengths people will go to smuggle contraband. | **PG**  +BORD-125+ |

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| 19:30 | **Border Security - Australia's Front Line (R) ’CC’**  A strange bulge on a passenger's body raises suspicions. Then, there's a major problem with a shipment of cosmetics. Narrated by Grant Bowler. | **PG**  +BORD-126+ |

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| 20:00 | **Border Security - Australia's Front Line (R) ’CC’**  A passenger claims he is a lawyer, but has missed one detail in hiding his crime, and a purple passenger casts a spell on an Officer. Narrated by Grant Bowler. | **PG**  +BORD-127+ |

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| 20:30 | **Gold Coast Medical (R) ’CC’**  Doctors encounter a major problem while trying to save Tara's life - she literally has a time bomb ticking in her head. | **PG (A)**  +GMED01-008+ |

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| 21:30 | **Hospital (R) ’CC’**  This episode looks at pioneering treatments for some of the oldest and youngest patients in the hospital. | **PG (A)**  +LADW01-005+ |

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| 22:45 | **Air Crash Investigations: System Breakdown (R) ’CC’**  In-depth analysis of five aviation disasters reveals the steps taken to modernise communication in the skies - and avert further catastrophes. | **PG**  +MDAY6-004+ |

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| 23:45 | **Border Security - Australia's Front Line (R) ’CC’**  Officers inspect a package and are amazed at the lengths people will go to smuggle contraband. | **PG**  +BORD-125+ |

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| 00:15 | **Gold Coast Medical (R) ’CC’**  Doctors encounter a major problem while trying to save Tara's life - she literally has a time bomb ticking in her head. | **PG (A)**  +GMED01-008+ |

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| 01:30 | **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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| 02:00 | **Special: Heartbeat Of The Coral Coast - Part 1 (R) (1989)**  An entertaining and unique look at the fascinating Queensland coast from Brisbane to Port Douglas with Tony Gordon and Darren McDonald. Starring:DARREN MCDONALD,TONY GORDON | **G**  +AMS-499+ |

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| 03:00 | **My Greek Odyssey (R)**  Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, Season 2 takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG**  +MYGO02-001+ |

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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**  +MIDM4-067+ |

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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**  +MIDM4-068+ |

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| 05:00 | **Harry's Practice: Harry's Practice S1: Ep 162 (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-162+ |

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

**Monday 27 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**  +ZOMO02-056+ |

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| 07:30 | **Get Arty (R) ’CC’**  Create a pop art series inspired by nature, get beginner's tips on drawing landscapes, and pet portraits. | **C**  +ARFA01-023+ |

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| 08:00 | **Pipsqueaks: Dwellings & Rubbish (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-019+ |

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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**  +MIDM4-067+ |

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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**  +MIDM4-068+ |

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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. | +NBCT20-026+ |

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| 10:30 | **House Calls To The Rescue (R) ’CC’**  The building and gardening teams combine to rescue a family's backyard botch-up. Plus our treasure hunter finds a fortune in old movie posters. | **G**  +HSCL-017+ |

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| 11:30 | **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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| 12:30 | **Malaysia Kitchen (R)**  Alvin dives into a Malaysian melting pot of food and flavour, sharing his recipes for a beautiful herb-scented rice dish and mouth-watering sugared coconut crepes. | **G**  +MKIT01-001+ |

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| 13:00 | **Auction Squad (R) ’CC’**  The team focuses on dark rooms and giving a garden a lift as they transform a house into a lovely low maintenance seaside cottage. | **G**  +AUCS2-001+ |

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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**  +MIDM4-067+ |

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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**  +MIDM4-068+ |

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| 15:00 | **Harry's Practice: Harry's Practice S1: Ep 162 (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-162+ |

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| 15:30 | **Mighty Ships: USNS Robert E Peary (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-004+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  Despite a large crowd, auctioneer Jason Keen must use unusual negotiations to work the crowd for a reaction. Starring:BRAD TEAL,JASON KEEN,TIM HEAVYSIDE | **PG**  +UTHM-007+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  Business is booming for Franco and Lella so why are they suddenly at war? | **PG**  +RLSC-009+ |

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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)**  +YORK02-007+ |

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| 18:30 | **Bargain Hunt: Edinburgh 22 (R)**  Thomas Plant presents from the Royal Highland Centre, just outside Edinburgh, with experts Kate Bliss and Ben Cooper. | **G**  +BHUN44-025+ |

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| 19:30 | **Doc Martin: Uneasy Lies The Head (R)**  Dr. Martin Ellingham struggles to deal with Louisa's news, and is conflicted over what action to take. | **PG**  +DOCM4-002+ |

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| 20:30 | **The Inspector Lynley Mysteries: Missing Joseph (R)**  In an apparent tranquil Lancashire village Lynley investigates the mysterious poisoning of the vicar. Starring:ADAM GODLEY,CHARLOTTE SALT,JASON MERRELLS,LESLEY VICKERAGE,JOANNA DUNN,JOHN VINE,PIPPA HAYWARD | **M (V)**  +INLM-004+ |

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| 22:30 | **Air Crash Investigations: Cruel Skies (R) ’CC’**  Follow the essential work of the US Aviation Weather Centre, which plays a vital role in protecting planes from potentially lethal weather. | **PG**  +MDAY6-005+ |

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| 23:30 | **Mighty Ships: USNS Robert E Peary (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-004+ |

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| 00:30 | **The Real Seachange (R) ’CC’**  Business is booming for Franco and Lella so why are they suddenly at war? | **PG**  +RLSC-009+ |

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| 01:00 | **Doc Martin: Uneasy Lies The Head (R)**  Dr. Martin Ellingham struggles to deal with Louisa's news, and is conflicted over what action to take. | **PG**  +DOCM4-002+ |

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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)**  +YORK02-007+ |

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| 03:00 | **Bargain Hunt: Edinburgh 22 (R)**  Thomas Plant presents from the Royal Highland Centre, just outside Edinburgh, with experts Kate Bliss and Ben Cooper. | **G**  +BHUN44-025+ |

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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**  +MIDM4-069+ |

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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**  +MIDM4-070+ |

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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-163+ |

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| 05:30 | **Under The Hammer (R) ’CC’**  Despite a large crowd, auctioneer Jason Keen must use unusual negotiations to work the crowd for a reaction. Starring:BRAD TEAL,JASON KEEN,TIM HEAVYSIDE | **PG**  +UTHM-007+ |

**Tuesday 28 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**  +ZOMO02-057+ |

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| 07:30 | **Get Arty (R) ’CC’**  Make your own earrings, create a colourful headband, and design t-shirt prints. If you love making art you can wear, then don't miss this episode of Get Arty. | **C**  +ARFA01-024+ |

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| 08:00 | **Pipsqueaks: Rotten & Story Making (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-020+ |

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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**  +MIDM4-069+ |

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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**  +MIDM4-070+ |

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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. | +NBCT20-027+ |

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| 12:00 | **SA Weekender (R) ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-037+ |

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| 12:30 | **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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| 13:00 | **Auction Squad (R) ’CC’**  A faded family home soon becomes alive as the team turns a rundown front yard with a drab driveway into a garden with a soft welcoming feel. | **G**  +AUCS2-002+ |

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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**  +MIDM4-069+ |

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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**  +MIDM4-070+ |

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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-163+ |

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| 15:30 | **Mighty Ships: Stena Britannica (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-005+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  A homeowner auctions off an investment property so she can be reunited with her husband in Bahrain. What will the first bid offer? Starring:FRANK RUFFO,MATHEW COX,TIM HEAVYSIDE | **PG**  +UTHM-008+ |

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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. | **PG**  +RLSC-010+ |

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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,S,L)**  +YORK02-008+ |

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| 18:30 | **Bargain Hunt: CarMarthen 30 (R)**  Christina Trevanion and the team are in Cardiff. The reds and blues battle it out around Jacobs antiques market with experts Richard Madley and Caroline Hawley. | **G**  +BHUN44-026+ |

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| 19:30 | **Cold Case: Hitchhiker (R) ’CC’**  Rush reopens the case of a hitchhiker found murdered in 1997 near Atlantic City, New Jersey. | **M (V)**  +COLC01-010+ |

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| 20:30 | **Without A Trace: Are You Now Or Have You Ever Been ..... ’CC’**  Jack finds himself at the center of an investigation into how missing persons cases have been handled, including such controversial cases as that of Graham Spaulding, the accused pedophile. | **M (A)**  +WIAT01-021+ |

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| 21:30 | **Without A Trace: Fallout, Pt. 1 ’CC’**  Jack and his team search for an office worker, Sydney Harrison, who disappeared from her building. Within hours of Sydney going missing, her employers receive a ransom note via e-mail demanding money. | **M (A)**  +WIAT01-022+ |

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| 22:30 | **Criminal Confessions: Baton Rouge (R) ’CC’**  Women are found brutally murdered and panic strikes Baton Rouge; the city suspects a serial killer is on the loose. Detectives lead investigators to an unlikely suspect hiding a dark secret. | **M (A,V,L)**  +CCON01-003+ |

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| 23:30 | **Mighty Ships: Stena Britannica (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-005+ |

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| 00:30 | **The Real Seachange (R) ’CC’**  See families, couples and singles quit their jobs, sell their houses and take the biggest risk of their lives. | **PG**  +RLSC-010+ |

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| 01:00 | **TBA:** | ++ |

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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,S,L)**  +YORK02-008+ |

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| 03:00 | **Bargain Hunt: CarMarthen 30 (R)**  Christina Trevanion and the team are in Cardiff. The reds and blues battle it out around Jacobs antiques market with experts Richard Madley and Caroline Hawley. | **G**  +BHUN44-026+ |

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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**  +MIDM4-071+ |

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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-164+ |

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

**Wednesday 29 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**  +ZOMO02-058+ |

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| 07:30 | **Get Arty (R) ’CC’**  It's all about animals in this episode of Get Arty. Create butterfly cupcakes, paint watercolour insects and learn how to draw the mysterious drop bear! | **C**  +ARFA01-025+ |

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| 08:00 | **Pipsqueaks: Teeth & Shapes (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-021+ |

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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**  +MIDM4-071+ |

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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**  +MIDM4-072+ |

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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. | +NBCT20-028+ |

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| 12:00 | **Queensland Weekender: Best Life (R) ’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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| 12:30 | **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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| 13:00 | **Auction Squad (R) ’CC’**  The Auction Squad team transform a rundown three storey inner city terrace. | **G**  +AUCS2-003+ |

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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**  +MIDM4-071+ |

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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**  +MIDM4-072+ |

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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-164+ |

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| 15:30 | **Mighty Ships: CCGS Amundsen (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-006+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  Art curator, Joycelin, leaves her family's financial future in the hands of a friend and rookie agent. Will the risk pay off for Joycelin? Starring:ADRIAN BUTERA,FRANK RUFFO,MARTY RANKIN,KUMI MIRANDA | **PG**  +UTHM-009+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  Tim's ordeal is finally over, but life on the road will test him. Meanwhile, John and Julie's hopes for a stress-free sea change are dashed. | **G**  +RLSC-011+ |

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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,S)**  +YORK02-009+ |

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| 18:30 | **Bargain Hunt: Southwell 27 (R)**  Anita Manning presents as the hunt for bargains heads to Southwell racecourse. Antiques experts Mark Stacey and Raj Bisram are on hand to help out the teams. | **G**  +BHUN44-027+ |

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| 19:30 | **Border Security - Australia's Front Line: C Squadron: Australia's Front Line In Afghanistan (R) ’CC’**  For the first time follow Border Security as we accompany the brave soldiers of C Squadron as they embark on a tour of duty to Afghanistan. | **PG (L)**  +BORD-116+ |

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| 20:30 | **Criminal Minds: Lucky Strikes (R) ’CC’**  When Garcia experiences anxiety over a case that's personal to her from her past, Morgan visits to lend emotional support. | **M (A,V)**  +CRMD13-005+ |

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| 21:30 | **Criminal Minds: The Bunker (R) ’CC’**  When several women go missing in Virginia, the BAU must figure out what they have in common in order to find them. | **M (A,V)**  +CRMD13-006+ |

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| 22:30 | **Criminal Minds: Tabula Rasa (R) ’CC’**  The team uses brain fingerprinting to question a suspected serial killer who wakes up after four years in a coma. | **M**  +CRMD3-019+ |

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| 23:30 | **Border Security - Australia's Front Line: C Squadron: Australia's Front Line In Afghanistan (R) ’CC’**  For the first time follow Border Security as we accompany the brave soldiers of C Squadron as they embark on a tour of duty to Afghanistan. | **PG (L)**  +BORD-116+ |

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| 00:30 | **Mighty Ships: CCGS Amundsen (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS04-006+ |

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| 01:30 | **The Real Seachange (R) ’CC’**  Tim's ordeal is finally over, but life on the road will test him. Meanwhile, John and Julie's hopes for a stress-free sea change are dashed. | **G**  +RLSC-011+ |

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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**  +MIDM4-073+ |

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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**  +MIDM4-074+ |

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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-165+ |

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| 05:30 | **Under The Hammer (R) ’CC’**  Art curator, Joycelin, leaves her family's financial future in the hands of a friend and rookie agent. Will the risk pay off for Joycelin? Starring:ADRIAN BUTERA,FRANK RUFFO,KUMI MIRANDA,MARTY RANKIN | **PG**  +UTHM-009+ |

**Thursday 30 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**  +ZOMO02-059+ |

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| 07:30 | **Get Arty (R) ’CC’**  Make crazy creatures from clay, draw an octopus pirate and meet an artist whose paintings are as tall as a building. | **C**  +ARFA01-026+ |

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| 08:00 | **Pipsqueaks: Planes & Robots (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-022+ |

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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**  +MIDM4-073+ |

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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**  +MIDM4-074+ |

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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. | +NBCT20-029+ |

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| 12:00 | **My Greek Odyssey (R)**  Continuing Peter Maneas' goal of stepping foot on all 227 inhabited Greek islands, Season 2 takes us to a diverse mix of destinations, some frequently explored, others few have ever visited. | **PG**  +MYGO02-001+ |

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| 13:00 | **Auction Squad (R) ’CC’**  The team restore a gracious old semi back to its former federation glory. | **G**  +AUCS2-004+ |

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| 14:00 | **Million Dollar Minute (R) ’CC’**  Million Dollar Minute is a battle of general knowledge, where every correct answer is a step closer to the ultimate test: Can one person, in one minute, win one million dollars? Hosted by Simon Reeve. | **G**  +MIDM4-073+ |

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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**  +MIDM4-074+ |

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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-165+ |

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| 15:30 | **Mighty Ships: Epic (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS05-001+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  A couple are selling their compact home for a larger house, but the market has cooled and they need to sell as soon as possible. Starring:AMY OMARA,ANDREW LUTZE,SHARLENE PURSER,GREG SCHERWINSKI | **PG**  +UTHM-010+ |

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| 17:00 | **The Real Seachange (R) ’CC’**  Newlyweds Frazer and Pip are reunited on Norfolk Island. David sold his Sydney factory for a small vineyard, but was it worth the risk? | **G**  +RLSC-012+ |

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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,S)**  +YORK02-010+ |

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| 18:30 | **Bargain Hunt: Carmarthen 31 (R)**  With Christina Trevanion at the helm, the teams scour a fair at the National Botanic Gardens of Wales in pursuit of profits. | **G**  +BHUN44-028+ |

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| 19:30 | **Father Brown: The Man In The Shadows (R) ’CC’**  Lady Felicia's chauffeur Sid sees a man disposing of a body but the police claim that the dead man, Archie Waterson, drowned himself and warn Sid to say nothing. | **M (V,A)**  +FBRO03-001+ |

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| 20:30 | **Judge John Deed: Nobody's Fool (R)**  Deed is trying a case in which an argumentative young lawyer, Ed Hay, tries to represent himself and his two younger siblings - all accused of conspiring with a burglar to murder their parents. Starring:ALEX NOODLE,AMY MARSTON | **M (A)**  +JJD2-003+ |

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| 22:30 | **Jonathan Creek: The Problem At Gallows Gate - Part 2 (R)**  How can a man who apparently committed suicide be seen killing a woman three weeks later..? Jonathan and Maddy investigate. Starring:ALAN DAVIES,CAROLINE QUENTIN | **M (A)**  +JNTC2-005+ |

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| 23:30 | **Mighty Ships: Epic (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS05-001+ |

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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. | **MA**  +CMCF02-002+ |

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| 01:00 | **Father Brown: The Man In The Shadows (R) ’CC’**  Lady Felicia's chauffeur Sid sees a man disposing of a body but the police claim that the dead man, Archie Waterson, drowned himself and warn Sid to say nothing. | **M (V,A)**  +FBRO03-001+ |

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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,S)**  +YORK02-010+ |

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| 03:00 | **Bargain Hunt: Carmarthen 31 (R)**  With Christina Trevanion at the helm, the teams scour a fair at the National Botanic Gardens of Wales in pursuit of profits. | **G**  +BHUN44-028+ |

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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**  +MIDM4-075+ |

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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**  +MIDM4-076+ |

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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-166+ |

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

**Friday 31 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**  +ZOMO02-060+ |

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| 07:30 | **Get Arty (R) ’CC’**  Turn yourself into a magical unicorn with a complete hair and make-up tutorial, turn ribbons and wire into a pot of cactuses, and meet drawer Vernon Ah Kee. | **C**  +ARFA01-027+ |

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| 08:00 | **Pipsqueaks: Big & Movement (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-023+ |

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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**  +MIDM4-075+ |

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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**  +MIDM4-076+ |

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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. | +NBCT20-030+ |

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| 12:00 | **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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| 12:30 | **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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| 13:00 | **Auction Squad (R) ’CC’**  The team renovate a city cottage by creating a third bedroom and adding much needed off street parking. | **G**  +AUCS2-005+ |

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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**  +MIDM4-075+ |

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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**  +MIDM4-076+ |

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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-166+ |

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| 15:30 | **Mighty Ships: North Star (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS05-002+ |

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| 16:30 | **Under The Hammer (R) ’CC’**  Jules and Henrik are struggling to buy a home until Jules' father offers financial help - but with strings attached. Then, Katia juggles two auctions on the same day as she hopes to sell and buy. | **PG**  +UTHM2-001+ |

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| 17:00 | **The Yorkshire Vet in Autumn (R)**  Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A)**  +YORK03-001+ |

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| 18:00 | **Bargain Hunt: Edinburgh 23 (R)**  Thomas Plant presents from the Royal Highland Centre, just outside Edinburgh. | **G**  +BHUN44-029+ |

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| 19:00 | **Better Homes And Gardens Summer: Summer Series ’CC’**  Details TBC. | **G**  +BHGS16-010+ |

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| 20:30 | **Martin Clunes: Horsepower: Martin Clunes: Horsepower (R) (2009)**  Join Martin Clunes as he travels to some of the most spectacular places in the world to unlock the secrets of man's partnership with horses. Starring:JEAN FRANCOIS PIGNON,FRANKIE DETTORI,MARTIN CLUNES,LAURA LEE,LUCA CUMANI,MONTY ROBERTS,USKO USKO | **PG**  +ITVS-001+ |

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| 21:30 | **Tales From The Coast With Robson Green: North Devon (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. | **PG (L)**  +TALE01-001+ |

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| 22:30 | **Selling Houses Australia: D.I.Y. Disaster (R) ’CC’**  A couple try to fix up their home so they can sell it and leave, after the tragic loss of their son during pregnancy. | **G**  +SEHO05-007+ |

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| 23:30 | **Pie In The Sky: Dead Right (R)**  A psychic medium has been receiving hate mail and, as she has helped the police in the past, Fisher asks Henry to investigate. | **PG**  +PIES2-005+ |

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| 00:30 | **Mighty Ships: North Star (R)**  Climb aboard for an exclusive look at some of the coolest working vessels in the world. | **PG**  +MTYS05-002+ |

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| 01:45 | **The Yorkshire Vet in Autumn (R)**  Set in Autumn, watch as everything from hedgehogs to squirrels come into the vets, and follow the animals getting ready for a healthy winter hibernation. | **PG (A)**  +YORK03-001+ |

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| 03:00 | **Bargain Hunt: Edinburgh 23 (R)**  Thomas Plant presents from the Royal Highland Centre, just outside Edinburgh. | **G**  +BHUN44-029+ |

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| 04:00 | **Under The Hammer (R) ’CC’**  Jules and Henrik are struggling to buy a home until Jules' father offers financial help - but with strings attached. Then, Katia juggles two auctions on the same day as she hopes to sell and buy. | **PG**  +UTHM2-001+ |

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| 04:30 | **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. | **MA**  +CMCF02-002+ |

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| 05:00 | **Special: Heartbeat Of The Coral Coast - Part 1 (R) (1989)**  An entertaining and unique look at the fascinating Queensland coast from Brisbane to Port Douglas with Tony Gordon and Darren McDonald. Starring:DARREN MCDONALD,TONY GORDON | **G**  +AMS-499+ |

**Saturday 01 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: Secrets Of Canberra (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV-010+ |

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| 08:45 | **Travel Oz: Charlotte Plains (R) ’CC’**  This week, Greg visits an outback Queensland sheep property, heads off on an expedition to raise money for cancer research and meets Australia's True Blue performer, John Williamson. | **PG**  +TRAV3-008+ |

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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. | +NBCT20-031+ |

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| 11:30 | **House Calls To The Rescue (R) ’CC’**  The building and gardening teams combine to rescue a family's backyard botch-up. Plus our treasure hunter finds a fortune in old movie posters. | **G**  +HSCL-017+ |

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| 12:30 | **2020 Cadel Evan's Great Ocean Road Race - Elite Women: 2020 Cadel Evan's Great Ocean Road Race - Elite Women ’CC’ (2020) LIVE**  The Cadel Evans Great Ocean Road Race Event will deliver cycling action and entertainment for sports fans, cycling enthusiasts, spectators, families and the local community. | +SPSP20-001+ |

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| 16:00 | **The Zoo (R) ’CC’**  A potentially deadly hyena birth is caught on camera, a giraffe faces a medical mystery and a baby quokka faces life as an orphan. Narrated by | **G**  +ZOOT3-008+ |

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| 16:30 | **Honey I Bought The House: Mike And Andrew**  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)**  +HBTH01-004+ |

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| 17:30 | **Building The Dream: West Wales (R)**  Charlie's heading to Wales in today's programme to meet Josh and Rhian Cooper. They're planning to knock down a sad 1960s detached home and replace with stylish home high on the cliffs. | **PG**  +BUTD01-005+ |

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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)**  +YORK01-003+ |

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| 19:30 | **The Yorkshire Vet**  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,S)**  +YORK06-007+ |

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| 20:30 | **Escape To The Country: Cornwall**  Nicki Chapman heads to Cornwall on a property search with a couple who have realised their dream of starting their married life together near the Cornish coast. | **G**  +ETTC24-023+ |

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| 21:30 | **Escape To The Country: Shropshire (R)**  Alistair Appleton is house hunting with a soon-to-be-married couple who have 470,000-pounds to start a new life in rural Shropshire. | **G**  +ETTC23-029+ |

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| 22:30 | **Escape To The Country: Devon (R)**  Jonnie Irwin is tasked with helping a nomadic couple find their sixteenth home. They have 500,000-pounds to find a picturesque property near the Devon coast. | **G**  +ETTC23-030+ |

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| 23:30 | **Honey I Bought The House: Mike And Andrew (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)**  +HBTH01-004+ |

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| 00:30 | **Escape To The Country: Cornwall (R)**  Nicki Chapman heads to Cornwall on a property search with a couple who have realised their dream of starting their married life together near the Cornish coast. | **G**  +ETTC24-023+ |

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| 01:30 | **The Great Australian Doorstep: New Zealand Motorhome Tour (R)**  We finish our New Zealand motorhome tour with an open air double decker bus tour of Christchurch's earthquake ravaged CBD before finishing off in the breathtaking Milford Sound and Queenstown. | **PG**  +GRAD08-009+ |

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| 02:00 | **Malaysia Kitchen (R)**  Alvin dives into a Malaysian melting pot of food and flavour, sharing his recipes for a beautiful herb-scented rice dish and mouth-watering sugared coconut crepes. | **G**  +MKIT01-001+ |

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| 02:30 | **SA Weekender ’CC’**  Showcasing the best South Australian destinations, attractions and experiences every Sunday afternoon. | **G**  +SAWE19-038+ |

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| 03:00 | **Creek To Coast: Town to Port (R) ’CC’**  Scotty is caravanning from Townville to Port Douglas, along the way meeting great people, discovering amazing food and exploring stunning locations. | **G**  +7CTC19-045+ |

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| 03:30 | **Queensland Weekender: Queensland Weekender 2019 Ep: 21 (R) ’CC’**  Mel discovers true island life on Daydream Island in Tropical North Queensland. | **G**  +7QWE19-021+ |

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| 04:00 | **The Great Day Out: Quaint Escapes ’CC’**  Courtney visits a country town, south of Toowoomba, Alastair checks out the newest and healthiest foodie trend while Billy is relaxing at a luxury island escape where celebrities have stayed. | **G**  +GDOT19-050+ |

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| 04:30 | **Travel Oz: Secrets Of Canberra (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV-010+ |

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| 05:15 | **Travel Oz: Charlotte Plains (R) ’CC’**  This week, Greg visits an outback Queensland sheep property, heads off on an expedition to raise money for cancer research and meets Australia's True Blue performer, John Williamson. | **PG**  +TRAV3-008+ |