



SYDNEY PROGRAM GUIDE

Sunday 27th April 2014

06:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.

07:00 am **NASCAR Sprint Cup Highlights** (Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

08:00 am **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

08:30 am **NASCAR Sprint Cup**

LIVE

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm **Escape With ET** (Rpt)

CC

SEASON FINALE

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

01:30 pm **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:55 pm **Movie: The Gods Must Be Crazy II** (Rpt) (1989)

PG
Some Violence,
Some Coarse
Language

MOVIE

Xixo is back again. This time, his children accidentally stow away on a fast-moving poachers' truck, unable to get off, and Xixo sets out to rescue them.

Starring: N!xau , Lena Farugia, Hans Strydom, Eiros , Nadies

04:00 pm **Adventure Angler**

G

NEW EPISODE

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.



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Sunday 27th April 2014

05:00 pm What's Up Down Under (Rpt) CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm Temporary Australians (Rpt) PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

06:00 pm M*A*S*H (Rpt) PG

Divided We Stand

Brought on by Frank and Margaret's negative reports, General Clayton assigns a psychiatrist, Captain Hildebrand, to examine the 4077th M*A*S*H unit.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm Reel Rock PG
Some Coarse Language

NEW EPISODE

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm Million Dollar Catch (Rpt) PG
Some Coarse Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

07:30 pm The Ride: East Coast

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

08:30 pm Bondi Rescue (Rpt) CC PG
Some Coarse Language,
Medical Procedures

A man with a deep stab wound to his leg is unable to tell Terry and Deano just how it happened. Meanwhile, following a collision, a body surfer is brought to shore with no feeling in his arms or legs.

09:00 pm Bondi Rescue - Encore CC PG
Some Coarse Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi identity and body builder, Dimitri breaks both legs after he plunges off the cliff at North Bondi. Lifeguards investigate the incident but the question plaguing everyone is: why did he fall?



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Sunday 27th April 2014

09:30 pm **Movie: GI Joe: Rise Of The Cobra**
(Rpt) (2009)

M
Some Violence

MOVIE

An elite military unit comprised of special operatives known as G.I. Joe, operating out of The Pit, takes on an evil organisation led by a notorious arms dealer.

Starring: Channing Tatum, Joseph Gordon-Levitt, Marlon Wayans, Sienna Miller, Dennis Quaid, Karolina Kurkova, Adewale Akinnuoye-Agbaje, Christopher Eccleston, Jonathan Pryce, Leo Howard

11:55 pm **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

12:55 am **Ross Kemp On Gangs** (Rpt)

MA15+
Some Coarse
Language,
Drug Use

St Louis

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

01:55 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:25 am **Tom Cruise Drives An F1 Car** (Rpt)

G

Tom Cruise Drives An F1 Car

02:30 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Pre Show

Greg Rust and Daryl Beattie bring you all of the latest MotoGP news before we go green in Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

03:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

04:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Post Show

Our expert commentators Greg Rust and Daryl Beattie bring you all of the latest news and results as they wrap up race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.



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05:00 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

05:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.



SYDNEY PROGRAM GUIDE

Monday 28th April 2014

06:00 am Home Shopping

06:30 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

07:30 am Home Shopping

08:00 am Rugby Classic Matches (Rpt)

Autumn International 2001: England V Australia

Relive the 2001 Autumn International between England and Australia at Twickenham in London.

10:00 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

It's Valentine's Day on the ranch and the contestants are ushered into a room full of chocolate candies for a holiday-themed temptation.

02:00 pm Frontiers Of Construction (Rpt)

PG

Buildings That Kill

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



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Monday 28th April 2014

04:00 pm **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

05:00 pm **I Fish** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H** (Rpt)

PG

5 O'clock Charlie

An inept North Korean pilot, known as "5 O'Clock Charlie" makes his daily attempt to bomb the ammo dump.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H** (Rpt)

PG

Radar's Report

Radar writes the weekly activity report. Elsewhere, Hawkeye operates on a wounded prisoner who grabs a scalpel and attacks the doctors.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **World's Toughest Trucker** (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

08:00 pm **Flip Men** (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

08:30 pm **Undercover Boss**

PG

NEW EPISODE

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

09:30 pm **Hell's Kitchen**

M
Sexual References,
Some Coarse
Language

NEW EPISODE

The chefs are presented with a challenge that requires them to cook dishes involving cuts of pork. The losing team is made to clean pigs, while the winners enjoy a day of relaxation at a spa.



SYDNEY PROGRAM GUIDE

Monday 28th April 2014

NEW EPISODE

10:30 pm Hell's Kitchen

M
Some Coarse
Language

The chefs are tasked with a challenge requiring them to create dishes using the classic mother sauces. The winners are treated to a day at the pub, while the losers have to clean the kitchens.

11:30 pm The Project Encore (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am Blokesworld (Rpt)

MA15+
Sexual References,
Nudity

The guys continue on their 8 day ride in the north of Vietnam. Back home, we have Burnout Love Dedications, Bloke of the Week, Russell Mark and Felicity competes in Miss Downunder.

01:00 am The Sketch Show (Rpt)

PG
Sexual References,
Some Coarse
Language

The Sketch Show is a British television sketch comedy program, featuring many leading British comedians. The show is full of fast paced quirky, wacky, and ridiculous off the wall British humour.

01:30 am Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

02:00 am Trick My Truck (Rpt)

G

Robert LaGrange got into trucking following a successful naval career aboard a nuclear submarine. The boys drop in on Robert and transform his 2001 Freightliner into a truck that would make any sailor proud.

02:30 am Fight Master MMA (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

03:30 am Dirty Great Machines (Rpt)

G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.



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05:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.



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Tuesday 29th April 2014

06:00 am Home Shopping

06:30 am NASCAR Sprint Cup Highlights (Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

07:30 am Home Shopping

08:00 am 2014 Tudor United Sportscar Championship (Rpt)

REPLAY

R3 Grand Prix Of Long Beach

Two classes of the most advanced, exotic sports cars on the planet battle it out in a 100-minute shootout featuring suspenseful passes, driver changes and battles for position in almost every corner.

10:00 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

10:30 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

11:00 am Million Dollar Catch (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

11:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The two teams of contestants are all tied up this week - literally - in a rope challenge in which teamwork will determine which group of players will get to use the gym this week.

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



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03:00 pm	Whose Line Is It Anyway? (Rpt)	PG	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References, Mild Coarse Language	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>The Wax Max</u> Max and 99 enjoy their day off at an amusement park. Little do they realise that the amusement park is actually a Kaos drop-off place for secret messages. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	Fishing Edge (Rpt)	G	Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>For The Good Of The Outfit</u> Hawkeye and Trapper want the army to admit responsibility for the accidental bombing of a local village. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Dr. Pierce And Mr. Hyde</u> Hawkeye has been in non-stop surgery for three straight days without sleep, and the wounded keep coming. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



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Tuesday 29th April 2014

07:00 pm COPS

07:30 pm The Indestructibles

08:30 pm COPS: Adults Only

09:00 pm COPS: Adults Only (Rpt)

09:30 pm Ross Kemp On Gangs (Rpt)

10:30 pm Super Rugby Extra Time

11:30 pm The Project Encore (Rpt)

12:30 am Bellator MMA (Rpt)

02:30 am COPS: Adults Only (Rpt)

03:00 am COPS: Adults Only (Rpt)

SERIES PREMIERE

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

M
Realistic Violence,
Some Coarse
Language

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.



SYDNEY PROGRAM GUIDE

Tuesday 29th April 2014

03:30 am **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

04:30 am **Temporary Australians** (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

05:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

G

Bob Paisley

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



SYDNEY PROGRAM GUIDE

Wednesday 30th April 2014

06:00 am Home Shopping

06:30 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:30 am Home Shopping

08:00 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 am Omnisport (Rpt)

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10:00 am Trick My Truck (Rpt)

PG

Catch the cast of Trick My Truck at their finest as they trick Robert Pike's battered Kenworth into a mobile fortress that no one will want to mess with.

10:30 am Temporary Australians (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

11:00 am The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The challenge will be a ball challenge. The winning team gets a big advantage during the weigh-in, where the one who will fall in the red line and the yellow line will be sent home.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The contestants are excited to hear from host Alison Sweeney that they will all be going home for two weeks.



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Wednesday 30th April 2014

02:00 pm	World's Toughest Trucker (Rpt)	PG Some Coarse Language	<u>The Amazon Jungle</u> The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.
03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>Operation Ridiculous</u> Max and 99 are called into the Chief's office. He tells them 'Weeknews' magazine is doing a story on Control. Mr Fitzmaurice wants to accompany the two Control agents on a case for his story. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Kim</u> Hawkeye operates on a 5-year old Korean boy and Radar can't find his family. Henry plans to send him to the orphanage and the camp enjoys his company while they can. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>L.I.P. (Local Indigenous Personnel)</u> Corporal Walker is being sent home and he wants to marry his Korean girl so she and their baby can return with him. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG Mild Violence	<u>Gloves Off</u> Peter sends Neal undercover as a Wall Street stock trader where he discovers a White Collar boxing ring where traders fight for insider information. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen



SYDNEY PROGRAM GUIDE

Wednesday 30th April 2014

08:30 pm **Burn Notice**

M
Some Violence

ALL NEW EPISODES

Bitter Pill

James needs Michael's help to protect a Middle Eastern diplomat at an economic conference, but the team are unable to prevent him from being poisoned.

Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Sharon Gless, Jack Coleman

Guest Starring: John Pyper-Ferguson, David Meunier

09:30 pm **Sons Of Anarchy**

AV15+
Strong Violence,
Sexual References

ALL NEW EPISODES

Crucified

After confronting Juice about his betrayal of the club, Jax offers him a path to redemption. However, avenging Opie's death is hard as the perpetrators are under the protection of the Grim Bastards.

Starring: Charlie Hunnam, Katey Sagal, Ron Perlman, Jimmy Smits, Mark Boone Junior, Tommy Flanagan, Kim Coates, Theo Rossi

10:45 pm **Breakout Kings**

M
Some Violence

ALL NEW EPISODES

Round Two

A gang of vicious criminals escape prison via an underground tunnel. The Breakout Kings find themselves cooperating with the FBI after learning one of the gang members is actually an undercover agent.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:45 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Gibtown

A woman's body is found in a baby stroller in an area where the people are descendants of sideshow people. Jim is on the case to find who killed the woman.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:45 am **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:45 am **Australian Rally Championships (Rpt)**

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

02:45 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

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PG
Some Coarse
Language

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05:30 am **Football's Greatest Managers** (Rpt)

PG

Sir Alex Ferguson

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



SYDNEY PROGRAM GUIDE

Thursday 01st May 2014

06:00 am Home Shopping

06:30 am Men's Health Survival Of The Fittest (Rpt) G

Men's Health Survival Of The Fittest

Survival of the Fittest is packing a colossal 10 kilometre urban assault course in each host city for 2014, Men's Health Survival of the Fittest is Britain's biggest adventure running series.

07:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

07:30 am Home Shopping

08:00 am MotoGP 2014 (Rpt)

REPLAY

Race 3 Argentina

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11:30 am Flip Men (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The teams pick captains and only two members from the team can work with trainers. A mud-pit challenge tests the balance of the contestants and a pop challenge uses cakes!

02:00 pm Undercover Boss (Rpt)

PG

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.



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Thursday 01st May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Spy, Spy, Birdie
Albert Pfister starts to blow up the world using his new silent explosive.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H (Rpt)** PG
The Trial Of Henry Blake
Majors Houlihan and Burns press charges against Colonel Blake to get him arrested, put Frank in charge and put Hawkeye and Trapper under arrest so that they can't help him.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Dear Dad... Three
Once more Hawkeye writes home to his father. Meanwhile, the doctors operate on a soldier with a grenade shot into his body.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**



SYDNEY PROGRAM GUIDE

Thursday 01st May 2014

07:30 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:00 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:30 pm **Movie: Flying High (Rpt) (1980)**

CC M
WS Sexual References

After the entire crew aboard an airplane suddenly fall ill, the only person capable of landing the plane is an ex-war pilot.

Starring: Leslie Nielsen, Lloyd Bridges, Julie Hagerty, Peter Graves, Robert Hays, Barbara Billingsley

10:20 pm **Fast Forward (Rpt)**

M
Sexual References

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

11:20 pm **Blokesworld**

NEW EPISODE

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

11:50 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **Hounds (Rpt)**

M
Sexual References,
Some Coarse
Language

Marty is sentenced to community service; Will takes a new job in retail; Lily tries to get their new dog back on track after the hound is brutalised by Holden's dog.

Starring: Toby Sharpe, Mick Innes



SYDNEY PROGRAM GUIDE

Thursday 01st May 2014

01:20 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

01:50 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.



SYDNEY PROGRAM GUIDE

Friday 02nd May 2014

06:00 am Home Shopping

06:30 am Dirty Great Machines (Rpt) G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.

07:30 am Home Shopping

08:00 am The List (Rpt)

The List - Frantic Finishes

In NASCAR the only road to victory lane runs through the finish line. The drivers of NASCAR have given us many a thrilling finish. Here is our list of the top 10 finishes of all time.

08:30 am NASCAR Nationwide Series Highlights

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

09:30 am NASCAR Sprint Cup Highlights

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.

10:30 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

Curtis Stone and Lorena Garcia from "America's Next Great Restaurant" judge a cooking challenge as the contestants need to make a healthy meal.

02:00 pm The Indestructibles (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?



SYDNEY PROGRAM GUIDE

Friday 02nd May 2014

03:00 pm **Whose Line Is It Anyway?** (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm **Whose Line Is It Anyway?** (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm **Get Smart** (Rpt)

PG

Run, Robot, Run

KAOS agents disrupt an international track meet by injuring the U.S. athletes.

Starring: Don Adams, Barbara Feldon, Edward Platt

04:30 pm **COPS**

05:00 pm **I Fish** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H** (Rpt)

PG

The Sniper

A lone sniper has the 4077th pinned down, including Radar and Henry in the shower.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H** (Rpt)

PG

Carry On Hawkeye

The camp succumbs to the Asian flu, except for Hawkeye and Margaret, who have to do everything themselves.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **COPS**

Friday 02nd May 2014

07:30 pm Frontiers Of Construction (Rpt)	G	<u>Dying For A Job</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm Frontiers Of Construction (Rpt)	G	<u>Building For Gold</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
MOVIE PREMIERE			
09:30 pm Movie: Beautiful (2009)	AV15+ Strong Violence, Some Coarse Language	After another teenager disappears from idyllic Sunshine Hills, Suzy, the girl-next-door of every boy's dreams, persuades Daniel, a 14 year old with an obsessive crush, to help her uncover the truth.	Starring: Tahyna Tozzi, Sebastian Gregory, Asher Keddie, Aaron Jeffery, Peta Wilson, Socratis Otto
SEASON PREMIERE			
11:40 pm The League	MA15+ Sexual References	<u>The Bachelor Draft</u>	The League travels to Los Angeles for Andre and Trixie's destination wedding. Meanwhile, Ruxin refuses to do his Sacko punishments and Shiva Champion Ted has a few surprises for everyone at the draft.
12:10 am The Project Encore (Rpt)	CC		Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.
01:10 am Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language		Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.
03:10 am Fight Master MMA (Rpt)	M Realistic Violence, Some Coarse Language		MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.
04:10 am Flip Men (Rpt)	PG Some Coarse Language	<u>Mystery House</u>	A house that needs minor work becomes a problem when the former owner returns unexpectedly.



SYDNEY PROGRAM GUIDE

Friday 02nd May 2014

04:40 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

05:10 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am Football's Greatest Managers (Rpt)

PG

Jose Mourinho

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



SYDNEY PROGRAM GUIDE

Saturday 03rd May 2014

06:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:00 am NASCAR Sprint Cup Qualifying

Race 9: Toyota Owners 400 @ Richmond-Qualifying

Who will claim pole position in qualifying ahead of race 9 from the Richmond International Raceway.

08:30 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:00 pm World Series Sprintcars

Wss Perth Final Night 1

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's West Coast

Explore Tasmania's wild and windswept west coast by 4WD. Join Pat Callinan for sports adventure at its peak.

03:00 pm Trick My Truck (Rpt) G

Rod, Kevin and the rest of the team turn a 99 International into a tribute to the owner's late mother on the outside, and a baseball lover's paradise on the inside.

03:30 pm Car Torque (Rpt) CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Frontiers Of Construction (Rpt) G

Building For Gold

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

05:00 pm Wild Racers PG

NEW EPISODE

The sixth and final round of The Adventure Racing World Series continues in Switzerland exposing the athletes to a natural landscape unlike that which they have faced in any previous rounds. Who will claim victory in the final round?



SYDNEY PROGRAM GUIDE

Saturday 03rd May 2014

05:30 pm **Reel Rock** (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

06:00 pm **Trick My Truck** (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Dirty Great Machines** (Rpt)

G

Dirty Great Machines is a documentary series which takes a look at some of the largest land-based machines ever built.

08:30 pm **Law & Order: SVU** (Rpt)

CC M
Strong Adult
Themes

Nocturne

Benson and Stabler are called to a pharmacy in a run-down neighbourhood when the employee at the one-hour photo develops disturbing pictures of a young boy.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Dann Florek, Michelle Hurd

Guest Starring: Isabel Gillies, John Benjamin Hickey, Marc John Jefferies

09:30 pm **Bellator MMA**

M
Realistic Violence,
Some Coarse
Language,
Medical Procedures

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld** (Rpt)

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



SYDNEY PROGRAM GUIDE

Saturday 03rd May 2014

02:00 am World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

03:00 am Trick My Truck (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

03:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

04:00 am NASCAR Nationwide Series
Highlights (Rpt)

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

05:00 am NASCAR Sprint Cup Highlights
(Rpt)

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.



MELBOURNE PROGRAM GUIDE

Sunday 27th April 2014

06:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.

07:00 am **NASCAR Sprint Cup Highlights** (Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

08:00 am **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

08:30 am **NASCAR Sprint Cup**

LIVE

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm **Escape With ET** (Rpt)

CC

SEASON FINALE

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

01:30 pm **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:55 pm **Movie: The Gods Must Be Crazy II** (Rpt) (1989)

PG
Some Violence,
Some Coarse
Language

MOVIE

Xixo is back again. This time, his children accidentally stow away on a fast-moving poachers' truck, unable to get off, and Xixo sets out to rescue them.

Starring: N!xau , Lena Farugia, Hans Strydom, Eiros , Nadies

04:00 pm **Adventure Angler**

G

NEW EPISODE

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.



MELBOURNE PROGRAM GUIDE

Sunday 27th April 2014

05:00 pm What's Up Down Under (Rpt) CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm Temporary Australians (Rpt) PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

06:00 pm M*A*S*H (Rpt) PG

Divided We Stand

Brought on by Frank and Margaret's negative reports, General Clayton assigns a psychiatrist, Captain Hildebrand, to examine the 4077th M*A*S*H unit.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm Reel Rock PG
Some Coarse Language

NEW EPISODE

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm Million Dollar Catch (Rpt) PG
Some Coarse Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

07:30 pm The Ride: East Coast

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

08:30 pm Bondi Rescue (Rpt) CC PG
Some Coarse Language,
Medical Procedures

A man with a deep stab wound to his leg is unable to tell Terry and Deano just how it happened. Meanwhile, following a collision, a body surfer is brought to shore with no feeling in his arms or legs.

09:00 pm Bondi Rescue - Encore CC PG
Some Coarse Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi identity and body builder, Dimitri breaks both legs after he plunges off the cliff at North Bondi. Lifeguards investigate the incident but the question plaguing everyone is: why did he fall?



MELBOURNE PROGRAM GUIDE

Sunday 27th April 2014

09:30 pm **Movie: GI Joe: Rise Of The Cobra**
(Rpt) (2009)

M
Some Violence

MOVIE

An elite military unit comprised of special operatives known as G.I. Joe, operating out of The Pit, takes on an evil organisation led by a notorious arms dealer.

Starring: Channing Tatum, Joseph Gordon-Levitt, Marlon Wayans, Sienna Miller, Dennis Quaid, Karolina Kurkova, Adewale Akinnuoye-Agbaje, Christopher Eccleston, Jonathan Pryce, Leo Howard

11:55 pm **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

12:55 am **Ross Kemp On Gangs** (Rpt)

MA15+
Some Coarse
Language,
Drug Use

St Louis

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

01:55 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:25 am **Tom Cruise Drives An F1 Car** (Rpt)

G

Tom Cruise Drives An F1 Car

02:30 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Pre Show

Greg Rust and Daryl Beattie bring you all of the latest MotoGP news before we go green in Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

03:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

04:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Post Show

Our expert commentators Greg Rust and Daryl Beattie bring you all of the latest news and results as they wrap up race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.



MELBOURNE PROGRAM GUIDE

Sunday 27th April 2014

04:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

05:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.



MELBOURNE PROGRAM GUIDE

Monday 28th April 2014

06:00 am Home Shopping

06:30 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

07:30 am Home Shopping

08:00 am Rugby Classic Matches (Rpt)

Autumn International 2001: England V Australia

Relive the 2001 Autumn International between England and Australia at Twickenham in London.

10:00 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

It's Valentine's Day on the ranch and the contestants are ushered into a room full of chocolate candies for a holiday-themed temptation.

02:00 pm Frontiers Of Construction (Rpt)

PG

Buildings That Kill

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



MELBOURNE PROGRAM GUIDE

Monday 28th April 2014

04:00 pm **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

05:00 pm **I Fish** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H** (Rpt)

PG

5 O'clock Charlie

An inept North Korean pilot, known as "5 O'Clock Charlie" makes his daily attempt to bomb the ammo dump.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H** (Rpt)

PG

Radar's Report

Radar writes the weekly activity report. Elsewhere, Hawkeye operates on a wounded prisoner who grabs a scalpel and attacks the doctors.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **World's Toughest Trucker** (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

08:00 pm **Flip Men** (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

08:30 pm **Undercover Boss**

PG

NEW EPISODE

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

09:30 pm **Hell's Kitchen**

M
Sexual References,
Some Coarse
Language

NEW EPISODE

The chefs are presented with a challenge that requires them to cook dishes involving cuts of pork. The losing team is made to clean pigs, while the winners enjoy a day of relaxation at a spa.



MELBOURNE PROGRAM GUIDE

Monday 28th April 2014

NEW EPISODE

10:30 pm Hell's Kitchen

M
Some Coarse
Language

The chefs are tasked with a challenge requiring them to create dishes using the classic mother sauces. The winners are treated to a day at the pub, while the losers have to clean the kitchens.

11:30 pm The Project Encore (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am Blokesworld (Rpt)

MA15+
Sexual References,
Nudity

The guys continue on their 8 day ride in the north of Vietnam. Back home, we have Burnout Love Dedications, Bloke of the Week, Russell Mark and Felicity competes in Miss Downunder.

01:00 am The Sketch Show (Rpt)

PG
Sexual References,
Some Coarse
Language

The Sketch Show is a British television sketch comedy program, featuring many leading British comedians. The show is full of fast paced quirky, wacky, and ridiculous off the wall British humour.

01:30 am Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

02:00 am Trick My Truck (Rpt)

G

Robert LaGrange got into trucking following a successful naval career aboard a nuclear submarine. The boys drop in on Robert and transform his 2001 Freightliner into a truck that would make any sailor proud.

02:30 am Fight Master MMA (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

03:30 am Dirty Great Machines (Rpt)

G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.



MELBOURNE PROGRAM GUIDE

Monday 28th April 2014

04:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.



MELBOURNE PROGRAM GUIDE

Tuesday 29th April 2014

06:00 am Home Shopping

06:30 am NASCAR Sprint Cup Highlights
(Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

07:30 am Home Shopping

08:00 am 2014 Tudor United Sportscar
Championship (Rpt)

REPLAY

R3 Grand Prix Of Long Beach

Two classes of the most advanced, exotic sports cars on the planet battle it out in a 100-minute shootout featuring suspenseful passes, driver changes and battles for position in almost every corner.

10:00 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

10:30 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

11:00 am Million Dollar Catch (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

11:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The two teams of contestants are all tied up this week - literally - in a rope challenge in which teamwork will determine which group of players will get to use the gym this week.

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



MELBOURNE PROGRAM GUIDE

Tuesday 29th April 2014

03:00 pm	Whose Line Is It Anyway? (Rpt)	PG	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References, Mild Coarse Language	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>The Wax Max</u> Max and 99 enjoy their day off at an amusement park. Little do they realise that the amusement park is actually a Kaos drop-off place for secret messages. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	Fishing Edge (Rpt)	G	Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>For The Good Of The Outfit</u> Hawkeye and Trapper want the army to admit responsibility for the accidental bombing of a local village. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Dr. Pierce And Mr. Hyde</u> Hawkeye has been in non-stop surgery for three straight days without sleep, and the wounded keep coming. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



MELBOURNE PROGRAM GUIDE

Tuesday 29th April 2014

07:00 pm COPS

07:30 pm The Indestructibles

08:30 pm COPS: Adults Only (Rpt)

09:00 pm COPS: Adults Only (Rpt)

09:30 pm Ross Kemp On Gangs (Rpt)

10:30 pm Super Rugby Extra Time

11:30 pm The Project Encore (Rpt)

12:30 am Bellator MMA (Rpt)

02:30 am COPS: Adults Only (Rpt)

03:00 am COPS: Adults Only (Rpt)

M
Some Violence

M
Drug References

AV15+
Strong Violence,
Adult Themes

PG

CC

M
Realistic Violence,
Some Coarse
Language

M
Some Violence

M
Drug References

SERIES PREMIERE

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

Relive all the best bits of the weekend's Super Rugby on Extra Time.

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.



MELBOURNE PROGRAM GUIDE

Tuesday 29th April 2014

03:30 am **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

04:30 am **Temporary Australians** (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

05:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

G

Bob Paisley

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



MELBOURNE PROGRAM GUIDE

Wednesday 30th April 2014

06:00 am Home Shopping

06:30 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:30 am Home Shopping

08:00 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:00 am Trick My Truck (Rpt)

PG

Catch the cast of Trick My Truck at their finest as they trick Robert Pike's battered Kenworth into a mobile fortress that no one will want to mess with.

10:30 am Temporary Australians (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

11:00 am The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The challenge will be a ball challenge. The winning team gets a big advantage during the weigh-in, where the one who will fall in the red line and the yellow line will be sent home.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The contestants are excited to hear from host Alison Sweeney that they will all be going home for two weeks.



MELBOURNE PROGRAM GUIDE

Wednesday 30th April 2014

02:00 pm	World's Toughest Trucker (Rpt)	PG Some Coarse Language	<u>The Amazon Jungle</u> The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.
03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>Operation Ridiculous</u> Max and 99 are called into the Chief's office. He tells them 'Weeknews' magazine is doing a story on Control. Mr Fitzmaurice wants to accompany the two Control agents on a case for his story. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Kim</u> Hawkeye operates on a 5-year old Korean boy and Radar can't find his family. Henry plans to send him to the orphanage and the camp enjoys his company while they can. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>L.I.P. (Local Indigenous Personnel)</u> Corporal Walker is being sent home and he wants to marry his Korean girl so she and their baby can return with him. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG Mild Violence	<u>Gloves Off</u> Peter sends Neal undercover as a Wall Street stock trader where he discovers a White Collar boxing ring where traders fight for insider information. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen



MELBOURNE PROGRAM GUIDE

Wednesday 30th April 2014

08:30 pm **Burn Notice**

M
Some Violence

ALL NEW EPISODES

Bitter Pill

James needs Michael's help to protect a Middle Eastern diplomat at an economic conference, but the team are unable to prevent him from being poisoned.

Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Sharon Gless, Jack Coleman

Guest Starring: John Pyper-Ferguson, David Meunier

09:30 pm **Sons Of Anarchy**

AV15+
Strong Violence,
Sexual References

ALL NEW EPISODES

Crucified

After confronting Juice about his betrayal of the club, Jax offers him a path to redemption. However, avenging Opie's death is hard as the perpetrators are under the protection of the Grim Bastards.

Starring: Charlie Hunnam, Katey Sagal, Ron Perlman, Jimmy Smits, Mark Boone Junior, Tommy Flanagan, Kim Coates, Theo Rossi

10:45 pm **Breakout Kings**

M
Some Violence

ALL NEW EPISODES

Round Two

A gang of vicious criminals escape prison via an underground tunnel. The Breakout Kings find themselves cooperating with the FBI after learning one of the gang members is actually an undercover agent.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:45 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Gibtown

A woman's body is found in a baby stroller in an area where the people are descendants of sideshow people. Jim is on the case to find who killed the woman.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:45 am **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:45 am **Australian Rally Championships (Rpt)**

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

02:45 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



MELBOURNE PROGRAM GUIDE

Wednesday 30th April 2014

03:45 am **The Indestructibles** (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

04:45 am **Million Dollar Catch** (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

05:15 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

PG

Sir Alex Ferguson

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



MELBOURNE PROGRAM GUIDE

Thursday 01st May 2014

06:00 am Home Shopping

06:30 am Men's Health Survival Of The Fittest (Rpt) G

Men's Health Survival Of The Fittest

Survival of the Fittest is packing a colossal 10 kilometre urban assault course in each host city for 2014, Men's Health Survival of the Fittest is Britain's biggest adventure running series.

07:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

07:30 am Home Shopping

08:00 am MotoGP 2014 (Rpt)

REPLAY

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

10:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:30 am The Ride: East Coast (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

11:30 am Flip Men (Rpt) PG
Some Coarse Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

12:00 pm The Biggest Loser USA PG

NEW EPISODE

The teams pick captains and only two members from the team can work with trainers. A mud-pit challenge tests the balance of the contestants and a pop challenge uses cakes!

02:00 pm Undercover Boss (Rpt) PG

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

Thursday 01st May 2014

- | | | | |
|----------|--------------------------------|-------------------------|---|
| 03:00 pm | Whose Line Is It Anyway? (Rpt) | PG | <p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p> |
| 03:30 pm | Whose Line Is It Anyway? (Rpt) | PG
Sexual References | <p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p> |
| 04:00 pm | Get Smart (Rpt) | PG | <p><u>Spy, Spy, Birdie</u></p> <p>Albert Pfister starts to blow up the world using his new silent explosive.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p> |
| 04:30 pm | COPS | | |
| 05:00 pm | I Fish (Rpt) | WS G | <p>Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.</p> |
| 06:00 pm | M*A*S*H (Rpt) | PG | <p><u>The Trial Of Henry Blake</u></p> <p>Majors Houlihan and Burns press charges against Colonel Blake to get him arrested, put Frank in charge and put Hawkeye and Trapper under arrest so that they can't help him.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p> |
| 06:30 pm | M*A*S*H (Rpt) | PG | <p><u>Dear Dad... Three</u></p> <p>Once more Hawkeye writes home to his father. Meanwhile, the doctors operate on a soldier with a grenade shot into his body.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p> |
| 07:00 pm | COPS | | |



MELBOURNE PROGRAM GUIDE

Thursday 01st May 2014

07:30 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:00 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:30 pm **Movie: Flying High (Rpt) (1980)**

CC M
WS Sexual References

MOVIE

After the entire crew aboard an airplane suddenly fall ill, the only person capable of landing the plane is an ex-war pilot.

Starring: Leslie Nielsen, Lloyd Bridges, Julie Hagerty, Peter Graves, Robert Hays, Barbara Billingsley

10:20 pm **Fast Forward (Rpt)**

M
Sexual References

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

11:20 pm **Blokesworld**

NEW EPISODE

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

11:50 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **Hounds (Rpt)**

M
Sexual References,
Some Coarse
Language

Marty is sentenced to community service; Will takes a new job in retail; Lily tries to get their new dog back on track after the hound is brutalised by Holden's dog.

Starring: Toby Sharpe, Mick Innes



MELBOURNE PROGRAM GUIDE

Thursday 01st May 2014

01:20 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

01:50 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.



MELBOURNE PROGRAM GUIDE

Friday 02nd May 2014

06:00 am Home Shopping

06:30 am Dirty Great Machines (Rpt) G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.

07:30 am Home Shopping

08:00 am The List (Rpt)

The List - Frantic Finishes

In NASCAR the only road to victory lane runs through the finish line. The drivers of NASCAR have given us many a thrilling finish. Here is our list of the top 10 finishes of all time.

08:30 am NASCAR Nationwide Series Highlights

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

09:30 am NASCAR Sprint Cup Highlights

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.

10:30 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

Curtis Stone and Lorena Garcia from "America's Next Great Restaurant" judge a cooking challenge as the contestants need to make a healthy meal.

02:00 pm The Indestructibles (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?



MELBOURNE PROGRAM GUIDE

Friday 02nd May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Run, Robot, Run
KAOS agents disrupt an international track meet by injuring the U.S. athletes.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H (Rpt)** PG
The Sniper
A lone sniper has the 4077th pinned down, including Radar and Henry in the shower.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Carry On Hawkeye
The camp succumbs to the Asian flu, except for Hawkeye and Margaret, who have to do everything themselves.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**

Friday 02nd May 2014

07:30 pm Frontiers Of Construction (Rpt)	G	<u>Dying For A Job</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm Frontiers Of Construction (Rpt)	G	<u>Building For Gold</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
MOVIE PREMIERE			
09:30 pm Movie: Beautiful (2009)	AV15+ Strong Violence, Some Coarse Language	After another teenager disappears from idyllic Sunshine Hills, Suzy, the girl-next-door of every boy's dreams, persuades Daniel, a 14 year old with an obsessive crush, to help her uncover the truth.	Starring: Tahyna Tozzi, Sebastian Gregory, Asher Keddie, Aaron Jeffery, Peta Wilson, Socratis Otto
SEASON PREMIERE			
11:40 pm The League	MA15+ Sexual References	<u>The Bachelor Draft</u>	The League travels to Los Angeles for Andre and Trixie's destination wedding. Meanwhile, Ruxin refuses to do his Sacko punishments and Shiva Champion Ted has a few surprises for everyone at the draft.
12:10 am The Project Encore (Rpt)	CC		Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.
01:10 am Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language		Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.
03:10 am Fight Master MMA (Rpt)	M Realistic Violence, Some Coarse Language		MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.
04:10 am Flip Men (Rpt)	PG Some Coarse Language	<u>Mystery House</u>	A house that needs minor work becomes a problem when the former owner returns unexpectedly.



MELBOURNE PROGRAM GUIDE

Friday 02nd May 2014

04:40 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

05:10 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am Football's Greatest Managers (Rpt)

PG

Jose Mourinho

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



MELBOURNE PROGRAM GUIDE

Saturday 03rd May 2014

06:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:00 am NASCAR Sprint Cup Qualifying

Race 9: Toyota Owners 400 @ Richmond-Qualifying

Who will claim pole position in qualifying ahead of race 9 from the Richmond International Raceway.

08:30 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:00 pm World Series Sprintcars

Wss Perth Final Night 1

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's West Coast

Explore Tasmania's wild and windswept west coast by 4WD. Join Pat Callinan for sports adventure at its peak.

03:00 pm Trick My Truck (Rpt) G

Rod, Kevin and the rest of the team turn a 99 International into a tribute to the owner's late mother on the outside, and a baseball lover's paradise on the inside.

03:30 pm Car Torque (Rpt) CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Frontiers Of Construction (Rpt) G

Building For Gold

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

05:00 pm Wild Racers PG

NEW EPISODE

The sixth and final round of The Adventure Racing World Series continues in Switzerland exposing the athletes to a natural landscape unlike that which they have faced in any previous rounds. Who will claim victory in the final round?



MELBOURNE PROGRAM GUIDE

Saturday 03rd May 2014

05:30 pm **Reel Rock** (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

06:00 pm **Trick My Truck** (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Dirty Great Machines** (Rpt)

G

Dirty Great Machines is a documentary series which takes a look at some of the largest land-based machines ever built.

08:30 pm **Law & Order: SVU** (Rpt)

CC M
Strong Adult
Themes

Nocturne

Benson and Stabler are called to a pharmacy in a run-down neighbourhood when the employee at the one-hour photo develops disturbing pictures of a young boy.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Dann Florek, Michelle Hurd

Guest Starring: Isabel Gillies, John Benjamin Hickey, Marc John Jefferies

09:30 pm **Bellator MMA**

M
Realistic Violence,
Some Coarse
Language,
Medical Procedures

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld** (Rpt)

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



MELBOURNE PROGRAM GUIDE

Saturday 03rd May 2014

02:00 am World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

03:00 am Trick My Truck (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

03:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

04:00 am NASCAR Nationwide Series
Highlights (Rpt)

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

05:00 am NASCAR Sprint Cup Highlights
(Rpt)

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.



BRISBANE PROGRAM GUIDE

Sunday 27th April 2014

06:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.

07:00 am **NASCAR Sprint Cup Highlights** (Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

08:00 am **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

08:30 am **NASCAR Sprint Cup**

LIVE

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm **Escape With ET** (Rpt)

CC

SEASON FINALE

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

01:30 pm **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:55 pm **Movie: The Gods Must Be Crazy II** (Rpt) (1989)

PG
Some Violence,
Some Coarse
Language

MOVIE

Xixo is back again. This time, his children accidentally stow away on a fast-moving poachers' truck, unable to get off, and Xixo sets out to rescue them.

Starring: N!xau , Lena Farugia, Hans Strydom, Eiros , Nadies

04:00 pm **Adventure Angler**

G

NEW EPISODE

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.



BRISBANE PROGRAM GUIDE

Sunday 27th April 2014

05:00 pm **What's Up Down Under** (Rpt) CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm **Temporary Australians** (Rpt) PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

06:00 pm **M*A*S*H** (Rpt) PG

Divided We Stand

Brought on by Frank and Margaret's negative reports, General Clayton assigns a psychiatrist, Captain Hildebrand, to examine the 4077th M*A*S*H unit.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **Reel Rock** PG
Some Coarse Language

NEW EPISODE

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm **Million Dollar Catch** (Rpt) PG
Some Coarse Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

07:30 pm **The Ride: East Coast**

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

08:30 pm **Bondi Rescue** (Rpt) CC PG
Some Coarse Language,
Medical Procedures

A man with a deep stab wound to his leg is unable to tell Terry and Deano just how it happened. Meanwhile, following a collision, a body surfer is brought to shore with no feeling in his arms or legs.

09:00 pm **Bondi Rescue - Encore** CC PG
Some Coarse Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi identity and body builder, Dimitri breaks both legs after he plunges off the cliff at North Bondi. Lifeguards investigate the incident but the question plaguing everyone is: why did he fall?



BRISBANE PROGRAM GUIDE

Sunday 27th April 2014

09:30 pm **Movie: GI Joe: Rise Of The Cobra**
(Rpt) (2009)

M
Some Violence

MOVIE

An elite military unit comprised of special operatives known as G.I. Joe, operating out of The Pit, takes on an evil organisation led by a notorious arms dealer.

Starring: Channing Tatum, Joseph Gordon-Levitt, Marlon Wayans, Sienna Miller, Dennis Quaid, Karolina Kurkova, Adewale Akinnuoye-Agbaje, Christopher Eccleston, Jonathan Pryce, Leo Howard

11:55 pm **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

12:55 am **Ross Kemp On Gangs** (Rpt)

MA15+
Some Coarse
Language,
Drug Use

St Louis

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

01:55 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:25 am **Tom Cruise Drives An F1 Car** (Rpt)

G

Tom Cruise Drives An F1 Car

02:30 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Pre Show

Greg Rust and Daryl Beattie bring you all of the latest MotoGP news before we go green in Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

03:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

04:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Post Show

Our expert commentators Greg Rust and Daryl Beattie bring you all of the latest news and results as they wrap up race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.



BRISBANE PROGRAM GUIDE

Sunday 27th April 2014

04:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

05:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.



BRISBANE PROGRAM GUIDE

Monday 28th April 2014

06:00 am Home Shopping

06:30 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

07:30 am Home Shopping

08:00 am Rugby Classic Matches (Rpt)

Autumn International 2001: England V Australia

Relive the 2001 Autumn International between England and Australia at Twickenham in London.

10:00 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:00 am Sport Science (Rpt)

PG
Some Coarse Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

12:00 pm The Biggest Loser USA

PG
Mild Coarse Language

NEW EPISODE

It's Valentine's Day on the ranch and the contestants are ushered into a room full of chocolate candies for a holiday-themed temptation.

02:00 pm Frontiers Of Construction (Rpt)

PG

Buildings That Kill

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



BRISBANE PROGRAM GUIDE

Monday 28th April 2014

04:00 pm **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

05:00 pm **I Fish** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H** (Rpt)

PG

5 O'clock Charlie

An inept North Korean pilot, known as "5 O'Clock Charlie" makes his daily attempt to bomb the ammo dump.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H** (Rpt)

PG

Radar's Report

Radar writes the weekly activity report. Elsewhere, Hawkeye operates on a wounded prisoner who grabs a scalpel and attacks the doctors.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **World's Toughest Trucker** (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

08:00 pm **Flip Men** (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

08:30 pm **Undercover Boss**

PG

NEW EPISODE

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

09:30 pm **Hell's Kitchen**

M
Sexual References,
Some Coarse
Language

NEW EPISODE

The chefs are presented with a challenge that requires them to cook dishes involving cuts of pork. The losing team is made to clean pigs, while the winners enjoy a day of relaxation at a spa.



BRISBANE PROGRAM GUIDE

Monday 28th April 2014

NEW EPISODE

10:30 pm Hell's Kitchen

M
Some Coarse
Language

The chefs are tasked with a challenge requiring them to create dishes using the classic mother sauces. The winners are treated to a day at the pub, while the losers have to clean the kitchens.

11:30 pm The Project Encore (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am Blokesworld (Rpt)

MA15+
Sexual References,
Nudity

The guys continue on their 8 day ride in the north of Vietnam. Back home, we have Burnout Love Dedications, Bloke of the Week, Russell Mark and Felicity competes in Miss Downunder.

01:00 am The Sketch Show (Rpt)

PG
Sexual References,
Some Coarse
Language

The Sketch Show is a British television sketch comedy program, featuring many leading British comedians. The show is full of fast paced quirky, wacky, and ridiculous off the wall British humour.

01:30 am Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

02:00 am Trick My Truck (Rpt)

G

Robert LaGrange got into trucking following a successful naval career aboard a nuclear submarine. The boys drop in on Robert and transform his 2001 Freightliner into a truck that would make any sailor proud.

02:30 am Fight Master MMA (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

03:30 am Dirty Great Machines (Rpt)

G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.



BRISBANE PROGRAM GUIDE

Monday 28th April 2014

04:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.



BRISBANE PROGRAM GUIDE

Tuesday 29th April 2014

06:00 am Home Shopping

06:30 am NASCAR Sprint Cup Highlights
(Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

07:30 am Home Shopping

08:00 am 2014 Tudor United Sportscar
Championship (Rpt)

REPLAY

R3 Grand Prix Of Long Beach

Two classes of the most advanced, exotic sports cars on the planet battle it out in a 100-minute shootout featuring suspenseful passes, driver changes and battles for position in almost every corner.

10:00 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

10:30 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

11:00 am Million Dollar Catch (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

11:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The two teams of contestants are all tied up this week - literally - in a rope challenge in which teamwork will determine which group of players will get to use the gym this week.

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



BRISBANE PROGRAM GUIDE

Tuesday 29th April 2014

03:00 pm	Whose Line Is It Anyway? (Rpt)	PG	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References, Mild Coarse Language	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>The Wax Max</u> Max and 99 enjoy their day off at an amusement park. Little do they realise that the amusement park is actually a Kaos drop-off place for secret messages. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	Fishing Edge (Rpt)	G	Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>For The Good Of The Outfit</u> Hawkeye and Trapper want the army to admit responsibility for the accidental bombing of a local village. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Dr. Pierce And Mr. Hyde</u> Hawkeye has been in non-stop surgery for three straight days without sleep, and the wounded keep coming. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



BRISBANE PROGRAM GUIDE

Tuesday 29th April 2014

07:00 pm COPS

07:30 pm **The Indestructibles**

SERIES PREMIERE

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

08:30 pm **COPS: Adults Only**

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

09:00 pm **COPS: Adults Only (Rpt)**

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

09:30 pm **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

10:30 pm **Super Rugby Extra Time**

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:30 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Bellator MMA (Rpt)**

M
Realistic Violence,
Some Coarse
Language

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

02:30 am **COPS: Adults Only (Rpt)**

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

03:00 am **COPS: Adults Only (Rpt)**

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.



BRISBANE PROGRAM GUIDE

Tuesday 29th April 2014

03:30 am **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

04:30 am **Temporary Australians** (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

05:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

G

Bob Paisley

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



BRISBANE PROGRAM GUIDE

Wednesday 30th April 2014

06:00 am Home Shopping

06:30 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:30 am Home Shopping

08:00 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:00 am Trick My Truck (Rpt)

PG

Catch the cast of Trick My Truck at their finest as they trick Robert Pike's battered Kenworth into a mobile fortress that no one will want to mess with.

10:30 am Temporary Australians (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

11:00 am The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The challenge will be a ball challenge. The winning team gets a big advantage during the weigh-in, where the one who will fall in the red line and the yellow line will be sent home.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The contestants are excited to hear from host Alison Sweeney that they will all be going home for two weeks.



BRISBANE PROGRAM GUIDE

Wednesday 30th April 2014

02:00 pm	World's Toughest Trucker (Rpt)	PG Some Coarse Language	<u>The Amazon Jungle</u> The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.
03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>Operation Ridiculous</u> Max and 99 are called into the Chief's office. He tells them 'Weeknews' magazine is doing a story on Control. Mr Fitzmaurice wants to accompany the two Control agents on a case for his story. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Kim</u> Hawkeye operates on a 5-year old Korean boy and Radar can't find his family. Henry plans to send him to the orphanage and the camp enjoys his company while they can. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>L.I.P. (Local Indigenous Personnel)</u> Corporal Walker is being sent home and he wants to marry his Korean girl so she and their baby can return with him. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG Mild Violence	<u>Gloves Off</u> Peter sends Neal undercover as a Wall Street stock trader where he discovers a White Collar boxing ring where traders fight for insider information. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen



BRISBANE PROGRAM GUIDE

Wednesday 30th April 2014

08:30 pm **Burn Notice**

M
Some Violence

ALL NEW EPISODES

Bitter Pill

James needs Michael's help to protect a Middle Eastern diplomat at an economic conference, but the team are unable to prevent him from being poisoned.

Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Sharon Gless, Jack Coleman

Guest Starring: John Pyper-Ferguson, David Meunier

09:30 pm **Sons Of Anarchy**

AV15+
Strong Violence,
Sexual References

ALL NEW EPISODES

Crucified

After confronting Juice about his betrayal of the club, Jax offers him a path to redemption. However, avenging Opie's death is hard as the perpetrators are under the protection of the Grim Bastards.

Starring: Charlie Hunnam, Katey Sagal, Ron Perlman, Jimmy Smits, Mark Boone Junior, Tommy Flanagan, Kim Coates, Theo Rossi

10:45 pm **Breakout Kings**

M
Some Violence

ALL NEW EPISODES

Round Two

A gang of vicious criminals escape prison via an underground tunnel. The Breakout Kings find themselves cooperating with the FBI after learning one of the gang members is actually an undercover agent.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:45 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Gibtown

A woman's body is found in a baby stroller in an area where the people are descendants of sideshow people. Jim is on the case to find who killed the woman.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:45 am **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:45 am **Australian Rally Championships (Rpt)**

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

02:45 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



BRISBANE PROGRAM GUIDE

Wednesday 30th April 2014

03:45 am **The Indestructibles** (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

04:45 am **Million Dollar Catch** (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

05:15 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

PG

Sir Alex Ferguson

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



BRISBANE PROGRAM GUIDE

Thursday 01st May 2014

06:00 am Home Shopping

06:30 am Men's Health Survival Of The Fittest (Rpt) G

Men's Health Survival Of The Fittest

Survival of the Fittest is packing a colossal 10 kilometre urban assault course in each host city for 2014, Men's Health Survival of the Fittest is Britain's biggest adventure running series.

07:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

07:30 am Home Shopping

08:00 am MotoGP 2014 (Rpt)

REPLAY

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

10:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:30 am The Ride: East Coast (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

11:30 am Flip Men (Rpt) PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

12:00 pm The Biggest Loser USA PG

NEW EPISODE

The teams pick captains and only two members from the team can work with trainers. A mud-pit challenge tests the balance of the contestants and a pop challenge uses cakes!

02:00 pm Undercover Boss (Rpt) PG

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.



BRISBANE PROGRAM GUIDE

Thursday 01st May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Spy, Spy, Birdie
Albert Pfister starts to blow up the world using his new silent explosive.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H (Rpt)** PG
The Trial Of Henry Blake
Majors Houlihan and Burns press charges against Colonel Blake to get him arrested, put Frank in charge and put Hawkeye and Trapper under arrest so that they can't help him.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Dear Dad... Three
Once more Hawkeye writes home to his father. Meanwhile, the doctors operate on a soldier with a grenade shot into his body.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**



BRISBANE PROGRAM GUIDE

Thursday 01st May 2014

07:30 pm Whose Line Is It Anyway?

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:00 pm Whose Line Is It Anyway?

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:30 pm Movie: Flying High (Rpt) (1980)

CC M
WS Sexual References

MOVIE

After the entire crew aboard an airplane suddenly fall ill, the only person capable of landing the plane is an ex-war pilot.

Starring: Leslie Nielsen, Lloyd Bridges, Julie Hagerty, Peter Graves, Robert Hays, Barbara Billingsley

10:20 pm Fast Forward (Rpt)

M
Sexual References

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

11:20 pm Blokesworld

NEW EPISODE

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

11:50 pm The Project Encore (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am Hounds (Rpt)

M
Sexual References,
Some Coarse
Language

Marty is sentenced to community service; Will takes a new job in retail; Lily tries to get their new dog back on track after the hound is brutalised by Holden's dog.

Starring: Toby Sharpe, Mick Innes



BRISBANE PROGRAM GUIDE

Thursday 01st May 2014

01:20 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

01:50 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.



BRISBANE PROGRAM GUIDE

Friday 02nd May 2014

06:00 am Home Shopping

06:30 am Dirty Great Machines (Rpt) G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.

07:30 am Home Shopping

08:00 am The List (Rpt)

The List - Frantic Finishes

In NASCAR the only road to victory lane runs through the finish line. The drivers of NASCAR have given us many a thrilling finish. Here is our list of the top 10 finishes of all time.

08:30 am NASCAR Nationwide Series Highlights

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

09:30 am NASCAR Sprint Cup Highlights

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.

10:30 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

Curtis Stone and Lorena Garcia from "America's Next Great Restaurant" judge a cooking challenge as the contestants need to make a healthy meal.

02:00 pm The Indestructibles (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?



BRISBANE PROGRAM GUIDE

Friday 02nd May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Run, Robot, Run
KAOS agents disrupt an international track meet by injuring the U.S. athletes.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H (Rpt)** PG
The Sniper
A lone sniper has the 4077th pinned down, including Radar and Henry in the shower.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Carry On Hawkeye
The camp succumbs to the Asian flu, except for Hawkeye and Margaret, who have to do everything themselves.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**



BRISBANE PROGRAM GUIDE

Friday 02nd May 2014

07:30 pm	Frontiers Of Construction (Rpt)	G	<u>Dying For A Job</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm	Frontiers Of Construction (Rpt)	G	<u>Building For Gold</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
09:30 pm	Movie: Beautiful (2009)	AV15+ Strong Violence, Some Coarse Language	MOVIE PREMIERE After another teenager disappears from idyllic Sunshine Hills, Suzy, the girl-next-door of every boy's dreams, persuades Daniel, a 14 year old with an obsessive crush, to help her uncover the truth. Starring: Tahyna Tozzi, Sebastian Gregory, Asher Keddie, Aaron Jeffery, Peta Wilson, Socratis Otto
11:40 pm	The League	MA15+ Sexual References	SEASON PREMIERE <u>The Bachelor Draft</u> The League travels to Los Angeles for Andre and Trixie's destination wedding. Meanwhile, Ruxin refuses to do his Sacko punishments and Shiva Champion Ted has a few surprises for everyone at the draft. Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie
12:10 am	The Project Encore (Rpt)	CC	Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.
01:10 am	Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language	Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.
03:10 am	Fight Master MMA (Rpt)	M Realistic Violence, Some Coarse Language	MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.
04:10 am	Flip Men (Rpt)	PG Some Coarse Language	<u>Mystery House</u> A house that needs minor work becomes a problem when the former owner returns unexpectedly.



BRISBANE PROGRAM GUIDE

Friday 02nd May 2014

04:40 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

05:10 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am Football's Greatest Managers (Rpt)

PG

Jose Mourinho

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



BRISBANE PROGRAM GUIDE

Saturday 03rd May 2014

06:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:00 am NASCAR Sprint Cup Qualifying

Race 9: Toyota Owners 400 @ Richmond-Qualifying

Who will claim pole position in qualifying ahead of race 9 from the Richmond International Raceway.

08:30 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:00 pm World Series Sprintcars

Wss Perth Final Night 1

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's West Coast

Explore Tasmania's wild and windswept west coast by 4WD. Join Pat Callinan for sports adventure at its peak.

03:00 pm Trick My Truck (Rpt) G

Rod, Kevin and the rest of the team turn a 99 International into a tribute to the owner's late mother on the outside, and a baseball lover's paradise on the inside.

03:30 pm Car Torque (Rpt) CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Frontiers Of Construction (Rpt) G

Building For Gold

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

05:00 pm Wild Racers PG

NEW EPISODE

The sixth and final round of The Adventure Racing World Series continues in Switzerland exposing the athletes to a natural landscape unlike that which they have faced in any previous rounds. Who will claim victory in the final round?



BRISBANE PROGRAM GUIDE

Saturday 03rd May 2014

05:30 pm **Reel Rock** (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

06:00 pm **Trick My Truck** (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Dirty Great Machines** (Rpt)

G

Dirty Great Machines is a documentary series which takes a look at some of the largest land-based machines ever built.

08:30 pm **Law & Order: SVU** (Rpt)

CC M
Strong Adult
Themes

Nocturne

Benson and Stabler are called to a pharmacy in a run-down neighbourhood when the employee at the one-hour photo develops disturbing pictures of a young boy.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Dann Florek, Michelle Hurd

Guest Starring: Isabel Gillies, John Benjamin Hickey, Marc John Jefferies

09:30 pm **Bellator MMA**

M
Realistic Violence,
Some Coarse
Language,
Medical Procedures

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld** (Rpt)

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



BRISBANE PROGRAM GUIDE

Saturday 03rd May 2014

02:00 am World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

03:00 am Trick My Truck (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

03:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

04:00 am NASCAR Nationwide Series
Highlights (Rpt)

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

05:00 am NASCAR Sprint Cup Highlights
(Rpt)

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.



ADELAIDE PROGRAM GUIDE

Sunday 27th April 2014

06:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.

07:00 am **NASCAR Sprint Cup Highlights** (Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

08:00 am **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

08:30 am **NASCAR Sprint Cup**

LIVE

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm **Escape With ET** (Rpt)

CC

SEASON FINALE

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

01:30 pm **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:55 pm **Movie: The Gods Must Be Crazy II** (Rpt) (1989)

PG
Some Violence,
Some Coarse
Language

MOVIE

Xixo is back again. This time, his children accidentally stow away on a fast-moving poachers' truck, unable to get off, and Xixo sets out to rescue them.

Starring: N!xau , Lena Farugia, Hans Strydom, Eiros , Nadies

04:00 pm **Adventure Angler**

G

NEW EPISODE

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.



ADELAIDE PROGRAM GUIDE

Sunday 27th April 2014

05:00 pm **What's Up Down Under** (Rpt) CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm **Temporary Australians** (Rpt) PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

06:00 pm **M*A*S*H** (Rpt) PG

Divided We Stand

Brought on by Frank and Margaret's negative reports, General Clayton assigns a psychiatrist, Captain Hildebrand, to examine the 4077th M*A*S*H unit.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **Reel Rock** PG
Some Coarse Language

NEW EPISODE

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm **Million Dollar Catch** (Rpt) PG
Some Coarse Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

07:30 pm **The Ride: East Coast**

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

08:30 pm **Bondi Rescue** (Rpt) CC PG
Some Coarse Language,
Medical Procedures

A man with a deep stab wound to his leg is unable to tell Terry and Deano just how it happened. Meanwhile, following a collision, a body surfer is brought to shore with no feeling in his arms or legs.

09:00 pm **Bondi Rescue - Encore** CC PG
Some Coarse Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi identity and body builder, Dimitri breaks both legs after he plunges off the cliff at North Bondi. Lifeguards investigate the incident but the question plaguing everyone is: why did he fall?

Sunday 27th April 2014

09:30 pm **Movie: GI Joe: Rise Of The Cobra**
(Rpt) (2009)

M
Some Violence

MOVIE

An elite military unit comprised of special operatives known as G.I. Joe, operating out of The Pit, takes on an evil organisation led by a notorious arms dealer.

Starring: Channing Tatum, Joseph Gordon-Levitt, Marlon Wayans, Sienna Miller, Dennis Quaid, Karolina Kurkova, Adewale Akinnuoye-Agbaje, Christopher Eccleston, Jonathan Pryce, Leo Howard

11:55 pm **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

12:55 am **Ross Kemp On Gangs** (Rpt)

MA15+
Some Coarse
Language,
Drug Use

St Louis

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

01:55 am **Tom Cruise Drives An F1 Car** (Rpt)

G

Tom Cruise Drives An F1 Car

02:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Pre Show

Greg Rust and Daryl Beattie bring you all of the latest MotoGP news before we go green in Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

02:30 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

03:30 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Post Show

Our expert commentators Greg Rust and Daryl Beattie bring you all of the latest news and results as they wrap up race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

04:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.



ADELAIDE PROGRAM GUIDE

Sunday 27th April 2014

04:30 am The Sketch Show (Rpt)

PG
Sexual References,
Some Coarse
Language

The Sketch Show is a British television sketch comedy program, featuring many leading British comedians. The show is full of fast paced quirky, wacky, and ridiculous off the wall British humour.

05:00 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

05:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.



ADELAIDE PROGRAM GUIDE

Monday 28th April 2014

06:00 am Home Shopping

06:30 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

07:30 am Home Shopping

08:00 am Rugby Classic Matches (Rpt)

Autumn International 2001: England V Australia

Relive the 2001 Autumn International between England and Australia at Twickenham in London.

10:00 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

It's Valentine's Day on the ranch and the contestants are ushered into a room full of chocolate candies for a holiday-themed temptation.

02:00 pm Frontiers Of Construction (Rpt)

PG

Buildings That Kill

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



ADELAIDE PROGRAM GUIDE

Monday 28th April 2014

04:00 pm **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

05:00 pm **I Fish** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H** (Rpt)

PG

5 O'clock Charlie

An inept North Korean pilot, known as "5 O'Clock Charlie" makes his daily attempt to bomb the ammo dump.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H** (Rpt)

PG

Radar's Report

Radar writes the weekly activity report. Elsewhere, Hawkeye operates on a wounded prisoner who grabs a scalpel and attacks the doctors.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **World's Toughest Trucker** (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

08:00 pm **Flip Men** (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

08:30 pm **Undercover Boss**

PG

NEW EPISODE

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

09:30 pm **Hell's Kitchen**

M
Sexual References,
Some Coarse
Language

NEW EPISODE

The chefs are presented with a challenge that requires them to cook dishes involving cuts of pork. The losing team is made to clean pigs, while the winners enjoy a day of relaxation at a spa.



ADELAIDE PROGRAM GUIDE

Monday 28th April 2014

NEW EPISODE

10:30 pm Hell's Kitchen

M
Some Coarse
Language

The chefs are tasked with a challenge requiring them to create dishes using the classic mother sauces. The winners are treated to a day at the pub, while the losers have to clean the kitchens.

11:30 pm The Project Encore (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am Blokesworld (Rpt)

MA15+
Sexual References,
Nudity

The guys continue on their 8 day ride in the north of Vietnam. Back home, we have Burnout Love Dedications, Bloke of the Week, Russell Mark and Felicity competes in Miss Downunder.

01:00 am The Sketch Show (Rpt)

PG
Sexual References,
Some Coarse
Language

The Sketch Show is a British television sketch comedy program, featuring many leading British comedians. The show is full of fast paced quirky, wacky, and ridiculous off the wall British humour.

01:30 am Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

02:00 am Trick My Truck (Rpt)

G

Robert LaGrange got into trucking following a successful naval career aboard a nuclear submarine. The boys drop in on Robert and transform his 2001 Freightliner into a truck that would make any sailor proud.

02:30 am Fight Master MMA (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

03:30 am Dirty Great Machines (Rpt)

G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.



ADELAIDE PROGRAM GUIDE

Monday 28th April 2014

04:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.



ADELAIDE PROGRAM GUIDE

Tuesday 29th April 2014

06:00 am Home Shopping

06:30 am NASCAR Sprint Cup Highlights
(Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

07:30 am Home Shopping

08:00 am 2014 Tudor United Sportscar
Championship (Rpt)

REPLAY

R3 Grand Prix Of Long Beach

Two classes of the most advanced, exotic sports cars on the planet battle it out in a 100-minute shootout featuring suspenseful passes, driver changes and battles for position in almost every corner.

10:00 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

10:30 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

11:00 am Million Dollar Catch (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

11:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The two teams of contestants are all tied up this week - literally - in a rope challenge in which teamwork will determine which group of players will get to use the gym this week.

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



ADELAIDE PROGRAM GUIDE

Tuesday 29th April 2014

03:00 pm	Whose Line Is It Anyway? (Rpt)	PG	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References, Mild Coarse Language	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>The Wax Max</u> Max and 99 enjoy their day off at an amusement park. Little do they realise that the amusement park is actually a Kaos drop-off place for secret messages. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	Fishing Edge (Rpt)	G	Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>For The Good Of The Outfit</u> Hawkeye and Trapper want the army to admit responsibility for the accidental bombing of a local village. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Dr. Pierce And Mr. Hyde</u> Hawkeye has been in non-stop surgery for three straight days without sleep, and the wounded keep coming. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



ADELAIDE PROGRAM GUIDE

Tuesday 29th April 2014

07:00 pm COPS

07:30 pm The Indestructibles

08:30 pm COPS: Adults Only (Rpt)

09:00 pm COPS: Adults Only (Rpt)

09:30 pm Ross Kemp On Gangs (Rpt)

10:30 pm Super Rugby Extra Time

11:30 pm The Project Encore (Rpt)

12:30 am Bellator MMA (Rpt)

02:30 am COPS: Adults Only (Rpt)

03:00 am COPS: Adults Only (Rpt)

SERIES PREMIERE

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

M
Realistic Violence,
Some Coarse
Language

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.



ADELAIDE PROGRAM GUIDE

Tuesday 29th April 2014

03:30 am **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

04:30 am **Temporary Australians** (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

05:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

G

Bob Paisley

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



ADELAIDE PROGRAM GUIDE

Wednesday 30th April 2014

06:00 am Home Shopping

06:30 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:30 am Home Shopping

08:00 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:00 am Trick My Truck (Rpt)

PG

Catch the cast of Trick My Truck at their finest as they trick Robert Pike's battered Kenworth into a mobile fortress that no one will want to mess with.

10:30 am Temporary Australians (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

11:00 am The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The challenge will be a ball challenge. The winning team gets a big advantage during the weigh-in, where the one who will fall in the red line and the yellow line will be sent home.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The contestants are excited to hear from host Alison Sweeney that they will all be going home for two weeks.



ADELAIDE PROGRAM GUIDE

Wednesday 30th April 2014

02:00 pm	World's Toughest Trucker (Rpt)	PG Some Coarse Language	<u>The Amazon Jungle</u> The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.
03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>Operation Ridiculous</u> Max and 99 are called into the Chief's office. He tells them 'Weeknews' magazine is doing a story on Control. Mr Fitzmaurice wants to accompany the two Control agents on a case for his story. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Kim</u> Hawkeye operates on a 5-year old Korean boy and Radar can't find his family. Henry plans to send him to the orphanage and the camp enjoys his company while they can. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>L.I.P. (Local Indigenous Personnel)</u> Corporal Walker is being sent home and he wants to marry his Korean girl so she and their baby can return with him. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG Mild Violence	<u>Gloves Off</u> Peter sends Neal undercover as a Wall Street stock trader where he discovers a White Collar boxing ring where traders fight for insider information. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen



ADELAIDE PROGRAM GUIDE

Wednesday 30th April 2014

08:30 pm **Burn Notice**

M
Some Violence

ALL NEW EPISODES

Bitter Pill

James needs Michael's help to protect a Middle Eastern diplomat at an economic conference, but the team are unable to prevent him from being poisoned.

Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Sharon Gless, Jack Coleman

Guest Starring: John Pyper-Ferguson, David Meunier

09:30 pm **Sons Of Anarchy**

AV15+
Strong Violence,
Sexual References

ALL NEW EPISODES

Crucified

After confronting Juice about his betrayal of the club, Jax offers him a path to redemption. However, avenging Opie's death is hard as the perpetrators are under the protection of the Grim Bastards.

Starring: Charlie Hunnam, Katey Sagal, Ron Perlman, Jimmy Smits, Mark Boone Junior, Tommy Flanagan, Kim Coates, Theo Rossi

10:45 pm **Breakout Kings**

M
Some Violence

ALL NEW EPISODES

Round Two

A gang of vicious criminals escape prison via an underground tunnel. The Breakout Kings find themselves cooperating with the FBI after learning one of the gang members is actually an undercover agent.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:45 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Gibtown

A woman's body is found in a baby stroller in a area where the people are descendants of sideshow people. Jim is on the case to find who killed the woman.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:45 am **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:45 am **Australian Rally Championships (Rpt)**

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

02:45 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



ADELAIDE PROGRAM GUIDE

Wednesday 30th April 2014

03:45 am **The Indestructibles** (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

04:45 am **Million Dollar Catch** (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

05:15 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

PG

Sir Alex Ferguson

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



ADELAIDE PROGRAM GUIDE

Thursday 01st May 2014

06:00 am Home Shopping

06:30 am Men's Health Survival Of The Fittest (Rpt) G

Men's Health Survival Of The Fittest

Survival of the Fittest is packing a colossal 10 kilometre urban assault course in each host city for 2014, Men's Health Survival of the Fittest is Britain's biggest adventure running series.

07:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

07:30 am Home Shopping

08:00 am MotoGP 2014 (Rpt)

REPLAY

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

10:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:30 am The Ride: East Coast (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

11:30 am Flip Men (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The teams pick captains and only two members from the team can work with trainers. A mud-pit challenge tests the balance of the contestants and a pop challenge uses cakes!

02:00 pm Undercover Boss (Rpt)

PG

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.



ADELAIDE PROGRAM GUIDE

Thursday 01st May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Spy, Spy, Birdie
Albert Pfister starts to blow up the world using his new silent explosive.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H (Rpt)** PG
The Trial Of Henry Blake
Majors Houlihan and Burns press charges against Colonel Blake to get him arrested, put Frank in charge and put Hawkeye and Trapper under arrest so that they can't help him.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Dear Dad... Three
Once more Hawkeye writes home to his father. Meanwhile, the doctors operate on a soldier with a grenade shot into his body.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**



ADELAIDE PROGRAM GUIDE

Thursday 01st May 2014

07:30 pm Whose Line Is It Anyway?

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:00 pm Whose Line Is It Anyway?

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:30 pm Movie: Flying High (Rpt) (1980)

CC M
WS Sexual References

MOVIE

After the entire crew aboard an airplane suddenly fall ill, the only person capable of landing the plane is an ex-war pilot.

Starring: Leslie Nielsen, Lloyd Bridges, Julie Hagerty, Peter Graves, Robert Hays, Barbara Billingsley

10:20 pm Fast Forward (Rpt)

M
Sexual References

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

11:20 pm Blokesworld

NEW EPISODE

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

11:50 pm The Project Encore (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am Hounds (Rpt)

M
Sexual References,
Some Coarse
Language

Marty is sentenced to community service; Will takes a new job in retail; Lily tries to get their new dog back on track after the hound is brutalised by Holden's dog.

Starring: Toby Sharpe, Mick Innes



one

ADELAIDE PROGRAM GUIDE

Thursday 01st May 2014

01:20 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

01:50 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.



ADELAIDE PROGRAM GUIDE

Friday 02nd May 2014

06:00 am Home Shopping

06:30 am Dirty Great Machines (Rpt) G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.

07:30 am Home Shopping

08:00 am The List (Rpt)

The List - Frantic Finishes

In NASCAR the only road to victory lane runs through the finish line. The drivers of NASCAR have given us many a thrilling finish. Here is our list of the top 10 finishes of all time.

08:30 am NASCAR Nationwide Series Highlights

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

09:30 am NASCAR Sprint Cup Highlights

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.

10:30 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

Curtis Stone and Lorena Garcia from "America's Next Great Restaurant" judge a cooking challenge as the contestants need to make a healthy meal.

02:00 pm The Indestructibles (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?



ADELAIDE PROGRAM GUIDE

Friday 02nd May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Run, Robot, Run
KAOS agents disrupt an international track meet by injuring the U.S. athletes.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H (Rpt)** PG
The Sniper
A lone sniper has the 4077th pinned down, including Radar and Henry in the shower.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Carry On Hawkeye
The camp succumbs to the Asian flu, except for Hawkeye and Margaret, who have to do everything themselves.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**



ADELAIDE PROGRAM GUIDE

Friday 02nd May 2014

07:30 pm	Frontiers Of Construction (Rpt)	G	<u>Dying For A Job</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm	Frontiers Of Construction (Rpt)	G	<u>Building For Gold</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
09:30 pm	Movie: Beautiful (2009)	AV15+ Strong Violence, Some Coarse Language	MOVIE PREMIERE After another teenager disappears from idyllic Sunshine Hills, Suzy, the girl-next-door of every boy's dreams, persuades Daniel, a 14 year old with an obsessive crush, to help her uncover the truth. Starring: Tahyna Tozzi, Sebastian Gregory, Asher Keddie, Aaron Jeffery, Peta Wilson, Socratis Otto
11:40 pm	The League	MA15+ Sexual References	SEASON PREMIERE <u>The Bachelor Draft</u> The League travels to Los Angeles for Andre and Trixie's destination wedding. Meanwhile, Ruxin refuses to do his Sacko punishments and Shiva Champion Ted has a few surprises for everyone at the draft. Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie
12:10 am	The Project Encore (Rpt)	CC	Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.
01:10 am	Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language	Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.
03:10 am	Fight Master MMA (Rpt)	M Realistic Violence, Some Coarse Language	MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.
04:10 am	Flip Men (Rpt)	PG Some Coarse Language	<u>Mystery House</u> A house that needs minor work becomes a problem when the former owner returns unexpectedly.



ADELAIDE PROGRAM GUIDE

Friday 02nd May 2014

04:40 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

05:10 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am Football's Greatest Managers (Rpt)

PG

Jose Mourinho

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



ADELAIDE PROGRAM GUIDE

Saturday 03rd May 2014

06:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:00 am NASCAR Sprint Cup Qualifying

Race 9: Toyota Owners 400 @ Richmond-Qualifying

Who will claim pole position in qualifying ahead of race 9 from the Richmond International Raceway.

08:30 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:00 pm World Series Sprintcars

Wss Perth Final Night 1

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's West Coast

Explore Tasmania's wild and windswept west coast by 4WD. Join Pat Callinan for sports adventure at its peak.

03:00 pm Trick My Truck (Rpt) G

Rod, Kevin and the rest of the team turn a 99 International into a tribute to the owner's late mother on the outside, and a baseball lover's paradise on the inside.

03:30 pm Car Torque (Rpt) CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Frontiers Of Construction (Rpt) G

Building For Gold

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

05:00 pm Wild Racers PG

NEW EPISODE

The sixth and final round of The Adventure Racing World Series continues in Switzerland exposing the athletes to a natural landscape unlike that which they have faced in any previous rounds. Who will claim victory in the final round?



ADELAIDE PROGRAM GUIDE

Saturday 03rd May 2014

05:30 pm Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

06:00 pm Trick My Truck (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

06:30 pm Monster Jam

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm Dirty Great Machines (Rpt)

G

Dirty Great Machines is a documentary series which takes a look at some of the largest land-based machines ever built.

08:30 pm Law & Order: SVU (Rpt)

CC M
Strong Adult
Themes

Nocturne

Benson and Stabler are called to a pharmacy in a run-down neighbourhood when the employee at the one-hour photo develops disturbing pictures of a young boy.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Dann Florek, Michelle Hurd

Guest Starring: Isabel Gillies, John Benjamin Hickey, Marc John Jefferies

09:30 pm Bellator MMA

M
Realistic Violence,
Some Coarse
Language,
Medical Procedures

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm Blokesworld (Rpt)

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

12:00 am 48 Hours

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am Ross Kemp On Gangs (Rpt)

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



ADELAIDE PROGRAM GUIDE

Saturday 03rd May 2014

02:00 am World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

03:00 am Trick My Truck (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

03:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

04:00 am NASCAR Nationwide Series
Highlights (Rpt)

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

05:00 am NASCAR Sprint Cup Highlights
(Rpt)

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.



PERTH PROGRAM GUIDE

Sunday 27th April 2014

06:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.

07:00 am **NASCAR Sprint Cup Highlights** (Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

08:00 am **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

08:30 am **NASCAR Sprint Cup**

LIVE

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm **Escape With ET** (Rpt)

CC

SEASON FINALE

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

01:30 pm **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:55 pm **Movie: The Gods Must Be Crazy II** (Rpt) (1989)

PG
Some Violence,
Some Coarse
Language

MOVIE

Xixo is back again. This time, his children accidentally stow away on a fast-moving poachers' truck, unable to get off, and Xixo sets out to rescue them.

Starring: N!xau , Lena Farugia, Hans Strydom, Eiros , Nadies

04:00 pm **Adventure Angler**

G

NEW EPISODE

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.



PERTH PROGRAM GUIDE

Sunday 27th April 2014

05:00 pm **What's Up Down Under** (Rpt) CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm **Temporary Australians** (Rpt) PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

06:00 pm **M*A*S*H** (Rpt) PG

Divided We Stand

Brought on by Frank and Margaret's negative reports, General Clayton assigns a psychiatrist, Captain Hildebrand, to examine the 4077th M*A*S*H unit.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **Reel Rock** PG
Some Coarse Language

NEW EPISODE

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm **Million Dollar Catch** (Rpt) PG
Some Coarse Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

07:30 pm **The Ride: East Coast**

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

08:30 pm **Bondi Rescue** (Rpt) CC PG
Some Coarse Language,
Medical Procedures

A man with a deep stab wound to his leg is unable to tell Terry and Deano just how it happened. Meanwhile, following a collision, a body surfer is brought to shore with no feeling in his arms or legs.

09:00 pm **Bondi Rescue - Encore** CC PG
Some Coarse Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi identity and body builder, Dimitri breaks both legs after he plunges off the cliff at North Bondi. Lifeguards investigate the incident but the question plaguing everyone is: why did he fall?



PERTH PROGRAM GUIDE

Sunday 27th April 2014

09:30 pm **Movie: GI Joe: Rise Of The Cobra**
(Rpt) (2009)

M
Some Violence

MOVIE

An elite military unit comprised of special operatives known as G.I. Joe, operating out of The Pit, takes on an evil organisation led by a notorious arms dealer.

Starring: Channing Tatum, Joseph Gordon-Levitt, Marlon Wayans, Sienna Miller, Dennis Quaid, Karolina Kurkova, Adewale Akinnuoye-Agbaje, Christopher Eccleston, Jonathan Pryce, Leo Howard

11:55 pm **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:25 am **Tom Cruise Drives An F1 Car** (Rpt)

G

Tom Cruise Drives An F1 Car

12:30 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Pre Show

Greg Rust and Daryl Beattie bring you all of the latest MotoGP news before we go green in Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

01:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

02:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Post Show

Our expert commentators Greg Rust and Daryl Beattie bring you all of the latest news and results as they wrap up race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

02:30 am **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

03:00 am **Ross Kemp On Gangs** (Rpt)

MA15+
Some Coarse
Language,
Drug Use

St Louis

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



PERTH PROGRAM GUIDE

Sunday 27th April 2014

04:00 am Fight Master MMA (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

05:00 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

05:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.



PERTH PROGRAM GUIDE

Monday 28th April 2014

06:00 am Home Shopping

06:30 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

07:30 am Home Shopping

08:00 am Rugby Classic Matches (Rpt)

Autumn International 2001: England V Australia

Relive the 2001 Autumn International between England and Australia at Twickenham in London.

10:00 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:00 am Sport Science (Rpt)

PG
Some Coarse Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

12:00 pm The Biggest Loser USA

PG
Mild Coarse Language

NEW EPISODE

It's Valentine's Day on the ranch and the contestants are ushered into a room full of chocolate candies for a holiday-themed temptation.

02:00 pm Frontiers Of Construction (Rpt)

PG

Buildings That Kill

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



PERTH PROGRAM GUIDE

Monday 28th April 2014

04:00 pm **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

05:00 pm **I Fish** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H** (Rpt)

PG

5 O'clock Charlie

An inept North Korean pilot, known as "5 O'Clock Charlie" makes his daily attempt to bomb the ammo dump.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H** (Rpt)

PG

Radar's Report

Radar writes the weekly activity report. Elsewhere, Hawkeye operates on a wounded prisoner who grabs a scalpel and attacks the doctors.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **World's Toughest Trucker** (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

08:00 pm **Flip Men** (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

08:30 pm **Undercover Boss**

PG

NEW EPISODE

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

09:30 pm **Hell's Kitchen**

M
Sexual References,
Some Coarse
Language

NEW EPISODE

The chefs are presented with a challenge that requires them to cook dishes involving cuts of pork. The losing team is made to clean pigs, while the winners enjoy a day of relaxation at a spa.



PERTH PROGRAM GUIDE

Monday 28th April 2014

NEW EPISODE

10:30 pm **Hell's Kitchen**

M
Some Coarse
Language

The chefs are tasked with a challenge requiring them to create dishes using the classic mother sauces. The winners are treated to a day at the pub, while the losers have to clean the kitchens.

11:30 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Blokesworld** (Rpt)

MA15+
Sexual References,
Nudity

The guys continue on their 8 day ride in the north of Vietnam. Back home, we have Burnout Love Dedications, Bloke of the Week, Russell Mark and Felicity competes in Miss Downunder.

01:00 am **The Sketch Show** (Rpt)

PG
Sexual References,
Some Coarse
Language

The Sketch Show is a British television sketch comedy program, featuring many leading British comedians. The show is full of fast paced quirky, wacky, and ridiculous off the wall British humour.

01:30 am **Whose Line Is It Anyway?** (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

02:00 am **Trick My Truck** (Rpt)

G

Robert LaGrange got into trucking following a successful naval career aboard a nuclear submarine. The boys drop in on Robert and transform his 2001 Freightliner into a truck that would make any sailor proud.

02:30 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

03:30 am **Dirty Great Machines** (Rpt)

G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.



PERTH PROGRAM GUIDE

Monday 28th April 2014

04:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.



PERTH PROGRAM GUIDE

Tuesday 29th April 2014

06:00 am Home Shopping

06:30 am NASCAR Sprint Cup Highlights
(Rpt)

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

07:30 am Home Shopping

08:00 am 2014 Tudor United Sportscar
Championship (Rpt)

REPLAY

R3 Grand Prix Of Long Beach

Two classes of the most advanced, exotic sports cars on the planet battle it out in a 100-minute shootout featuring suspenseful passes, driver changes and battles for position in almost every corner.

10:00 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

10:30 am Adventure Angler (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

11:00 am Million Dollar Catch (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

11:30 am Reel Rock (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The two teams of contestants are all tied up this week - literally - in a rope challenge in which teamwork will determine which group of players will get to use the gym this week.

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



PERTH PROGRAM GUIDE

Tuesday 29th April 2014

03:00 pm	Whose Line Is It Anyway? (Rpt)	PG	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References, Mild Coarse Language	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>The Wax Max</u> Max and 99 enjoy their day off at an amusement park. Little do they realise that the amusement park is actually a Kaos drop-off place for secret messages. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	Fishing Edge (Rpt)	G	Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>For The Good Of The Outfit</u> Hawkeye and Trapper want the army to admit responsibility for the accidental bombing of a local village. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Dr. Pierce And Mr. Hyde</u> Hawkeye has been in non-stop surgery for three straight days without sleep, and the wounded keep coming. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



PERTH PROGRAM GUIDE

Tuesday 29th April 2014

07:00 pm COPS

07:30 pm The Indestructibles

08:30 pm COPS: Adults Only

09:00 pm COPS: Adults Only (Rpt)

09:30 pm Ross Kemp On Gangs (Rpt)

10:30 pm Super Rugby Extra Time

11:30 pm The Project Encore (Rpt)

12:30 am Bellator MMA (Rpt)

02:30 am COPS: Adults Only (Rpt)

03:00 am COPS: Adults Only (Rpt)

M
Some Violence

M
Drug References

AV15+
Strong Violence,
Adult Themes

PG

CC

M
Realistic Violence,
Some Coarse
Language

M
Some Violence

M
Drug References

SERIES PREMIERE

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

Relive all the best bits of the weekend's Super Rugby on Extra Time.

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.



PERTH PROGRAM GUIDE

Tuesday 29th April 2014

03:30 am **The Ride: East Coast** (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

04:30 am **Temporary Australians** (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

05:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

G

Bob Paisley

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



PERTH PROGRAM GUIDE

Wednesday 30th April 2014

06:00 am Home Shopping

06:30 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:30 am Home Shopping

08:00 am World Series Sprintcars (Rpt)

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:00 am Trick My Truck (Rpt)

PG

Catch the cast of Trick My Truck at their finest as they trick Robert Pike's battered Kenworth into a mobile fortress that no one will want to mess with.

10:30 am Temporary Australians (Rpt)

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

11:00 am The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The challenge will be a ball challenge. The winning team gets a big advantage during the weigh-in, where the one who will fall in the red line and the yellow line will be sent home.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The contestants are excited to hear from host Alison Sweeney that they will all be going home for two weeks.



PERTH PROGRAM GUIDE

Wednesday 30th April 2014

02:00 pm	World's Toughest Trucker (Rpt)	PG Some Coarse Language	<u>The Amazon Jungle</u> The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.
03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>Operation Ridiculous</u> Max and 99 are called into the Chief's office. He tells them 'Weeknews' magazine is doing a story on Control. Mr Fitzmaurice wants to accompany the two Control agents on a case for his story. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Kim</u> Hawkeye operates on a 5-year old Korean boy and Radar can't find his family. Henry plans to send him to the orphanage and the camp enjoys his company while they can. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>L.I.P. (Local Indigenous Personnel)</u> Corporal Walker is being sent home and he wants to marry his Korean girl so she and their baby can return with him. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG Mild Violence	<u>Gloves Off</u> Peter sends Neal undercover as a Wall Street stock trader where he discovers a White Collar boxing ring where traders fight for insider information. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen



PERTH PROGRAM GUIDE

Wednesday 30th April 2014

08:30 pm **Burn Notice**

M
Some Violence

ALL NEW EPISODES

Bitter Pill

James needs Michael's help to protect a Middle Eastern diplomat at an economic conference, but the team are unable to prevent him from being poisoned.

Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Sharon Gless, Jack Coleman

Guest Starring: John Pyper-Ferguson, David Meunier

09:30 pm **Sons Of Anarchy**

AV15+
Strong Violence,
Sexual References

ALL NEW EPISODES

Crucified

After confronting Juice about his betrayal of the club, Jax offers him a path to redemption. However, avenging Opie's death is hard as the perpetrators are under the protection of the Grim Bastards.

Starring: Charlie Hunnam, Katey Sagal, Ron Perlman, Jimmy Smits, Mark Boone Junior, Tommy Flanagan, Kim Coates, Theo Rossi

10:45 pm **Breakout Kings**

M
Some Violence

ALL NEW EPISODES

Round Two

A gang of vicious criminals escape prison via an underground tunnel. The Breakout Kings find themselves cooperating with the FBI after learning one of the gang members is actually an undercover agent.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:45 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Gibtown

A woman's body is found in a baby stroller in an area where the people are descendants of sideshow people. Jim is on the case to find who killed the woman.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:45 am **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:45 am **Australian Rally Championships (Rpt)**

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

02:45 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



PERTH PROGRAM GUIDE

Wednesday 30th April 2014

03:45 am **The Indestructibles** (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

04:45 am **Million Dollar Catch** (Rpt)

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

05:15 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers** (Rpt)

PG

Sir Alex Ferguson

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



PERTH PROGRAM GUIDE

Thursday 01st May 2014

06:00 am Home Shopping

06:30 am Men's Health Survival Of The Fittest (Rpt) G

Men's Health Survival Of The Fittest

Survival of the Fittest is packing a colossal 10 kilometre urban assault course in each host city for 2014, Men's Health Survival of the Fittest is Britain's biggest adventure running series.

07:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

07:30 am Home Shopping

08:00 am MotoGP 2014 (Rpt)

REPLAY

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

10:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:30 am The Ride: East Coast (Rpt)

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

11:30 am Flip Men (Rpt)

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The teams pick captains and only two members from the team can work with trainers. A mud-pit challenge tests the balance of the contestants and a pop challenge uses cakes!

02:00 pm Undercover Boss (Rpt)

PG

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

Thursday 01st May 2014

- | | | | |
|----------|--------------------------------|-------------------------|---|
| 03:00 pm | Whose Line Is It Anyway? (Rpt) | PG | <p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p> |
| 03:30 pm | Whose Line Is It Anyway? (Rpt) | PG
Sexual References | <p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p> |
| 04:00 pm | Get Smart (Rpt) | PG | <p><u>Spy, Spy, Birdie</u></p> <p>Albert Pfister starts to blow up the world using his new silent explosive.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p> |
| 04:30 pm | COPS | | |
| 05:00 pm | I Fish (Rpt) | WS G | <p>Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.</p> |
| 06:00 pm | M*A*S*H (Rpt) | PG | <p><u>The Trial Of Henry Blake</u></p> <p>Majors Houlihan and Burns press charges against Colonel Blake to get him arrested, put Frank in charge and put Hawkeye and Trapper under arrest so that they can't help him.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p> |
| 06:30 pm | M*A*S*H (Rpt) | PG | <p><u>Dear Dad... Three</u></p> <p>Once more Hawkeye writes home to his father. Meanwhile, the doctors operate on a soldier with a grenade shot into his body.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p> |
| 07:00 pm | COPS | | |



PERTH PROGRAM GUIDE

Thursday 01st May 2014

07:30 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:00 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:30 pm **Movie: Flying High (Rpt) (1980)**

CC M
WS Sexual References

MOVIE

After the entire crew aboard an airplane suddenly fall ill, the only person capable of landing the plane is an ex-war pilot.

Starring: Leslie Nielsen, Lloyd Bridges, Julie Hagerty, Peter Graves, Robert Hays, Barbara Billingsley

10:20 pm **Fast Forward (Rpt)**

M
Sexual References

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

11:20 pm **Blokesworld**

NEW EPISODE

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

11:50 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **Hounds (Rpt)**

M
Sexual References,
Some Coarse
Language

Marty is sentenced to community service; Will takes a new job in retail; Lily tries to get their new dog back on track after the hound is brutalised by Holden's dog.

Starring: Toby Sharpe, Mick Innes

The logo for the ONE network, featuring the word "one" in white lowercase letters on a green square background.

PERTH PROGRAM GUIDE

Thursday 01st May 2014

01:20 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

01:50 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.



PERTH PROGRAM GUIDE

Friday 02nd May 2014

06:00 am Home Shopping

06:30 am Dirty Great Machines (Rpt) G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.

07:30 am Home Shopping

08:00 am The List (Rpt)

The List - Frantic Finishes

In NASCAR the only road to victory lane runs through the finish line. The drivers of NASCAR have given us many a thrilling finish. Here is our list of the top 10 finishes of all time.

08:30 am NASCAR Nationwide Series Highlights

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

09:30 am NASCAR Sprint Cup Highlights

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.

10:30 am Australian Rally Championships (Rpt)

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:30 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

Curtis Stone and Lorena Garcia from "America's Next Great Restaurant" judge a cooking challenge as the contestants need to make a healthy meal.

02:00 pm The Indestructibles (Rpt)

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?



PERTH PROGRAM GUIDE

Friday 02nd May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Run, Robot, Run
KAOS agents disrupt an international track meet by injuring the U.S. athletes.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H (Rpt)** PG
The Sniper
A lone sniper has the 4077th pinned down, including Radar and Henry in the shower.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Carry On Hawkeye
The camp succumbs to the Asian flu, except for Hawkeye and Margaret, who have to do everything themselves.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**



PERTH PROGRAM GUIDE

Friday 02nd May 2014

07:30 pm Frontiers Of Construction (Rpt)	G	<u>Dying For A Job</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm Frontiers Of Construction (Rpt)	G	<u>Building For Gold</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
MOVIE PREMIERE			
09:30 pm Movie: Beautiful (2009)	AV15+ Strong Violence, Some Coarse Language	After another teenager disappears from idyllic Sunshine Hills, Suzy, the girl-next-door of every boy's dreams, persuades Daniel, a 14 year old with an obsessive crush, to help her uncover the truth.	Starring: Tahyna Tozzi, Sebastian Gregory, Asher Keddie, Aaron Jeffery, Peta Wilson, Socratis Otto
SEASON PREMIERE			
11:40 pm The League	MA15+ Sexual References	<u>The Bachelor Draft</u>	The League travels to Los Angeles for Andre and Trixie's destination wedding. Meanwhile, Ruxin refuses to do his Sacko punishments and Shiva Champion Ted has a few surprises for everyone at the draft.
12:10 am The Project Encore (Rpt)	CC		Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.
01:10 am Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language		Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.
03:10 am Fight Master MMA (Rpt)	M Realistic Violence, Some Coarse Language		MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.
04:10 am Flip Men (Rpt)	PG Some Coarse Language	<u>Mystery House</u>	A house that needs minor work becomes a problem when the former owner returns unexpectedly.



PERTH PROGRAM GUIDE

Friday 02nd May 2014

04:40 am Wild Racers (Rpt)

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

05:10 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am Football's Greatest Managers (Rpt)

PG

Jose Mourinho

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



PERTH PROGRAM GUIDE

Saturday 03rd May 2014

06:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:00 am NASCAR Sprint Cup Qualifying

Race 9: Toyota Owners 400 @ Richmond-Qualifying

Who will claim pole position in qualifying ahead of race 9 from the Richmond International Raceway.

08:30 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:00 pm World Series Sprintcars

Wss Perth Final Night 1

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's West Coast

Explore Tasmania's wild and windswept west coast by 4WD. Join Pat Callinan for sports adventure at its peak.

03:00 pm Trick My Truck (Rpt) G

Rod, Kevin and the rest of the team turn a 99 International into a tribute to the owner's late mother on the outside, and a baseball lover's paradise on the inside.

03:30 pm Car Torque (Rpt) CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Frontiers Of Construction (Rpt) G

Building For Gold

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

05:00 pm Wild Racers PG

NEW EPISODE

The sixth and final round of The Adventure Racing World Series continues in Switzerland exposing the athletes to a natural landscape unlike that which they have faced in any previous rounds. Who will claim victory in the final round?



PERTH PROGRAM GUIDE

Saturday 03rd May 2014

05:30 pm **Reel Rock** (Rpt)

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

06:00 pm **Trick My Truck** (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Dirty Great Machines** (Rpt)

G

Dirty Great Machines is a documentary series which takes a look at some of the largest land-based machines ever built.

08:30 pm **Law & Order: SVU** (Rpt)

CC M
Strong Adult
Themes

Nocturne

Benson and Stabler are called to a pharmacy in a run-down neighbourhood when the employee at the one-hour photo develops disturbing pictures of a young boy.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Dann Florek, Michelle Hurd

Guest Starring: Isabel Gillies, John Benjamin Hickey, Marc John Jefferies

09:30 pm **Bellator MMA**

M
Realistic Violence,
Some Coarse
Language,
Medical Procedures

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld** (Rpt)

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



PERTH PROGRAM GUIDE

Saturday 03rd May 2014

02:00 am World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

03:00 am Trick My Truck (Rpt)

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

03:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

04:00 am NASCAR Nationwide Series
Highlights (Rpt)

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

05:00 am NASCAR Sprint Cup Highlights
(Rpt)

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.



TASMANIA PROGRAM GUIDE

Sunday 27th April 2014

06:00 am **NASCAR Nationwide Series Highlights**

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.

07:00 am **NASCAR Sprint Cup Highlights**

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

08:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

08:30 am **NASCAR Sprint Cup**

LIVE

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm **Escape With ET**

CC

SEASON FINALE

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

01:30 pm **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:55 pm **Movie: The Gods Must Be Crazy II (Rpt) (1989)**

PG
Some Violence,
Some Coarse
Language

MOVIE

Xixo is back again. This time, his children accidentally stow away on a fast-moving poachers' truck, unable to get off, and Xixo sets out to rescue them.

Starring: N!xau , Lena Farugia, Hans Strydom, Eiros , Nadies

04:00 pm **Adventure Angler**

G

NEW EPISODE

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.



TASMANIA PROGRAM GUIDE

Sunday 27th April 2014

05:00 pm What's Up Down Under

CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm Temporary Australians

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

06:00 pm M*A*S*H

PG

Divided We Stand

Brought on by Frank and Margaret's negative reports, General Clayton assigns a psychiatrist, Captain Hildebrand, to examine the 4077th M*A*S*H unit.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm Reel Rock

PG
Some Coarse
Language

NEW EPISODE

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm Million Dollar Catch

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

07:30 pm The Ride: East Coast

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

08:30 pm Bondi Rescue

CC PG
Some Coarse
Language,
Medical Procedures

A man with a deep stab wound to his leg is unable to tell Terry and Deano just how it happened. Meanwhile, following a collision, a body surfer is brought to shore with no feeling in his arms or legs.

09:00 pm Bondi Rescue - Encore

CC PG
Some Coarse
Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi identity and body builder, Dimitri breaks both legs after he plunges off the cliff at North Bondi. Lifeguards investigate the incident but the question plaguing everyone is: why did he fall?



TASMANIA PROGRAM GUIDE

Sunday 27th April 2014

09:30 pm **Movie: GI Joe: Rise Of The Cobra**
(2009)

M
Some Violence

MOVIE

An elite military unit comprised of special operatives known as G.I. Joe, operating out of The Pit, takes on an evil organisation led by a notorious arms dealer.

Starring: Channing Tatum, Joseph Gordon-Levitt, Marlon Wayans, Sienna Miller, Dennis Quaid, Karolina Kurkova, Adewale Akinnuoye-Agbaje, Christopher Eccleston, Jonathan Pryce, Leo Howard

11:55 pm **Fight Master MMA**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

12:55 am **Ross Kemp On Gangs**

MA15+
Some Coarse
Language,
Drug Use

St Louis

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

01:55 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:25 am **Tom Cruise Drives An F1 Car**

G

Tom Cruise Drives An F1 Car

02:30 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Pre Show

Greg Rust and Daryl Beattie bring you all of the latest MotoGP news before we go green in Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

03:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

04:00 am **MotoGP 2014**

LIVE NATIONWIDE

Race 3 Argentina - Post Show

Our expert commentators Greg Rust and Daryl Beattie bring you all of the latest news and results as they wrap up race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.



TASMANIA PROGRAM GUIDE

Sunday 27th April 2014

04:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am Adventure Angler

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

05:30 am Reel Rock

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.



TASMANIA PROGRAM GUIDE

Monday 28th April 2014

06:00 am Home Shopping

06:30 am World Series Sprintcars

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

07:30 am Home Shopping

08:00 am Rugby Classic Matches

Autumn International 2001: England V Australia

Relive the 2001 Autumn International between England and Australia at Twickenham in London.

10:00 am Australian Rally Championships

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

It's Valentine's Day on the ranch and the contestants are ushered into a room full of chocolate candies for a holiday-themed temptation.

02:00 pm Frontiers Of Construction

PG

Buildings That Kill

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway?

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



TASMANIA PROGRAM GUIDE

Monday 28th April 2014

04:00 pm **The Ride: East Coast**

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

05:00 pm **I Fish**

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H**

PG

5 O'clock Charlie

An inept North Korean pilot, known as "5 O'Clock Charlie" makes his daily attempt to bomb the ammo dump.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H**

PG

Radar's Report

Radar writes the weekly activity report. Elsewhere, Hawkeye operates on a wounded prisoner who grabs a scalpel and attacks the doctors.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **World's Toughest Trucker**

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

08:00 pm **Flip Men**

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

08:30 pm **Undercover Boss**

PG

NEW EPISODE

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.

09:30 pm **Hell's Kitchen**

M
Sexual References,
Some Coarse
Language

NEW EPISODE

The chefs are presented with a challenge that requires them to cook dishes involving cuts of pork. The losing team is made to clean pigs, while the winners enjoy a day of relaxation at a spa.



TASMANIA PROGRAM GUIDE

Monday 28th April 2014

NEW EPISODE

10:30 pm Hell's Kitchen

M
Some Coarse
Language

The chefs are tasked with a challenge requiring them to create dishes using the classic mother sauces. The winners are treated to a day at the pub, while the losers have to clean the kitchens.

11:30 pm The Project Encore

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am Blokesworld

MA15+
Sexual References,
Nudity

The guys continue on their 8 day ride in the north of Vietnam. Back home, we have Burnout Love Dedications, Bloke of the Week, Russell Mark and Felicity competes in Miss Downunder.

01:00 am The Sketch Show

PG
Sexual References,
Some Coarse
Language

The Sketch Show is a British television sketch comedy program, featuring many leading British comedians. The show is full of fast paced quirky, wacky, and ridiculous off the wall British humour.

01:30 am Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

02:00 am Trick My Truck

G

Robert LaGrange got into trucking following a successful naval career aboard a nuclear submarine. The boys drop in on Robert and transform his 2001 Freightliner into a truck that would make any sailor proud.

02:30 am Fight Master MMA

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

03:30 am Dirty Great Machines

G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.



TASMANIA PROGRAM GUIDE

Monday 28th April 2014

04:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:00 am NASCAR Nationwide Series Highlights

Race 7: Help A Hero 200 @ Darlington

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 7 is hosted at the Darlington Raceway in South Carolina.



TASMANIA PROGRAM GUIDE

Tuesday 29th April 2014

06:00 am Home Shopping

06:30 am NASCAR Sprint Cup Highlights

Race 8: Bojangles' Southern 500 @ Darlington-Highlights

Catch all the non-stop motorsport action highlights from the Darlington Raceway. The thrills and the spills of NASCAR racing continues with the 8th race of the 2014 Sprint Cup Series.

07:30 am Home Shopping

08:00 am 2014 Tudor United Sportscar Championship

REPLAY

R3 Grand Prix Of Long Beach

Two classes of the most advanced, exotic sports cars on the planet battle it out in a 100-minute shootout featuring suspenseful passes, driver changes and battles for position in almost every corner.

10:00 am Wild Racers

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

10:30 am Adventure Angler

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

11:00 am Million Dollar Catch

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

11:30 am Reel Rock

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The two teams of contestants are all tied up this week - literally - in a rope challenge in which teamwork will determine which group of players will get to use the gym this week.

02:00 pm Monster Jam

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



TASMANIA PROGRAM GUIDE

Tuesday 29th April 2014

03:00 pm	Whose Line Is It Anyway?	PG	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
03:30 pm	Whose Line Is It Anyway?	PG Sexual References, Mild Coarse Language	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart	PG	<u>The Wax Max</u> Max and 99 enjoy their day off at an amusement park. Little do they realise that the amusement park is actually a Kaos drop-off place for secret messages. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	Fishing Edge	G	Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:00 pm	I Fish	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H	PG	<u>For The Good Of The Outfit</u> Hawkeye and Trapper want the army to admit responsibility for the accidental bombing of a local village. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H	PG	<u>Dr. Pierce And Mr. Hyde</u> Hawkeye has been in non-stop surgery for three straight days without sleep, and the wounded keep coming. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



TASMANIA PROGRAM GUIDE

Tuesday 29th April 2014

07:00 pm COPS

07:30 pm The Indestructibles

08:30 pm COPS: Adults Only

09:00 pm COPS: Adults Only

09:30 pm Ross Kemp On Gangs

10:30 pm Super Rugby Extra Time

11:30 pm The Project Encore

12:30 am Bellator MMA

02:30 am COPS: Adults Only

03:00 am COPS: Adults Only

SERIES PREMIERE

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

M
Realistic Violence,
Some Coarse
Language

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

M
Some Violence

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.

M
Drug References

More tales on the beat with the show on the forefront of reality TV. Cops goes on patrol with the law enforcement agents protecting America's troubled streets and serving their law-abiding citizens.



TASMANIA PROGRAM GUIDE

Tuesday 29th April 2014

03:30 am **The Ride: East Coast**

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

04:30 am **Temporary Australians**

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

05:00 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers**

G

Bob Paisley

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



TASMANIA PROGRAM GUIDE

Wednesday 30th April 2014

06:00 am Home Shopping

06:30 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:30 am Home Shopping

08:00 am World Series Sprintcars

Wss Bunbury

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

09:00 am Car Torque

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:00 am Trick My Truck

PG

Catch the cast of Trick My Truck at their finest as they trick Robert Pike's battered Kenworth into a mobile fortress that no one will want to mess with.

10:30 am Temporary Australians

PG

Trikes

Temporary Australians goes where many have never been, the motorcycle shows, rides, races and rallies. It talks to riders and finds out what makes them tick, shows the fun they have and how they handle the bad image.

11:00 am The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

The challenge will be a ball challenge. The winning team gets a big advantage during the weigh-in, where the one who will fall in the red line and the yellow line will be sent home.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The contestants are excited to hear from host Alison Sweeney that they will all be going home for two weeks.



TASMANIA PROGRAM GUIDE

Wednesday 30th April 2014

02:00 pm	World's Toughest Trucker	PG Some Coarse Language	<u>The Amazon Jungle</u> The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.
03:00 pm	Super Rugby Extra Time	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart	PG	<u>Operation Ridiculous</u> Max and 99 are called into the Chief's office. He tells them 'Weeknews' magazine is doing a story on Control. Mr Fitzmaurice wants to accompany the two Control agents on a case for his story. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish	WS G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	M*A*S*H	PG	<u>Kim</u> Hawkeye operates on a 5-year old Korean boy and Radar can't find his family. Henry plans to send him to the orphanage and the camp enjoys his company while they can. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H	PG	<u>L.I.P. (Local Indigenous Personnel)</u> Corporal Walker is being sent home and he wants to marry his Korean girl so she and their baby can return with him. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar	PG Mild Violence	<u>Gloves Off</u> Peter sends Neal undercover as a Wall Street stock trader where he discovers a White Collar boxing ring where traders fight for insider information. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen



TASMANIA PROGRAM GUIDE

Wednesday 30th April 2014

08:30 pm Burn Notice

M
Some Violence

ALL NEW EPISODES

Bitter Pill

James needs Michael's help to protect a Middle Eastern diplomat at an economic conference, but the team are unable to prevent him from being poisoned.

Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Sharon Gless, Jack Coleman

Guest Starring: John Pyper-Ferguson, David Meunier

09:30 pm Sons Of Anarchy

AV15+
Strong Violence,
Sexual References

ALL NEW EPISODES

Crucified

After confronting Juice about his betrayal of the club, Jax offers him a path to redemption. However, avenging Opie's death is hard as the perpetrators are under the protection of the Grim Bastards.

Starring: Charlie Hunnam, Katey Sagal, Ron Perlman, Jimmy Smits, Mark Boone Junior, Tommy Flanagan, Kim Coates, Theo Rossi

10:45 pm Breakout Kings

M
Some Violence

ALL NEW EPISODES

Round Two

A gang of vicious criminals escape prison via an underground tunnel. The Breakout Kings find themselves cooperating with the FBI after learning one of the gang members is actually an undercover agent.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:45 pm The Glades

M
Some Violence

ALL NEW EPISODES

Gibtown

A woman's body is found in a baby stroller in a area where the people are descendants of sideshow people. Jim is on the case to find who killed the woman.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:45 am The Project Encore

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:45 am Australian Rally Championships

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

02:45 am Ross Kemp On Gangs

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



TASMANIA PROGRAM GUIDE

Wednesday 30th April 2014

03:45 am **The Indestructibles**

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?

04:45 am **Million Dollar Catch**

PG
Some Coarse
Language

Million Dollar Catch is a gripping high sea adventure. Four crews race to fill their quota of prized crayfish in some of the roughest seas in the world.

05:15 am **Omnisport**

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am **Football's Greatest Managers**

PG

Sir Alex Ferguson

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



TASMANIA PROGRAM GUIDE

Thursday 01st May 2014

06:00 am Home Shopping

06:30 am Men's Health Survival Of The Fittest G

Men's Health Survival Of The Fittest

Survival of the Fittest is packing a colossal 10 kilometre urban assault course in each host city for 2014, Men's Health Survival of the Fittest is Britain's biggest adventure running series.

07:00 am Golf Getaway

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

07:30 am Home Shopping

08:00 am MotoGP 2014

REPLAY

Race 3 Argentina

Join Greg Rust and Daryl Beattie as they bring you all of the latest news and results from Race 3 of the 2014 MotoGP from the Autódromo Termas de Río Hondo in Argentina.

10:00 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

10:30 am The Ride: East Coast

The Ride: East Coast

Maxi and Jesse, from Bondi Rescue have become ambassadors for Headspace, the national youth mental health foundation. The boys ride the length of Australia's East Coast on jet-skis for their charity.

11:30 am Flip Men

PG
Some Coarse
Language

Mystery House

A house that needs minor work becomes a problem when the former owner returns unexpectedly.

12:00 pm The Biggest Loser USA

PG

NEW EPISODE

The teams pick captains and only two members from the team can work with trainers. A mud-pit challenge tests the balance of the contestants and a pop challenge uses cakes!

02:00 pm Undercover Boss

PG

Orkin Canada

President Gary Muldoon, of Orkin Canada, goes undercover to ensure the company is playing to its strengths, and that staff have good customer service skills as well as professional know-how.



TASMANIA PROGRAM GUIDE

Thursday 01st May 2014

- 03:00 pm Whose Line Is It Anyway?** PG
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart** PG
Spy, Spy, Birdie
Albert Pfister starts to blow up the world using his new silent explosive.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish** WS G
Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
- 06:00 pm M*A*S*H** PG
The Trial Of Henry Blake
Majors Houlihan and Burns press charges against Colonel Blake to get him arrested, put Frank in charge and put Hawkeye and Trapper under arrest so that they can't help him.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H** PG
Dear Dad... Three
Once more Hawkeye writes home to his father. Meanwhile, the doctors operate on a soldier with a grenade shot into his body.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**



TASMANIA PROGRAM GUIDE

Thursday 01st May 2014

07:30 pm Whose Line Is It Anyway?

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:00 pm Whose Line Is It Anyway?

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

08:30 pm Movie: Flying High (1980)

CC M
WS Sexual References

MOVIE

After the entire crew aboard an airplane suddenly fall ill, the only person capable of landing the plane is an ex-war pilot.

Starring: Leslie Nielsen, Lloyd Bridges, Julie Hagerty, Peter Graves, Robert Hays, Barbara Billingsley

10:20 pm Fast Forward

M
Sexual References

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

11:20 pm Blokesworld

NEW EPISODE

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

11:50 pm The Project Encore

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am Hounds

M
Sexual References,
Some Coarse
Language

Marty is sentenced to community service; Will takes a new job in retail; Lily tries to get their new dog back on track after the hound is brutalised by Holden's dog.

Starring: Toby Sharpe, Mick Innes



TASMANIA PROGRAM GUIDE

Thursday 01st May 2014

01:20 am Wild Racers

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

01:50 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:00 am NASCAR Sprint Cup

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.



TASMANIA PROGRAM GUIDE

Friday 02nd May 2014

06:00 am Home Shopping

06:30 am Dirty Great Machines

G

The series takes a look at some of the largest ever built bucket wheel excavators. Their purpose is to peel back the surface of the earth with each turn of their colossal parts.

07:30 am Home Shopping

08:00 am The List

The List - Frantic Finishes

In NASCAR the only road to victory lane runs through the finish line. The drivers of NASCAR have given us many a thrilling finish. Here is our list of the top 10 finishes of all time.

08:30 am NASCAR Nationwide Series Highlights

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

09:30 am NASCAR Sprint Cup Highlights

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.

10:30 am Australian Rally Championships

R2 Quit Forest Rally Event Review Part 1

Round 2 of the Australian Rally Championship is the Quit Forest Rally. Join us for all the highlights and action from Busselton and Nannup to celebrate its 30th year.

11:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

12:00 pm The Biggest Loser USA

PG
Mild Coarse
Language

NEW EPISODE

Curtis Stone and Lorena Garcia from "America's Next Great Restaurant" judge a cooking challenge as the contestants need to make a healthy meal.

02:00 pm The Indestructibles

Baby Car Crash

In Penrith, Andrew, his parents and his 4-month baby boy were hit by a car so quick that they had no time to react. How did they survive the crash that nearly sent them through a shop window?



TASMANIA PROGRAM GUIDE

Friday 02nd May 2014

03:00 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm **Get Smart**

PG

Run, Robot, Run

KAOS agents disrupt an international track meet by injuring the U.S. athletes.

Starring: Don Adams, Barbara Feldon, Edward Platt

04:30 pm **COPS**

05:00 pm **I Fish**

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiasts. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **M*A*S*H**

PG

The Sniper

A lone sniper has the 4077th pinned down, including Radar and Henry in the shower.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **M*A*S*H**

PG

Carry On Hawkeye

The camp succumbs to the Asian flu, except for Hawkeye and Margaret, who have to do everything themselves.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm **COPS**



TASMANIA PROGRAM GUIDE

Friday 02nd May 2014

07:30 pm Frontiers Of Construction	G	<u>Dying For A Job</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm Frontiers Of Construction	G	<u>Building For Gold</u>	Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
MOVIE PREMIERE			
09:30 pm Movie: Beautiful (2009)	AV15+ Strong Violence, Some Coarse Language	After another teenager disappears from idyllic Sunshine Hills, Suzy, the girl-next-door of every boy's dreams, persuades Daniel, a 14 year old with an obsessive crush, to help her uncover the truth.	Starring: Tahyna Tozzi, Sebastian Gregory, Asher Keddie, Aaron Jeffery, Peta Wilson, Socratis Otto
SEASON PREMIERE			
11:40 pm The League	MA15+ Sexual References	<u>The Bachelor Draft</u>	The League travels to Los Angeles for Andre and Trixie's destination wedding. Meanwhile, Ruxin refuses to do his Sacko punishments and Shiva Champion Ted has a few surprises for everyone at the draft.
12:10 am The Project Encore	CC		Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.
01:10 am Bellator MMA	M Realistic Violence, Some Coarse Language		Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.
03:10 am Fight Master MMA	M Realistic Violence, Some Coarse Language		MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.
04:10 am Flip Men	PG Some Coarse Language	<u>Mystery House</u>	A house that needs minor work becomes a problem when the former owner returns unexpectedly.



TASMANIA PROGRAM GUIDE

Friday 02nd May 2014

04:40 am Wild Racers

G

Starting in the alpine village of Interlaken in Switzerland, the sixth and final round of The Adventure Racing World Series exposes our athletes to a natural landscape unlike that which they have faced in any previous rounds.

05:10 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

05:30 am Football's Greatest Managers

PG

Jose Mourinho

Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.



TASMANIA PROGRAM GUIDE

Saturday 03rd May 2014

06:00 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

Cheap Shots

It happens all the time in sports - athletes get caught up in the heat of the moment and let their emotions get the best of them. Today we are going to get down and dirty as we examine cheap shots.

07:00 am NASCAR Sprint Cup Qualifying

Race 9: Toyota Owners 400 @ Richmond-Qualifying

Who will claim pole position in qualifying ahead of race 9 from the Richmond International Raceway.

08:30 am NASCAR Sprint Cup

REPLAY

Race 9: Toyota Owners 400 @ Richmond

Tune in on ONE for Race 9 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Richmond International Raceway.

12:30 pm Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

01:00 pm World Series Sprintcars

Wss Perth Final Night 1

World Series Sprintcars sees the best drivers on dirt from the USA and Australia go head to head in the 12 round championship across the country.

02:00 pm Pat Callinan's 4x4 Adventures

WS G

Tasmania's West Coast

Explore Tasmania's wild and windswept west coast by 4WD. Join Pat Callinan for sports adventure at its peak.

03:00 pm Trick My Truck

G

Rod, Kevin and the rest of the team turn a 99 International into a tribute to the owner's late mother on the outside, and a baseball lover's paradise on the inside.

03:30 pm Car Torque

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Frontiers Of Construction

G

Building For Gold

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

05:00 pm Wild Racers

PG

NEW EPISODE

The sixth and final round of The Adventure Racing World Series continues in Switzerland exposing the athletes to a natural landscape unlike that which they have faced in any previous rounds. Who will claim victory in the final round?



TASMANIA PROGRAM GUIDE

Saturday 03rd May 2014

05:30 pm Reel Rock

PG
Some Coarse
Language

Ice Revolution

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

06:00 pm Trick My Truck

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

06:30 pm Monster Jam

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 meter tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm Dirty Great Machines

G

Dirty Great Machines is a documentary series which takes a look at some of the largest land-based machines ever built.

08:30 pm Law & Order: SVU (Rpt)

CC M
Strong Adult
Themes

Nocturne

Benson and Stabler are called to a pharmacy in a run-down neighbourhood when the employee at the one-hour photo develops disturbing pictures of a young boy.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Dann Florek, Michelle Hurd

Guest Starring: Isabel Gillies, John Benjamin Hickey, Marc John Jefferies

09:30 pm Bellator MMA

M
Realistic Violence,
Some Coarse
Language,
Medical Procedures

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm Blokesworld

The guys continue on their 8 day ride of North Vietnam. Check out Beauties and the Beast, test the range of the Browning BLR .22 rifles and Barbie competes in Miss Downunder.

12:00 am 48 Hours

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am Ross Kemp On Gangs

AV15+
Strong Violence,
Adult Themes

Moscow

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.



TASMANIA PROGRAM GUIDE

Saturday 03rd May 2014

02:00 am World's Toughest Trucker

PG
Some Coarse
Language

The Amazon Jungle

The truckers travel deeper into the Amazon to deliver fishing boats to a fishing community along brutal and unforgiving dirt tracks, fuelled by adrenaline and competitive spirit.

03:00 am Trick My Truck

PG

With all Jeff's money in the truck, he has had to postpone marrying Brandi, the girl of his dreams. See Trick My Truck pull Jeff out of his hole and make his dump truck stronger than ever.

03:30 am Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

04:00 am NASCAR Nationwide Series
Highlights

Race 8: Toyotacare 250 @ Richmond

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 8 is hosted at the Richmond International Raceway.

05:00 am NASCAR Sprint Cup Highlights

Race 9: Toyota Owners 400 @ Richmond-Highlights

Catch all the non-stop motorsport action highlights from the Richmond International Raceway. The thrills and spills of NASCAR racing continues with the 9th race of the 2014 Sprint Cup Series.