

Sunday 06th July 2014

06:00 am <b>Garage Gold</b> (Rpt)	PG	Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.
06:30 am <b>Diamond Divers</b> (Rpt)	PG Mild Violence, Some Coarse Language	Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.
07:30 am <b>Focus: What Drives The World's Top Athletes</b> (Rpt)	CC G	<p><b><u>Ellyse Perry &amp; Corey Bohan</u></b></p> <p>FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet &amp; delves deep into the athlete conscious to discover their everyday battles, rituals, crisis &amp; torments.</p>
08:00 am <b>Reel Action</b> (Rpt)		Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.
08:30 am <b>NASCAR Sprint Cup</b>		<p><b>LIVE</b></p> <p><b><u>Race 18: Coke Zero 400 @ Daytona</u></b></p> <p>Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.</p>
01:00 pm <b>Omnisport</b> (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.
01:30 pm <b>The List</b> (Rpt)		<p><b><u>The List - Famous Fights</u></b></p> <p>With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.</p>
02:00 pm <b>2014 Commonwealth Games - Countdown To Glasgow</b>		A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.
02:30 pm <b>2014 Commonwealth Games - Countdown To Glasgow</b>		A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 pm <b>Hook, Line &amp; Sisters</b> (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.



# SYDNEY PROGRAM GUIDE

Sunday 06th July 2014

03:30 pm American Digger (Rpt)

PG  
Some Coarse  
Language

### Blood Sweat And Money

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

04:00 pm 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.

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.

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 I Fish

CC

### **ALL NEW EPISODES**

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

### Your Hit Parade

With the arrival of a shipment of records, Radar plays the part of a disc jockey and helps to get everyone through the incredibly long deluge of wounded.

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

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

PG

### What's Up, Doc?

Hot Lips, believing herself to be pregnant, asks Hawkeye to test her. Meanwhile, a patient holds Charles at gunpoint, demanding he be sent back to Ohio.

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

07:00 pm Extreme Fishing With Robson Green (Rpt)

PG  
Some Coarse  
Language

### **SEASON FINAL**

#### California

The Geordie lad heads to California to complete his world tour in dramatic style. After wrestling with a big blue shark, Robson embarks on a night-time expedition to catch giant squid.



# SYDNEY PROGRAM GUIDE

Sunday 06th July 2014

08:00 pm Robson's Extreme Fishing Challenge

PG  
Some Coarse Language

## SEASON PREMIERE

### Greenland

Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.

09:00 pm Bondi Rescue (Rpt)

CC PG  
Some Coarse Language,  
Nudity

An 18 year old man breaks his leg while out in the surf. Meanwhile, Maxi uses a mobile phone tracking device to locate a thief.

09:30 pm Movie: Fatal Attraction (Rpt) (1987)

M  
Some Violence,  
Sex Scenes,  
Some Coarse Language

## MOVIE

A married man's one night stand comes back to haunt him when the woman begins to stalk him and his family.

Starring: Michael Douglas, Glenn Close, Anne Archer, Ellen Foley, Fred Gwynne, Stuart Pankin

12:00 am Sleeper Cell (Rpt)

M  
Some Violence,  
A Sex Scene,  
Some Coarse Language

### Scholar

Farik decides to send biochemical student Eddy Pangetsu on a flight to Vancouver. There he must drive a shipment of real anthrax across the Canadian border to Los Angeles.

Starring: Michael Ealy, Oded Fehr, Blake Shields, Alex Nestic, Henri Lubatti

01:10 am The Indestructibles (Rpt)

PG  
Some Violence,  
Some Coarse Language,  
Medical Procedures

### Mauled By Lions

A man is unexpectedly attacked by two male lions while feeding them. However, despite his injuries the man survived with no major damage. How did he survive the attack that should of killed him?

02:10 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.

02:40 am Driving Wars (Rpt)

PG  
Sexual References

Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.

03:40 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 Rugby Classic Matches (Rpt)

### Autumn International 2011: Wales V Australia

Relive this calssic 2011 Autumn International match between Wales and Australia at Millennium Stadium, Cardiff.



# SYDNEY PROGRAM GUIDE

Monday 07th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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.

08:25 am Sporting Greats (Rpt)

G

**Mal Meninga**

Mal Meninga was a legendary Rugby League goal-kicking centre, counted amongst the finest players of the 20th century. He captained his club, state and country all to victories within a decade.

09:00 am World Series Sprintcars (Rpt)

PG

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.

10:00 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

10:30 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

11:00 am Megafactories (Rpt)

G

**Williams Formula 1**

A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.

12:00 pm The Adventures Of Merlin (Rpt)

CC

PG

Some Violence,  
Supernatural  
Themes

**Servant Of Two Masters, A**

Merlin falls into Morgana's hands, and she uses ancient magic to turn friend against friend, and shape Merlin into the perfect assassin.

Starring: Colin Morgan, Bradley James, Katie McGrath, Angel Coulby, Richard Wilson, Nathaniel Parker



# SYDNEY PROGRAM GUIDE

Monday 07th July 2014

01:00 pm **Undercover Boss** (Rpt)

PG

## Molson Coors

Working in a male-dominated industry, Chief Legal Officer Kelly Brown goes undercover in the Molson Coors Breweries to connect with other women in the breweries to see what they face on the job.

02:00 pm **The Biggest Loser Australia** (Rpt) CC G

The contestants will face a sheep herding challenge – and it's not as easy as those dogs make it look. The contestants work up an appetite as they quite literally chase their food around a field!

03:00 pm **The Biggest Loser Australia** (Rpt) CC PG

The contestants return from herding sheep to find a big surprise waiting for them. What comes as no surprise is the weekly Weigh In and the inevitable Elimination. Whose weight loss journey will end?

04:00 pm **Robson's Extreme Fishing Challenge** (Rpt)

PG  
Some Coarse  
Language

## Greenland

Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.

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

WS G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt)

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Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

PG

## Mail Call Three

After a delay of three weeks, five sacks of mail arrive and everyone in camp reacts to the good and bad news from home.

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

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

PG

## Temporary Duty

With a temporary transfer of personnel between the 4077th and the 8063rd, Captain Roy Dupree replaces Hawkeye, whilst Lorraine Anderson makes eyes at Charles.

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

07:00 pm **Scrappers**

PG  
Mild Coarse  
Language

## **ALL NEW EPISODES**

### Sal's Sick Day

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

07:30 pm **Garage Gold**

PG

## **ALL NEW EPISODES**

Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.





# SYDNEY PROGRAM GUIDE

Monday 07th July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Mr Lube

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Jordan

Star of TV and the silver screen Ricky Gervais sends a typical British everyman off for 10 days in Jordan to see one of the seven wonders of the world - Petra. See Karl Pilkington's unique world view.

10:00 pm The Road To Rio

PG  
Mild Coarse  
Language

## NEW EPISODE

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

11:00 pm Diamond Divers (Rpt)

PG  
Some Coarse  
Language

## SEASON FINAL

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 am 2014 FORMULA 1@ SANTANDER  
BRITISH GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

02:30 am 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.

03:30 am Blokesworld (Rpt)

MA15+  
Sexual References,  
Nudity

### River Boat

Benwah and Ado get back on the bikes, leave Cambodia and cross into Laos. They check out the Island of Don Det, then make their way to Pakse. Meanwhile, Kitty competes in Blokesworld's Miss Downunder.

04:00 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

The logo for 'one' is displayed in white lowercase letters on a green square background.

# SYDNEY PROGRAM GUIDE

Monday 07th July 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 Sprint Cup Highlights**  
(Rpt)

**Race 17: Quaker State 400 @ Kentucky-Highlights**

Catch all the non-stop motorsport action highlights from the Kentucky Speedway. The thrills and spills of NASCAR racing continues with the 17th race of the 2014 Sprint Cup Series.





# SYDNEY PROGRAM GUIDE

Tuesday 08th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC G

**Ellyse Perry & Corey Bohan**

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.

08:30 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.

09:00 am **The Road To Rio** (Rpt) PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

10:00 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

10:30 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

11:00 am **Monster Jam** (Rpt) G

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



# SYDNEY PROGRAM GUIDE

Tuesday 08th July 2014

12:00 pm <b>The Adventures Of Merlin</b> (Rpt)	CC PG Some Violence, Supernatural Themes	<p><b><u>The Secret Sharer</u></b></p> <p>An alliance is formed between Morgana and the enigmatic wizard Alator to try and uncover a secret that could change the course of destiny. Will Merlin's greatest secret be revealed?</p> <p>Starring: Colin Morgan, Bradley James, Katie McGrath, Richard Wilson, Angel Coulby, Nathaniel Parker</p>
01:00 pm <b>Undercover Boss</b> (Rpt)	PG Mild Coarse Language	<p><b><u>Second Cup</u></b></p> <p>CEO Stacey Mowbray gets brewing with her frontline employees to take on the intense coffee chain competition.</p>
02:00 pm <b>The Biggest Loser Australia</b> (Rpt)	CC PG	<p>The trainers discover a useful tool that will help them monitor their team while they're not around. This week's challenge drags the contestants out of their comfort zone and into the spotlight.</p>
03:00 pm <b>The Biggest Loser Australia</b> (Rpt)	CC PG	<p>Temptation only takes a second, but in this episode it will last for 12 hours! Who will crumble?</p>
04:00 pm <b>Get Smart</b> (Rpt)	PG	<p><b><u>And Baby Makes Four (2)</u></b></p> <p>CONTROL must defeat Simon the Likable. Meanwhile, 99 gives birth to twins.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p> <p>Guest Starring: Jack Gilford, Dana Elcar</p>
04:30 pm <b>Reel Action</b> (Rpt)		<p>Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.</p>
05:00 pm <b>I Fish</b> (Rpt)	WS G	<p>Paul Worsteling brings you great tips and products that will help you lure the big fish.</p>
05:30 pm <b>I Fish</b> (Rpt)	G	<p>Paul Worsteling brings you great tips and products that will help you lure the big fish.</p>
06:00 pm <b>M*A*S*H</b> (Rpt)	PG	<p><b><u>Potter's Retirement</u></b></p> <p>Potter is upset when General Waldo Kent informs him that people in the 4077th are complaining about his leadership.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
06:30 pm <b>M*A*S*H</b> (Rpt)	PG	<p><b><u>Dr. Winchester And Mr. Hyde</u></b></p> <p>Charles takes amphetamines to keep up his energy level and even drugs Radar's mouse, "Daisy", so that it will win a race against a Marine's mouse, "Sluggo".</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>





# SYDNEY PROGRAM GUIDE

Tuesday 08th July 2014

07:00 pm COPS (Rpt)

PG  
Drug References,  
Adult Themes

### Coast To Coast

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

07:30 pm David Attenborough's Life In Cold Blood (Rpt) CC G

### Sophisticated Serpents

Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.

08:30 pm David Attenborough's Life In Cold Blood (Rpt) CC G

## SEASON FINALE

### Armoured Giants

David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.

09:30 pm 48 Hours (Rpt)

PG  
Adult Themes

### Perilous Journey

An investigation into the controversial world of international adoptions, in which some overseas facilitators walk a fine line between adoptions and child trafficking.

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 Terriers (Rpt)

M

### Ring-A-Ding-Ding

The search for an antique engagement ring takes Hank and Britt on a wild goose chase through the more colourful parts of Ocean Beach.

Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar

12:30 am Megafactories (Rpt)

G

### Williams Formula 1

A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.

01:30 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.

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.



# SYDNEY PROGRAM GUIDE

Tuesday 08th July 2014

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

**Race 15: Hero Campaign 300 @ Kentucky**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 15 is hosted at the Kentucky Speedway.

05:00 am **Football's Greatest Managers** (Rpt) G

**Rinus Michels**

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

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

**Giovanni Trapattoni**

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 09th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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 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.

09:00 am American Digger (Rpt)

PG  
Some Coarse  
Language

### Blood Sweat And Money

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

09:30 am Scrappers (Rpt)

PG  
Mild Coarse  
Language

### Sal's Sick Day

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

10:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Sophisticated Serpents

Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.

11:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Armoured Giants

David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Some Violence,  
Supernatural  
Themes

### Lamia

Merlin is drawn to a distant village when a mysterious illness strikes. Far from home and on his own, Merlin becomes caught in a deadly game of cat and mouse where he can trust no one.

Starring: Colin Morgan, Bradley James, Richard Wilson, Angel Coulby, Nathaniel Parker



# SYDNEY PROGRAM GUIDE

Wednesday 09th July 2014

01:00 pm	<b>Undercover Boss</b> (Rpt)	PG	<b><u>Goodlife Fitness</u></b> COO of GoodLife Fitness, Jane Riddell immerses herself in the gym scene to gain new insight, working as a Zumba instructor trainee, a maintenance worker and a salesperson.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	Challenge day – The Valley Stampede presents 12 obstacles for the teams to confront. Expect sweat, expect tears, and expect mud. Lots and lots of mud!!
03:00 pm	<b>Super Rugby Extra Time</b> (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	<b>Get Smart</b> (Rpt)	PG	<b><u>Physician Impossible</u></b> Mistaken for a doctor and his nurse, Max and 99 are kidnapped and forced to operate on a wounded gangster.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	<b>COPS</b> (Rpt)	PG Drug References, Adult Themes	<b><u>Coast To Coast</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Major Toppo</u></b> With the possibility of contaminated morphine, the doctors at the 4077th administer placebos to the patients, which seems to work.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Peace On Us</u></b> Hawkeye becomes so disgusted with the stalled Panmunjon peace talks that he impulsively takes matters into his own hands, and goes to the meetings to lend a hand.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



# SYDNEY PROGRAM GUIDE

Wednesday 09th July 2014

07:00 pm COPS (Rpt)

PG  
Drug References,  
Adult Themes

### Caught In The ACT #2 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

07:30 pm White Collar

PG  
Some Violence

### **ALL NEW EPISODES**

#### ONE Last Stakeout

Peter is getting used to his new assignments and Neal has to make a museum heist work.

Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen, Marsha Thomason, Sharif Atkins, Willie Garson, Natalie Morales II

08:30 pm Burn Notice (Rpt)

CC M  
WS Some Violence

#### Hard Time

Michael tries to help Sam's friend Juan escape from prison after he angers a gang leader named Cruz. Meanwhile, Michael gets his meeting with Simon, who directs him to a stash of materials.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

09:30 pm Burn Notice (Rpt)

CC M  
WS Some Violence,  
Some Coarse  
Language

#### Blind Spot

Fiona and Sam come to the aid of a grieving woman who had her entire life savings snatched from her by a sleazy womaniser. Meanwhile Michael and Jesse are after the man who wants Simon's bible.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

10:30 pm The Killing

M  
Adult Themes

### **ALL NEW EPISODES**

#### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm Trollied (Rpt)

M  
Sexual References

We follow the everyday lives of staff at Valco, a fictional supermarket. New employee Margaret has trouble on the tills causing a headache for manager Gavin, while Julie worries about her dinner.

Starring: Mark Addy, Jane Horrocks, Jason Watkins, Nick Blood, Lorraine Cheshire, Joel Fry, Faye McKeever, Carl Rice, Beverly Rudd, Rita May

12:00 am Flip Men (Rpt)

PG  
Some Coarse  
Language

#### Hoarder House

An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.





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02:30 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 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.
03:30 am	Swisse Mark Webber Challenge (Rpt)	CC G		<b><u>Swisse Mark Webber Challenge</u></b> The Swisse Mark Webber Tasmania Challenge is an epic multisport adventure race that covers over 350km of Tasmania's stunning and remote terrain, hosted by Australian F1 star Mark Webber.
05:00 am	Football's Greatest Managers (Rpt)	G		<b><u>Bill Shankly</u></b> Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.
05:30 am	Football's Greatest Managers (Rpt)	G		<b><u>Bob Paisley</u></b> 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 10th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® SANTANDER BRITISH GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

10:30 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.

11:00 am Diamond Divers (Rpt) PG  
Some Coarse Language

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Supernatural Themes

### Lancelot Du Lac

When Arthur announces his plan to marry Guinevere, Sir Lancelot makes a shocking return from the dead and Gwen must fight temptation to avoid committing an unspeakable act of betrayal.

Starring: Colin Morgan, Bradley James, Angel Coulby, Richard Wilson, Katie McGrath, Nathaniel Parker

Guest Starring: Santiago Cabrera

01:00 pm Undercover Boss (Rpt) G

### Skyline International Development

Michael Sneyd, CEO of Skyline International Development, is new to the company and has been tasked by Skyline's investors to take business to the next level creating a coast-to-coast hotel group.

02:00 pm The Biggest Loser Australia (Rpt) CC PG

It's last chance training time, and 2 of our trainers are furious after CCTV footage reveals that their contestants have chosen to sleep in instead of burning the 600 calories asked of them!

03:00 pm The Biggest Loser Australia (Rpt) CC PG

It's Valentines' Day – perhaps the perfect day for any simmering feelings to sizzle? That's made it just a bit trickier as it is the start of Boys Vs Girls week.



# SYDNEY PROGRAM GUIDE

Thursday 10th July 2014

04:00 pm	Get Smart (Rpt)	PG	<b><u>The Apes Of Wrath</u></b> Several agents have been murdered by someone with incredible strength and the only clue is an empty banana peel.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Caught In The ACT #2 Special Edition</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	M*A*S*H (Rpt)	PG	<b><u>B.J. Papa San</u></b> BJ almost becomes a surrogate father to a Korean family, finding them a substitute for his own absent family.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<b><u>Baby, It's Cold Outside</u></b> Charles becomes the most unpopular man in camp, when his parents send him a winter-ized polar suit that he insists on flaunting in front of everyone.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Stupid Criminals #4</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
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



# SYDNEY PROGRAM GUIDE

Thursday 10th July 2014

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: True Justice: Dark Vengeance (Rpt)**

M  
Some Violence,  
Drug Use

## MOVIE

### Dark Vengeance

Steven Seagal stars as Kane, who with his team, take down any criminal activity, sending the message to gangs that they are not afraid to get their hands dirty to bring justice back to the streets.

Starring: Steven Seagal, Sarah Lind, William Stewart, Meghan Ory, Warren Christie

10:30 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.

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

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.

12:00 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.

12:30 am **Hook, Line & Sisters (Rpt)**

PG  
Some Coarse  
Language

Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.

01:00 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.

01:30 am **NASCAR Sprint Cup (Rpt)**

## REPLAY

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.



# SYDNEY PROGRAM GUIDE

Friday 11th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am NASCAR Nationwide Series Highlights

**Race 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

09:00 am NASCAR Sprint Cup Highlights

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.

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 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

11:00 am Undercover Boss (Rpt)

PG

**Mr Lube**

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

12:00 pm The Adventures Of Merlin (Rpt)

CC PG  
Some Violence,  
Supernatural  
Themes

**Herald Of The New Age. A**

The Camelot Knights discover a strange shrine in the forest. After Elyan ignores Merlin's warning to stay away, he ends up starting a chain of events more frightening than anyone could have imagined.

Starring: Colin Morgan, Bradley James, Anthony Stewart Head, Richard Wilson, Nathaniel Parker

01:00 pm Undercover Boss (Rpt)

G

**Fedex Express Canada**

CEO Lisa Lisson goes undercover to ensure employees have the tools they need to succeed - and that FedEx not only delivers to its customers, but also to its valuable employees.



# SYDNEY PROGRAM GUIDE

Friday 11th July 2014

02:00 pm **The Biggest Loser Australia** (Rpt) CC PG

This temptation has a special twist – instead of the contestants being served their favourite “bad” foods, the Executive Chef from the Summit Restaurant, Michael Moore prepares their food!

03:00 pm **The Biggest Loser Australia** (Rpt) CC PG

With their bags packed, one of the lucky couples set off on their romantic night away. Meanwhile, the other contestants head to a “Love Yourself” workshop.

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

### Age Before Duty

Max is bewildered when his young contact dies of old age.

Starring: Don Adams, Barbara Feldon, Edward Platt

04:30 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### Stupid Criminals #4

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

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

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt) G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

### Commander Pierce

Hawkeye becomes temporary commander of the 4077th and learns about the tedious bureaucracy and accompanying headaches that Colonel Potter deals with daily.

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

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

### The Billfold Syndrome

Charles becomes so irate when he is turned down for a future medical position at home, that he refuses to talk to anyone in the unit.

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

07:00 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### What Were They Thinking #1 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.



# SYDNEY PROGRAM GUIDE

Friday 11th July 2014

07:30 pm Megafactories

G

## ALL NEW EPISODES

### Extreme Roller Coaster

Take a ride on the adrenaline fuelled tracks of a 60 metre high roller coaster built by an army of master technicians, utilising one of the world's greatest roller coaster factories.

08:30 pm COPS: Adults Only (Rpt)

M  
Sexual References,  
Adult Themes,  
Nudity

### Naked Cops - Special Edition

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  
Some Violence,  
Some Coarse  
Language,  
Adult Themes

### Too Hot - Special Edition

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 Movie: Stolen Lives (Rpt) (2009)

## MOVIE

A detective deals with the loss of his own son while trying to uncover the identity of a boy whose mummified remains are found in a box that has been buried for fifty years.

Starring: Jon Hamm, Josh Lucas, Rhona Mitra, James Van Der Beek, Jessica Chastain, Joanna Cassidy

11:30 pm The League

MA15+  
Sexual References

## NEW EPISODE

### Credit Card Alert

Ellie's basketball coach makes life tough on everyone. Meanwhile, Pete dates a married woman and Andre tries to help with a trade.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

12:00 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.

12:30 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.



# SYDNEY PROGRAM GUIDE

Friday 11th July 2014

01:00 am	<b>Hook, Line &amp; Sisters</b> (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.
01:30 am	<b>Adventure Angler</b> (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.
02:00 am	<b>Flip Men</b> (Rpt)	PG Some Coarse Language	<b><u>Hoarder House</u></b> An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.
02:30 am	<b>COPS: Adults Only</b> (Rpt)	M Sexual References, Adult Themes, Nudity	<b><u>Naked Cops - Special Edition</u></b> 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	<b>COPS: Adults Only</b> (Rpt)	M Some Violence, Some Coarse Language, Adult Themes	<b><u>Too Hot - Special Edition</u></b> 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.
03:30 am	<b>Omnisport</b>		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	<b>Golf Getaway</b> (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.
04:30 am	<b>The List</b> (Rpt)		<b><u>The List - Frantic Finishes</u></b> 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.
05:00 am	<b>The List</b> (Rpt)		<b><u>The List - Dynamic Drivers</u></b> Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.



The logo for 'one' is displayed in white lowercase letters on a green square background.

# SYDNEY PROGRAM GUIDE

Friday 11th July 2014

05:30 am **The List** (Rpt)

## **The List - Monumental Moments**

It is capturing the moment that turns a driver to a legend. It is the moment that separates the monumental from the mundane. This is our list of NASCAR's ten most monumental moments.



# SYDNEY PROGRAM GUIDE

Saturday 12th July 2014

06:00 am **The List** (Rpt)

### The List - Famous Fights

With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.

06:30 am **NASCAR Sprint Cup Qualifying**

### Race 18: Coke Zero 400 @ Daytona-Qualifying

Who will claim pole position in the qualifying ahead of race 18 from the Daytona International Speedway.

08:00 am **NASCAR Sprint Cup** (Rpt)

### **REPLAY**

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.

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 **The Road To Rio** (Rpt)

PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

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

### Litchfield

Pat Callinan takes his trusty 4x4 and explores the Northern Territory, one of the most amazing and visually stunning places in Australia.

03:00 pm **Alien Crustacean**

CC

### Alien Crustacean

Crabs are are hard to find, almost impossible to study and captivating. We go into the world of the crustacean and meet the people that study these intriguing creatures as a lifelong endeavour.

04:00 pm **Fishing Edge**

G

Fishing Edge is a down to earth fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.

04:30 pm **Reel Action**

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm **Escape With ET** (Rpt)

G

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

06:00 pm **Focus: What Drives The World's Greatest Athletes**

CC G

### **NEW EPISODE**

### Julian Wilson & Lexi Thompson

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.





# SYDNEY PROGRAM GUIDE

Saturday 12th July 2014

06:30 pm **Monster Jam**

G

## ALL NEW EPISODES

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

07:30 pm **Driving Wars (Rpt)**

PG  
Sexual References

## SEASON FINALE

Three police pursuit drivers take on a team of posh boy racers. It's something of a busman's holiday for the Robo Coppers as the teams compete in the Police Chase.

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

CC M  
Adult Themes

### Victims

A former police officer, now a community activist, is a suspect in the murders of known sex offenders.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

09:30 pm **Law & Order: SVU (Rpt)**

CC M  
Adult Themes

### Paranoia

The rape of a veteran police officer is first linked to her ex-husband's gambling debts, and then to her fellow officers.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

10:30 pm **The Killing (Rpt)**

M  
Adult Themes

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm **48 Hours**

### Oscar Pistorius: Shots In The Dark

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

12:30 am **Blokesworld (Rpt)**

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.



# SYDNEY PROGRAM GUIDE

Saturday 12th July 2014

01:00 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.

03:00 am **American Digger** (Rpt)

PG  
Some Coarse  
Language

**Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

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 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.

Sunday 06th July 2014

06:00 am <b>Garage Gold</b> (Rpt)	PG	Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.
06:30 am <b>Diamond Divers</b> (Rpt)	PG Mild Violence, Some Coarse Language	Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.
07:30 am <b>Focus: What Drives The World's Top Athletes</b> (Rpt)	CC G	<p><b><u>Ellyse Perry &amp; Corey Bohan</u></b></p> <p>FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet &amp; delves deep into the athlete conscious to discover their everyday battles, rituals, crisis &amp; torments.</p>
08:00 am <b>Reel Action</b> (Rpt)		Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.
08:30 am <b>NASCAR Sprint Cup</b>		<p><b>LIVE</b></p> <p><b><u>Race 18: Coke Zero 400 @ Daytona</u></b></p> <p>Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.</p>
01:00 pm <b>Omnisport</b> (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.
01:30 pm <b>The List</b> (Rpt)		<p><b><u>The List - Famous Fights</u></b></p> <p>With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.</p>
02:00 pm <b>2014 Commonwealth Games - Countdown To Glasgow</b>		A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.
02:30 pm <b>2014 Commonwealth Games - Countdown To Glasgow</b>		A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 pm <b>Hook, Line &amp; Sisters</b> (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.



# MELBOURNE PROGRAM GUIDE

Sunday 06th July 2014

03:30 pm **American Digger** (Rpt)

PG  
Some Coarse  
Language

## **Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

04:00 pm **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.

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.

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 **I Fish**

CC

## **ALL NEW EPISODES**

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

## **Your Hit Parade**

With the arrival of a shipment of records, Radar plays the part of a disc jockey and helps to get everyone through the incredibly long deluge of wounded.

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

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

PG

## **What's Up, Doc?**

Hot Lips, believing herself to be pregnant, asks Hawkeye to test her. Meanwhile, a patient holds Charles at gunpoint, demanding he be sent back to Ohio.

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

07:00 pm **Extreme Fishing With Robson Green** (Rpt)

PG  
Some Coarse  
Language

## **SEASON FINAL**

### **California**

The Geordie lad heads to California to complete his world tour in dramatic style. After wrestling with a big blue shark, Robson embarks on a night-time expedition to catch giant squid.

Sunday 06th July 2014

**08:00 pm Robson's Extreme Fishing Challenge**

PG  
Some Coarse  
Language

## SEASON PREMIERE

### Greenland

Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.

**09:00 pm Bondi Rescue (Rpt)**

CC PG  
Some Coarse  
Language,  
Nudity

An 18 year old man breaks his leg while out in the surf. Meanwhile, Maxi uses a mobile phone tracking device to locate a thief.

**09:30 pm Movie: Fatal Attraction (Rpt) (1987)**

M  
Some Violence,  
Sex Scenes,  
Some Coarse  
Language

## MOVIE

A married man's one night stand comes back to haunt him when the woman begins to stalk him and his family.

Starring: Michael Douglas, Glenn Close, Anne Archer, Ellen Foley, Fred Gwynne, Stuart Pankin

**12:00 am Sleeper Cell (Rpt)**

M  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

### Scholar

Farik decides to send biochemical student Eddy Pangetsu on a flight to Vancouver. There he must drive a shipment of real anthrax across the Canadian border to Los Angeles.

Starring: Michael Ealy, Oded Fehr, Blake Shields, Alex Nestic, Henri Lubatti

**01:10 am The Indestructibles (Rpt)**

PG  
Some Violence,  
Some Coarse  
Language,  
Medical Procedures

### Mauled By Lions

A man is unexpectedly attacked by two male lions while feeding them. However, despite his injuries the man survived with no major damage. How did he survive the attack that should of killed him?

**02:10 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.

**02:40 am Driving Wars (Rpt)**

PG  
Sexual References

Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.

**03:40 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 Rugby Classic Matches (Rpt)**

### Autumn International 2011: Wales V Australia

Relive this calssic 2011 Autumn International match between Wales and Australia at Millennium Stadium, Cardiff.





# MELBOURNE PROGRAM GUIDE

Monday 07th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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.

08:25 am Sporting Greats (Rpt)

G

**Mal Meninga**

Mal Meninga was a legendary Rugby League goal-kicking centre, counted amongst the finest players of the 20th century. He captained his club, state and country all to victories within a decade.

09:00 am World Series Sprintcars (Rpt)

PG

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.

10:00 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

10:30 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

11:00 am Megafactories (Rpt)

G

**Williams Formula 1**

A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.

12:00 pm The Adventures Of Merlin (Rpt)

CC PG  
Some Violence,  
Supernatural  
Themes

**Servant Of Two Masters, A**

Merlin falls into Morgana's hands, and she uses ancient magic to turn friend against friend, and shape Merlin into the perfect assassin.

Starring: Colin Morgan, Bradley James, Katie McGrath, Angel Coulby, Richard Wilson, Nathaniel Parker



# MELBOURNE PROGRAM GUIDE

Monday 07th July 2014

01:00 pm	<b>Undercover Boss</b> (Rpt)	PG	<b><u>Molson Coors</u></b> Working in a male-dominated industry, Chief Legal Officer Kelly Brown goes undercover in the Molson Coors Breweries to connect with other women in the breweries to see what they face on the job.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC G	The contestants will face a sheep herding challenge – and it's not as easy as those dogs make it look. The contestants work up an appetite as they quite literally chase their food around a field!
03:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	The contestants return from herding sheep to find a big surprise waiting for them. What comes as no surprise is the weekly Weigh In and the inevitable Elimination. Whose weight loss journey will end?
04:00 pm	<b>Robson's Extreme Fishing Challenge</b> (Rpt)	PG Some Coarse Language	<b><u>Greenland</u></b> Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.
05:00 pm	<b>I Fish</b> (Rpt)	WS G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	WS G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Mail Call Three</u></b> After a delay of three weeks, five sacks of mail arrive and everyone in camp reacts to the good and bad news from home.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Temporary Duty</u></b> With a temporary transfer of personnel between the 4077th and the 8063rd, Captain Roy Dupree replaces Hawkeye, whilst Lorraine Anderson makes eyes at Charles.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	<b>Scrappers</b>	PG Mild Coarse Language	<b>ALL NEW EPISODES</b> <b><u>Sal's Sick Day</u></b> When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.
07:30 pm	<b>Garage Gold</b>	PG	<b>ALL NEW EPISODES</b> Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.





# MELBOURNE PROGRAM GUIDE

Monday 07th July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Mr Lube

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Jordan

Star of TV and the silver screen Ricky Gervais sends a typical British everyman off for 10 days in Jordan to see one of the seven wonders of the world - Petra. See Karl Pilkington's unique world view.

10:00 pm The Road To Rio

PG  
Mild Coarse  
Language

## NEW EPISODE

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

11:00 pm Diamond Divers (Rpt)

PG  
Some Coarse  
Language

## SEASON FINAL

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 am 2014 FORMULA 1@ SANTANDER  
BRITISH GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

02:30 am 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.

03:30 am Blokesworld (Rpt)

MA15+  
Sexual References,  
Nudity

### River Boat

Benwah and Ado get back on the bikes, leave Cambodia and cross into Laos. They check out the Island of Don Det, then make their way to Pakse. Meanwhile, Kitty competes in Blokesworld's Miss Downunder.

04:00 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

The logo for 'one' is displayed in white lowercase letters on a green square background.

# MELBOURNE PROGRAM GUIDE

Monday 07th July 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 Sprint Cup Highlights**  
(Rpt)

**Race 17: Quaker State 400 @ Kentucky-Highlights**

Catch all the non-stop motorsport action highlights from the Kentucky Speedway. The thrills and spills of NASCAR racing continues with the 17th race of the 2014 Sprint Cup Series.



# MELBOURNE PROGRAM GUIDE

Tuesday 08th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC G

**Ellyse Perry & Corey Bohan**

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.

08:30 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.

09:00 am **The Road To Rio** (Rpt)

PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

10:00 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

10:30 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

11:00 am **Monster Jam** (Rpt)

G

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



# MELBOURNE PROGRAM GUIDE

Tuesday 08th July 2014

12:00 pm	<b>The Adventures Of Merlin</b> (Rpt)	CC PG Some Violence, Supernatural Themes	<b><u>The Secret Sharer</u></b> An alliance is formed between Morgana and the enigmatic wizard Alator to try and uncover a secret that could change the course of destiny. Will Merlin's greatest secret be revealed?  Starring: Colin Morgan, Bradley James, Katie McGrath, Richard Wilson, Angel Coulby, Nathaniel Parker
01:00 pm	<b>Undercover Boss</b> (Rpt)	PG Mild Coarse Language	<b><u>Second Cup</u></b> CEO Stacey Mowbray gets brewing with her frontline employees to take on the intense coffee chain competition.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	The trainers discover a useful tool that will help them monitor their team while they're not around. This week's challenge drags the contestants out of their comfort zone and into the spotlight.
03:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	Temptation only takes a second, but in this episode it will last for 12 hours! Who will crumble?
04:00 pm	<b>Get Smart</b> (Rpt)	PG	<b><u>And Baby Makes Four (2)</u></b> CONTROL must defeat Simon the Likable. Meanwhile, 99 gives birth to twins.  Starring: Don Adams, Barbara Feldon, Edward Platt  Guest Starring: Jack Gilford, Dana Elcar
04:30 pm	<b>Reel Action</b> (Rpt)		Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.
05:00 pm	<b>I Fish</b> (Rpt)	WS G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Potter's Retirement</u></b> Potter is upset when General Waldo Kent informs him that people in the 4077th are complaining about his leadership.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Dr. Winchester And Mr. Hyde</u></b> Charles takes amphetamines to keep up his energy level and even drugs Radar's mouse, "Daisy", so that it will win a race against a Marine's mouse, "Sluggo".  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff





Tuesday 08th July 2014

07:00 pm COPS (Rpt)	PG Drug References, Adult Themes	<p><b><u>Coast To Coast</u></b></p> <p>You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.</p>
07:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<p><b><u>Sophisticated Serpents</u></b></p> <p>Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.</p>
08:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<p><b>SEASON FINALE</b></p> <p><b><u>Armoured Giants</u></b></p> <p>David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.</p>
09:30 pm 48 Hours (Rpt)	PG Adult Themes	<p><b><u>Perilous Journey</u></b></p> <p>An investigation into the controversial world of international adoptions, in which some overseas facilitators walk a fine line between adoptions and child trafficking.</p>
10:30 pm Super Rugby Extra Time	PG	<p>Relive all the best bits of the weekend's Super Rugby on Extra Time.</p>
11:30 pm Terriers (Rpt)	M	<p><b><u>Ring-A-Ding-Ding</u></b></p> <p>The search for an antique engagement ring takes Hank and Britt on a wild goose chase through the more colourful parts of Ocean Beach.</p> <p>Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar</p>
12:30 am Megafactories (Rpt)	G	<p><b><u>Williams Formula 1</u></b></p> <p>A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.</p>
01:30 am Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language	<p>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.</p>
03:30 am Omnisport		<p>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.</p>



# MELBOURNE PROGRAM GUIDE

Tuesday 08th July 2014

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

**Race 15: Hero Campaign 300 @ Kentucky**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 15 is hosted at the Kentucky Speedway.

05:00 am **Football's Greatest Managers** (Rpt) G

**Rinus Michels**

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

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

**Giovanni Trapattoni**

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 09th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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 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.

09:00 am American Digger (Rpt)

PG  
Some Coarse  
Language

### Blood Sweat And Money

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

09:30 am Scrappers (Rpt)

PG  
Mild Coarse  
Language

### Sal's Sick Day

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

10:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Sophisticated Serpents

Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.

11:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Armoured Giants

David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Some Violence,  
Supernatural  
Themes

### Lamia

Merlin is drawn to a distant village when a mysterious illness strikes. Far from home and on his own, Merlin becomes caught in a deadly game of cat and mouse where he can trust no one.

Starring: Colin Morgan, Bradley James, Richard Wilson, Angel Coulby, Nathaniel Parker



# MELBOURNE PROGRAM GUIDE

Wednesday 09th July 2014

01:00 pm	<b>Undercover Boss</b> (Rpt)	PG	<b><u>Goodlife Fitness</u></b> COO of GoodLife Fitness, Jane Riddell immerses herself in the gym scene to gain new insight, working as a Zumba instructor trainee, a maintenance worker and a salesperson.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	Challenge day – The Valley Stampede presents 12 obstacles for the teams to confront. Expect sweat, expect tears, and expect mud. Lots and lots of mud!!
03:00 pm	<b>Super Rugby Extra Time</b> (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	<b>Get Smart</b> (Rpt)	PG	<b><u>Physician Impossible</u></b> Mistaken for a doctor and his nurse, Max and 99 are kidnapped and forced to operate on a wounded gangster.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	<b>COPS</b> (Rpt)	PG Drug References, Adult Themes	<b><u>Coast To Coast</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Major Toppo</u></b> With the possibility of contaminated morphine, the doctors at the 4077th administer placebos to the patients, which seems to work.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Peace On Us</u></b> Hawkeye becomes so disgusted with the stalled Panmunjon peace talks that he impulsively takes matters into his own hands, and goes to the meetings to lend a hand.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



# MELBOURNE PROGRAM GUIDE

Wednesday 09th July 2014

07:00 pm COPS (Rpt)

PG  
Drug References,  
Adult Themes

### Caught In The ACT #2 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

07:30 pm White Collar

PG  
Some Violence

### **ALL NEW EPISODES**

#### ONE Last Stakeout

Peter is getting used to his new assignments and Neal has to make a museum heist work.

Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen, Marsha Thomason, Sharif Atkins, Willie Garson, Natalie Morales II

08:30 pm Burn Notice (Rpt)

CC M  
WS Some Violence

#### Hard Time

Michael tries to help Sam's friend Juan escape from prison after he angers a gang leader named Cruz. Meanwhile, Michael gets his meeting with Simon, who directs him to a stash of materials.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

09:30 pm Burn Notice (Rpt)

CC M  
WS Some Violence,  
Some Coarse  
Language

#### Blind Spot

Fiona and Sam come to the aid of a grieving woman who had her entire life savings snatched from her by a sleazy womaniser. Meanwhile Michael and Jesse are after the man who wants Simon's bible.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

10:30 pm The Killing

M  
Adult Themes

### **ALL NEW EPISODES**

#### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm Trollied (Rpt)

M  
Sexual References

We follow the everyday lives of staff at Valco, a fictional supermarket. New employee Margaret has trouble on the tills causing a headache for manager Gavin, while Julie worries about her dinner.

Starring: Mark Addy, Jane Horrocks, Jason Watkins, Nick Blood, Lorraine Cheshire, Joel Fry, Faye McKeever, Carl Rice, Beverly Rudd, Rita May

12:00 am Flip Men (Rpt)

PG  
Some Coarse  
Language

#### Hoarder House

An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.



# MELBOURNE PROGRAM GUIDE

Wednesday 09th July 2014

12:30 am	Garage Gold (Rpt)	PG		Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.
01:00 am	Driving Wars (Rpt)	PG Sexual References		Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.
02:00 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.
02:30 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 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.
03:30 am	Swisse Mark Webber Challenge (Rpt)	CC G		<b><u>Swisse Mark Webber Challenge</u></b> The Swisse Mark Webber Tasmania Challenge is an epic multisport adventure race that covers over 350km of Tasmania's stunning and remote terrain, hosted by Australian F1 star Mark Webber.
05:00 am	Football's Greatest Managers (Rpt)	G		<b><u>Bill Shankly</u></b> Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.
05:30 am	Football's Greatest Managers (Rpt)	G		<b><u>Bob Paisley</u></b> 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 10th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® SANTANDER BRITISH GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

10:30 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.

11:00 am Diamond Divers (Rpt) PG  
Some Coarse  
Language

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Supernatural  
Themes

### Lancelot Du Lac

When Arthur announces his plan to marry Guinevere, Sir Lancelot makes a shocking return from the dead and Gwen must fight temptation to avoid committing an unspeakable act of betrayal.

Starring: Colin Morgan, Bradley James, Angel Coulby, Richard Wilson, Katie McGrath, Nathaniel Parker

Guest Starring: Santiago Cabrera

01:00 pm Undercover Boss (Rpt) G

### Skyline International Development

Michael Sneyd, CEO of Skyline International Development, is new to the company and has been tasked by Skyline's investors to take business to the next level creating a coast-to-coast hotel group.

02:00 pm The Biggest Loser Australia (Rpt) CC PG

It's last chance training time, and 2 of our trainers are furious after CCTV footage reveals that their contestants have chosen to sleep in instead of burning the 600 calories asked of them!

03:00 pm The Biggest Loser Australia (Rpt) CC PG

It's Valentines' Day – perhaps the perfect day for any simmering feelings to sizzle? That's made it just a bit trickier as it is the start of Boys Vs Girls week.



# MELBOURNE PROGRAM GUIDE

Thursday 10th July 2014

04:00 pm	Get Smart (Rpt)	PG	<b><u>The Apes Of Wrath</u></b> Several agents have been murdered by someone with incredible strength and the only clue is an empty banana peel.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Caught In The ACT #2 Special Edition</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	M*A*S*H (Rpt)	PG	<b><u>B.J. Papa San</u></b> BJ almost becomes a surrogate father to a Korean family, finding them a substitute for his own absent family.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<b><u>Baby, It's Cold Outside</u></b> Charles becomes the most unpopular man in camp, when his parents send him a winter-ized polar suit that he insists on flaunting in front of everyone.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Stupid Criminals #4</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
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





# MELBOURNE PROGRAM GUIDE

Thursday 10th July 2014

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: True Justice: Dark Vengeance (Rpt)**

M  
Some Violence,  
Drug Use

## MOVIE

### Dark Vengeance

Steven Seagal stars as Kane, who with his team, take down any criminal activity, sending the message to gangs that they are not afraid to get their hands dirty to bring justice back to the streets.

Starring: Steven Seagal, Sarah Lind, William Stewart, Meghan Ory, Warren Christie

10:30 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.

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

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.

12:00 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.

12:30 am **Hook, Line & Sisters (Rpt)**

PG  
Some Coarse  
Language

Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.

01:00 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.

01:30 am **NASCAR Sprint Cup (Rpt)**

## REPLAY

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.



# MELBOURNE PROGRAM GUIDE

Friday 11th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **NASCAR Nationwide Series Highlights**

**Race 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

09:00 am **NASCAR Sprint Cup Highlights**

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.

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 **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

11:00 am **Undercover Boss (Rpt)**

PG

**Mr Lube**

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

12:00 pm **The Adventures Of Merlin (Rpt)**

CC PG  
Some Violence,  
Supernatural  
Themes

**Herald Of The New Age. A**

The Camelot Knights discover a strange shrine in the forest. After Elyan ignores Merlin's warning to stay away, he ends up starting a chain of events more frightening than anyone could have imagined.

Starring: Colin Morgan, Bradley James, Anthony Stewart Head, Richard Wilson, Nathaniel Parker

01:00 pm **Undercover Boss (Rpt)**

G

**Fedex Express Canada**

CEO Lisa Lisson goes undercover to ensure employees have the tools they need to succeed - and that FedEx not only delivers to its customers, but also to its valuable employees.



# MELBOURNE PROGRAM GUIDE

Friday 11th July 2014

02:00 pm **The Biggest Loser Australia** (Rpt) CC PG

This temptation has a special twist – instead of the contestants being served their favourite “bad” foods, the Executive Chef from the Summit Restaurant, Michael Moore prepares their food!

03:00 pm **The Biggest Loser Australia** (Rpt) CC PG

With their bags packed, one of the lucky couples set off on their romantic night away. Meanwhile, the other contestants head to a “Love Yourself” workshop.

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

### Age Before Duty

Max is bewildered when his young contact dies of old age.

Starring: Don Adams, Barbara Feldon, Edward Platt

04:30 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### Stupid Criminals #4

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

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

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt) G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

### Commander Pierce

Hawkeye becomes temporary commander of the 4077th and learns about the tedious bureaucracy and accompanying headaches that Colonel Potter deals with daily.

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

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

### The Billfold Syndrome

Charles becomes so irate when he is turned down for a future medical position at home, that he refuses to talk to anyone in the unit.

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

07:00 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### What Were They Thinking #1 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.



# MELBOURNE PROGRAM GUIDE

Friday 11th July 2014

07:30 pm Megafactories

G

## ALL NEW EPISODES

### Extreme Roller Coaster

Take a ride on the adrenaline fuelled tracks of a 60 metre high roller coaster built by an army of master technicians, utilising one of the world's greatest roller coaster factories.

08:30 pm COPS: Adults Only (Rpt)

M  
Sexual References,  
Adult Themes,  
Nudity

### Naked Cops - Special Edition

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  
Some Violence,  
Some Coarse  
Language,  
Adult Themes

### Too Hot - Special Edition

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 Movie: Stolen Lives (Rpt) (2009)

## MOVIE

A detective deals with the loss of his own son while trying to uncover the identity of a boy whose mummified remains are found in a box that has been buried for fifty years.

Starring: Jon Hamm, Josh Lucas, Rhona Mitra, James Van Der Beek, Jessica Chastain, Joanna Cassidy

11:30 pm The League

MA15+  
Sexual References

## NEW EPISODE

### Credit Card Alert

Ellie's basketball coach makes life tough on everyone. Meanwhile, Pete dates a married woman and Andre tries to help with a trade.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

12:00 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.

12:30 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.



# MELBOURNE PROGRAM GUIDE

Friday 11th July 2014

01:00 am	Hook, Line & Sisters (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.
01:30 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.
02:00 am	Flip Men (Rpt)	PG Some Coarse Language	<b><u>Hoarder House</u></b> An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.
02:30 am	COPS: Adults Only (Rpt)	M Sexual References, Adult Themes, Nudity	<b><u>Naked Cops - Special Edition</u></b> 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 Some Violence, Some Coarse Language, Adult Themes	<b><u>Too Hot - Special Edition</u></b> 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.
03:30 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	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.
04:30 am	The List (Rpt)		<b><u>The List - Frantic Finishes</u></b> 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.
05:00 am	The List (Rpt)		<b><u>The List - Dynamic Drivers</u></b> Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

The logo for 'one' is displayed in white lowercase letters on a green square background.

# MELBOURNE PROGRAM GUIDE

Friday 11th July 2014

05:30 am **The List** (Rpt)

## **The List - Monumental Moments**

It is capturing the moment that turns a driver to a legend. It is the moment that separates the monumental from the mundane. This is our list of NASCAR's ten most monumental moments.



# MELBOURNE PROGRAM GUIDE

Saturday 12th July 2014

06:00 am **The List** (Rpt)

### The List - Famous Fights

With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.

06:30 am **NASCAR Sprint Cup Qualifying**

### Race 18: Coke Zero 400 @ Daytona-Qualifying

Who will claim pole position in the qualifying ahead of race 18 from the Daytona International Speedway.

08:00 am **NASCAR Sprint Cup** (Rpt)

### **REPLAY**

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.

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 **The Road To Rio** (Rpt)

PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

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

### Litchfield

Pat Callinan takes his trusty 4x4 and explores the Northern Territory, one of the most amazing and visually stunning places in Australia.

03:00 pm **Alien Crustacean**

CC

### Alien Crustacean

Crabs are are hard to find, almost impossible to study and captivating. We go into the world of the crustacean and meet the people that study these intriguing creatures as a lifelong endeavour.

04:00 pm **Fishing Edge**

G

Fishing Edge is a down to earth fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.

04:30 pm **Reel Action**

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm **Escape With ET** (Rpt)

G

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

06:00 pm **Focus: What Drives The World's Greatest Athletes**

CC G

### **NEW EPISODE**

### Julian Wilson & Lexi Thompson

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.







# MELBOURNE PROGRAM GUIDE

Saturday 12th July 2014

06:30 pm **Monster Jam**

G

## ALL NEW EPISODES

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

07:30 pm **Driving Wars (Rpt)**

PG  
Sexual References

## SEASON FINALE

Three police pursuit drivers take on a team of posh boy racers. It's something of a busman's holiday for the Robo Coppers as the teams compete in the Police Chase.

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

CC M  
Adult Themes

### Victims

A former police officer, now a community activist, is a suspect in the murders of known sex offenders.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

09:30 pm **Law & Order: SVU (Rpt)**

CC M  
Adult Themes

### Paranoia

The rape of a veteran police officer is first linked to her ex-husband's gambling debts, and then to her fellow officers.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

10:30 pm **The Killing (Rpt)**

M  
Adult Themes

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm **48 Hours**

### Oscar Pistorius: Shots In The Dark

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

12:30 am **Blokesworld (Rpt)**

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.



# MELBOURNE PROGRAM GUIDE

Saturday 12th July 2014

01:00 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.

03:00 am **American Digger** (Rpt)

PG  
Some Coarse  
Language

**Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

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 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.



# BRISBANE PROGRAM GUIDE

Sunday 06th July 2014

06:00 am	Garage Gold (Rpt)	PG	Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.
06:30 am	Diamond Divers (Rpt)	PG Mild Violence, Some Coarse Language	Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.
07:30 am	Focus: What Drives The World's Top Athletes (Rpt)	CC G	<b><u>Ellyse Perry &amp; Corey Bohan</u></b> FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.
08:00 am	Reel Action (Rpt)		Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.
08:30 am	NASCAR Sprint Cup		<b><u>LIVE</u></b> <b><u>Race 18: Coke Zero 400 @ Daytona</u></b> Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.
01:00 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.
01:30 pm	The List (Rpt)		<b><u>The List - Famous Fights</u></b> With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.
02:00 pm	2014 Commonwealth Games - Countdown To Glasgow		A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.
02:30 pm	2014 Commonwealth Games - Countdown To Glasgow		A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 pm	Hook, Line & Sisters (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.



# BRISBANE PROGRAM GUIDE

Sunday 06th July 2014

03:30 pm **American Digger** (Rpt)

PG  
Some Coarse  
Language

## **Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

04:00 pm **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.

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.

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 **I Fish**

CC

## **ALL NEW EPISODES**

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

## **Your Hit Parade**

With the arrival of a shipment of records, Radar plays the part of a disc jockey and helps to get everyone through the incredibly long deluge of wounded.

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

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

PG

## **What's Up, Doc?**

Hot Lips, believing herself to be pregnant, asks Hawkeye to test her. Meanwhile, a patient holds Charles at gunpoint, demanding he be sent back to Ohio.

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

07:00 pm **Extreme Fishing With Robson Green** (Rpt)

PG  
Some Coarse  
Language

## **SEASON FINAL**

### **California**

The Geordie lad heads to California to complete his world tour in dramatic style. After wrestling with a big blue shark, Robson embarks on a night-time expedition to catch giant squid.

Sunday 06th July 2014

**08:00 pm Robson's Extreme Fishing Challenge**

PG  
Some Coarse  
Language

## SEASON PREMIERE

### Greenland

Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.

**09:00 pm Bondi Rescue (Rpt)**

CC PG  
Some Coarse  
Language,  
Nudity

An 18 year old man breaks his leg while out in the surf. Meanwhile, Maxi uses a mobile phone tracking device to locate a thief.

**09:30 pm Movie: Fatal Attraction (Rpt) (1987)**

M  
Some Violence,  
Sex Scenes,  
Some Coarse  
Language

## MOVIE

A married man's one night stand comes back to haunt him when the woman begins to stalk him and his family.

Starring: Michael Douglas, Glenn Close, Anne Archer, Ellen Foley, Fred Gwynne, Stuart Pankin

**12:00 am Sleeper Cell (Rpt)**

M  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

### Scholar

Farik decides to send biochemical student Eddy Pangetsu on a flight to Vancouver. There he must drive a shipment of real anthrax across the Canadian border to Los Angeles.

Starring: Michael Ealy, Oded Fehr, Blake Shields, Alex Nesic, Henri Lubatti

**01:10 am The Indestructibles (Rpt)**

PG  
Some Violence,  
Some Coarse  
Language,  
Medical Procedures

### Mauled By Lions

A man is unexpectedly attacked by two male lions while feeding them. However, despite his injuries the man survived with no major damage. How did he survive the attack that should of killed him?

**02:10 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.

**02:40 am Driving Wars (Rpt)**

PG  
Sexual References

Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.

**03:40 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 Rugby Classic Matches (Rpt)**

### Autumn International 2011: Wales V Australia

Relive this calssic 2011 Autumn International match between Wales and Australia at Millennium Stadium, Cardiff.



# BRISBANE PROGRAM GUIDE

Monday 07th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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.

08:25 am Sporting Greats (Rpt)

G

**Mal Meninga**

Mal Meninga was a legendary Rugby League goal-kicking centre, counted amongst the finest players of the 20th century. He captained his club, state and country all to victories within a decade.

09:00 am World Series Sprintcars (Rpt)

PG

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.

10:00 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

10:30 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

11:00 am Megafactories (Rpt)

G

**Williams Formula 1**

A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.

12:00 pm The Adventures Of Merlin (Rpt)

CC

PG

Some Violence,  
Supernatural  
Themes

**Servant Of Two Masters, A**

Merlin falls into Morgana's hands, and she uses ancient magic to turn friend against friend, and shape Merlin into the perfect assassin.

Starring: Colin Morgan, Bradley James, Katie McGrath, Angel Coulby, Richard Wilson, Nathaniel Parker



one

# BRISBANE PROGRAM GUIDE

Monday 07th July 2014

01:00 pm **Undercover Boss** (Rpt)

PG

**Molson Coors**

Working in a male-dominated industry, Chief Legal Officer Kelly Brown goes undercover in the Molson Coors Breweries to connect with other women in the breweries to see what they face on the job.

02:00 pm **The Biggest Loser Australia** (Rpt)

CC G

The contestants will face a sheep herding challenge – and it's not as easy as those dogs make it look. The contestants work up an appetite as they quite literally chase their food around a field!

03:00 pm **The Biggest Loser Australia** (Rpt)

CC PG

The contestants return from herding sheep to find a big surprise waiting for them. What comes as no surprise is the weekly Weigh In and the inevitable Elimination. Whose weight loss journey will end?

04:00 pm **Robson's Extreme Fishing Challenge** (Rpt)

PG  
Some Coarse  
Language

**Greenland**

Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.

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

WS G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt)

WS G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

PG

**Mail Call Three**

After a delay of three weeks, five sacks of mail arrive and everyone in camp reacts to the good and bad news from home.

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

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

PG

**Temporary Duty**

With a temporary transfer of personnel between the 4077th and the 8063rd, Captain Roy Dupree replaces Hawkeye, whilst Lorraine Anderson makes eyes at Charles.

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

07:00 pm **Scrappers**

PG  
Mild Coarse  
Language

**ALL NEW EPISODES**

**Sal's Sick Day**

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

07:30 pm **Garage Gold**

PG

**ALL NEW EPISODES**

Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.







# BRISBANE PROGRAM GUIDE

Monday 07th July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Mr Lube

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Jordan

Star of TV and the silver screen Ricky Gervais sends a typical British everyman off for 10 days in Jordan to see one of the seven wonders of the world - Petra. See Karl Pilkington's unique world view.

10:00 pm The Road To Rio

PG  
Mild Coarse  
Language

## NEW EPISODE

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

11:00 pm Diamond Divers (Rpt)

PG  
Some Coarse  
Language

## SEASON FINAL

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 am 2014 FORMULA 1@ SANTANDER  
BRITISH GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

02:30 am 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.

03:30 am Blokesworld (Rpt)

MA15+  
Sexual References,  
Nudity

### River Boat

Benwah and Ado get back on the bikes, leave Cambodia and cross into Laos. They check out the Island of Don Det, then make their way to Pakse. Meanwhile, Kitty competes in Blokesworld's Miss Downunder.

04:00 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

The logo for 'one' is displayed in white lowercase letters on a green square background.

# BRISBANE PROGRAM GUIDE

Monday 07th July 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 Sprint Cup Highlights**  
(Rpt)

**Race 17: Quaker State 400 @ Kentucky-Highlights**

Catch all the non-stop motorsport action highlights from the Kentucky Speedway. The thrills and spills of NASCAR racing continues with the 17th race of the 2014 Sprint Cup Series.



# BRISBANE PROGRAM GUIDE

Tuesday 08th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC G

**Ellyse Perry & Corey Bohan**

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.

08:30 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.

09:00 am **The Road To Rio** (Rpt) PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

10:00 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

10:30 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

11:00 am **Monster Jam** (Rpt) G

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



# BRISBANE PROGRAM GUIDE

Tuesday 08th July 2014

12:00 pm <b>The Adventures Of Merlin</b> (Rpt)	CC PG Some Violence, Supernatural Themes	<p><b><u>The Secret Sharer</u></b></p> <p>An alliance is formed between Morgana and the enigmatic wizard Alator to try and uncover a secret that could change the course of destiny. Will Merlin's greatest secret be revealed?</p> <p>Starring: Colin Morgan, Bradley James, Katie McGrath, Richard Wilson, Angel Coulby, Nathaniel Parker</p>
01:00 pm <b>Undercover Boss</b> (Rpt)	PG Mild Coarse Language	<p><b><u>Second Cup</u></b></p> <p>CEO Stacey Mowbray gets brewing with her frontline employees to take on the intense coffee chain competition.</p>
02:00 pm <b>The Biggest Loser Australia</b> (Rpt)	CC PG	<p>The trainers discover a useful tool that will help them monitor their team while they're not around. This week's challenge drags the contestants out of their comfort zone and into the spotlight.</p>
03:00 pm <b>The Biggest Loser Australia</b> (Rpt)	CC PG	<p>Temptation only takes a second, but in this episode it will last for 12 hours! Who will crumble?</p>
04:00 pm <b>Get Smart</b> (Rpt)	PG	<p><b><u>And Baby Makes Four (2)</u></b></p> <p>CONTROL must defeat Simon the Likable. Meanwhile, 99 gives birth to twins.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p> <p>Guest Starring: Jack Gilford, Dana Elcar</p>
04:30 pm <b>Reel Action</b> (Rpt)		<p>Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.</p>
05:00 pm <b>I Fish</b> (Rpt)	WS G	<p>Paul Worsteling brings you great tips and products that will help you lure the big fish.</p>
05:30 pm <b>I Fish</b> (Rpt)	G	<p>Paul Worsteling brings you great tips and products that will help you lure the big fish.</p>
06:00 pm <b>M*A*S*H</b> (Rpt)	PG	<p><b><u>Potter's Retirement</u></b></p> <p>Potter is upset when General Waldo Kent informs him that people in the 4077th are complaining about his leadership.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
06:30 pm <b>M*A*S*H</b> (Rpt)	PG	<p><b><u>Dr. Winchester And Mr. Hyde</u></b></p> <p>Charles takes amphetamines to keep up his energy level and even drugs Radar's mouse, "Daisy", so that it will win a race against a Marine's mouse, "Sluggo".</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>



Tuesday 08th July 2014

07:00 pm COPS (Rpt)	PG Drug References, Adult Themes	<p><b><u>Coast To Coast</u></b></p> <p>You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.</p>
07:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<p><b><u>Sophisticated Serpents</u></b></p> <p>Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.</p>
08:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<p><b>SEASON FINALE</b></p> <p><b><u>Armoured Giants</u></b></p> <p>David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.</p>
09:30 pm 48 Hours (Rpt)	PG Adult Themes	<p><b><u>Perilous Journey</u></b></p> <p>An investigation into the controversial world of international adoptions, in which some overseas facilitators walk a fine line between adoptions and child trafficking.</p>
10:30 pm Super Rugby Extra Time	PG	<p>Relive all the best bits of the weekend's Super Rugby on Extra Time.</p>
11:30 pm Terriers (Rpt)	M	<p><b><u>Ring-A-Ding-Ding</u></b></p> <p>The search for an antique engagement ring takes Hank and Britt on a wild goose chase through the more colourful parts of Ocean Beach.</p> <p>Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar</p>
12:30 am Megafactories (Rpt)	G	<p><b><u>Williams Formula 1</u></b></p> <p>A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.</p>
01:30 am Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language	<p>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.</p>
03:30 am Omnisport		<p>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.</p>



# BRISBANE PROGRAM GUIDE

Tuesday 08th July 2014

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

**Race 15: Hero Campaign 300 @ Kentucky**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 15 is hosted at the Kentucky Speedway.

05:00 am **Football's Greatest Managers** (Rpt) G

**Rinus Michels**

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

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

**Giovanni Trapattoni**

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 09th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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 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.

09:00 am American Digger (Rpt)

PG  
Some Coarse  
Language

### Blood Sweat And Money

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

09:30 am Scrappers (Rpt)

PG  
Mild Coarse  
Language

### Sal's Sick Day

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

10:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Sophisticated Serpents

Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.

11:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Armoured Giants

David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Some Violence,  
Supernatural  
Themes

### Lamia

Merlin is drawn to a distant village when a mysterious illness strikes. Far from home and on his own, Merlin becomes caught in a deadly game of cat and mouse where he can trust no one.

Starring: Colin Morgan, Bradley James, Richard Wilson, Angel Coulby, Nathaniel Parker





# BRISBANE PROGRAM GUIDE

Wednesday 09th July 2014

01:00 pm	<b>Undercover Boss</b> (Rpt)	PG	<b><u>Goodlife Fitness</u></b> COO of GoodLife Fitness, Jane Riddell immerses herself in the gym scene to gain new insight, working as a Zumba instructor trainee, a maintenance worker and a salesperson.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	Challenge day – The Valley Stampede presents 12 obstacles for the teams to confront. Expect sweat, expect tears, and expect mud. Lots and lots of mud!!
03:00 pm	<b>Super Rugby Extra Time</b> (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	<b>Get Smart</b> (Rpt)	PG	<b><u>Physician Impossible</u></b> Mistaken for a doctor and his nurse, Max and 99 are kidnapped and forced to operate on a wounded gangster.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	<b>COPS</b> (Rpt)	PG Drug References, Adult Themes	<b><u>Coast To Coast</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Major Toppo</u></b> With the possibility of contaminated morphine, the doctors at the 4077th administer placebos to the patients, which seems to work.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Peace On Us</u></b> Hawkeye becomes so disgusted with the stalled Panmunjon peace talks that he impulsively takes matters into his own hands, and goes to the meetings to lend a hand.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



# BRISBANE PROGRAM GUIDE

Wednesday 09th July 2014

07:00 pm **COPS** (Rpt)

PG  
Drug References,  
Adult Themes

## Caught In The ACT #2 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

07:30 pm **White Collar**

PG  
Some Violence

## **ALL NEW EPISODES**

### ONE Last Stakeout

Peter is getting used to his new assignments and Neal has to make a museum heist work.

Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen, Marsha Thomason, Sharif Atkins, Willie Garson, Natalie Morales II

08:30 pm **Burn Notice** (Rpt)

CC M  
WS Some Violence

### Hard Time

Michael tries to help Sam's friend Juan escape from prison after he angers a gang leader named Cruz. Meanwhile, Michael gets his meeting with Simon, who directs him to a stash of materials.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

09:30 pm **Burn Notice** (Rpt)

CC M  
WS Some Violence,  
Some Coarse  
Language

### Blind Spot

Fiona and Sam come to the aid of a grieving woman who had her entire life savings snatched from her by a sleazy womaniser. Meanwhile Michael and Jesse are after the man who wants Simon's bible.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

10:30 pm **The Killing**

M  
Adult Themes

## **ALL NEW EPISODES**

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

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

M  
Sexual References

We follow the everyday lives of staff at Valco, a fictional supermarket. New employee Margaret has trouble on the tills causing a headache for manager Gavin, while Julie worries about her dinner.

Starring: Mark Addy, Jane Horrocks, Jason Watkins, Nick Blood, Lorraine Cheshire, Joel Fry, Faye McKeever, Carl Rice, Beverly Rudd, Rita May

12:00 am **Flip Men** (Rpt)

PG  
Some Coarse  
Language

### Hoarder House

An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.



# BRISBANE PROGRAM GUIDE

Wednesday 09th July 2014

12:30 am	Garage Gold (Rpt)	PG		Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.
01:00 am	Driving Wars (Rpt)	PG Sexual References		Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.
02:00 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.
02:30 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 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.
03:30 am	Swisse Mark Webber Challenge (Rpt)	CC G		<b><u>Swisse Mark Webber Challenge</u></b> The Swisse Mark Webber Tasmania Challenge is an epic multisport adventure race that covers over 350km of Tasmania's stunning and remote terrain, hosted by Australian F1 star Mark Webber.
05:00 am	Football's Greatest Managers (Rpt)	G		<b><u>Bill Shankly</u></b> Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.
05:30 am	Football's Greatest Managers (Rpt)	G		<b><u>Bob Paisley</u></b> 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 10th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® SANTANDER BRITISH GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

10:30 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.

11:00 am Diamond Divers (Rpt) PG  
Some Coarse Language

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Supernatural Themes

### Lancelot Du Lac

When Arthur announces his plan to marry Guinevere, Sir Lancelot makes a shocking return from the dead and Gwen must fight temptation to avoid committing an unspeakable act of betrayal.

Starring: Colin Morgan, Bradley James, Angel Coulby, Richard Wilson, Katie McGrath, Nathaniel Parker

Guest Starring: Santiago Cabrera

01:00 pm Undercover Boss (Rpt) G

### Skyline International Development

Michael Sneyd, CEO of Skyline International Development, is new to the company and has been tasked by Skyline's investors to take business to the next level creating a coast-to-coast hotel group.

02:00 pm The Biggest Loser Australia (Rpt) CC PG

It's last chance training time, and 2 of our trainers are furious after CCTV footage reveals that their contestants have chosen to sleep in instead of burning the 600 calories asked of them!

03:00 pm The Biggest Loser Australia (Rpt) CC PG

It's Valentines' Day – perhaps the perfect day for any simmering feelings to sizzle? That's made it just a bit trickier as it is the start of Boys Vs Girls week.



# BRISBANE PROGRAM GUIDE

Thursday 10th July 2014

04:00 pm	Get Smart (Rpt)	PG	<b><u>The Apes Of Wrath</u></b> Several agents have been murdered by someone with incredible strength and the only clue is an empty banana peel.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Caught In The ACT #2 Special Edition</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	M*A*S*H (Rpt)	PG	<b><u>B.J. Papa San</u></b> BJ almost becomes a surrogate father to a Korean family, finding them a substitute for his own absent family.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<b><u>Baby, It's Cold Outside</u></b> Charles becomes the most unpopular man in camp, when his parents send him a winter-ized polar suit that he insists on flaunting in front of everyone.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Stupid Criminals #4</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
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



# BRISBANE PROGRAM GUIDE

Thursday 10th July 2014

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: True Justice: Dark Vengeance (Rpt)**

M  
Some Violence,  
Drug Use

## MOVIE

### Dark Vengeance

Steven Seagal stars as Kane, who with his team, take down any criminal activity, sending the message to gangs that they are not afraid to get their hands dirty to bring justice back to the streets.

Starring: Steven Seagal, Sarah Lind, William Stewart, Meghan Ory, Warren Christie

10:30 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.

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

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.

12:00 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.

12:30 am **Hook, Line & Sisters (Rpt)**

PG  
Some Coarse  
Language

Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.

01:00 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.

01:30 am **NASCAR Sprint Cup (Rpt)**

## REPLAY

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.



# BRISBANE PROGRAM GUIDE

Friday 11th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **NASCAR Nationwide Series Highlights**

**Race 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

09:00 am **NASCAR Sprint Cup Highlights**

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.

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 **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

11:00 am **Undercover Boss (Rpt)**

PG

**Mr Lube**

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

12:00 pm **The Adventures Of Merlin (Rpt)**

CC PG  
Some Violence,  
Supernatural  
Themes

**Herald Of The New Age. A**

The Camelot Knights discover a strange shrine in the forest. After Elyan ignores Merlin's warning to stay away, he ends up starting a chain of events more frightening than anyone could have imagined.

Starring: Colin Morgan, Bradley James, Anthony Stewart Head, Richard Wilson, Nathaniel Parker

01:00 pm **Undercover Boss (Rpt)**

G

**Fedex Express Canada**

CEO Lisa Lisson goes undercover to ensure employees have the tools they need to succeed - and that FedEx not only delivers to its customers, but also to its valuable employees.



# BRISBANE PROGRAM GUIDE

Friday 11th July 2014

02:00 pm **The Biggest Loser Australia** (Rpt) CC PG

This temptation has a special twist – instead of the contestants being served their favourite “bad” foods, the Executive Chef from the Summit Restaurant, Michael Moore prepares their food!

03:00 pm **The Biggest Loser Australia** (Rpt) CC PG

With their bags packed, one of the lucky couples set off on their romantic night away. Meanwhile, the other contestants head to a “Love Yourself” workshop.

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

### Age Before Duty

Max is bewildered when his young contact dies of old age.

Starring: Don Adams, Barbara Feldon, Edward Platt

04:30 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### Stupid Criminals #4

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

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

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt) G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

### Commander Pierce

Hawkeye becomes temporary commander of the 4077th and learns about the tedious bureaucracy and accompanying headaches that Colonel Potter deals with daily.

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

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

### The Billfold Syndrome

Charles becomes so irate when he is turned down for a future medical position at home, that he refuses to talk to anyone in the unit.

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

07:00 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### What Were They Thinking #1 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.



Friday 11th July 2014

07:30 pm Megafactories

G

## ALL NEW EPISODES

### Extreme Roller Coaster

Take a ride on the adrenaline fuelled tracks of a 60 metre high roller coaster built by an army of master technicians, utilising one of the world's greatest roller coaster factories.

08:30 pm COPS: Adults Only (Rpt)

M  
Sexual References,  
Adult Themes,  
Nudity

### Naked Cops - Special Edition

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  
Some Violence,  
Some Coarse  
Language,  
Adult Themes

### Too Hot - Special Edition

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 Movie: Stolen Lives (Rpt) (2009)

## MOVIE

A detective deals with the loss of his own son while trying to uncover the identity of a boy whose mummified remains are found in a box that has been buried for fifty years.

Starring: Jon Hamm, Josh Lucas, Rhona Mitra, James Van Der Beek, Jessica Chastain, Joanna Cassidy

11:30 pm The League

MA15+  
Sexual References

## NEW EPISODE

### Credit Card Alert

Ellie's basketball coach makes life tough on everyone. Meanwhile, Pete dates a married woman and Andre tries to help with a trade.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

12:00 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.

12:30 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.



# BRISBANE PROGRAM GUIDE

Friday 11th July 2014

01:00 am	<b>Hook, Line &amp; Sisters</b> (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.
01:30 am	<b>Adventure Angler</b> (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.
02:00 am	<b>Flip Men</b> (Rpt)	PG Some Coarse Language	<b><u>Hoarder House</u></b> An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.
02:30 am	<b>COPS: Adults Only</b> (Rpt)	M Sexual References, Adult Themes, Nudity	<b><u>Naked Cops - Special Edition</u></b> 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	<b>COPS: Adults Only</b> (Rpt)	M Some Violence, Some Coarse Language, Adult Themes	<b><u>Too Hot - Special Edition</u></b> 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.
03:30 am	<b>Omnisport</b>		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	<b>Golf Getaway</b> (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.
04:30 am	<b>The List</b> (Rpt)		<b><u>The List - Frantic Finishes</u></b> 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.
05:00 am	<b>The List</b> (Rpt)		<b><u>The List - Dynamic Drivers</u></b> Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

The logo for 'one' is displayed in white lowercase letters on a green square background.

# BRISBANE PROGRAM GUIDE

Friday 11th July 2014

05:30 am **The List** (Rpt)

**The List - Monumental Moments**

It is capturing the moment that turns a driver to a legend. It is the moment that separates the monumental from the mundane. This is our list of NASCAR's ten most monumental moments.



# BRISBANE PROGRAM GUIDE

Saturday 12th July 2014

06:00 am **The List** (Rpt)

### The List - Famous Fights

With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.

06:30 am **NASCAR Sprint Cup Qualifying**

### Race 18: Coke Zero 400 @ Daytona-Qualifying

Who will claim pole position in the qualifying ahead of race 18 from the Daytona International Speedway.

08:00 am **NASCAR Sprint Cup** (Rpt)

### **REPLAY**

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.

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 **The Road To Rio** (Rpt)

PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

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

### Litchfield

Pat Callinan takes his trusty 4x4 and explores the Northern Territory, one of the most amazing and visually stunning places in Australia.

03:00 pm **Alien Crustacean**

CC

### Alien Crustacean

Crabs are are hard to find, almost impossible to study and captivating. We go into the world of the crustacean and meet the people that study these intriguing creatures as a lifelong endeavour.

04:00 pm **Fishing Edge**

G

Fishing Edge is a down to earth fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.

04:30 pm **Reel Action**

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm **Escape With ET** (Rpt)

G

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

06:00 pm **Focus: What Drives The World's Greatest Athletes**

CC G

### **NEW EPISODE**

### Julian Wilson & Lexi Thompson

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.





# BRISBANE PROGRAM GUIDE

Saturday 12th July 2014

06:30 pm **Monster Jam**

G

## ALL NEW EPISODES

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

07:30 pm **Driving Wars (Rpt)**

PG  
Sexual References

## SEASON FINALE

Three police pursuit drivers take on a team of posh boy racers. It's something of a busman's holiday for the Robo Coppers as the teams compete in the Police Chase.

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

CC M  
Adult Themes

### Victims

A former police officer, now a community activist, is a suspect in the murders of known sex offenders.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

09:30 pm **Law & Order: SVU (Rpt)**

CC M  
Adult Themes

### Paranoia

The rape of a veteran police officer is first linked to her ex-husband's gambling debts, and then to her fellow officers.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

10:30 pm **The Killing (Rpt)**

M  
Adult Themes

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm **48 Hours**

### Oscar Pistorius: Shots In The Dark

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

12:30 am **Blokesworld (Rpt)**

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.



# BRISBANE PROGRAM GUIDE

Saturday 12th July 2014

01:00 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.

03:00 am **American Digger** (Rpt)

PG  
Some Coarse  
Language

**Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

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 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.



# ADELAIDE PROGRAM GUIDE

Sunday 06th July 2014

06:00 am **Garage Gold** (Rpt)

PG

Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.

06:30 am **Diamond Divers** (Rpt)

PG  
Mild Violence,  
Some Coarse  
Language

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

07:30 am **Focus: What Drives The World's Top Athletes** (Rpt)

CC G

### Ellyse Perry & Corey Bohan

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.

08:00 am **Reel Action** (Rpt)

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

08:30 am **NASCAR Sprint Cup**

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.

01:00 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.

01:30 pm **The List** (Rpt)

### The List - Famous Fights

With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.

02:00 pm **2014 Commonwealth Games - Countdown To Glasgow**

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.

02:30 pm **2014 Commonwealth Games - Countdown To Glasgow**

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.

03:00 pm **Hook, Line & Sisters** (Rpt)

PG  
Some Coarse  
Language

Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.





# ADELAIDE PROGRAM GUIDE

Sunday 06th July 2014

03:30 pm American Digger (Rpt)

PG  
Some Coarse  
Language

### Blood Sweat And Money

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

04:00 pm 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.

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.

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 I Fish

CC

### **ALL NEW EPISODES**

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

### Your Hit Parade

With the arrival of a shipment of records, Radar plays the part of a disc jockey and helps to get everyone through the incredibly long deluge of wounded.

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

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

PG

### What's Up, Doc?

Hot Lips, believing herself to be pregnant, asks Hawkeye to test her. Meanwhile, a patient holds Charles at gunpoint, demanding he be sent back to Ohio.

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

07:00 pm Extreme Fishing With Robson Green (Rpt)

PG  
Some Coarse  
Language

### **SEASON FINAL**

#### California

The Geordie lad heads to California to complete his world tour in dramatic style. After wrestling with a big blue shark, Robson embarks on a night-time expedition to catch giant squid.



# ADELAIDE PROGRAM GUIDE

Sunday 06th July 2014

08:00 pm Robson's Extreme Fishing Challenge

PG  
Some Coarse Language

## SEASON PREMIERE

### Greenland

Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.

09:00 pm 2014 FORMULA 1® SANTANDER BRITISH GRAND PRIX™ CC

## LIVE

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

11:30 pm 48 Hours (Rpt)

PG  
Adult Themes

### Loved To Death

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

12:30 am Sleeper Cell (Rpt)

M  
Some Violence,  
A Sex Scene,  
Some Coarse Language

### Scholar

Farik decides to send biochemical student Eddy Pangetsu on a flight to Vancouver. There he must drive a shipment of real anthrax across the Canadian border to Los Angeles.

Starring: Michael Ealy, Oded Fehr, Blake Shields, Alex Nestic, Henri Lubatti

01:40 am The Indestructibles (Rpt)

PG  
Some Violence,  
Some Coarse Language,  
Medical Procedures

### Mauled By Lions

A man is unexpectedly attacked by two male lions while feeding them. However, despite his injuries the man survived with no major damage. How did he survive the attack that should of killed him?

02:40 am Driving Wars (Rpt)

PG  
Sexual References

Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.

03:40 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 Rugby Classic Matches (Rpt)

### Autumn International 2011: Wales V Australia

Relive this calssic 2011 Autumn International match between Wales and Australia at Millennium Stadium, Cardiff.



# ADELAIDE PROGRAM GUIDE

Monday 07th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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.

08:25 am Sporting Greats (Rpt)

G

### Mal Meninga

Mal Meninga was a legendary Rugby League goal-kicking centre, counted amongst the finest players of the 20th century. He captained his club, state and country all to victories within a decade.

09:00 am World Series Sprintcars (Rpt)

PG

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.

10:00 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

10:30 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

11:00 am Megafactories (Rpt)

G

### Williams Formula 1

A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.

12:00 pm The Adventures Of Merlin (Rpt)

CC PG

Some Violence,  
Supernatural  
Themes

### Servant Of Two Masters, A

Merlin falls into Morgana's hands, and she uses ancient magic to turn friend against friend, and shape Merlin into the perfect assassin.

Starring: Colin Morgan, Bradley James, Katie McGrath, Angel Coulby, Richard Wilson, Nathaniel Parker



# ADELAIDE PROGRAM GUIDE

Monday 07th July 2014

01:00 pm	<b>Undercover Boss</b> (Rpt)	PG	<b><u>Molson Coors</u></b> Working in a male-dominated industry, Chief Legal Officer Kelly Brown goes undercover in the Molson Coors Breweries to connect with other women in the breweries to see what they face on the job.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC G	The contestants will face a sheep herding challenge – and it's not as easy as those dogs make it look. The contestants work up an appetite as they quite literally chase their food around a field!
03:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	The contestants return from herding sheep to find a big surprise waiting for them. What comes as no surprise is the weekly Weigh In and the inevitable Elimination. Whose weight loss journey will end?
04:00 pm	<b>Robson's Extreme Fishing Challenge</b> (Rpt)	PG Some Coarse Language	<b><u>Greenland</u></b> Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.
05:00 pm	<b>I Fish</b> (Rpt)	WS G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	WS G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Mail Call Three</u></b> After a delay of three weeks, five sacks of mail arrive and everyone in camp reacts to the good and bad news from home.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Temporary Duty</u></b> With a temporary transfer of personnel between the 4077th and the 8063rd, Captain Roy Dupree replaces Hawkeye, whilst Lorraine Anderson makes eyes at Charles.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	<b>Scrappers</b>	PG Mild Coarse Language	<b>ALL NEW EPISODES</b> <b><u>Sal's Sick Day</u></b> When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.
07:30 pm	<b>Garage Gold</b>	PG	<b>ALL NEW EPISODES</b> Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.





# ADELAIDE PROGRAM GUIDE

Monday 07th July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Mr Lube

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Jordan

Star of TV and the silver screen Ricky Gervais sends a typical British everyman off for 10 days in Jordan to see one of the seven wonders of the world - Petra. See Karl Pilkington's unique world view.

10:00 pm The Road To Rio

PG  
Mild Coarse  
Language

## NEW EPISODE

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

11:00 pm Diamond Divers (Rpt)

PG  
Some Coarse  
Language

## SEASON FINAL

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 am 2014 FORMULA 1@ SANTANDER  
BRITISH GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

02:30 am 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.

03:30 am Blokesworld (Rpt)

MA15+  
Sexual References,  
Nudity

### River Boat

Benwah and Ado get back on the bikes, leave Cambodia and cross into Laos. They check out the Island of Don Det, then make their way to Pakse. Meanwhile, Kitty competes in Blokesworld's Miss Downunder.

04:00 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

The logo for 'one' is displayed in white lowercase letters on a green square background.

# ADELAIDE PROGRAM GUIDE

Monday 07th July 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 Sprint Cup Highlights**  
(Rpt)

**Race 17: Quaker State 400 @ Kentucky-Highlights**

Catch all the non-stop motorsport action highlights from the Kentucky Speedway. The thrills and spills of NASCAR racing continues with the 17th race of the 2014 Sprint Cup Series.



# ADELAIDE PROGRAM GUIDE

Tuesday 08th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC G

**Ellyse Perry & Corey Bohan**

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.

08:30 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.

09:00 am **The Road To Rio** (Rpt) PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

10:00 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

10:30 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

11:00 am **Monster Jam** (Rpt) G

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





one

# ADELAIDE PROGRAM GUIDE

Tuesday 08th July 2014

- 12:00 pm The Adventures Of Merlin (Rpt)** CC PG  
Some Violence, Supernatural Themes
- The Secret Sharer**  
An alliance is formed between Morgana and the enigmatic wizard Alator to try and uncover a secret that could change the course of destiny. Will Merlin's greatest secret be revealed?  
  
Starring: Colin Morgan, Bradley James, Katie McGrath, Richard Wilson, Angel Coulby, Nathaniel Parker
- 01:00 pm Undercover Boss (Rpt)** PG  
Mild Coarse Language
- Second Cup**  
CEO Stacey Mowbray gets brewing with her frontline employees to take on the intense coffee chain competition.
- 02:00 pm The Biggest Loser Australia (Rpt)** CC PG
- The trainers discover a useful tool that will help them monitor their team while they're not around. This week's challenge drags the contestants out of their comfort zone and into the spotlight.
- 03:00 pm The Biggest Loser Australia (Rpt)** CC PG
- Temptation only takes a second, but in this episode it will last for 12 hours! Who will crumble?
- 04:00 pm Get Smart (Rpt)** PG
- And Baby Makes Four (2)**  
CONTROL must defeat Simon the Likable. Meanwhile, 99 gives birth to twins.  
  
Starring: Don Adams, Barbara Feldon, Edward Platt  
  
Guest Starring: Jack Gilford, Dana Elcar
- 04:30 pm Reel Action (Rpt)**
- Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.
- 05:00 pm I Fish (Rpt)** WS G
- Paul Worsteling brings you great tips and products that will help you lure the big fish.
- 05:30 pm I Fish (Rpt)** G
- Paul Worsteling brings you great tips and products that will help you lure the big fish.
- 06:00 pm M\*A\*S\*H (Rpt)** PG
- Potter's Retirement**  
Potter is upset when General Waldo Kent informs him that people in the 4077th are complaining about his leadership.  
  
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M\*A\*S\*H (Rpt)** PG
- Dr. Winchester And Mr. Hyde**  
Charles takes amphetamines to keep up his energy level and even drugs Radar's mouse, "Daisy", so that it will win a race against a Marine's mouse, "Sluggo".  
  
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



Tuesday 08th July 2014

07:00 pm COPS (Rpt)	PG Drug References, Adult Themes	<p><b><u>Coast To Coast</u></b></p> <p>You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.</p>
07:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<p><b><u>Sophisticated Serpents</u></b></p> <p>Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.</p>
08:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<p><b>SEASON FINALE</b></p> <p><b><u>Armoured Giants</u></b></p> <p>David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.</p>
09:30 pm 48 Hours (Rpt)	PG Adult Themes	<p><b><u>Perilous Journey</u></b></p> <p>An investigation into the controversial world of international adoptions, in which some overseas facilitators walk a fine line between adoptions and child trafficking.</p>
10:30 pm Super Rugby Extra Time	PG	<p>Relive all the best bits of the weekend's Super Rugby on Extra Time.</p>
11:30 pm Terriers (Rpt)	M	<p><b><u>Ring-A-Ding-Ding</u></b></p> <p>The search for an antique engagement ring takes Hank and Britt on a wild goose chase through the more colourful parts of Ocean Beach.</p> <p>Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar</p>
12:30 am Megafactories (Rpt)	G	<p><b><u>Williams Formula 1</u></b></p> <p>A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.</p>
01:30 am Bellator MMA (Rpt)	M Realistic Violence, Some Coarse Language	<p>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.</p>
03:30 am Omnisport		<p>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.</p>



# ADELAIDE PROGRAM GUIDE

Tuesday 08th July 2014

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

**Race 15: Hero Campaign 300 @ Kentucky**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 15 is hosted at the Kentucky Speedway.

05:00 am **Football's Greatest Managers** (Rpt) G

**Rinus Michels**

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

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

**Giovanni Trapattoni**

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 09th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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 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.

09:00 am American Digger (Rpt)

PG  
Some Coarse  
Language

### Blood Sweat And Money

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

09:30 am Scrappers (Rpt)

PG  
Mild Coarse  
Language

### Sal's Sick Day

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

10:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Sophisticated Serpents

Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.

11:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Armoured Giants

David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Some Violence,  
Supernatural  
Themes

### Lamia

Merlin is drawn to a distant village when a mysterious illness strikes. Far from home and on his own, Merlin becomes caught in a deadly game of cat and mouse where he can trust no one.

Starring: Colin Morgan, Bradley James, Richard Wilson, Angel Coulby, Nathaniel Parker



# ADELAIDE PROGRAM GUIDE

Wednesday 09th July 2014

01:00 pm	<b>Undercover Boss</b> (Rpt)	PG	<b><u>Goodlife Fitness</u></b> COO of GoodLife Fitness, Jane Riddell immerses herself in the gym scene to gain new insight, working as a Zumba instructor trainee, a maintenance worker and a salesperson.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	Challenge day – The Valley Stampede presents 12 obstacles for the teams to confront. Expect sweat, expect tears, and expect mud. Lots and lots of mud!!
03:00 pm	<b>Super Rugby Extra Time</b> (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	<b>Get Smart</b> (Rpt)	PG	<b><u>Physician Impossible</u></b> Mistaken for a doctor and his nurse, Max and 99 are kidnapped and forced to operate on a wounded gangster.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	<b>COPS</b> (Rpt)	PG Drug References, Adult Themes	<b><u>Coast To Coast</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Major Toppo</u></b> With the possibility of contaminated morphine, the doctors at the 4077th administer placebos to the patients, which seems to work.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Peace On Us</u></b> Hawkeye becomes so disgusted with the stalled Panmunjon peace talks that he impulsively takes matters into his own hands, and goes to the meetings to lend a hand.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



# ADELAIDE PROGRAM GUIDE

Wednesday 09th July 2014

07:00 pm COPS (Rpt)

PG  
Drug References,  
Adult Themes

## Caught In The ACT #2 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

07:30 pm White Collar

PG  
Some Violence

## ALL NEW EPISODES

### ONE Last Stakeout

Peter is getting used to his new assignments and Neal has to make a museum heist work.

Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen, Marsha Thomason, Sharif Atkins, Willie Garson, Natalie Morales II

08:30 pm Burn Notice (Rpt)

CC M  
WS Some Violence

### Hard Time

Michael tries to help Sam's friend Juan escape from prison after he angers a gang leader named Cruz. Meanwhile, Michael gets his meeting with Simon, who directs him to a stash of materials.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

09:30 pm Burn Notice (Rpt)

CC M  
WS Some Violence,  
Some Coarse  
Language

### Blind Spot

Fiona and Sam come to the aid of a grieving woman who had her entire life savings snatched from her by a sleazy womaniser. Meanwhile Michael and Jesse are after the man who wants Simon's bible.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

10:30 pm The Killing

M  
Adult Themes

## ALL NEW EPISODES

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm Trollied (Rpt)

M  
Sexual References

We follow the everyday lives of staff at Valco, a fictional supermarket. New employee Margaret has trouble on the tills causing a headache for manager Gavin, while Julie worries about her dinner.

Starring: Mark Addy, Jane Horrocks, Jason Watkins, Nick Blood, Lorraine Cheshire, Joel Fry, Faye McKeever, Carl Rice, Beverly Rudd, Rita May

12:00 am Flip Men (Rpt)

PG  
Some Coarse  
Language

### Hoarder House

An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.



# ADELAIDE PROGRAM GUIDE

Wednesday 09th July 2014

12:30 am	Garage Gold (Rpt)	PG		Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.
01:00 am	Driving Wars (Rpt)	PG Sexual References		Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.
02:00 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.
02:30 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 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.
03:30 am	Swisse Mark Webber Challenge (Rpt)	CC G		<b><u>Swisse Mark Webber Challenge</u></b> The Swisse Mark Webber Tasmania Challenge is an epic multisport adventure race that covers over 350km of Tasmania's stunning and remote terrain, hosted by Australian F1 star Mark Webber.
05:00 am	Football's Greatest Managers (Rpt)	G		<b><u>Bill Shankly</u></b> Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.
05:30 am	Football's Greatest Managers (Rpt)	G		<b><u>Bob Paisley</u></b> 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 10th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® SANTANDER BRITISH GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

10:30 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.

11:00 am Diamond Divers (Rpt) PG  
Some Coarse  
Language

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Supernatural  
Themes

### Lancelot Du Lac

When Arthur announces his plan to marry Guinevere, Sir Lancelot makes a shocking return from the dead and Gwen must fight temptation to avoid committing an unspeakable act of betrayal.

Starring: Colin Morgan, Bradley James, Angel Coulby, Richard Wilson, Katie McGrath, Nathaniel Parker

Guest Starring: Santiago Cabrera

01:00 pm Undercover Boss (Rpt) G

### Skyline International Development

Michael Sneyd, CEO of Skyline International Development, is new to the company and has been tasked by Skyline's investors to take business to the next level creating a coast-to-coast hotel group.

02:00 pm The Biggest Loser Australia (Rpt) CC PG

It's last chance training time, and 2 of our trainers are furious after CCTV footage reveals that their contestants have chosen to sleep in instead of burning the 600 calories asked of them!

03:00 pm The Biggest Loser Australia (Rpt) CC PG

It's Valentines' Day – perhaps the perfect day for any simmering feelings to sizzle? That's made it just a bit trickier as it is the start of Boys Vs Girls week.



# ADELAIDE PROGRAM GUIDE

Thursday 10th July 2014

04:00 pm	Get Smart (Rpt)	PG	<b><u>The Apes Of Wrath</u></b> Several agents have been murdered by someone with incredible strength and the only clue is an empty banana peel.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Caught In The ACT #2 Special Edition</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	M*A*S*H (Rpt)	PG	<b><u>B.J. Papa San</u></b> BJ almost becomes a surrogate father to a Korean family, finding them a substitute for his own absent family.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<b><u>Baby, It's Cold Outside</u></b> Charles becomes the most unpopular man in camp, when his parents send him a winter-ized polar suit that he insists on flaunting in front of everyone.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Stupid Criminals #4</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
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



# ADELAIDE PROGRAM GUIDE

Thursday 10th July 2014

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: True Justice: Dark Vengeance (Rpt)**

M  
Some Violence,  
Drug Use

## MOVIE

### Dark Vengeance

Steven Seagal stars as Kane, who with his team, take down any criminal activity, sending the message to gangs that they are not afraid to get their hands dirty to bring justice back to the streets.

Starring: Steven Seagal, Sarah Lind, William Stewart, Meghan Ory, Warren Christie

10:30 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.

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

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.

12:00 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.

12:30 am **Hook, Line & Sisters (Rpt)**

PG  
Some Coarse  
Language

Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.

01:00 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.

01:30 am **NASCAR Sprint Cup (Rpt)**

## REPLAY

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.



# ADELAIDE PROGRAM GUIDE

Friday 11th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **NASCAR Nationwide Series Highlights**

**Race 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

09:00 am **NASCAR Sprint Cup Highlights**

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.

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 **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

11:00 am **Undercover Boss (Rpt)**

PG

**Mr Lube**

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

12:00 pm **The Adventures Of Merlin (Rpt)**

CC PG  
Some Violence,  
Supernatural  
Themes

**Herald Of The New Age. A**

The Camelot Knights discover a strange shrine in the forest. After Elyan ignores Merlin's warning to stay away, he ends up starting a chain of events more frightening than anyone could have imagined.

Starring: Colin Morgan, Bradley James, Anthony Stewart Head, Richard Wilson, Nathaniel Parker

01:00 pm **Undercover Boss (Rpt)**

G

**Fedex Express Canada**

CEO Lisa Lisson goes undercover to ensure employees have the tools they need to succeed - and that FedEx not only delivers to its customers, but also to its valuable employees.



# ADELAIDE PROGRAM GUIDE

Friday 11th July 2014

02:00 pm **The Biggest Loser Australia** (Rpt) CC PG

This temptation has a special twist – instead of the contestants being served their favourite “bad” foods, the Executive Chef from the Summit Restaurant, Michael Moore prepares their food!

03:00 pm **The Biggest Loser Australia** (Rpt) CC PG

With their bags packed, one of the lucky couples set off on their romantic night away. Meanwhile, the other contestants head to a “Love Yourself” workshop.

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

### Age Before Duty

Max is bewildered when his young contact dies of old age.

Starring: Don Adams, Barbara Feldon, Edward Platt

04:30 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### Stupid Criminals #4

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

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

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt) G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

### Commander Pierce

Hawkeye becomes temporary commander of the 4077th and learns about the tedious bureaucracy and accompanying headaches that Colonel Potter deals with daily.

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

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

### The Billfold Syndrome

Charles becomes so irate when he is turned down for a future medical position at home, that he refuses to talk to anyone in the unit.

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

07:00 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### What Were They Thinking #1 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

Friday 11th July 2014

07:30 pm Megafactories

G

## ALL NEW EPISODES

### Extreme Roller Coaster

Take a ride on the adrenaline fuelled tracks of a 60 metre high roller coaster built by an army of master technicians, utilising one of the world's greatest roller coaster factories.

08:30 pm COPS: Adults Only (Rpt)

M  
Sexual References,  
Adult Themes,  
Nudity

### Naked Cops - Special Edition

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  
Some Violence,  
Some Coarse  
Language,  
Adult Themes

### Too Hot - Special Edition

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 Movie: Stolen Lives (Rpt) (2009)

## MOVIE

A detective deals with the loss of his own son while trying to uncover the identity of a boy whose mummified remains are found in a box that has been buried for fifty years.

Starring: Jon Hamm, Josh Lucas, Rhona Mitra, James Van Der Beek, Jessica Chastain, Joanna Cassidy

11:30 pm The League

MA15+  
Sexual References

## NEW EPISODE

### Credit Card Alert

Ellie's basketball coach makes life tough on everyone. Meanwhile, Pete dates a married woman and Andre tries to help with a trade.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

12:00 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.

12:30 am 2014 Commonwealth Games -  
Countdown To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.



# ADELAIDE PROGRAM GUIDE

Friday 11th July 2014

01:00 am	<b>Hook, Line &amp; Sisters</b> (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.
01:30 am	<b>Adventure Angler</b> (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.
02:00 am	<b>Flip Men</b> (Rpt)	PG Some Coarse Language	<b><u>Hoarder House</u></b> An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.
02:30 am	<b>COPS: Adults Only</b> (Rpt)	M Sexual References, Adult Themes, Nudity	<b><u>Naked Cops - Special Edition</u></b> 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	<b>COPS: Adults Only</b> (Rpt)	M Some Violence, Some Coarse Language, Adult Themes	<b><u>Too Hot - Special Edition</u></b> 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.
03:30 am	<b>Omnisport</b>		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	<b>Golf Getaway</b> (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.
04:30 am	<b>The List</b> (Rpt)		<b><u>The List - Frantic Finishes</u></b> 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.
05:00 am	<b>The List</b> (Rpt)		<b><u>The List - Dynamic Drivers</u></b> Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

The logo for 'one' is displayed in white lowercase letters on a green square background.

# ADELAIDE PROGRAM GUIDE

Friday 11th July 2014

05:30 am **The List** (Rpt)

**The List - Monumental Moments**

It is capturing the moment that turns a driver to a legend. It is the moment that separates the monumental from the mundane. This is our list of NASCAR's ten most monumental moments.





# ADELAIDE PROGRAM GUIDE

Saturday 12th July 2014

06:00 am **The List** (Rpt)

### The List - Famous Fights

With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.

06:30 am **NASCAR Sprint Cup Qualifying**

### Race 18: Coke Zero 400 @ Daytona-Qualifying

Who will claim pole position in the qualifying ahead of race 18 from the Daytona International Speedway.

08:00 am **NASCAR Sprint Cup** (Rpt)

### **REPLAY**

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.

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 **The Road To Rio** (Rpt)

PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

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

### Litchfield

Pat Callinan takes his trusty 4x4 and explores the Northern Territory, one of the most amazing and visually stunning places in Australia.

03:00 pm **Alien Crustacean**

CC

### Alien Crustacean

Crabs are are hard to find, almost impossible to study and captivating. We go into the world of the crustacean and meet the people that study these intriguing creatures as a lifelong endeavour.

04:00 pm **Fishing Edge**

G

Fishing Edge is a down to earth fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.

04:30 pm **Reel Action**

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm **Escape With ET** (Rpt)

G

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

06:00 pm **Focus: What Drives The World's Greatest Athletes**

CC G

### **NEW EPISODE**

### Julian Wilson & Lexi Thompson

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.





# ADELAIDE PROGRAM GUIDE

Saturday 12th July 2014

06:30 pm **Monster Jam**

G

## ALL NEW EPISODES

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

07:30 pm **Driving Wars (Rpt)**

PG  
Sexual References

## SEASON FINALE

Three police pursuit drivers take on a team of posh boy racers. It's something of a busman's holiday for the Robo Coppers as the teams compete in the Police Chase.

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

CC M  
Adult Themes

### Victims

A former police officer, now a community activist, is a suspect in the murders of known sex offenders.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

09:30 pm **Law & Order: SVU (Rpt)**

CC M  
Adult Themes

### Paranoia

The rape of a veteran police officer is first linked to her ex-husband's gambling debts, and then to her fellow officers.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

10:30 pm **The Killing (Rpt)**

M  
Adult Themes

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm **48 Hours**

### Oscar Pistorius: Shots In The Dark

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

12:30 am **Blokesworld (Rpt)**

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.



# ADELAIDE PROGRAM GUIDE

Saturday 12th July 2014

01:00 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.

03:00 am **American Digger** (Rpt)

PG  
Some Coarse  
Language

**Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

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 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.



# PERTH PROGRAM GUIDE

Sunday 06th July 2014

06:00 am Garage Gold (Rpt)

PG

Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.

06:30 am Diamond Divers (Rpt)

PG  
Mild Violence,  
Some Coarse  
Language

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

07:30 am Focus: What Drives The World's  
Top Athletes (Rpt)

CC G

### Ellyse Perry & Corey Bohan

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.

08:00 am Reel Action (Rpt)

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

08:30 am NASCAR Sprint Cup

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.

01:00 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.

01:30 pm The List (Rpt)

### The List - Famous Fights

With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.

02:00 pm 2014 Commonwealth Games -  
Countdown To Glasgow

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.

02:30 pm 2014 Commonwealth Games -  
Countdown To Glasgow

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.

03:00 pm Hook, Line & Sisters (Rpt)

PG  
Some Coarse  
Language

Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.



# PERTH PROGRAM GUIDE

Sunday 06th July 2014

03:30 pm American Digger (Rpt)

PG  
Some Coarse  
Language

**Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

04:00 pm 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.

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.

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 I Fish

CC

**ALL NEW EPISODES**

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

**Your Hit Parade**

With the arrival of a shipment of records, Radar plays the part of a disc jockey and helps to get everyone through the incredibly long deluge of wounded.

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

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

PG

**What's Up, Doc?**

Hot Lips, believing herself to be pregnant, asks Hawkeye to test her. Meanwhile, a patient holds Charles at gunpoint, demanding he be sent back to Ohio.

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

07:00 pm Bondi Rescue (Rpt)

CC PG  
Some Coarse  
Language,  
Nudity

An 18 year old man breaks his leg while out in the surf. Meanwhile, Maxi uses a mobile phone tracking device to locate a thief.



# PERTH PROGRAM GUIDE

Sunday 06th July 2014

07:30 pm 2014 FORMULA 1@ SANTANDER BRITISH GRAND PRIX™ CC

## LIVE

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

10:00 pm **Movie: Give 'em Hell Malone** (Rpt) AV15+  
(2009) Strong Violence

## MOVIE

Malone, a tough as nails private investigator, squares off with gangsters and their thugs to protect a valuable secret. He goes through hell to protect the information but he dishes some hell as well.

Starring: Thomas Jane, Ving Rhames, Elsa Pataky, French Stewart, Leland Orser, Gregory Harrison

12:00 am **Sleeper Cell** (Rpt) M  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

## Scholar

Farik decides to send biochemical student Eddy Pangetsu on a flight to Vancouver. There he must drive a shipment of real anthrax across the Canadian border to Los Angeles.

Starring: Michael Ealy, Oded Fehr, Blake Shields, Alex Nesic, Henri Lubatti

01:10 am **The Indestructibles** (Rpt) PG  
Some Violence,  
Some Coarse  
Language,  
Medical Procedures

## Mauled By Lions

A man is unexpectedly attacked by two male lions while feeding them. However, despite his injuries the man survived with no major damage. How did he survive the attack that should of killed him?

02:10 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.

02:40 am **Driving Wars** (Rpt) PG  
Sexual References

Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.

03:40 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 **Rugby Classic Matches** (Rpt)

## Autumn International 2011: Wales V Australia

Relive this calssic 2011 Autumn International match between Wales and Australia at Millennium Stadium, Cardiff.



# PERTH PROGRAM GUIDE

Monday 07th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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.

08:25 am Sporting Greats (Rpt)

G

## Mal Meninga

Mal Meninga was a legendary Rugby League goal-kicking centre, counted amongst the finest players of the 20th century. He captained his club, state and country all to victories within a decade.

09:00 am World Series Sprintcars (Rpt)

PG

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.

10:00 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

10:30 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

11:00 am Megafactories (Rpt)

G

## Williams Formula 1

A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.

12:00 pm The Adventures Of Merlin (Rpt)

CC PG

Some Violence,  
Supernatural  
Themes

## Servant Of Two Masters, A

Merlin falls into Morgana's hands, and she uses ancient magic to turn friend against friend, and shape Merlin into the perfect assassin.

Starring: Colin Morgan, Bradley James, Katie McGrath, Angel Coulby, Richard Wilson, Nathaniel Parker





# PERTH PROGRAM GUIDE

Monday 07th July 2014

01:00 pm **Undercover Boss** (Rpt) PG

## Molson Coors

Working in a male-dominated industry, Chief Legal Officer Kelly Brown goes undercover in the Molson Coors Breweries to connect with other women in the breweries to see what they face on the job.

02:00 pm **The Biggest Loser Australia** (Rpt) CC G

The contestants will face a sheep herding challenge – and it's not as easy as those dogs make it look. The contestants work up an appetite as they quite literally chase their food around a field!

03:00 pm **The Biggest Loser Australia** (Rpt) CC PG

The contestants return from herding sheep to find a big surprise waiting for them. What comes as no surprise is the weekly Weigh In and the inevitable Elimination. Whose weight loss journey will end?

04:00 pm **Robson's Extreme Fishing Challenge** PG  
Some Coarse  
Language

## Greenland

Robson Green travels the globe to find the rarest and most dangerous spots to catch fish and takes on some of the world's best fisherman.

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

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt) WS G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

## Mail Call Three

After a delay of three weeks, five sacks of mail arrive and everyone in camp reacts to the good and bad news from home.

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

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

## Temporary Duty

With a temporary transfer of personnel between the 4077th and the 8063rd, Captain Roy Dupree replaces Hawkeye, whilst Lorraine Anderson makes eyes at Charles.

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

07:00 pm **Scrappers** PG  
Mild Coarse  
Language

## **ALL NEW EPISODES**

### Sal's Sick Day

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

07:30 pm **Garage Gold** PG

## **ALL NEW EPISODES**

Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.





# PERTH PROGRAM GUIDE

Monday 07th July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Mr Lube

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Jordan

Star of TV and the silver screen Ricky Gervais sends a typical British everyman off for 10 days in Jordan to see one of the seven wonders of the world - Petra. See Karl Pilkington's unique world view.

10:00 pm The Road To Rio

PG  
Mild Coarse  
Language

## NEW EPISODE

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

11:00 pm Diamond Divers (Rpt)

PG  
Some Coarse  
Language

## SEASON FINAL

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 am 2014 FORMULA 1@ SANTANDER  
BRITISH GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

02:30 am 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.

03:30 am Blokesworld (Rpt)

MA15+  
Sexual References,  
Nudity

### River Boat

Benwah and Ado get back on the bikes, leave Cambodia and cross into Laos. They check out the Island of Don Det, then make their way to Pakse. Meanwhile, Kitty competes in Blokesworld's Miss Downunder.

04:00 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

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# PERTH PROGRAM GUIDE

**Monday 07th July 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 Sprint Cup Highlights  
(Rpt)**

**Race 17: Quaker State 400 @ Kentucky-Highlights**

Catch all the non-stop motorsport action highlights from the Kentucky Speedway. The thrills and spills of NASCAR racing continues with the 17th race of the 2014 Sprint Cup Series.



# PERTH PROGRAM GUIDE

Tuesday 08th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC G

**Ellyse Perry & Corey Bohan**

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.

08:30 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.

09:00 am **The Road To Rio** (Rpt) PG  
Mild Coarse Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

10:00 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

10:30 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

11:00 am **Monster Jam** (Rpt) G

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



one

# PERTH PROGRAM GUIDE

Tuesday 08th July 2014

- |                 |  |   |  |
|-----------------|--|---|--|
| <b>12:00 pm</b> | <b>The Adventures Of Merlin</b> (Rpt)    | CC PG<br>Some Violence,<br>Supernatural<br>Themes | <b><u>The Secret Sharer</u></b><br>An alliance is formed between Morgana and the enigmatic wizard Alator to try and uncover a secret that could change the course of destiny. Will Merlin's greatest secret be revealed?<br><br>Starring: Colin Morgan, Bradley James, Katie McGrath, Richard Wilson, Angel Coulby, Nathaniel Parker |
| <b>01:00 pm</b> | <b>Undercover Boss</b> (Rpt)             | PG<br>Mild Coarse<br>Language                     | <b><u>Second Cup</u></b><br>CEO Stacey Mowbray gets brewing with her frontline employees to take on the intense coffee chain competition.  |
| <b>02:00 pm</b> | <b>The Biggest Loser Australia</b> (Rpt) | CC PG   | The trainers discover a useful tool that will help them monitor their team while they're not around. This week's challenge drags the contestants out of their comfort zone and into the spotlight.   |
| <b>03:00 pm</b> | <b>The Biggest Loser Australia</b> (Rpt) | CC PG   | Temptation only takes a second, but in this episode it will last for 12 hours! Who will crumble?   |
| <b>04:00 pm</b> | <b>Get Smart</b> (Rpt)                   | PG  | <b><u>And Baby Makes Four (2)</u></b><br>CONTROL must defeat Simon the Likable. Meanwhile, 99 gives birth to twins.<br><br>Starring: Don Adams, Barbara Feldon, Edward Platt<br><br>Guest Starring: Jack Gilford, Dana Elcar   |
| <b>04:30 pm</b> | <b>Reel Action</b> (Rpt)                 |   | Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.  |
| <b>05:00 pm</b> | <b>I Fish</b> (Rpt)                      | WS G  | Paul Worsteling brings you great tips and products that will help you lure the big fish.   |
| <b>05:30 pm</b> | <b>I Fish</b> (Rpt)                      | G   | Paul Worsteling brings you great tips and products that will help you lure the big fish.   |
| <b>06:00 pm</b> | <b>M*A*S*H</b> (Rpt)                     | PG  | <b><u>Potter's Retirement</u></b><br>Potter is upset when General Waldo Kent informs him that people in the 4077th are complaining about his leadership.<br><br>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff   |
| <b>06:30 pm</b> | <b>M*A*S*H</b> (Rpt)                     | PG  | <b><u>Dr. Winchester And Mr. Hyde</u></b><br>Charles takes amphetamines to keep up his energy level and even drugs Radar's mouse, "Daisy", so that it will win a race against a Marine's mouse, "Sluggo".<br><br>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff  |





# PERTH PROGRAM GUIDE

Tuesday 08th July 2014

07:00 pm COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Coast To Coast</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
07:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<b><u>Sophisticated Serpents</u></b> Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.
08:30 pm David Attenborough's Life In Cold Blood (Rpt)	CC G	<b>SEASON FINALE</b> <b><u>Armoured Giants</u></b> David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.
09:30 pm 48 Hours (Rpt)	PG Adult Themes	<b><u>Perilous Journey</u></b> An investigation into the controversial world of international adoptions, in which some overseas facilitators walk a fine line between adoptions and child trafficking.
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 Terriers (Rpt)	M	<b><u>Ring-A-Ding-Ding</u></b> The search for an antique engagement ring takes Hank and Britt on a wild goose chase through the more colourful parts of Ocean Beach.  Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar
12:30 am Megafactories (Rpt)	G	<b><u>Williams Formula 1</u></b> A behind-the-scenes look at the Williams Formula One factory in Oxfordshire, where some of the most advanced engineering in the world takes place, and the FW33 model is created.
01:30 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.
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.





# PERTH PROGRAM GUIDE

Tuesday 08th July 2014

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

**Race 15: Hero Campaign 300 @ Kentucky**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 15 is hosted at the Kentucky Speedway.

05:00 am **Football's Greatest Managers** (Rpt) G

**Rinus Michels**

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

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

**Giovanni Trapattoni**

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 09th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

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 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.

09:00 am American Digger (Rpt)

PG  
Some Coarse  
Language

### Blood Sweat And Money

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

09:30 am Scrappers (Rpt)

PG  
Mild Coarse  
Language

### Sal's Sick Day

When Sal gets sick, Frankie's crew pitches in to cover his jobs. But Sal's truck turns out to be Frankie's worst nightmare.

10:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Sophisticated Serpents

Sir David Attenborough examines the fascinating lives of the most misunderstood group of reptiles, the snakes and he reveals how their simplistic body design has contributed to their success.

11:00 am David Attenborough's Life In Cold Blood (Rpt) CC G

### Armoured Giants

David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Some Violence,  
Supernatural  
Themes

### Lamia

Merlin is drawn to a distant village when a mysterious illness strikes. Far from home and on his own, Merlin becomes caught in a deadly game of cat and mouse where he can trust no one.

Starring: Colin Morgan, Bradley James, Richard Wilson, Angel Coulby, Nathaniel Parker



# PERTH PROGRAM GUIDE

Wednesday 09th July 2014

01:00 pm	<b>Undercover Boss</b> (Rpt)	PG	<b><u>Goodlife Fitness</u></b> COO of GoodLife Fitness, Jane Riddell immerses herself in the gym scene to gain new insight, working as a Zumba instructor trainee, a maintenance worker and a salesperson.
02:00 pm	<b>The Biggest Loser Australia</b> (Rpt)	CC PG	Challenge day – The Valley Stampede presents 12 obstacles for the teams to confront. Expect sweat, expect tears, and expect mud. Lots and lots of mud!!
03:00 pm	<b>Super Rugby Extra Time</b> (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	<b>Get Smart</b> (Rpt)	PG	<b><u>Physician Impossible</u></b> Mistaken for a doctor and his nurse, Max and 99 are kidnapped and forced to operate on a wounded gangster.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	<b>COPS</b> (Rpt)	PG Drug References, Adult Themes	<b><u>Coast To Coast</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	<b>I Fish</b> (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Major Toppo</u></b> With the possibility of contaminated morphine, the doctors at the 4077th administer placebos to the patients, which seems to work.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	<b>M*A*S*H</b> (Rpt)	PG	<b><u>Peace On Us</u></b> Hawkeye becomes so disgusted with the stalled Panmunjon peace talks that he impulsively takes matters into his own hands, and goes to the meetings to lend a hand.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



# PERTH PROGRAM GUIDE

Wednesday 09th July 2014

07:00 pm **COPS** (Rpt)

PG  
Drug References,  
Adult Themes

## Caught In The ACT #2 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

07:30 pm **White Collar**

PG  
Some Violence

## **ALL NEW EPISODES**

### ONE Last Stakeout

Peter is getting used to his new assignments and Neal has to make a museum heist work.

Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen, Marsha Thomason, Sharif Atkins, Willie Garson, Natalie Morales II

08:30 pm **Burn Notice** (Rpt)

CC M  
WS Some Violence

### Hard Time

Michael tries to help Sam's friend Juan escape from prison after he angers a gang leader named Cruz. Meanwhile, Michael gets his meeting with Simon, who directs him to a stash of materials.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

09:30 pm **Burn Notice** (Rpt)

CC M  
WS Some Violence,  
Some Coarse  
Language

### Blind Spot

Fiona and Sam come to the aid of a grieving woman who had her entire life savings snatched from her by a sleazy womaniser. Meanwhile Michael and Jesse are after the man who wants Simon's bible.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

10:30 pm **The Killing**

M  
Adult Themes

## **ALL NEW EPISODES**

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

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

M  
Sexual References

We follow the everyday lives of staff at Valco, a fictional supermarket. New employee Margaret has trouble on the tills causing a headache for manager Gavin, while Julie worries about her dinner.

Starring: Mark Addy, Jane Horrocks, Jason Watkins, Nick Blood, Lorraine Cheshire, Joel Fry, Faye McKeever, Carl Rice, Beverly Rudd, Rita May

12:00 am **Flip Men** (Rpt)

PG  
Some Coarse  
Language

### Hoarder House

An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.



# PERTH PROGRAM GUIDE

Wednesday 09th July 2014

12:30 am	Garage Gold (Rpt)	PG		Follow Kraig Bantle and his family-owned business Garage Brothers, which offers to clean out any garage or basement for free, however they get to keep and sell any valuables they find.
01:00 am	Driving Wars (Rpt)	PG Sexual References		Three East London mechanics face an all girl team of track racers in a series of motoring challenges. To settle their automotive scores, the teams will face almost certain destruction.
02:00 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.
02:30 am	2014 Commonwealth Games - Countdown To Glasgow (Rpt)			A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.
03:00 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.
03:30 am	Swisse Mark Webber Challenge (Rpt)	CC G		<b><u>Swisse Mark Webber Challenge</u></b> The Swisse Mark Webber Tasmania Challenge is an epic multisport adventure race that covers over 350km of Tasmania's stunning and remote terrain, hosted by Australian F1 star Mark Webber.
05:00 am	Football's Greatest Managers (Rpt)	G		<b><u>Bill Shankly</u></b> Football's Greatest Managers takes a look at the top ten managers in the history of world football and how they were so successful.
05:30 am	Football's Greatest Managers (Rpt)	G		<b><u>Bob Paisley</u></b> 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 10th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® SANTANDER BRITISH GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 British Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the ninth race of the 2014 FIA F1 World Championship from Silverstone in Great Britain.

10:30 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.

11:00 am Diamond Divers (Rpt) PG  
Some Coarse Language

Diamond Divers features a crew of rugged divers and sailors from Washington who travel to South Africa in search of underwater treasure.

12:00 pm The Adventures Of Merlin (Rpt) CC PG  
Supernatural Themes

### Lancelot Du Lac

When Arthur announces his plan to marry Guinevere, Sir Lancelot makes a shocking return from the dead and Gwen must fight temptation to avoid committing an unspeakable act of betrayal.

Starring: Colin Morgan, Bradley James, Angel Coulby, Richard Wilson, Katie McGrath, Nathaniel Parker

Guest Starring: Santiago Cabrera

01:00 pm Undercover Boss (Rpt) G

### Skyline International Development

Michael Sneyd, CEO of Skyline International Development, is new to the company and has been tasked by Skyline's investors to take business to the next level creating a coast-to-coast hotel group.

02:00 pm The Biggest Loser Australia (Rpt) CC PG

It's last chance training time, and 2 of our trainers are furious after CCTV footage reveals that their contestants have chosen to sleep in instead of burning the 600 calories asked of them!

03:00 pm The Biggest Loser Australia (Rpt) CC PG

It's Valentines' Day – perhaps the perfect day for any simmering feelings to sizzle? That's made it just a bit trickier as it is the start of Boys Vs Girls week.



# PERTH PROGRAM GUIDE

Thursday 10th July 2014

04:00 pm	Get Smart (Rpt)	PG	<b><u>The Apes Of Wrath</u></b> Several agents have been murdered by someone with incredible strength and the only clue is an empty banana peel.  Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Caught In The ACT #2 Special Edition</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
05:00 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
05:30 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	M*A*S*H (Rpt)	PG	<b><u>B.J. Papa San</u></b> BJ almost becomes a surrogate father to a Korean family, finding them a substitute for his own absent family.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<b><u>Baby, It's Cold Outside</u></b> Charles becomes the most unpopular man in camp, when his parents send him a winter-ized polar suit that he insists on flaunting in front of everyone.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS (Rpt)	PG Drug References, Adult Themes	<b><u>Stupid Criminals #4</u></b> You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.
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



# PERTH PROGRAM GUIDE

Thursday 10th July 2014

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: True Justice: Dark Vengeance (Rpt)**

M  
Some Violence,  
Drug Use

## MOVIE

### Dark Vengeance

Steven Seagal stars as Kane, who with his team, take down any criminal activity, sending the message to gangs that they are not afraid to get their hands dirty to bring justice back to the streets.

Starring: Steven Seagal, Sarah Lind, William Stewart, Meghan Ory, Warren Christie

10:30 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.

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

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.

12:00 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.

12:30 am **Hook, Line & Sisters (Rpt)**

PG  
Some Coarse  
Language

Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.

01:00 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.

01:30 am **NASCAR Sprint Cup (Rpt)**

## REPLAY

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.





# PERTH PROGRAM GUIDE

Friday 11th July 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **NASCAR Nationwide Series Highlights**

**Race 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

09:00 am **NASCAR Sprint Cup Highlights**

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.

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 **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

11:00 am **Undercover Boss (Rpt)**

PG

**Mr Lube**

CEO of 'Mr. Lube', Stuart Suls, works in disguise and he discovers that he can't even install windscreen wipers, let alone deal with what's under the hood.

12:00 pm **The Adventures Of Merlin (Rpt)**

CC PG  
Some Violence,  
Supernatural  
Themes

**Herald Of The New Age. A**

The Camelot Knights discover a strange shrine in the forest. After Elyan ignores Merlin's warning to stay away, he ends up starting a chain of events more frightening than anyone could have imagined.

Starring: Colin Morgan, Bradley James, Anthony Stewart Head, Richard Wilson, Nathaniel Parker

01:00 pm **Undercover Boss (Rpt)**

G

**Fedex Express Canada**

CEO Lisa Lisson goes undercover to ensure employees have the tools they need to succeed - and that FedEx not only delivers to its customers, but also to its valuable employees.



# PERTH PROGRAM GUIDE

Friday 11th July 2014

02:00 pm **The Biggest Loser Australia** (Rpt) CC PG

This temptation has a special twist – instead of the contestants being served their favourite “bad” foods, the Executive Chef from the Summit Restaurant, Michael Moore prepares their food!

03:00 pm **The Biggest Loser Australia** (Rpt) CC PG

With their bags packed, one of the lucky couples set off on their romantic night away. Meanwhile, the other contestants head to a “Love Yourself” workshop.

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

### Age Before Duty

Max is bewildered when his young contact dies of old age.

Starring: Don Adams, Barbara Feldon, Edward Platt

04:30 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### Stupid Criminals #4

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.

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

Paul Worsteling brings you great tips and products that will help you lure the big fish.

05:30 pm **I Fish** (Rpt) G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

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

### Commander Pierce

Hawkeye becomes temporary commander of the 4077th and learns about the tedious bureaucracy and accompanying headaches that Colonel Potter deals with daily.

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

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

### The Billfold Syndrome

Charles becomes so irate when he is turned down for a future medical position at home, that he refuses to talk to anyone in the unit.

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

07:00 pm **COPS** (Rpt) PG  
Drug References,  
Adult Themes

### What Were They Thinking #1 Special Edition

You won't believe the chases, stings and rescues by police officers on patrol to protect America's troubled streets. With an unmistakable theme song Cops is the show at the forefront of reality TV.



# PERTH PROGRAM GUIDE

Friday 11th July 2014

07:30 pm Megafactories

G

## ALL NEW EPISODES

### Extreme Roller Coaster

Take a ride on the adrenaline fuelled tracks of a 60 metre high roller coaster built by an army of master technicians, utilising one of the world's greatest roller coaster factories.

08:30 pm COPS: Adults Only

M  
Sexual References,  
Adult Themes,  
Nudity

### Naked Cops - Special Edition

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

M  
Some Violence,  
Some Coarse  
Language,  
Adult Themes

### Too Hot - Special Edition

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 **Movie: Stolen Lives** (Rpt) (2009)

## MOVIE

A detective deals with the loss of his own son while trying to uncover the identity of a boy whose mummified remains are found in a box that has been buried for fifty years.

Starring: Jon Hamm, Josh Lucas, Rhona Mitra, James Van Der Beek, Jessica Chastain, Joanna Cassidy

11:30 pm **The League**

MA15+  
Sexual References

## NEW EPISODE

### Credit Card Alert

Ellie's basketball coach makes life tough on everyone. Meanwhile, Pete dates a married woman and Andre tries to help with a trade.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

12:00 am **2014 Commonwealth Games - Countdown To Glasgow** (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the NZ Rugby Sevens team, shooting, lawn bowls and cycling.

12:30 am **2014 Commonwealth Games - Countdown To Glasgow** (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Australian swim team, judo, netball and squash.



# PERTH PROGRAM GUIDE

Friday 11th July 2014

01:00 am	Hook, Line & Sisters (Rpt)	PG Some Coarse Language	Hook, Line and Sisters follows the unusual lives of the Andersons, a family with two sisters who only have three months out of the year to brave the Alaskan wilds to catch the big fish for a big pay day.
01:30 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.
02:00 am	Flip Men (Rpt)	PG Some Coarse Language	<b><u>Hoarder House</u></b> An expected quick flip turns into a nightmare when Mike and Doug learn they've bought a hoarder's house. As expenses mount, Mike throws the budget out the window, provoking Doug's wrath and digging them into a financial hole.
02:30 am	COPS: Adults Only (Rpt)	M Sexual References, Adult Themes, Nudity	<b><u>Naked Cops - Special Edition</u></b> 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 Some Violence, Some Coarse Language, Adult Themes	<b><u>Too Hot - Special Edition</u></b> 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.
03:30 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	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.
04:30 am	The List (Rpt)		<b><u>The List - Frantic Finishes</u></b> 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.
05:00 am	The List (Rpt)		<b><u>The List - Dynamic Drivers</u></b> Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

The logo for 'one' is displayed in white lowercase letters on a green square background.

# PERTH PROGRAM GUIDE

Friday 11th July 2014

05:30 am **The List** (Rpt)

**The List - Monumental Moments**

It is capturing the moment that turns a driver to a legend. It is the moment that separates the monumental from the mundane. This is our list of NASCAR's ten most monumental moments.



# PERTH PROGRAM GUIDE

Saturday 12th July 2014

06:00 am **The List** (Rpt)

### The List - Famous Fights

With drivers pitted against each other all season, there have been some famous battles for victory. We countdown the Top 10 most famous fights in NASCAR history.

06:30 am **NASCAR Sprint Cup Qualifying**

### Race 18: Coke Zero 400 @ Daytona-Qualifying

Who will claim pole position in the qualifying ahead of race 18 from the Daytona International Speedway.

08:00 am **NASCAR Sprint Cup** (Rpt)

### **REPLAY**

### Race 18: Coke Zero 400 @ Daytona

Tune in on ONE for Race 18 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Daytona International Speedway.

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 **The Road To Rio** (Rpt)

PG  
Mild Coarse  
Language

Mark Watson and Henning Wehn drive through South America ahead of the FIFA World Cup in Brazil. Meet the people and cultures that the world will come to know so well when the tournament kicks off.

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

### Litchfield

Pat Callinan takes his trusty 4x4 and explores the Northern Territory, one of the most amazing and visually stunning places in Australia.

03:00 pm **Alien Crustacean**

CC

### Alien Crustacean

Crabs are are hard to find, almost impossible to study and captivating. We go into the world of the crustacean and meet the people that study these intriguing creatures as a lifelong endeavour.

04:00 pm **Fishing Edge**

G

Fishing Edge is a down to earth fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.

04:30 pm **Reel Action**

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm **Escape With ET** (Rpt)

G

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

06:00 pm **Focus: What Drives The World's Greatest Athletes**

CC G

### **NEW EPISODE**

### Julian Wilson & Lexi Thompson

FOCUS gives you a behind the scenes look at 12 of the most successful athletes on the planet & delves deep into the athlete conscious to discover their everyday battles, rituals, crisis & torments.





# PERTH PROGRAM GUIDE

Saturday 12th July 2014

06:30 pm **Monster Jam**

G

## ALL NEW EPISODES

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

07:30 pm **Driving Wars (Rpt)**

PG  
Sexual References

## SEASON FINALE

Three police pursuit drivers take on a team of posh boy racers. It's something of a busman's holiday for the Robo Coppers as the teams compete in the Police Chase.

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

CC M  
Adult Themes

### Victims

A former police officer, now a community activist, is a suspect in the murders of known sex offenders.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

09:30 pm **Law & Order: SVU (Rpt)**

CC M  
Adult Themes

### Paranoia

The rape of a veteran police officer is first linked to her ex-husband's gambling debts, and then to her fellow officers.

Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

10:30 pm **The Killing (Rpt)**

M  
Adult Themes

### Hope Kills

Sarah and Holder catch a break in the case and now suspect Pastor Mike as the man responsible for the murders. Meanwhile, Seward is conflicted about the method of his execution.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

11:30 pm **48 Hours**

### Oscar Pistorius: Shots In The Dark

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

12:30 am **Blokesworld (Rpt)**

MA15+  
Sexual References,  
Nudity

### Free Bird

Benwah and Ado get back on the bikes and leave Sekong. They ride through some amazing forests and through the remote sections of Laos. Meanwhile, Bianca competes in Blokesworld's Miss Downunder.





# PERTH PROGRAM GUIDE

Saturday 12th July 2014

01:00 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.

03:00 am **American Digger** (Rpt)

PG  
Some Coarse  
Language

**Blood Sweat And Money**

The team sets their sites on the town of Tombstone hoping to find Wild West relics, but tough terrain, wild animals & gun-toting locals could make this dig more like the gunfight at the OK Corral.

03:30 am **Omnisport**

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04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

**Race 16: Subway Firecracker 250 @ Daytona**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 16 is hosted at the Daytona International Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

**Race 18: Coke Zero 400 @ Daytona-Highlights**

Catch all the non-stop motorsport action highlights from the Daytona International Speedway. The thrills and spills of NASCAR racing continues with the 18th race of the 2014 Sprint Cup Series.



# TASMANIA PROGRAM GUIDE

Tuesday 08th July 2014

10:00 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

08:30 pm **David Attenborough's Life In Cold Blood** CC G

## SEASON FINALE

### Armoured Giants

David Attenborough meets the reptile heavyweights - tortoises, turtles and crocodiles, showing what it's like to live within a suit of armour, and revealing a dynamic, warm side to these giants.