

Sunday 20th July 2014

06:00 am **NASCAR Sprint Cup Highlights**  
(Rpt)

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.

07:00 am **2014 Tudor United Sportscar Championship** (Rpt)

**REPLAY**

**Mobil 1 Sportscar Grand Prix**

Join us for Canada's biggest sports car race of the year, featuring the new TUDOR United Sports Car Championship for exotic prototypes and GT race cars.

10:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC PG

**Robbie Maddison & Maya Gabeira**

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.

10:30 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.

11:00 am **Driving Wars** (Rpt) PG  
Sexual References

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.

12:00 pm **Movie: King Of The Olympics** (Rpt) PG  
Adult Themes

**MOVIE**

**King Of The Olympics: Part 2**

Part 2: The journey continues for Avery Brundage as he faces obstacle after obstacle to bring the modern Olympic Games back to life in 1896.

Starring: David Selby, Renee Soutendijk, Sybil Maas, Shelagh McLeod, Kristoffer Tabori, Pat Starr, John Evans, Sheila Tissot

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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.



# SYDNEY PROGRAM GUIDE

Sunday 20th July 2014

03:00 pm 2014 Australian Gymnastics Championships

Catch all of the highlights from the elite men's and women's competition at the 2014 Australian Gymnastics Championships.

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

### The Price

Colonel Potter's mare mysteriously disappears from her corral. Meanwhile, Hawkeye and BJ find themselves with a young Korean boy on their hands, who is trying to avoid conscription into the Army.

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

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

### Hot Lips Is Back In Town

Radar, who is smitten with the cute new nurse relies on Hawkeye's expertise on how to cope with the situation.

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

07:00 pm Extreme Fishing With Robson Green (Rpt) PG Some Coarse Language

### Alaska

Robson heads to the wilderness of Alaska to fulfil a lifelong dream of catching giant king salmon.

08:00 pm Robson's Extreme Fishing Challenge PG Some Coarse Language

## NEW EPISODE

### Canada

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.

Sunday 20th July 2014

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

CC PG  
Mild Coarse  
Language,  
Nudity

The surf club rescue boat has a spectacular 'upside-down' collision with a reef. And even morphine can't stop an 11 year old boy's painful howls, when he suffers a mystery stomach illness.

**09:30 pm Movie: The Peacemaker (Rpt) (1997) CC**

M  
Some Violence,  
Some Coarse  
Language

## MOVIE

A US Army colonel and a civilian woman supervising him must track down stolen Russian nuclear weapons before they're used by terrorists.

Starring: George Clooney, Nicole Kidman, Randall Batinkoff, Jim Haynie, Armin Mueller-Stahl, Marcel Iures, Gary Wertz

**12:05 am Sleeper Cell (Rpt)**

MA15+  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

## Family

Darwyn tries to get close to a chemical plant worker in the hopes of trying to acquire some of the company's product for the cell. Meanwhile, Tommy's estranged mother visits.

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

**01:15 am Scrappers (Rpt)**

PG  
Sexual References,  
Some Coarse  
Language

## Holy Scrap

Frankie finds a print of a famous painting that could buy him a scrapyard - if it can stand up to a Manhattan art expert.

**01:45 am American Digger (Rpt)**

PG  
Mild Coarse  
Language

## The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

**02:15 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.

**03:15 am Omnisport**

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

**03:30 am Football's Greatest Managers (Rpt)**

PG

## Ottmar Hitzfeld

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

**04:00 am Rugby Classic Match (Rpt)**

## Autumn International 2002: England V Australia

Relive the 2002 Autumn International between England and the Wallabies at Twickenham in London.



# SYDNEY PROGRAM GUIDE

Monday 21st 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 Australian Rally Championships (Rpt) CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

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 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 Megafactories (Rpt) G

### Michelin Tyres

Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.

12:00 pm A Gifted Man (Rpt) CC PG  
Adult Themes

### In Case Of Separation Anxiety

When Michael treats a patient who is hearing voices, he turns to Anton for help. Meanwhile, Kate's first day at the clinic doesn't go well.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
Drug Use

Back with TR, Stella helps to settle a violent ethnic dispute. Meanwhile, Lawson is on the trail of a volatile young couple and Josh finds himself in an uncomfortable situation with Tash's daughter.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey



# SYDNEY PROGRAM GUIDE

Monday 21st July 2014

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

Alliances are formed as two teams work together to knock out another in a Quarry challenge. Meanwhile, a member of the banished team admits to their trainer that they want to leave.

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

A special edition of 'Biggest Loser – Singles' which will look back on some of the main stories of the week including extra scenes and background stories.

03:30 pm **Robson's Extreme Fishing Challenge** (Rpt) PG  
Some Coarse Language

### Canada

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.

04:30 pm **Being Positive: Healthy Living For Australians With HIV**

05:00 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 **COPS** (Rpt) PG  
Drug References

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.

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

### Inga

Hawkeye has an instant attraction to a beautiful Swedish doctor who arrives to observe their combat surgery.

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

07:00 pm **M\*A\*S\*H** (Rpt) PG

### The Young And The Restless

A lecture on the latest techniques by a young surgeon from Tokyo, and a later demonstration of his surgical skill, turns Winchester into a drunk and Potter into an invalid.

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

07:30 pm **Garage Gold** G

## 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 21st July 2014

<b>08:00 pm Undercover Boss</b>	PG	<b>ALL NEW EPISODES</b> <b><u>Freshii</u></b> When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.
<b>09:00 pm An Idiot Abroad (Rpt)</b>	CC M Some Coarse Language	<b><u>Egypt</u></b> English everyman Karl Pilkington casts his unique opinions over the Ancient wonders of the world. Ricky Gervais continues to put his mate in tricky situations such as a camel ride at Egypt's pyramids.
<b>10:00 pm Hell's Kitchen (Rpt)</b>	M Frequent Coarse Language	Chef Ramsay decides to test the chefs' attention to detail by having them work with shrimp. He puts the two teams in a challenge to clean shrimp to exact standards.
<b>11:00 pm Hell's Kitchen (Rpt)</b>	M Frequent Coarse Language	An unusually structured episode first sees the conclusion of the conflict started in the previous episode. Chef Ramsay refuses to indulge Joseph's request for a fistfight and Joseph exits the program.
<b>12:00 am 2014 FORMULA 1® SANTANDER GERMAN GRAND PRIX™ (Rpt)</b>	CC	<b>REPLAY</b> <b><u>2014 Formula 1 German Grand Prix</u></b> Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.
<b>02:30 am Fast Forward (Rpt)</b>	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.
<b>03:30 am Blokesworld (Rpt)</b>	MA15+ Sexual References, Nudity	<b><u>Mud, Sweat And Beers</u></b> Benwah and Ado make their way through the southern jungles of Laos on dirt bikes, then head back across the border and ride into Strung Trey, Cambodia. Meanwhile, Carmen competes in Miss Downunder.
<b>04:00 am Whose Line Is It Anyway? (Rpt)</b>	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

**Monday 21st 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 Nationwide Series Highlights (Rpt)**

**Race 17: S.T.A Green 200 @ New Hampshire**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 17 is hosted at the New Hampshire Motor Speedway.



# SYDNEY PROGRAM GUIDE

Tuesday 22nd 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 PG

**Robbie Maddison & Maya Gabeira**

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 **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 **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.

09:30 am **Being Positive: Healthy Living For Australians With HIV**

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

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 22nd July 2014

12:00 pm **A Gifted Man** (Rpt)

CC PG  
Some Violence,  
Drug References,  
Medical Procedures

**In Case Of Loss Of Control**

Dr. Michael Holt offers a job to a renowned neuropsychologist to fill a vacancy in his practice.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush** (Rpt)

CC M  
WS Some Violence

As Tactical Response gather to move on armed robber Andrew Kronin and his men, Michael's foray into the world of underground fighting creates a dangerous complication.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

CC PG

The winners of the Challenge get video calls home – and there's big news for some of the families! The contestants are back on the scales and with that comes the weekly Elimination.

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

CC PG

Team dynamics are thrown a curve ball this week when the four teams become two in the battle of the ages – Old Dogs vs Young Pups.

04:00 pm **The Open**

05:00 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 **COPS** (Rpt)

PG  
Drug References

**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.

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

PG

**Ain't Love Grand**

The impossible happens for the snobbish Charles when he shares an emotional experience with Klinger, who discovers a US nurse finds him and his bizarre attire attractive.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

**C\*A\*V\*E**

The 4077th evacuation to a nearby cave to avoid US artillery fire on a Chinese target poses problems for Hawkeye, who has a claustrophobia problem that Colonel Potter is unaware of.

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

Tuesday 22nd July 2014

07:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Plant Predators</u></b>	David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.
08:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Chisellers</u></b>	David Attenborough takes a look at rodents, root and seed eating mammals.
09:30 pm <b>48 Hours</b> (Rpt)	M Some Violence	<b><u>Fateful Connection</u></b>	A determined detective leads an investigation to solve a 30-year-old cold case involving two missing young women and the trail to a possible killer.
10:30 pm <b>Super Rugby Extra Time</b>	PG		Relive all the best bits of the weekend's Super Rugby on Extra Time.
11:30 pm <b>Terriers</b> (Rpt)	M Some Violence	<b><u>Agua Caliente</u></b>	Separated and in danger, Hank and Britt must work with their ex-partners to make it out of some hot water south of the border.  Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar
12:30 am <b>Megafactories</b> (Rpt)	G	<b><u>Michelin Tyres</u></b>	Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.
01:30 am <b>Bellator MMA</b> (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 <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>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 1: Just Another Boy</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.
04:30 am <b>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 2: Foul After Foul</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

The logo for the 'one' network, featuring the word 'one' in white lowercase letters on a green square background.

# SYDNEY PROGRAM GUIDE

Tuesday 22nd July 2014

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

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.



# SYDNEY PROGRAM GUIDE

Wednesday 23rd 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 18: Enjoyillinois.Com 300 @ Chicagoland

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

09:00 am **Australian Rally Championships (Rpt)** CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

10:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Plant Predators

David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.

11:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Chisellers

David Attenborough takes a look at rodents, root and seed eating mammals.

12:00 pm **A Gifted Man (Rpt)** CC PG  
Some Violence, Adult Themes

### In Case Of Memory Loss

While at the clinic, Michael runs into a former football star that he performed successful surgery on years ago, and is now a shell of his former self, living on the streets.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush (Rpt)** CC M  
WS Some Violence

A runaway train ploughs through stations on a collision course with another train. Lawson boards the relentless express, unaware that he's about have a collision of his own; with Andrew Kronin.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

One of the contestants discovers the Trainer's Bunker and gets to see some of the CCTV footage of what's been going on in the kitchen!

03:00 pm **Super Rugby Extra Time (Rpt)** PG

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

04:00 pm **Scrappers (Rpt)** PG  
Some Coarse Language

### The Van

Frankie buys a van from client Adam, but when the deal turns hostile it could cost his crew their business.



# SYDNEY PROGRAM GUIDE

Wednesday 23rd July 2014

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.

06:00 pm **COPS** (Rpt)

PG  
Adult Themes

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.

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

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

### Rally Round The Flag Boys

The sinister Colonel Flagg pops up at the 4077th again, convinced that Hawkeye is a communist sympathiser after he saves the life of a North Korean soldier.

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

07:30 pm **White Collar**

PG

## **ALL NEW EPISODES**

### Master Plan

In order to protect the fortune of a Manhattan family and to reveal an imposter, Neal goes undercover as a butler.

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

### Hot Property

Michael and one of his enemies work together to make sure chemical weapons don't fall into the wrong hands. Jesse learns about an auction where the list of the people who burned Michael is up for bid.

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

Guest Starring: Richard Kind

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

CC M  
WS Some Violence,  
Some Coarse  
Language

### Brotherly Love

While Sam and Jesse travel to the Dominican Republic in search of the list, Michael must stay in Miami to help his brother find a drug dealer's stolen car.

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



# SYDNEY PROGRAM GUIDE

Wednesday 23rd July 2014

10:30 pm **The Killing**

M  
Some Violence,  
Drug References

## ALL NEW EPISODES

### Reckoning

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

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

PG

Butcher Andy begins to regret signing up for the local marathon, while Julie gets excited when Gavin gives her the manager's handbook.

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,  
Adult Themes

### Polygamist House

Mike and Doug's renovation plans are derailed when they discover a grizzly surprise and their newest home becomes the centre of a police investigation.

12:30 am **Garage Gold (Rpt)**

G

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 **American Digger (Rpt)**

PG  
Mild Coarse  
Language

### The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

01:30 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.

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

PG  
Adult Themes

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.

03:00 am **M\*A\*S\*H (Rpt)**

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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



# SYDNEY PROGRAM GUIDE

Wednesday 23rd July 2014

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.

03:50 am Maradona's Life Story (Rpt)

PG

### **Chapter 3: He Won The World Cup On His Own**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:20 am Maradona's Life Story (Rpt)

PG

### **Chapter 4: I Almost Died**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:50 am Sporting Greats (Rpt)

PG

### **Seve Ballesteros**

Seve Ballesteros was one of golf's leading figures from the mid-1970s to the mid-1990s. He won more than 90 international tournaments in an illustrious career, including five major championships between 1979 and 1988.

05:25 am Sporting Greats (Rpt)

G

### **Carl Lewis**

Carl Lewis won 10 Olympic medals and 10 World Championship medals for track and field. His career spanned from 1979 when he first achieved a world ranking to 1996 when he last won an Olympic title and subsequently retired.



# SYDNEY PROGRAM GUIDE

Thursday 24th 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 GERMANY GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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 Undercover Boss (Rpt) PG

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

12:00 pm A Gifted Man (Rpt) CC PG  
Some Violence,  
Adult Themes

### In Case Of Exposure

When Michael finds out a patient with a malignant brain tumour committed a horrible crime, he struggles with whether to save the man's life.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
A Sex Scene,  
Drug Use

As TR works to bust a notorious gang, Kerry's efforts to save a meth cook and reformed drug addict become personal when she discovers that her son, James, is battling his own addiction.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

02:00 pm 2014 Commonwealth Games - Countdown To Glasgow (Rpt) G

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 (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Canadian Gymnastics team, Shotput and Triathlon. Also, learn how the medals were designed and created.





# SYDNEY PROGRAM GUIDE

Thursday 24th July 2014

03:00 pm 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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

03:30 pm 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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.

04:00 pm 2014 Commonwealth Games -  
Opening Ceremony (Rpt) CC

## REPLAY

Opening Ceremony

06:00 pm Glasgow Live - 2014  
Commonwealth Games CC

## LIVE

Glasgow Early Evening - Day 1

06:30 pm Glasgow Live - 2014  
Commonwealth Games CC

## LIVE

Glasgow Early Evening - Day 1

07:30 pm Glasgow Live - 2014  
Commonwealth Games CC

## LIVE

Glasgow Early Evening - Day 1

08:30 pm Glasgow Live - 2014  
Commonwealth Games CC

## LIVE

Glasgow Evening - Day 1

09:30 pm **Movie: True Justice: Lethal Justice**  
(Rpt) M  
Some Violence,  
Drug Use

## MOVIE

Lethal Justice

Steven Seagal stars as Kane, who with his team, take down any criminal activity that shows up on their radar and they are not afraid to get their hands dirty using their no holds barred tactics.

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

11:30 pm **Blokesworld** (Rpt) MA15+  
Sexual References,  
Nudity

K.M.S Of Whoops

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

12:00 am **Australian Rally Championships**  
(Rpt) CC

R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.



# SYDNEY PROGRAM GUIDE

Thursday 24th July 2014

01:00 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.

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 **American Digger** (Rpt)

PG  
Mild Coarse  
Language

### **Buried Bucks In The Bayou**

American Savage is bayou bound, seeking priceless artefacts hidden for centuries until being churned up by massive hurricanes.

02:30 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.

02:50 am **Sporting Greats** (Rpt)

G

### **Nadia Comaneci**

Nadia Comaneci winner of five Olympic gold medals at the 1976 and the 1980 Olympics and is the first female gymnast to be awarded a perfect score of 10 in an Olympic gymnastic event.

03:25 am **Sporting Greats** (Rpt)

G

### **Edwin Moses**

Between 1977 and 1987, Edwin Moses won 107 consecutive finals, set the world record in the 400m hurdles event four times and won a gold medal at the 1976 and 1984 Olympics.

04:00 am **The List** (Rpt)

### **The List - Frantic Finishes**

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

04:30 am **The List** (Rpt)

### **The List - Dynamic Drivers**

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.

05:00 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

Thursday 24th July 2014

05:30 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.



# SYDNEY PROGRAM GUIDE

Friday 25th 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 Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 1

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 1

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 1

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

08:30 pm COPS: Adults Only (Rpt) M

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.

09:00 pm COPS: Adults Only (Rpt) M  
Drug References

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.

09:30 pm Movie: The Secret (2007) MA15+  
Drug Use,  
Adult Themes

## MOVIE PREMIERE

A wife and mother passes away, and her spirit returns in her daughter's body.

Starring: David Duchovny, Lili Taylor, Olivia Thirlby, Ashley Springer, Brendan Sexton



# SYDNEY PROGRAM GUIDE

Friday 25th July 2014

11:30 pm **The League**

MA15+  
Sexual References

## SEASON FINALE

### The 8 Defensive Points Of Hanukkah

The Shiva and The Ruxin are on the line; Andre confronts a Plastic Surgeon in Chicago; Rafi tries to collect a debt from Ruxin's sister Rebecca.

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

12:00 am **Being Positive: Healthy Living For Australians With HIV**

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

G

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.

01:00 am **2014 Commonwealth Games - Guide To Glasgow (Rpt)**

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring England's Lawn Bowls team, the Canadian Diving team, Weightlifting and Cycling.

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 **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.

04:00 am **Omnisport**

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

04:30 am **Swisse Mark Webber Challenge (Rpt)**

CC G

### Swisse Mark Webber Challenge

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.



# SYDNEY PROGRAM GUIDE

Saturday 26th July 2014

06:00 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

06:30 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Indian Hockey teams, Boxing, Wrestling and Table Tennis.

07:00 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.

07:30 am The Open

08:30 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 2

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 2

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 2

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

08:30 pm Law & Order: SVU (Rpt) CC M Strong Adult Themes

**Runaway**  
The Detectives use an Internet journalist to track the runaway daughter of an out of state police officer.

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

09:30 pm 2014 FORMULA 1@ PIRELLI HUNGARIAN GRAND PRIX™

**LIVE**  
2014 Formula 1 Budapest Grand Prix - Qualifying

Join Greg Rust and Alan Jones as they bring you all the qualifying action of the 2014 Formula 1 Pirelli Hungarian Grand Prix from the Hungaroring International Circuit in Budapest.



# SYDNEY PROGRAM GUIDE

Saturday 26th July 2014

11:30 pm **The Killing** (Rpt)

M  
Some Violence,  
Drug References

## Reckoning

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

12:30 am **48 Hours**

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

01:30 am **Blokesworld** (Rpt)

MA15+  
Sexual References,  
Nudity

## K.M.S Of Whoops

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

02:00 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.

03:50 am **Omnisport**

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

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

## Race 18: Enjoyillinois.Com 300 @ Chicagoland

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

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

## All-Star Challenge @ Charlotte-Highlights

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



# MELBOURNE PROGRAM GUIDE

Sunday 20th July 2014

06:00 am **NASCAR Sprint Cup Highlights**  
(Rpt)

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.

07:00 am **2014 Tudor United Sportscar Championship** (Rpt)

**REPLAY**

**Mobil 1 Sportscar Grand Prix**

Join us for Canada's biggest sports car race of the year, featuring the new TUDOR United Sports Car Championship for exotic prototypes and GT race cars.

10:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC PG

**Robbie Maddison & Maya Gabeira**

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.

10:30 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.

11:00 am **Driving Wars** (Rpt) PG  
Sexual References

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.

12:00 pm **Movie: King Of The Olympics** (Rpt) PG  
Adult Themes

**MOVIE**

**King Of The Olympics: Part 2**

Part 2: The journey continues for Avery Brundage as he faces obstacle after obstacle to bring the modern Olympic Games back to life in 1896.

Starring: David Selby, Renee Soutendijk, Sybil Maas, Shelagh McLeod, Kristoffer Tabori, Pat Starr, John Evans, Sheila Tissot

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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.





# MELBOURNE PROGRAM GUIDE

Sunday 20th July 2014

03:00 pm 2014 Australian Gymnastics Championships

Catch all of the highlights from the elite men's and women's competition at the 2014 Australian Gymnastics Championships.

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

### The Price

Colonel Potter's mare mysteriously disappears from her corral. Meanwhile, Hawkeye and BJ find themselves with a young Korean boy on their hands, who is trying to avoid conscription into the Army.

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

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

### Hot Lips Is Back In Town

Radar, who is smitten with the cute new nurse relies on Hawkeye's expertise on how to cope with the situation.

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

07:00 pm Extreme Fishing With Robson Green (Rpt) PG Some Coarse Language

### Alaska

Robson heads to the wilderness of Alaska to fulfil a lifelong dream of catching giant king salmon.

08:00 pm Robson's Extreme Fishing Challenge PG Some Coarse Language

## NEW EPISODE

### Canada

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.

Sunday 20th July 2014

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

CC PG  
Mild Coarse  
Language,  
Nudity

The surf club rescue boat has a spectacular 'upside-down' collision with a reef. And even morphine can't stop an 11 year old boy's painful howls, when he suffers a mystery stomach illness.

09:30 pm **Movie: The Peacemaker** (Rpt) (1997) CC

M  
Some Violence,  
Some Coarse  
Language

## MOVIE

A US Army colonel and a civilian woman supervising him must track down stolen Russian nuclear weapons before they're used by terrorists.

Starring: George Clooney, Nicole Kidman, Randall Batinkoff, Jim Haynie, Armin Mueller-Stahl, Marcel Iures, Gary Wertz

12:05 am **Sleeper Cell** (Rpt)

MA15+  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

## Family

Darwyn tries to get close to a chemical plant worker in the hopes of trying to acquire some of the company's product for the cell. Meanwhile, Tommy's estranged mother visits.

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

01:15 am **Scrappers** (Rpt)

PG  
Sexual References,  
Some Coarse  
Language

## Holy Scrap

Frankie finds a print of a famous painting that could buy him a scrapyard - if it can stand up to a Manhattan art expert.

01:45 am **American Digger** (Rpt)

PG  
Mild Coarse  
Language

## The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

02:15 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.

03:15 am **Omnisport**

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

03:30 am **Football's Greatest Managers** (Rpt)

PG

## Ottmar Hitzfeld

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

04:00 am **Rugby Classic Match** (Rpt)

## Autumn International 2002: England V Australia

Relive the 2002 Autumn International between England and the Wallabies at Twickenham in London.



# MELBOURNE PROGRAM GUIDE

Monday 21st 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 Australian Rally Championships (Rpt) CC

**R3 International Rally Of QLD Event Review Part 2**

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

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 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 Megafactories (Rpt) G

**Michelin Tyres**

Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.

12:00 pm A Gifted Man (Rpt) CC PG  
Adult Themes

**In Case Of Separation Anxiety**

When Michael treats a patient who is hearing voices, he turns to Anton for help. Meanwhile, Kate's first day at the clinic doesn't go well.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
Drug Use

Back with TR, Stella helps to settle a violent ethnic dispute. Meanwhile, Lawson is on the trail of a volatile young couple and Josh finds himself in an uncomfortable situation with Tash's daughter.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey



# MELBOURNE PROGRAM GUIDE

Monday 21st July 2014

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

Alliances are formed as two teams work together to knock out another in a Quarry challenge. Meanwhile, a member of the banished team admits to their trainer that they want to leave.

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

A special edition of 'Biggest Loser – Singles' which will look back on some of the main stories of the week including extra scenes and background stories.

03:30 pm **Robson's Extreme Fishing Challenge** (Rpt) PG  
Some Coarse Language

### Canada

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.

04:30 pm **Being Positive: Healthy Living For Australians With HIV**

05:00 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 **COPS** (Rpt) PG  
Drug References

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.

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

### Inga

Hawkeye has an instant attraction to a beautiful Swedish doctor who arrives to observe their combat surgery.

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

07:00 pm **M\*A\*S\*H** (Rpt) PG

### The Young And The Restless

A lecture on the latest techniques by a young surgeon from Tokyo, and a later demonstration of his surgical skill, turns Winchester into a drunk and Potter into an invalid.

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

07:30 pm **Garage Gold** G

### **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.



# MELBOURNE PROGRAM GUIDE

Monday 21st July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Egypt

English everyman Karl Pilkington casts his unique opinions over the Ancient wonders of the world. Ricky Gervais continues to put his mate in tricky situations such as a camel ride at Egypt's pyramids.

10:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

Chef Ramsay decides to test the chefs' attention to detail by having them work with shrimp. He puts the two teams in a challenge to clean shrimp to exact standards.

11:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

An unusually structured episode first sees the conclusion of the conflict started in the previous episode. Chef Ramsay refuses to indulge Joseph's request for a fistfight and Joseph exits the program.

12:00 am 2014 FORMULA 1® SANTANDER  
GERMAN GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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

### Mud, Sweat And Beers

Benwah and Ado make their way through the southern jungles of Laos on dirt bikes, then head back across the border and ride into Strung Trey, Cambodia. Meanwhile, Carmen competes in 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



# MELBOURNE PROGRAM GUIDE

**Monday 21st 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 Nationwide Series Highlights (Rpt)**

**Race 17: S.T.A Green 200 @ New Hampshire**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 17 is hosted at the New Hampshire Motor Speedway.



# MELBOURNE PROGRAM GUIDE

Tuesday 22nd 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 PG

**Robbie Maddison & Maya Gabeira**

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 **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 **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.

09:30 am **Being Positive: Healthy Living For Australians With HIV**

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

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 22nd July 2014

12:00 pm **A Gifted Man** (Rpt)

CC PG  
Some Violence,  
Drug References,  
Medical Procedures

**In Case Of Loss Of Control**

Dr. Michael Holt offers a job to a renowned neuropsychologist to fill a vacancy in his practice.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush** (Rpt)

CC M  
WS Some Violence

As Tactical Response gather to move on armed robber Andrew Kronin and his men, Michael's foray into the world of underground fighting creates a dangerous complication.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

CC PG

The winners of the Challenge get video calls home – and there's big news for some of the families! The contestants are back on the scales and with that comes the weekly Elimination.

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

CC PG

Team dynamics are thrown a curve ball this week when the four teams become two in the battle of the ages – Old Dogs vs Young Pups.

04:00 pm **The Open**

05:00 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 **COPS** (Rpt)

PG  
Drug References

**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.

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

PG

**Ain't Love Grand**

The impossible happens for the snobbish Charles when he shares an emotional experience with Klinger, who discovers a US nurse finds him and his bizarre attire attractive.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

**C\*A\*V\*E**

The 4077th evacuation to a nearby cave to avoid US artillery fire on a Chinese target poses problems for Hawkeye, who has a claustrophobia problem that Colonel Potter is unaware of.

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



Tuesday 22nd July 2014

07:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Plant Predators</u></b>	David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.
08:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Chisellers</u></b>	David Attenborough takes a look at rodents, root and seed eating mammals.
09:30 pm <b>48 Hours</b> (Rpt)	M Some Violence	<b><u>Fateful Connection</u></b>	A determined detective leads an investigation to solve a 30-year-old cold case involving two missing young women and the trail to a possible killer.
10:30 pm <b>Super Rugby Extra Time</b>	PG		Relive all the best bits of the weekend's Super Rugby on Extra Time.
11:30 pm <b>Terriers</b> (Rpt)	M Some Violence	<b><u>Agua Caliente</u></b>	Separated and in danger, Hank and Britt must work with their ex-partners to make it out of some hot water south of the border.  Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar
12:30 am <b>Megafactories</b> (Rpt)	G	<b><u>Michelin Tyres</u></b>	Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.
01:30 am <b>Bellator MMA</b> (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 <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>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 1: Just Another Boy</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.
04:30 am <b>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 2: Foul After Foul</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

The logo for the 'one' network, featuring the word 'one' in white lowercase letters on a green square background.

# MELBOURNE PROGRAM GUIDE

Tuesday 22nd July 2014

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

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.



# MELBOURNE PROGRAM GUIDE

Wednesday 23rd 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 18: Enjoyillinois.Com 300 @ Chicagoland

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

09:00 am **Australian Rally Championships (Rpt)** CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

10:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Plant Predators

David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.

11:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Chisellers

David Attenborough takes a look at rodents, root and seed eating mammals.

12:00 pm **A Gifted Man (Rpt)** CC PG  
Some Violence, Adult Themes

### In Case Of Memory Loss

While at the clinic, Michael runs into a former football star that he performed successful surgery on years ago, and is now a shell of his former self, living on the streets.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush (Rpt)** CC M  
WS Some Violence

A runaway train ploughs through stations on a collision course with another train. Lawson boards the relentless express, unaware that he's about have a collision of his own; with Andrew Kronin.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

One of the contestants discovers the Trainer's Bunker and gets to see some of the CCTV footage of what's been going on in the kitchen!

03:00 pm **Super Rugby Extra Time (Rpt)** PG

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

04:00 pm **Scrappers (Rpt)** PG  
Some Coarse Language

### The Van

Frankie buys a van from client Adam, but when the deal turns hostile it could cost his crew their business.



# MELBOURNE PROGRAM GUIDE

Wednesday 23rd July 2014

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.

06:00 pm **COPS** (Rpt)

PG  
Adult Themes

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.

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

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

### Rally Round The Flag Boys

The sinister Colonel Flagg pops up at the 4077th again, convinced that Hawkeye is a communist sympathiser after he saves the life of a North Korean soldier.

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

07:30 pm **White Collar**

PG

## **ALL NEW EPISODES**

### Master Plan

In order to protect the fortune of a Manhattan family and to reveal an imposter, Neal goes undercover as a butler.

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

### Hot Property

Michael and one of his enemies work together to make sure chemical weapons don't fall into the wrong hands. Jesse learns about an auction where the list of the people who burned Michael is up for bid.

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

Guest Starring: Richard Kind

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

CC M  
WS Some Violence,  
Some Coarse  
Language

### Brotherly Love

While Sam and Jesse travel to the Dominican Republic in search of the list, Michael must stay in Miami to help his brother find a drug dealer's stolen car.

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



# MELBOURNE PROGRAM GUIDE

Wednesday 23rd July 2014

10:30 pm **The Killing**

M  
Some Violence,  
Drug References

## ALL NEW EPISODES

### Reckoning

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

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

PG

Butcher Andy begins to regret signing up for the local marathon, while Julie gets excited when Gavin gives her the manager's handbook.

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,  
Adult Themes

### Polygamist House

Mike and Doug's renovation plans are derailed when they discover a grizzly surprise and their newest home becomes the centre of a police investigation.

12:30 am **Garage Gold (Rpt)**

G

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 **American Digger (Rpt)**

PG  
Mild Coarse  
Language

### The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

01:30 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.

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

PG  
Adult Themes

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.

03:00 am **M\*A\*S\*H (Rpt)**

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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



# MELBOURNE PROGRAM GUIDE

Wednesday 23rd July 2014

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.

03:50 am Maradona's Life Story (Rpt)

PG

### **Chapter 3: He Won The World Cup On His Own**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:20 am Maradona's Life Story (Rpt)

PG

### **Chapter 4: I Almost Died**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:50 am Sporting Greats (Rpt)

PG

### **Seve Ballesteros**

Seve Ballesteros was one of golf's leading figures from the mid-1970s to the mid-1990s. He won more than 90 international tournaments in an illustrious career, including five major championships between 1979 and 1988.

05:25 am Sporting Greats (Rpt)

G

### **Carl Lewis**

Carl Lewis won 10 Olympic medals and 10 World Championship medals for track and field. His career spanned from 1979 when he first achieved a world ranking to 1996 when he last won an Olympic title and subsequently retired.



# MELBOURNE PROGRAM GUIDE

Thursday 24th 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 GERMANY GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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 Undercover Boss (Rpt) PG

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

12:00 pm A Gifted Man (Rpt) CC PG  
Some Violence,  
Adult Themes

### In Case Of Exposure

When Michael finds out a patient with a malignant brain tumour committed a horrible crime, he struggles with whether to save the man's life.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
A Sex Scene,  
Drug Use

As TR works to bust a notorious gang, Kerry's efforts to save a meth cook and reformed drug addict become personal when she discovers that her son, James, is battling his own addiction.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

02:00 pm 2014 Commonwealth Games - Countdown To Glasgow (Rpt) G

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 (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Canadian Gymnastics team, Shotput and Triathlon. Also, learn how the medals were designed and created.



# MELBOURNE PROGRAM GUIDE

Thursday 24th July 2014

03:00 pm 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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

03:30 pm 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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.

04:00 pm 2014 Commonwealth Games - Opening Ceremony (Rpt) CC

**REPLAY**  
Opening Ceremony

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 1

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 1

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 1

08:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Evening - Day 1

09:30 pm **Movie: True Justice: Lethal Justice** (Rpt) M  
Some Violence, Drug Use

**MOVIE**  
Lethal Justice  
Steven Seagal stars as Kane, who with his team, take down any criminal activity that shows up on their radar and they are not afraid to get their hands dirty using their no holds barred tactics.

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

11:30 pm **Blokesworld** (Rpt) MA15+  
Sexual References, Nudity

K.M.S Of Whoops  
Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

12:00 am **Australian Rally Championships** (Rpt) CC

R3 International Rally Of QLD Event Review Part 2  
Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.





# MELBOURNE PROGRAM GUIDE

Thursday 24th July 2014

01:00 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.

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 American Digger (Rpt)

PG  
Mild Coarse  
Language

### **Buried Bucks In The Bayou**

American Savage is bayou bound, seeking priceless artefacts hidden for centuries until being churned up by massive hurricanes.

02:30 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.

02:50 am Sporting Greats (Rpt)

G

### **Nadia Comaneci**

Nadia Comaneci winner of five Olympic gold medals at the 1976 and the 1980 Olympics and is the first female gymnast to be awarded a perfect score of 10 in an Olympic gymnastic event.

03:25 am Sporting Greats (Rpt)

G

### **Edwin Moses**

Between 1977 and 1987, Edwin Moses won 107 consecutive finals, set the world record in the 400m hurdles event four times and won a gold medal at the 1976 and 1984 Olympics.

04:00 am The List (Rpt)

### **The List - Frantic Finishes**

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

04:30 am The List (Rpt)

### **The List - Dynamic Drivers**

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.

05:00 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.

The logo for the 'one' network, featuring the word 'one' in white lowercase letters on a green square background.

# MELBOURNE PROGRAM GUIDE

Thursday 24th July 2014

05:30 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.



# MELBOURNE PROGRAM GUIDE

Friday 25th 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 Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 1

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 1

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 1

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

08:30 pm COPS: Adults Only (Rpt) M

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.

09:00 pm COPS: Adults Only (Rpt) M  
Drug References

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.

09:30 pm Movie: The Secret (2007) MA15+  
Drug Use,  
Adult Themes

## MOVIE PREMIERE

A wife and mother passes away, and her spirit returns in her daughter's body.

Starring: David Duchovny, Lili Taylor, Olivia Thirlby, Ashley Springer, Brendan Sexton



# MELBOURNE PROGRAM GUIDE

Friday 25th July 2014

11:30 pm **The League**

MA15+  
Sexual References

## SEASON FINALE

### The 8 Defensive Points Of Hanukkah

The Shiva and The Ruxin are on the line; Andre confronts a Plastic Surgeon in Chicago; Rafi tries to collect a debt from Ruxin's sister Rebecca.

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

12:00 am **Being Positive: Healthy Living For Australians With HIV**

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

G

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.

01:00 am **2014 Commonwealth Games - Guide To Glasgow (Rpt)**

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring England's Lawn Bowls team, the Canadian Diving team, Weightlifting and Cycling.

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 **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.

04:00 am **Omnisport**

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

04:30 am **Swisse Mark Webber Challenge (Rpt)**

CC G

### Swisse Mark Webber Challenge

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.



# MELBOURNE PROGRAM GUIDE

Saturday 26th July 2014

06:00 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

06:30 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Indian Hockey teams, Boxing, Wrestling and Table Tennis.

07:00 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.

07:30 am The Open

08:30 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 2

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 2

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 2

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

08:30 pm Law & Order: SVU (Rpt) CC M Strong Adult Themes

**Runaway**  
The Detectives use an Internet journalist to track the runaway daughter of an out of state police officer.

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

09:30 pm 2014 FORMULA 1@ PIRELLI HUNGARIAN GRAND PRIX™

**LIVE**  
2014 Formula 1 Budapest Grand Prix - Qualifying

Join Greg Rust and Alan Jones as they bring you all the qualifying action of the 2014 Formula 1 Pirelli Hungarian Grand Prix from the Hungaroring International Circuit in Budapest.



# MELBOURNE PROGRAM GUIDE

Saturday 26th July 2014

11:30 pm **The Killing** (Rpt)

M  
Some Violence,  
Drug References

**Reckoning**

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

12:30 am **48 Hours**

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

01:30 am **Blokesworld** (Rpt)

MA15+  
Sexual References,  
Nudity

**K.M.S Of Whoops**

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

02:00 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.

03:50 am **Omnisport**

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

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

**Race 18: Enjoyillinois.Com 300 @ Chicagoland**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

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

**All-Star Challenge @ Charlotte-Highlights**

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



# BRISBANE PROGRAM GUIDE

Sunday 20th July 2014

06:00 am **NASCAR Sprint Cup Highlights**  
(Rpt)

### Race 19: New Hampshire 300 @ New Hampshire-Highlights

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.

07:00 am **2014 Tudor United Sportscar Championship** (Rpt)

### **REPLAY**

#### Mobil 1 Sportscar Grand Prix

Join us for Canada's biggest sports car race of the year, featuring the new TUDOR United Sports Car Championship for exotic prototypes and GT race cars.

10:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC PG

### Robbie Maddison & Maya Gabeira

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.

10:30 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.

11:00 am **Driving Wars** (Rpt) PG  
Sexual References

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.

12:00 pm **Movie: King Of The Olympics** (Rpt) PG  
Adult Themes

### **MOVIE**

#### King Of The Olympics: Part 2

Part 2: The journey continues for Avery Brundage as he faces obstacle after obstacle to bring the modern Olympic Games back to life in 1896.

Starring: David Selby, Renee Soutendijk, Sybil Maas, Shelagh McLeod, Kristoffer Tabori, Pat Starr, John Evans, Sheila Tissot

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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.



# BRISBANE PROGRAM GUIDE

Sunday 20th July 2014

03:00 pm 2014 Australian Gymnastics Championships

Catch all of the highlights from the elite men's and women's competition at the 2014 Australian Gymnastics Championships.

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

### The Price

Colonel Potter's mare mysteriously disappears from her corral. Meanwhile, Hawkeye and BJ find themselves with a young Korean boy on their hands, who is trying to avoid conscription into the Army.

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

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

### Hot Lips Is Back In Town

Radar, who is smitten with the cute new nurse relies on Hawkeye's expertise on how to cope with the situation.

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

07:00 pm Extreme Fishing With Robson Green (Rpt) PG Some Coarse Language

### Alaska

Robson heads to the wilderness of Alaska to fulfil a lifelong dream of catching giant king salmon.

08:00 pm Robson's Extreme Fishing Challenge PG Some Coarse Language

## NEW EPISODE

### Canada

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.



Sunday 20th July 2014

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

CC PG  
Mild Coarse  
Language,  
Nudity

The surf club rescue boat has a spectacular 'upside-down' collision with a reef. And even morphine can't stop an 11 year old boy's painful howls, when he suffers a mystery stomach illness.

**09:30 pm Movie: The Peacemaker (Rpt) (1997) CC**

M  
Some Violence,  
Some Coarse  
Language

## MOVIE

A US Army colonel and a civilian woman supervising him must track down stolen Russian nuclear weapons before they're used by terrorists.

Starring: George Clooney, Nicole Kidman, Randall Batinkoff, Jim Haynie, Armin Mueller-Stahl, Marcel Iures, Gary Wertz

**12:05 am Sleeper Cell (Rpt)**

MA15+  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

## Family

Darwyn tries to get close to a chemical plant worker in the hopes of trying to acquire some of the company's product for the cell. Meanwhile, Tommy's estranged mother visits.

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

**01:15 am Scrappers (Rpt)**

PG  
Sexual References,  
Some Coarse  
Language

## Holy Scrap

Frankie finds a print of a famous painting that could buy him a scrapyard - if it can stand up to a Manhattan art expert.

**01:45 am American Digger (Rpt)**

PG  
Mild Coarse  
Language

## The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

**02:15 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.

**03:15 am Omnisport**

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

**03:30 am Football's Greatest Managers (Rpt)**

PG

## Ottmar Hitzfeld

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

**04:00 am Rugby Classic Match (Rpt)**

## Autumn International 2002: England V Australia

Relive the 2002 Autumn International between England and the Wallabies at Twickenham in London.



# BRISBANE PROGRAM GUIDE

Monday 21st 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 Australian Rally Championships (Rpt) CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

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 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 Megafactories (Rpt) G

### Michelin Tyres

Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.

12:00 pm A Gifted Man (Rpt) CC PG  
Adult Themes

### In Case Of Separation Anxiety

When Michael treats a patient who is hearing voices, he turns to Anton for help. Meanwhile, Kate's first day at the clinic doesn't go well.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
Drug Use

Back with TR, Stella helps to settle a violent ethnic dispute. Meanwhile, Lawson is on the trail of a volatile young couple and Josh finds himself in an uncomfortable situation with Tash's daughter.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey



# BRISBANE PROGRAM GUIDE

Monday 21st July 2014

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

Alliances are formed as two teams work together to knock out another in a Quarry challenge. Meanwhile, a member of the banished team admits to their trainer that they want to leave.

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

A special edition of 'Biggest Loser – Singles' which will look back on some of the main stories of the week including extra scenes and background stories.

03:30 pm **Robson's Extreme Fishing Challenge** (Rpt) PG  
Some Coarse Language

**Canada**

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.

04:30 pm **Being Positive: Healthy Living For Australians With HIV**

05:00 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 **COPS** (Rpt) PG  
Drug References

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.

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

**Inga**

Hawkeye has an instant attraction to a beautiful Swedish doctor who arrives to observe their combat surgery.

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

07:00 pm **M\*A\*S\*H** (Rpt) PG

**The Young And The Restless**

A lecture on the latest techniques by a young surgeon from Tokyo, and a later demonstration of his surgical skill, turns Winchester into a drunk and Potter into an invalid.

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

07:30 pm **Garage Gold** G

**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 21st July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Egypt

English everyman Karl Pilkington casts his unique opinions over the Ancient wonders of the world. Ricky Gervais continues to put his mate in tricky situations such as a camel ride at Egypt's pyramids.

10:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

Chef Ramsay decides to test the chefs' attention to detail by having them work with shrimp. He puts the two teams in a challenge to clean shrimp to exact standards.

11:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

An unusually structured episode first sees the conclusion of the conflict started in the previous episode. Chef Ramsay refuses to indulge Joseph's request for a fistfight and Joseph exits the program.

12:00 am 2014 FORMULA 1® SANTANDER  
GERMAN GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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

### Mud, Sweat And Beers

Benwah and Ado make their way through the southern jungles of Laos on dirt bikes, then head back across the border and ride into Strung Trey, Cambodia. Meanwhile, Carmen competes in 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 the 'one' channel, featuring the word 'one' in white lowercase letters on a green square background.

# BRISBANE PROGRAM GUIDE

**Monday 21st 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 Nationwide Series Highlights (Rpt)**

**Race 17: S.T.A Green 200 @ New Hampshire**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 17 is hosted at the New Hampshire Motor Speedway.



# BRISBANE PROGRAM GUIDE

Tuesday 22nd 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 PG

**Robbie Maddison & Maya Gabeira**

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 **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 **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.

09:30 am **Being Positive: Healthy Living For Australians With HIV**

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

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 22nd July 2014

12:00 pm **A Gifted Man** (Rpt)

CC PG  
Some Violence,  
Drug References,  
Medical Procedures

**In Case Of Loss Of Control**

Dr. Michael Holt offers a job to a renowned neuropsychologist to fill a vacancy in his practice.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush** (Rpt)

CC M  
WS Some Violence

As Tactical Response gather to move on armed robber Andrew Kronin and his men, Michael's foray into the world of underground fighting creates a dangerous complication.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

CC PG

The winners of the Challenge get video calls home – and there's big news for some of the families! The contestants are back on the scales and with that comes the weekly Elimination.

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

CC PG

Team dynamics are thrown a curve ball this week when the four teams become two in the battle of the ages – Old Dogs vs Young Pups.

04:00 pm **The Open**

05:00 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 **COPS** (Rpt)

PG  
Drug References

**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.

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

PG

**Ain't Love Grand**

The impossible happens for the snobbish Charles when he shares an emotional experience with Klinger, who discovers a US nurse finds him and his bizarre attire attractive.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

**C\*A\*V\*E**

The 4077th evacuation to a nearby cave to avoid US artillery fire on a Chinese target poses problems for Hawkeye, who has a claustrophobia problem that Colonel Potter is unaware of.

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



# BRISBANE PROGRAM GUIDE

Tuesday 22nd July 2014

07:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<u><b>Plant Predators</b></u>	David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.
08:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<u><b>Chisellers</b></u>	David Attenborough takes a look at rodents, root and seed eating mammals.
09:30 pm <b>48 Hours</b> (Rpt)	M Some Violence	<u><b>Fateful Connection</b></u>	A determined detective leads an investigation to solve a 30-year-old cold case involving two missing young women and the trail to a possible killer.
10:30 pm <b>Super Rugby Extra Time</b>	PG		Relive all the best bits of the weekend's Super Rugby on Extra Time.
11:30 pm <b>Terriers</b> (Rpt)	M Some Violence	<u><b>Agua Caliente</b></u>	Separated and in danger, Hank and Britt must work with their ex-partners to make it out of some hot water south of the border.  Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar
12:30 am <b>Megafactories</b> (Rpt)	G	<u><b>Michelin Tyres</b></u>	Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.
01:30 am <b>Bellator MMA</b> (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 <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>Maradona's Life Story</b> (Rpt)	G	<u><b>Chapter 1: Just Another Boy</b></u>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.
04:30 am <b>Maradona's Life Story</b> (Rpt)	G	<u><b>Chapter 2: Foul After Foul</b></u>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.



The logo for the 'one' network, featuring the word 'one' in white lowercase letters on a green square background.

# BRISBANE PROGRAM GUIDE

Tuesday 22nd July 2014

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

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.



# BRISBANE PROGRAM GUIDE

Wednesday 23rd 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 18: Enjoyillinois.Com 300 @ Chicagoland

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

09:00 am **Australian Rally Championships (Rpt)** CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

10:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Plant Predators

David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.

11:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Chisellers

David Attenborough takes a look at rodents, root and seed eating mammals.

12:00 pm **A Gifted Man (Rpt)** CC PG  
Some Violence, Adult Themes

### In Case Of Memory Loss

While at the clinic, Michael runs into a former football star that he performed successful surgery on years ago, and is now a shell of his former self, living on the streets.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush (Rpt)** CC M  
WS Some Violence

A runaway train ploughs through stations on a collision course with another train. Lawson boards the relentless express, unaware that he's about have a collision of his own; with Andrew Kronin.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

One of the contestants discovers the Trainer's Bunker and gets to see some of the CCTV footage of what's been going on in the kitchen!

03:00 pm **Super Rugby Extra Time (Rpt)** PG

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

04:00 pm **Scrappers (Rpt)** PG  
Some Coarse Language

### The Van

Frankie buys a van from client Adam, but when the deal turns hostile it could cost his crew their business.



# BRISBANE PROGRAM GUIDE

Wednesday 23rd July 2014

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.

06:00 pm **COPS** (Rpt)

PG  
Adult Themes

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.

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

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

### Rally Round The Flag Boys

The sinister Colonel Flagg pops up at the 4077th again, convinced that Hawkeye is a communist sympathiser after he saves the life of a North Korean soldier.

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

07:30 pm **White Collar**

PG

## **ALL NEW EPISODES**

### Master Plan

In order to protect the fortune of a Manhattan family and to reveal an imposter, Neal goes undercover as a butler.

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

### Hot Property

Michael and one of his enemies work together to make sure chemical weapons don't fall into the wrong hands. Jesse learns about an auction where the list of the people who burned Michael is up for bid.

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

Guest Starring: Richard Kind

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

CC M  
WS Some Violence,  
Some Coarse  
Language

### Brotherly Love

While Sam and Jesse travel to the Dominican Republic in search of the list, Michael must stay in Miami to help his brother find a drug dealer's stolen car.

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



# BRISBANE PROGRAM GUIDE

Wednesday 23rd July 2014

10:30 pm **The Killing**

M  
Some Violence,  
Drug References

## ALL NEW EPISODES

### Reckoning

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimet, Peter Sarsgaard, Nicholas Lea

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

PG

Butcher Andy begins to regret signing up for the local marathon, while Julie gets excited when Gavin gives her the manager's handbook.

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,  
Adult Themes

### Polygamist House

Mike and Doug's renovation plans are derailed when they discover a grizzly surprise and their newest home becomes the centre of a police investigation.

12:30 am **Garage Gold (Rpt)**

G

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 **American Digger (Rpt)**

PG  
Mild Coarse  
Language

### The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

01:30 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.

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

PG  
Adult Themes

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.

03:00 am **M\*A\*S\*H (Rpt)**

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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



# BRISBANE PROGRAM GUIDE

Wednesday 23rd July 2014

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.

03:50 am Maradona's Life Story (Rpt)

PG

### **Chapter 3: He Won The World Cup On His Own**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:20 am Maradona's Life Story (Rpt)

PG

### **Chapter 4: I Almost Died**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:50 am Sporting Greats (Rpt)

PG

### **Seve Ballesteros**

Seve Ballesteros was one of golf's leading figures from the mid-1970s to the mid-1990s. He won more than 90 international tournaments in an illustrious career, including five major championships between 1979 and 1988.

05:25 am Sporting Greats (Rpt)

G

### **Carl Lewis**

Carl Lewis won 10 Olympic medals and 10 World Championship medals for track and field. His career spanned from 1979 when he first achieved a world ranking to 1996 when he last won an Olympic title and subsequently retired.



# BRISBANE PROGRAM GUIDE

Thursday 24th 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 GERMANY GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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 Undercover Boss (Rpt) PG

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

12:00 pm A Gifted Man (Rpt) CC PG  
Some Violence,  
Adult Themes

### In Case Of Exposure

When Michael finds out a patient with a malignant brain tumour committed a horrible crime, he struggles with whether to save the man's life.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
A Sex Scene,  
Drug Use

As TR works to bust a notorious gang, Kerry's efforts to save a meth cook and reformed drug addict become personal when she discovers that her son, James, is battling his own addiction.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

02:00 pm 2014 Commonwealth Games - Countdown To Glasgow (Rpt) G

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 (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Canadian Gymnastics team, Shotput and Triathlon. Also, learn how the medals were designed and created.



# BRISBANE PROGRAM GUIDE

Thursday 24th July 2014

03:00 pm 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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

03:30 pm 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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.

04:00 pm 2014 Commonwealth Games - Opening Ceremony (Rpt) CC

**REPLAY**  
Opening Ceremony

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 1

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 1

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 1

08:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Evening - Day 1

09:30 pm **Movie: True Justice: Lethal Justice** (Rpt) M  
Some Violence,  
Drug Use

**MOVIE**  
Lethal Justice  
Steven Seagal stars as Kane, who with his team, take down any criminal activity that shows up on their radar and they are not afraid to get their hands dirty using their no holds barred tactics.

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

11:30 pm **Blokesworld** (Rpt) MA15+  
Sexual References,  
Nudity

K.M.S Of Whoops  
Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

12:00 am **Australian Rally Championships** (Rpt) CC

R3 International Rally Of QLD Event Review Part 2  
Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.



# BRISBANE PROGRAM GUIDE

Thursday 24th July 2014

01:00 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.

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 **American Digger** (Rpt)

PG  
Mild Coarse  
Language

### **Buried Bucks In The Bayou**

American Savage is bayou bound, seeking priceless artefacts hidden for centuries until being churned up by massive hurricanes.

02:30 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.

02:50 am **Sporting Greats** (Rpt)

G

### **Nadia Comaneci**

Nadia Comaneci winner of five Olympic gold medals at the 1976 and the 1980 Olympics and is the first female gymnast to be awarded a perfect score of 10 in an Olympic gymnastic event.

03:25 am **Sporting Greats** (Rpt)

G

### **Edwin Moses**

Between 1977 and 1987, Edwin Moses won 107 consecutive finals, set the world record in the 400m hurdles event four times and won a gold medal at the 1976 and 1984 Olympics.

04:00 am **The List** (Rpt)

### **The List - Frantic Finishes**

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

04:30 am **The List** (Rpt)

### **The List - Dynamic Drivers**

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.

05:00 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

Thursday 24th July 2014

05:30 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.



# BRISBANE PROGRAM GUIDE

Friday 25th 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 Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 1

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 1

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 1

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

08:30 pm COPS: Adults Only (Rpt) M

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.

09:00 pm COPS: Adults Only (Rpt) M  
Drug References

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.

09:30 pm Movie: The Secret (2007) MA15+  
Drug Use,  
Adult Themes

## MOVIE PREMIERE

A wife and mother passes away, and her spirit returns in her daughter's body.

Starring: David Duchovny, Lili Taylor, Olivia Thirlby, Ashley Springer, Brendan Sexton



# BRISBANE PROGRAM GUIDE

Friday 25th July 2014

11:30 pm **The League**

MA15+  
Sexual References

## SEASON FINALE

### The 8 Defensive Points Of Hanukkah

The Shiva and The Ruxin are on the line; Andre confronts a Plastic Surgeon in Chicago; Rafi tries to collect a debt from Ruxin's sister Rebecca.

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

12:00 am **Being Positive: Healthy Living For Australians With HIV**

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

G

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.

01:00 am **2014 Commonwealth Games - Guide To Glasgow (Rpt)**

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring England's Lawn Bowls team, the Canadian Diving team, Weightlifting and Cycling.

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 **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.

04:00 am **Omnisport**

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

04:30 am **Swisse Mark Webber Challenge (Rpt)**

CC G

### Swisse Mark Webber Challenge

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.



# BRISBANE PROGRAM GUIDE

Saturday 26th July 2014

06:00 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

06:30 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Indian Hockey teams, Boxing, Wrestling and Table Tennis.

07:00 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.

07:30 am The Open

08:30 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 2

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 2

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 2

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

08:30 pm Law & Order: SVU (Rpt) CC M Strong Adult Themes

**Runaway**  
The Detectives use an Internet journalist to track the runaway daughter of an out of state police officer.

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

09:30 pm 2014 FORMULA 1@ PIRELLI HUNGARIAN GRAND PRIX™

**LIVE**  
2014 Formula 1 Budapest Grand Prix - Qualifying

Join Greg Rust and Alan Jones as they bring you all the qualifying action of the 2014 Formula 1 Pirelli Hungarian Grand Prix from the Hungaroring International Circuit in Budapest.



# BRISBANE PROGRAM GUIDE

Saturday 26th July 2014

11:30 pm **The Killing** (Rpt)

M  
Some Violence,  
Drug References

**Reckoning**

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

12:30 am **48 Hours**

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

01:30 am **Blokesworld** (Rpt)

MA15+  
Sexual References,  
Nudity

**K.M.S Of Whoops**

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

02:00 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.

03:50 am **Omnisport**

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

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

**Race 18: Enjoyillinois.Com 300 @ Chicagoland**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

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

**All-Star Challenge @ Charlotte-Highlights**

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.

Sunday 20th July 2014

06:00 am **NASCAR Sprint Cup Highlights**  
(Rpt)

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.

07:00 am **2014 Tudor United Sportscar Championship** (Rpt)

**REPLAY**

**Mobil 1 Sportscar Grand Prix**

Join us for Canada's biggest sports car race of the year, featuring the new TUDOR United Sports Car Championship for exotic prototypes and GT race cars.

10:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC PG

**Robbie Maddison & Maya Gabeira**

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.

10:30 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.

11:00 am **Driving Wars** (Rpt) PG  
Sexual References

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.

12:00 pm **Movie: King Of The Olympics** (Rpt) PG  
Adult Themes

**MOVIE**

**King Of The Olympics: Part 2**

Part 2: The journey continues for Avery Brundage as he faces obstacle after obstacle to bring the modern Olympic Games back to life in 1896.

Starring: David Selby, Renee Soutendijk, Sybil Maas, Shelagh McLeod, Kristoffer Tabori, Pat Starr, John Evans, Sheila Tissot

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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.



# ADELAIDE PROGRAM GUIDE

Sunday 20th July 2014

03:00 pm 2014 Australian Gymnastics Championships

Catch all of the highlights from the elite men's and women's competition at the 2014 Australian Gymnastics Championships.

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

### The Price

Colonel Potter's mare mysteriously disappears from her corral. Meanwhile, Hawkeye and BJ find themselves with a young Korean boy on their hands, who is trying to avoid conscription into the Army.

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

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

### Hot Lips Is Back In Town

Radar, who is smitten with the cute new nurse relies on Hawkeye's expertise on how to cope with the situation.

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

07:00 pm Extreme Fishing With Robson Green (Rpt) PG Some Coarse Language

### Alaska

Robson heads to the wilderness of Alaska to fulfil a lifelong dream of catching giant king salmon.

08:00 pm Robson's Extreme Fishing Challenge PG Some Coarse Language

## NEW EPISODE

### Canada

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.



# ADELAIDE PROGRAM GUIDE

Sunday 20th July 2014

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

## LIVE

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

11:30 pm 48 Hours (Rpt) M

### The Ghosts Of Greenwich

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) MA15+  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

### Family

Darwyn tries to get close to a chemical plant worker in the hopes of trying to acquire some of the company's product for the cell. Meanwhile, Tommy's estranged mother visits.

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

01:40 am American Digger (Rpt) PG  
Mild Coarse  
Language

### The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

02:10 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.

03:10 am Omnisport

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

03:30 am Football's Greatest Managers (Rpt) PG

### Ottmar Hitzfeld

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

04:00 am Rugby Classic Match (Rpt)

### Autumn International 2002: England V Australia

Relive the 2002 Autumn International between England and the Wallabies at Twickenham in London.





# ADELAIDE PROGRAM GUIDE

Monday 21st 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 Australian Rally Championships (Rpt) CC

## R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

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 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 Megafactories (Rpt) G

## Michelin Tyres

Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.

12:00 pm A Gifted Man (Rpt) CC PG  
Adult Themes

## In Case Of Separation Anxiety

When Michael treats a patient who is hearing voices, he turns to Anton for help. Meanwhile, Kate's first day at the clinic doesn't go well.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
Drug Use

Back with TR, Stella helps to settle a violent ethnic dispute. Meanwhile, Lawson is on the trail of a volatile young couple and Josh finds himself in an uncomfortable situation with Tash's daughter.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey



# ADELAIDE PROGRAM GUIDE

Monday 21st July 2014

02:00 pm <b>The Biggest Loser Australia</b> (Rpt)	CC PG Some Coarse Language	Alliances are formed as two teams work together to knock out another in a Quarry challenge. Meanwhile, a member of the banished team admits to their trainer that they want to leave.
03:00 pm <b>The Biggest Loser Australia</b> (Rpt)	CC PG	A special edition of 'Biggest Loser – Singles' which will look back on some of the main stories of the week including extra scenes and background stories.
03:30 pm <b>Robson's Extreme Fishing Challenge</b> (Rpt)	PG Some Coarse Language	<u><b>Canada</b></u> 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.
04:30 pm <b>Being Positive: Healthy Living For Australians With HIV</b>		
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.
06:00 pm <b>COPS</b> (Rpt)	PG Drug References	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.
06:30 pm <b>M*A*S*H</b> (Rpt)	PG	<u><b>Inga</b></u> Hawkeye has an instant attraction to a beautiful Swedish doctor who arrives to observe their combat surgery.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm <b>M*A*S*H</b> (Rpt)	PG	<u><b>The Young And The Restless</b></u> A lecture on the latest techniques by a young surgeon from Tokyo, and a later demonstration of his surgical skill, turns Winchester into a drunk and Potter into an invalid.  Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:30 pm <b>Garage Gold</b>	G	<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 21st July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Egypt

English everyman Karl Pilkington casts his unique opinions over the Ancient wonders of the world. Ricky Gervais continues to put his mate in tricky situations such as a camel ride at Egypt's pyramids.

10:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

Chef Ramsay decides to test the chefs' attention to detail by having them work with shrimp. He puts the two teams in a challenge to clean shrimp to exact standards.

11:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

An unusually structured episode first sees the conclusion of the conflict started in the previous episode. Chef Ramsay refuses to indulge Joseph's request for a fistfight and Joseph exits the program.

12:00 am 2014 FORMULA 1® SANTANDER  
GERMAN GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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

### Mud, Sweat And Beers

Benwah and Ado make their way through the southern jungles of Laos on dirt bikes, then head back across the border and ride into Strung Trey, Cambodia. Meanwhile, Carmen competes in 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 the 'one' network, featuring the word 'one' in white lowercase letters on a green square background.

# ADELAIDE PROGRAM GUIDE

**Monday 21st 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 Nationwide Series Highlights (Rpt)**

**Race 17: S.T.A Green 200 @ New Hampshire**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 17 is hosted at the New Hampshire Motor Speedway.



# ADELAIDE PROGRAM GUIDE

Tuesday 22nd 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 PG

**Robbie Maddison & Maya Gabeira**

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 **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 **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.

09:30 am **Being Positive: Healthy Living For Australians With HIV**

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

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.



# ADELAIDE PROGRAM GUIDE

Tuesday 22nd July 2014

12:00 pm **A Gifted Man** (Rpt)

CC PG  
Some Violence,  
Drug References,  
Medical Procedures

**In Case Of Loss Of Control**

Dr. Michael Holt offers a job to a renowned neuropsychologist to fill a vacancy in his practice.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush** (Rpt)

CC M  
WS Some Violence

As Tactical Response gather to move on armed robber Andrew Kronin and his men, Michael's foray into the world of underground fighting creates a dangerous complication.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

CC PG

The winners of the Challenge get video calls home – and there's big news for some of the families! The contestants are back on the scales and with that comes the weekly Elimination.

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

CC PG

Team dynamics are thrown a curve ball this week when the four teams become two in the battle of the ages – Old Dogs vs Young Pups.

04:00 pm **The Open**

05:00 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 **COPS** (Rpt)

PG  
Drug References

**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.

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

PG

**Ain't Love Grand**

The impossible happens for the snobbish Charles when he shares an emotional experience with Klinger, who discovers a US nurse finds him and his bizarre attire attractive.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

**C\*A\*V\*E**

The 4077th evacuation to a nearby cave to avoid US artillery fire on a Chinese target poses problems for Hawkeye, who has a claustrophobia problem that Colonel Potter is unaware of.

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

Tuesday 22nd July 2014

07:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Plant Predators</u></b>	David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.
08:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Chisellers</u></b>	David Attenborough takes a look at rodents, root and seed eating mammals.
09:30 pm <b>48 Hours</b> (Rpt)	M Some Violence	<b><u>Fateful Connection</u></b>	A determined detective leads an investigation to solve a 30-year-old cold case involving two missing young women and the trail to a possible killer.
10:30 pm <b>Super Rugby Extra Time</b>	PG		Relive all the best bits of the weekend's Super Rugby on Extra Time.
11:30 pm <b>Terriers</b> (Rpt)	M Some Violence	<b><u>Agua Caliente</u></b>	Separated and in danger, Hank and Britt must work with their ex-partners to make it out of some hot water south of the border.  Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar
12:30 am <b>Megafactories</b> (Rpt)	G	<b><u>Michelin Tyres</u></b>	Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.
01:30 am <b>Bellator MMA</b> (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 <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>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 1: Just Another Boy</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.
04:30 am <b>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 2: Foul After Foul</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

The logo for the 'one' network, featuring the word 'one' in a white, lowercase, sans-serif font inside a solid green square.

# ADELAIDE PROGRAM GUIDE

Tuesday 22nd July 2014

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

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.





# ADELAIDE PROGRAM GUIDE

Wednesday 23rd 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 18: Enjoyillinois.Com 300 @ Chicagoland

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

09:00 am **Australian Rally Championships (Rpt)** CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

10:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Plant Predators

David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.

11:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Chisellers

David Attenborough takes a look at rodents, root and seed eating mammals.

12:00 pm **A Gifted Man (Rpt)** CC PG  
Some Violence, Adult Themes

### In Case Of Memory Loss

While at the clinic, Michael runs into a former football star that he performed successful surgery on years ago, and is now a shell of his former self, living on the streets.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush (Rpt)** CC M  
WS Some Violence

A runaway train ploughs through stations on a collision course with another train. Lawson boards the relentless express, unaware that he's about have a collision of his own; with Andrew Kronin.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

One of the contestants discovers the Trainer's Bunker and gets to see some of the CCTV footage of what's been going on in the kitchen!

03:00 pm **Super Rugby Extra Time (Rpt)** PG

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

04:00 pm **Scrappers (Rpt)** PG  
Some Coarse Language

### The Van

Frankie buys a van from client Adam, but when the deal turns hostile it could cost his crew their business.



# ADELAIDE PROGRAM GUIDE

Wednesday 23rd July 2014

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.

06:00 pm **COPS** (Rpt)

PG  
Adult Themes

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.

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

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

### Rally Round The Flag Boys

The sinister Colonel Flagg pops up at the 4077th again, convinced that Hawkeye is a communist sympathiser after he saves the life of a North Korean soldier.

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

07:30 pm **White Collar**

PG

## **ALL NEW EPISODES**

### Master Plan

In order to protect the fortune of a Manhattan family and to reveal an imposter, Neal goes undercover as a butler.

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

### Hot Property

Michael and one of his enemies work together to make sure chemical weapons don't fall into the wrong hands. Jesse learns about an auction where the list of the people who burned Michael is up for bid.

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

Guest Starring: Richard Kind

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

CC M  
WS Some Violence,  
Some Coarse  
Language

### Brotherly Love

While Sam and Jesse travel to the Dominican Republic in search of the list, Michael must stay in Miami to help his brother find a drug dealer's stolen car.

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



# ADELAIDE PROGRAM GUIDE

Wednesday 23rd July 2014

10:30 pm **The Killing**

M  
Some Violence,  
Drug References

## ALL NEW EPISODES

### Reckoning

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

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

PG

Butcher Andy begins to regret signing up for the local marathon, while Julie gets excited when Gavin gives her the manager's handbook.

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,  
Adult Themes

### Polygamist House

Mike and Doug's renovation plans are derailed when they discover a grizzly surprise and their newest home becomes the centre of a police investigation.

12:30 am **Garage Gold (Rpt)**

G

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 **American Digger (Rpt)**

PG  
Mild Coarse  
Language

### The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

01:30 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.

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

PG  
Adult Themes

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.

03:00 am **M\*A\*S\*H (Rpt)**

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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



# ADELAIDE PROGRAM GUIDE

Wednesday 23rd July 2014

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.

03:50 am Maradona's Life Story (Rpt)

PG

### **Chapter 3: He Won The World Cup On His Own**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:20 am Maradona's Life Story (Rpt)

PG

### **Chapter 4: I Almost Died**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:50 am Sporting Greats (Rpt)

PG

### **Seve Ballesteros**

Seve Ballesteros was one of golf's leading figures from the mid-1970s to the mid-1990s. He won more than 90 international tournaments in an illustrious career, including five major championships between 1979 and 1988.

05:25 am Sporting Greats (Rpt)

G

### **Carl Lewis**

Carl Lewis won 10 Olympic medals and 10 World Championship medals for track and field. His career spanned from 1979 when he first achieved a world ranking to 1996 when he last won an Olympic title and subsequently retired.



# ADELAIDE PROGRAM GUIDE

Thursday 24th 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 GERMANY GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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 Undercover Boss (Rpt) PG

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

12:00 pm A Gifted Man (Rpt) CC PG  
Some Violence,  
Adult Themes

### In Case Of Exposure

When Michael finds out a patient with a malignant brain tumour committed a horrible crime, he struggles with whether to save the man's life.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
A Sex Scene,  
Drug Use

As TR works to bust a notorious gang, Kerry's efforts to save a meth cook and reformed drug addict become personal when she discovers that her son, James, is battling his own addiction.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

02:00 pm 2014 Commonwealth Games - Countdown To Glasgow (Rpt) G

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 (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.



# ADELAIDE PROGRAM GUIDE

Thursday 24th July 2014

03:00 pm 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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.

## REPLAY

Opening Ceremony

03:30 pm 2014 Commonwealth Games - Opening Ceremony (Rpt) CC

## LIVE

Glasgow Late Afternoon - Day 1

05:30 pm Glasgow Live - 2014 Commonwealth Games CC

## LIVE

Glasgow Early Evening - Day 1

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

## LIVE

Glasgow Early Evening - Day 1

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

## LIVE

Glasgow Early Evening - Day 1

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

## LIVE

Glasgow Evening - Day 1

08:30 pm Glasgow Live - 2014 Commonwealth Games CC

## LIVE

Glasgow Evening - Day 1

09:00 pm Glasgow Live - 2014 Commonwealth Games CC

## MOVIE

Lethal Justice

09:30 pm Movie: True Justice: Lethal Justice (Rpt)

M  
Some Violence,  
Drug Use

Steven Seagal stars as Kane, who with his team, take down any criminal activity that shows up on their radar and they are not afraid to get their hands dirty using their no holds barred tactics.

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

11:30 pm Blokesworld (Rpt)

MA15+  
Sexual References,  
Nudity

K.M.S Of Whoops

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.



# ADELAIDE PROGRAM GUIDE

Thursday 24th July 2014

12:00 am **Australian Rally Championships** CC  
(Rpt)

## **R3 International Rally Of QLD Event Review Part 2**

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

01:00 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.

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 **American Digger** (Rpt) PG  
Mild Coarse  
Language

## **Buried Bucks In The Bayou**

American Savage is bayou bound, seeking priceless artefacts hidden for centuries until being churned up by massive hurricanes.

02:30 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.

02:50 am **Sporting Greats** (Rpt) G

## **Nadia Comaneci**

Nadia Comaneci winner of five Olympic gold medals at the 1976 and the 1980 Olympics and is the first female gymnast to be awarded a perfect score of 10 in an Olympic gymnastic event.

03:25 am **Sporting Greats** (Rpt) G

## **Edwin Moses**

Between 1977 and 1987, Edwin Moses won 107 consecutive finals, set the world record in the 400m hurdles event four times and won a gold medal at the 1976 and 1984 Olympics.

04:00 am **The List** (Rpt)

## **The List - Frantic Finishes**

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

04:30 am **The List** (Rpt)

## **The List - Dynamic Drivers**

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.

05:00 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

Thursday 24th July 2014

05:30 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.





# ADELAIDE PROGRAM GUIDE

Friday 25th 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 Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 1

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 1

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 1

05:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Late Afternoon - Day 2

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

08:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Evening - Day 2

08:30 pm COPS: Adults Only (Rpt) M

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.

09:00 pm COPS: Adults Only (Rpt) M  
Drug References

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.



# ADELAIDE PROGRAM GUIDE

Friday 25th July 2014

09:30 pm **Movie: The Secret** (2007)

MA15+  
Drug Use,  
Adult Themes

## MOVIE PREMIERE

A wife and mother passes away, and her spirit returns in her daughter's body.

Starring: David Duchovny, Lili Taylor, Olivia Thirlby, Ashley Springer, Brendan Sexton

11:30 pm **The League**

MA15+  
Sexual References

## SEASON FINALE

### The 8 Defensive Points Of Hanukkah

The Shiva and The Ruxin are on the line; Andre confronts a Plastic Surgeon in Chicago; Rafi tries to collect a debt from Ruxin's sister Rebecca.

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

12:00 am **Being Positive: Healthy Living For Australians With HIV**

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

G

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.

01:00 am **2014 Commonwealth Games - Guide To Glasgow** (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring England's Lawn Bowls team, the Canadian Diving team, Weightlifting and Cycling.

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 **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.

04:00 am **Omnisport**

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



# ADELAIDE PROGRAM GUIDE

Friday 25th July 2014

04:30 am **Swisse Mark Webber Challenge** CC G  
(Rpt)

## Swisse Mark Webber Challenge

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.



# ADELAIDE PROGRAM GUIDE

Saturday 26th July 2014

06:00 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

06:30 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.

07:00 am The Open

08:00 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 2

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 2

04:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Late Afternoon - Day 2

05:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Late Afternoon - Day 3

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

08:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Evening - Day 3

08:30 pm COPS: Adults Only (Rpt) M  
Some Coarse Language,  
Adult Themes

A real life drama series that documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm 2014 FORMULA 1@ PIRELLI HUNGARIAN GRAND PRIX™

**LIVE**  
2014 Formula 1 Budapest Grand Prix - Qualifying

Join Greg Rust and Alan Jones as they bring you all the qualifying action of the 2014 Formula 1 Pirelli Hungarian Grand Prix from the Hungaroring International Circuit in Budapest.



# ADELAIDE PROGRAM GUIDE

Saturday 26th July 2014

11:00 pm **The Killing** (Rpt)

M  
Some Violence,  
Drug References

**Reckoning**

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

12:00 am **48 Hours**

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

01:00 am **Blokesworld** (Rpt)

MA15+  
Sexual References,  
Nudity

**K.M.S Of Whoops**

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

01:30 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.

02:00 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.

03:50 am **Omnisport**

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

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

**Race 18: Enjoyillinois.Com 300 @ Chicagoland**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

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

**All-Star Challenge @ Charlotte-Highlights**

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



# PERTH PROGRAM GUIDE

Sunday 20th July 2014

06:00 am **NASCAR Sprint Cup Highlights**  
(Rpt)

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.

07:00 am **2014 Tudor United Sportscar Championship** (Rpt)

**REPLAY**

**Mobil 1 Sportscar Grand Prix**

Join us for Canada's biggest sports car race of the year, featuring the new TUDOR United Sports Car Championship for exotic prototypes and GT race cars.

10:00 am **Focus: What Drives The World's Top Athletes** (Rpt) CC PG

**Robbie Maddison & Maya Gabeira**

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.

10:30 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.

11:00 am **Driving Wars** (Rpt) PG  
Sexual References

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.

12:00 pm **Movie: King Of The Olympics** (Rpt) PG  
Adult Themes

**MOVIE**

**King Of The Olympics: Part 2**

Part 2: The journey continues for Avery Brundage as he faces obstacle after obstacle to bring the modern Olympic Games back to life in 1896.

Starring: David Selby, Renee Soutendijk, Sybil Maas, Shelagh McLeod, Kristoffer Tabori, Pat Starr, John Evans, Sheila Tissot

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 Para-Sports, Gymnastics and Scotland's Badminton team. Plus, follow the journey of the Queen's Baton Relay.

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 Indian Hockey teams, Boxing, Wrestling and Table Tennis.



# PERTH PROGRAM GUIDE

Sunday 20th July 2014

03:00 pm 2014 Australian Gymnastics Championships

Catch all of the highlights from the elite men's and women's competition at the 2014 Australian Gymnastics Championships.

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

### The Price

Colonel Potter's mare mysteriously disappears from her corral. Meanwhile, Hawkeye and BJ find themselves with a young Korean boy on their hands, who is trying to avoid conscription into the Army.

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

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

### Hot Lips Is Back In Town

Radar, who is smitten with the cute new nurse relies on Hawkeye's expertise on how to cope with the situation.

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

07:00 pm Bondi Rescue (Rpt) CC PG  
Some Coarse Language, Adult Themes

### Bondi Rescue Best Of Part 1

In the first instalment of a two-part season finale special, we take a swim down memory beach as we revisit the very best moments from seasons past.

07:30 pm 2014 FORMULA 1@ SANTANDER GERMAN GRAND PRIX™ CC

## LIVE

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.



# PERTH PROGRAM GUIDE

Sunday 20th July 2014

10:00 pm **Movie: 200 MPH** (Rpt) (2011)

## MOVIE

An amateur racer gets involved in illegal street racing after the death of his brother.

Starring: Jaz Martin, Hennely Jimenez, Annamaria Demara, Darren Anthony Thomas, Zedrick Restauero

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

MA15+  
Some Violence,  
A Sex Scene,  
Some Coarse  
Language

## Family

Darwyn tries to get close to a chemical plant worker in the hopes of trying to acquire some of the company's product for the cell. Meanwhile, Tommy's estranged mother visits.

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

01:10 am **Scrappers**

PG  
Sexual References,  
Some Coarse  
Language

## Holy Scrap

Frankie finds a print of a famous painting that could buy him a scrapyard - if it can stand up to a Manhattan art expert.

01:40 am **American Digger** (Rpt)

PG  
Mild Coarse  
Language

## The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

02:10 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.

03:10 am **Omnisport**

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

03:30 am **Football's Greatest Managers** (Rpt)

PG

## Ottmar Hitzfeld

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

04:00 am **Rugby Classic Match** (Rpt)

## Autumn International 2002: England V Australia

Relive the 2002 Autumn International between England and the Wallabies at Twickenham in London.





# PERTH PROGRAM GUIDE

Monday 21st 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 **Australian Rally Championships** (Rpt) CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

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 **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 **Megafactories** (Rpt) G

### Michelin Tyres

Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.

12:00 pm **A Gifted Man** (Rpt) CC PG  
Adult Themes

### In Case Of Separation Anxiety

When Michael treats a patient who is hearing voices, he turns to Anton for help. Meanwhile, Kate's first day at the clinic doesn't go well.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush** (Rpt) CC M  
WS Some Violence,  
Drug Use

Back with TR, Stella helps to settle a violent ethnic dispute. Meanwhile, Lawson is on the trail of a volatile young couple and Josh finds himself in an uncomfortable situation with Tash's daughter.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey



# PERTH PROGRAM GUIDE

Monday 21st July 2014

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

Alliances are formed as two teams work together to knock out another in a Quarry challenge. Meanwhile, a member of the banished team admits to their trainer that they want to leave.

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

A special edition of 'Biggest Loser – Singles' which will look back on some of the main stories of the week including extra scenes and background stories.

03:30 pm **Robson's Extreme Fishing Challenge** PG  
Some Coarse Language

### Canada

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.

04:30 pm **Being Positive: Healthy Living For Australians With HIV**

05:00 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 **COPS** (Rpt) PG  
Drug References

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.

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

### Inga

Hawkeye has an instant attraction to a beautiful Swedish doctor who arrives to observe their combat surgery.

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

07:00 pm **M\*A\*S\*H** (Rpt) PG

### The Young And The Restless

A lecture on the latest techniques by a young surgeon from Tokyo, and a later demonstration of his surgical skill, turns Winchester into a drunk and Potter into an invalid.

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

07:30 pm **Garage Gold** G

## 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 21st July 2014

08:00 pm Undercover Boss

PG

## ALL NEW EPISODES

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

09:00 pm An Idiot Abroad (Rpt)

CC M  
Some Coarse  
Language

### Egypt

English everyman Karl Pilkington casts his unique opinions over the Ancient wonders of the world. Ricky Gervais continues to put his mate in tricky situations such as a camel ride at Egypt's pyramids.

10:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

Chef Ramsay decides to test the chefs' attention to detail by having them work with shrimp. He puts the two teams in a challenge to clean shrimp to exact standards.

11:00 pm Hell's Kitchen (Rpt)

M  
Frequent Coarse  
Language

An unusually structured episode first sees the conclusion of the conflict started in the previous episode. Chef Ramsay refuses to indulge Joseph's request for a fistfight and Joseph exits the program.

12:00 am 2014 FORMULA 1® SANTANDER  
GERMAN GRAND PRIX™ (Rpt)

CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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

### Mud, Sweat And Beers

Benwah and Ado make their way through the southern jungles of Laos on dirt bikes, then head back across the border and ride into Strung Trey, Cambodia. Meanwhile, Carmen competes in 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 the 'one' channel, featuring the word 'one' in white lowercase letters on a green square background.

# PERTH PROGRAM GUIDE

**Monday 21st 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 Nationwide Series Highlights (Rpt)**

**Race 17: S.T.A Green 200 @ New Hampshire**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 17 is hosted at the New Hampshire Motor Speedway.



# PERTH PROGRAM GUIDE

Tuesday 22nd 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 PG

**Robbie Maddison & Maya Gabeira**

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 **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 **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.

09:30 am **Being Positive: Healthy Living For Australians With HIV**

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

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.



# PERTH PROGRAM GUIDE

Tuesday 22nd July 2014

12:00 pm **A Gifted Man** (Rpt)

CC PG  
Some Violence,  
Drug References,  
Medical Procedures

**In Case Of Loss Of Control**

Dr. Michael Holt offers a job to a renowned neuropsychologist to fill a vacancy in his practice.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush** (Rpt)

CC M  
WS Some Violence

As Tactical Response gather to move on armed robber Andrew Kronin and his men, Michael's foray into the world of underground fighting creates a dangerous complication.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

CC PG

The winners of the Challenge get video calls home – and there's big news for some of the families! The contestants are back on the scales and with that comes the weekly Elimination.

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

CC PG

Team dynamics are thrown a curve ball this week when the four teams become two in the battle of the ages – Old Dogs vs Young Pups.

04:00 pm **The Open**

05:00 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 **COPS** (Rpt)

PG  
Drug References

**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.

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

PG

**Ain't Love Grand**

The impossible happens for the snobbish Charles when he shares an emotional experience with Klinger, who discovers a US nurse finds him and his bizarre attire attractive.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

**C\*A\*V\*E**

The 4077th evacuation to a nearby cave to avoid US artillery fire on a Chinese target poses problems for Hawkeye, who has a claustrophobia problem that Colonel Potter is unaware of.

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

Tuesday 22nd July 2014

07:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Plant Predators</u></b>	David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.
08:30 pm <b>David Attenborough's The Life Of Mammals</b> (Rpt)	CC G	<b><u>Chisellers</u></b>	David Attenborough takes a look at rodents, root and seed eating mammals.
09:30 pm <b>48 Hours</b> (Rpt)	M Some Violence	<b><u>Fateful Connection</u></b>	A determined detective leads an investigation to solve a 30-year-old cold case involving two missing young women and the trail to a possible killer.
10:30 pm <b>Super Rugby Extra Time</b>	PG		Relive all the best bits of the weekend's Super Rugby on Extra Time.
11:30 pm <b>Terriers</b> (Rpt)	M Some Violence	<b><u>Agua Caliente</u></b>	Separated and in danger, Hank and Britt must work with their ex-partners to make it out of some hot water south of the border.  Starring: Donal Logue, Michael Raymond-James, Laura Allen, Kimberly Quinn, Jamie Denbo, Rockmond Dubar
12:30 am <b>Megafactories</b> (Rpt)	G	<b><u>Michelin Tyres</u></b>	Designing tyres for everything from cars and motorcycles to jumbo jets and the space shuttle, Michelin's latest goal is to create a new tyre that will increase fuel mileage for cars.
01:30 am <b>Bellator MMA</b> (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 <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>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 1: Just Another Boy</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.
04:30 am <b>Maradona's Life Story</b> (Rpt)	G	<b><u>Chapter 2: Foul After Foul</u></b>	Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

The logo for the 'one' network, featuring the word 'one' in white lowercase letters on a green square background.

# PERTH PROGRAM GUIDE

Tuesday 22nd July 2014

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

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.





# PERTH PROGRAM GUIDE

Wednesday 23rd 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 18: Enjoyillinois.Com 300 @ Chicagoland

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

09:00 am **Australian Rally Championships (Rpt)** CC

### R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

10:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Plant Predators

David Attenborough discovers why eating plants is one of the greatest challenges for the planet's mammals.

11:00 am **David Attenborough's The Life Of Mammals (Rpt)** CC G

### Chisellers

David Attenborough takes a look at rodents, root and seed eating mammals.

12:00 pm **A Gifted Man (Rpt)** CC PG  
Some Violence, Adult Themes

### In Case Of Memory Loss

While at the clinic, Michael runs into a former football star that he performed successful surgery on years ago, and is now a shell of his former self, living on the streets.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm **Rush (Rpt)** CC M  
WS Some Violence

A runaway train ploughs through stations on a collision course with another train. Lawson boards the relentless express, unaware that he's about have a collision of his own; with Andrew Kronin.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

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

One of the contestants discovers the Trainer's Bunker and gets to see some of the CCTV footage of what's been going on in the kitchen!

03:00 pm **Super Rugby Extra Time (Rpt)** PG

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

04:00 pm **Scrappers** PG  
Some Coarse Language

### The Van

Frankie buys a van from client Adam, but when the deal turns hostile it could cost his crew their business.



# PERTH PROGRAM GUIDE

Wednesday 23rd July 2014

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.

06:00 pm **COPS** (Rpt)

PG  
Adult Themes

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.

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

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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

07:00 pm **M\*A\*S\*H** (Rpt)

PG

### Rally Round The Flag Boys

The sinister Colonel Flagg pops up at the 4077th again, convinced that Hawkeye is a communist sympathiser after he saves the life of a North Korean soldier.

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

07:30 pm **White Collar**

PG

## **ALL NEW EPISODES**

### Master Plan

In order to protect the fortune of a Manhattan family and to reveal an imposter, Neal goes undercover as a butler.

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

### Hot Property

Michael and one of his enemies work together to make sure chemical weapons don't fall into the wrong hands. Jesse learns about an auction where the list of the people who burned Michael is up for bid.

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

Guest Starring: Richard Kind

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

CC M  
WS Some Violence,  
Some Coarse  
Language

### Brotherly Love

While Sam and Jesse travel to the Dominican Republic in search of the list, Michael must stay in Miami to help his brother find a drug dealer's stolen car.

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



# PERTH PROGRAM GUIDE

Wednesday 23rd July 2014

10:30 pm **The Killing**

M  
Some Violence,  
Drug References

## ALL NEW EPISODES

### Reckoning

Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.

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

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

PG

Butcher Andy begins to regret signing up for the local marathon, while Julie gets excited when Gavin gives her the manager's handbook.

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,  
Adult Themes

### Polygamist House

Mike and Doug's renovation plans are derailed when they discover a grizzly surprise and their newest home becomes the centre of a police investigation.

12:30 am **Garage Gold (Rpt)**

G

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 **American Digger (Rpt)**

PG  
Mild Coarse  
Language

### The Fountain Of Cash

American Savage hunts for artefacts from the oldest permanent European settlement in the US.

01:30 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.

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

PG  
Adult Themes

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.

03:00 am **M\*A\*S\*H (Rpt)**

PG

### The Party

Talk of a post-war reunion gives BJ an idea of planning a present-day stateside gathering of 4077th families.

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



# PERTH PROGRAM GUIDE

Wednesday 23rd July 2014

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.

03:50 am Maradona's Life Story (Rpt)

PG

### **Chapter 3: He Won The World Cup On His Own**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:20 am Maradona's Life Story (Rpt)

PG

### **Chapter 4: I Almost Died**

Diego Maradona is considered one of the sport's most controversial and newsworthy figures. This four part series delves inside the life of one of the greatest footballers of all time as he shares his story.

04:50 am Sporting Greats (Rpt)

PG

### **Seve Ballesteros**

Seve Ballesteros was one of golf's leading figures from the mid-1970s to the mid-1990s. He won more than 90 international tournaments in an illustrious career, including five major championships between 1979 and 1988.

05:25 am Sporting Greats (Rpt)

G

### **Carl Lewis**

Carl Lewis won 10 Olympic medals and 10 World Championship medals for track and field. His career spanned from 1979 when he first achieved a world ranking to 1996 when he last won an Olympic title and subsequently retired.



# PERTH PROGRAM GUIDE

Thursday 24th 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 GERMANY GRAND PRIX™ (Rpt) CC

## REPLAY

### 2014 Formula 1 German Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the tenth race of the 2014 FIA F1 World Championship from the Hockenheim International Circuit in Germany.

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 Undercover Boss (Rpt) PG

### Freshii

When the boss of 'Freshii', which has 80 stores worldwide, goes undercover in his own Canadian franchises, he makes some surprising discoveries.

12:00 pm A Gifted Man (Rpt) CC PG  
Some Violence,  
Adult Themes

### In Case Of Exposure

When Michael finds out a patient with a malignant brain tumour committed a horrible crime, he struggles with whether to save the man's life.

Starring: Patrick Wilson, Jennifer Ehle, Julie Benz

01:00 pm Rush (Rpt) CC M  
WS Some Violence,  
A Sex Scene,  
Drug Use

As TR works to bust a notorious gang, Kerry's efforts to save a meth cook and reformed drug addict become personal when she discovers that her son, James, is battling his own addiction.

Starring: Rodger Corser, Catherine McClements, Jolene Anderson, Callan Mulvey

02:00 pm 2014 Commonwealth Games - Opening Ceremony (Rpt) CC

## REPLAY

### Opening Ceremony

04:00 pm Glasgow Live - 2014 Commonwealth Games CC

## LIVE

### Glasgow Late Afternoon - Day 1



# PERTH PROGRAM GUIDE

Thursday 24th July 2014

06:00 pm Glasgow Live - 2014 Commonwealth Games

CC

**LIVE**

Glasgow Early Evening - Day 1

06:30 pm Glasgow Live - 2014 Commonwealth Games

CC

**LIVE**

Glasgow Early Evening - Day 1

07:30 pm Glasgow Live - 2014 Commonwealth Games

CC

**LIVE**

Glasgow Early Evening - Day 1

08:30 pm Glasgow Live - 2014 Commonwealth Games

CC

**LIVE**

Glasgow Evening - Day 1

09:30 pm **Movie: True Justice: Lethal Justice** (Rpt)

M  
Some Violence,  
Drug Use

**MOVIE**

Lethal Justice

Steven Seagal stars as Kane, who with his team, take down any criminal activity that shows up on their radar and they are not afraid to get their hands dirty using their no holds barred tactics.

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

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

MA15+  
Sexual References,  
Nudity

K.M.S Of Whoops

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

12:00 am **Australian Rally Championships** (Rpt)

CC

R3 International Rally Of QLD Event Review Part 2

Join us for all the off-road action with the International Rally of Queensland, Round 3 of the East Coast Bullbars Australian Rally Championship.

01:00 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.

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 **American Digger** (Rpt)

PG  
Mild Coarse  
Language

Buried Bucks In The Bayou

American Savage is bayou bound, seeking priceless artefacts hidden for centuries until being churned up by massive hurricanes.



# PERTH PROGRAM GUIDE

Thursday 24th July 2014

02:30 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.

02:50 am Sporting Greats (Rpt)

G

### Nadia Comaneci

Nadia Comaneci winner of five Olympic gold medals at the 1976 and the 1980 Olympics and is the first female gymnast to be awarded a perfect score of 10 in an Olympic gymnastic event.

03:25 am Sporting Greats (Rpt)

G

### Edwin Moses

Between 1977 and 1987, Edwin Moses won 107 consecutive finals, set the world record in the 400m hurdles event four times and won a gold medal at the 1976 and 1984 Olympics.

04:00 am The List (Rpt)

### The List - Frantic Finishes

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

04:30 am The List (Rpt)

### The List - Dynamic Drivers

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.

05:00 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.

05:30 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.



# PERTH PROGRAM GUIDE

Friday 25th July 2014

06:00 am Home Shopping

06:30 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Morning - Day 1

09:00 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 1

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 1

04:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Late Afternoon - Day 2

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

07:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 2

08:30 pm COPS: Adults Only (Rpt) M

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.

09:00 pm COPS: Adults Only (Rpt) M  
Drug References

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.

09:30 pm Movie: The Secret (2007) MA15+  
Drug Use, Adult Themes

**MOVIE PREMIERE**  
A wife and mother passes away, and her spirit returns in her daughter's body.  
Starring: David Duchovny, Lili Taylor, Olivia Thirlby, Ashley Springer, Brendan Sexton

11:30 pm The League MA15+  
Sexual References

**SEASON FINALE**  
The 8 Defensive Points Of Hanukkah  
The Shiva and The Ruxin are on the line; Andre confronts a Plastic Surgeon in Chicago; Rafi tries to collect a debt from Ruxin's sister Rebecca.  
Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie





# PERTH PROGRAM GUIDE

Friday 25th July 2014

**12:00 am Being Positive: Healthy Living For Australians With HIV**

**12:30 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)** G

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.

**01:00 am 2014 Commonwealth Games - Guide To Glasgow (Rpt)**

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring England's Lawn Bowls team, the Canadian Diving team, Weightlifting and Cycling.

**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 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.

**04:00 am Omnisport**

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

**04:30 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.

**05:00 am The Open**



# PERTH PROGRAM GUIDE

Saturday 26th July 2014

06:00 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.

06:30 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Morning - Day 2

09:00 am Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Morning - Day 2

12:00 pm Glasgow Encore - 2014 Commonwealth Games CC

Glasgow Early Afternoon - Day 2

04:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Late Afternoon - Day 3

05:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Late Afternoon - Day 3

06:00 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

06:30 pm Glasgow Live - 2014 Commonwealth Games CC

**LIVE**  
Glasgow Early Evening - Day 3

07:30 pm 2014 FORMULA 1® PIRELLI HUNGARIAN GRAND PRIX™

**LIVE**  
2014 Formula 1 Budapest Grand Prix - Qualifying

Join Greg Rust and Alan Jones as they bring you all the qualifying action of the 2014 Formula 1 Pirelli Hungarian Grand Prix from the Hungaroring International Circuit in Budapest.

09:30 pm Law & Order: SVU (Rpt) CC M  
Strong Adult Themes

**Runaway**  
The Detectives use an Internet journalist to track the runaway daughter of an out of state police officer.  
  
Starring: Mariska Hargitay, Christopher Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

10:30 pm The Killing (Rpt) M  
Some Violence, Drug References

**Reckoning**  
Holder looks to make someone responsible when the hunt for the pornographer unearths a shocking revelation. Linden interviews Adrian Seward, who positively identifies his mother's killer.  
  
Starring: Mireille Enos, Joel Kinnaman, Elias Koteas, Hugh Dillon, Amy Seimetz, Peter Sarsgaard, Nicholas Lea



# PERTH PROGRAM GUIDE

Saturday 26th July 2014

11:30 pm 48 Hours

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

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

MA15+  
Sexual References,  
Nudity

### **K.M.S Of Whoops**

Benwah and Ado leave Strung Trey Cambodia and make their way on dirt bikes to a nature lodge near the Vietnam Border. Meanwhile, Brianna competes in Blokesworld's Miss Downunder.

01:00 am **2014 Commonwealth Games - Guide To Glasgow** (Rpt)

G

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.

01:30 am **2014 Commonwealth Games - Guide To Glasgow** (Rpt)

A preview of the featured sports and athletes taking part in the 20th Commonwealth Games in Glasgow, Scotland. Featuring the Canadian Gymnastics team, Shotput and Triathlon. Also, learn how the medals were designed and created.

02:00 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.

03:50 am **Omnisport**

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

04:00 am **2014 FORMULA 1® PIRELLI HUNGARIAN GRAND PRIX™** (Rpt)

### **REPLAY**

#### **2014 Formula 1 Budapest Grand Prix - Qualifying**

Join Greg Rust and Alan Jones as they bring you all the qualifying action of the 2014 Formula 1 Pirelli Hungarian Grand Prix from the Hungaroring International Circuit in Budapest.

The logo for the 'one' network, featuring the word 'one' in a white, lowercase, sans-serif font inside a solid green square.

# TASMANIA PROGRAM GUIDE

Sunday 20th July 2014

06:00 am NASCAR Sprint Cup Highlights

**Race 19: New Hampshire 300 @ New Hampshire-Highlights**

Catch all the non-stop motorsport action highlights from the New Hampshire Motor Speedway. The thrills and spills of NASCAR racing continues with the 19th race of the 2014 Sprint Cup Series.



# TASMANIA PROGRAM GUIDE

Tuesday 22nd 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



# TASMANIA PROGRAM GUIDE

Wednesday 23rd July 2014

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

**Race 18: EnjoyIllinois.Com 300 @ Chicagoland**

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 18 is hosted at the Chicagoland Speedway.

**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.