



MARVELLOUS!

**BIG BROTHER'S
SOPHIE NAKED!**

**PLUS!
ROSIE!**



CHARMING!

**MIND
BLOWING
NEW
PICS!**

£1.70 Sp €2.95/Gr €3.45

5-11 Mar 2010 • www.nuts.co.uk

Nuts

BRITAIN'S BIGGEST SELLING MEN'S WEEKLY!



ONLY IN Nuts!



**PLUS!
TWEEDY'S
FREE!**

SMASHING...

PILLOWS!

IN BED WITH...

SOPHIE!

We've hidden her pyjamas!

ASHLEY?
MUDDY
ORRIBLE!

9 771742 885125 09 >

**'I FOUND
JESUS...
IN MY
FRYING
PAN!'**

HOLY!



HASTY!

NEW 202MPH BENTLEY!

THIS WEEK

5-11 MARCH 2010

Nuts NEWS

- 4** Who *hasn't* slept with Ashley Cole?
- 6** The Tweedy is single again - *Nuts* celebrates!
- 8** Crocs versus snake!
- 10** Bentley's fastest ever convertible!
- 12** A quick word with Cristiano Ronaldo!
- 14** Rude News
- 17** Jesus in frying pan!
- 18** The *Nuts* Lip-Reader
- 20** *Alan Wake*: first play



T-shirt! p4

Nuts FEATURES

- 34** Rosie Jones! Wahey!
- 40** Richard Hammond
- 42** "My girlfriend is a cage fighter!"
- 44** 20 mad body facts!
- 46** At home with Sophie Reade!



Sophie! p46

Nuts SPORT

- 54** Darren Bent
- 56** It's Kammy's column!
- 59** Gurning skaters!
- 60** Ring Of Truth
- 62** Quote Me On That!
- 63** *Nuts* About Sport NEW TO Nuts!
- 65** Striker NEW TO Nuts!



Mancini p56

Nuts REAL GIRLS

- 66** Bedroom Babes
- 69** Our Postbag
- 71** 10 Rude Questions NEW TO Nuts!
- 72** Real Girls, Real Places
- 75** Ladies Confess



Melodie p66

PLUS!

- 23** Don't Look
- 24** Gadgets
- 26** Letters
- 27** Spam
- 27** Camera Phone Cuties
- 28** Jokes
- 31** Pop Out In Public!
- 32** Camera Phone Comedy
- 76** Fashion
- 78** Reviews
- 80** TV reviews
- 98** Pub Ammo

GIRLS!

Rosie p34



IN Nuts!



CARS!

Bentley p10



GAMES!

Alan Wake p20



IN THE Nuts OFFICE!

Ugly space critter meets Alien!

Just another Nuts shoot!



SPORT!

Bent p54



Nuts NEWS

LOSING OUR T-SHIRT, EVERY WEEK!

OFFICIAL Nuts INVESTIGATION

Who hasn't slept with Ashley Cole?

We find out who hasn't 'dabbled' with the Chelsea and England star!



BINNED!

Reports of Chelsea and England left-back Ashley Cole's horizontal hugging with ladies who weren't his wife prove he's even better at scoring away from home than he is at defending.

In fact, so many women are claiming to have bumped uglies with Cole, it was easier to search for lucky ladies (and men) who *haven't* slept with the bonking buffoon, then reward them with a limited-edition "I haven't slept with Ashley Cole!" T-shirt. Get yours online today (see right)!

"It's reversible - 'I Haven't Slept With JT' is on the other side"



"Sorry, Tin Man, we don't have any hearts. Will this do?"



1 If Cheryl goes on stage in saucy outfits like this, imagine what she must wear in the bedroom! Wow!



2 She looks rather fetching when decked out in a skimpy bikini. Even when she has a weird hat on.



Ten reasons why

Or, to put it another way, why Cheryl is so ruddy brilliant!



SHE'S SEXY!

6 She can wear the kind of earrings usually sported by Pat Butcher on *EastEnders* and still look stunning!

6 Nuts



7 Ashley will spend the rest of his life knowing that this hottie is probably snogging another man right now.



8 She makes OK (ish) tunes – although we're glad she didn't "fight for this love" with twerpy Mr Cole.

3 She occasionally goes out wearing clothes that aren't quite big enough to contain her shapely charms.



...AND SINGLE!

4 See No.2 – only this time, ignore the “weird hat” bit.

5 She's absolutely bloody gorgeous. We realise this is a bit of an obvious one, but just look at her!



Ashley is mad!



BUFFOON!

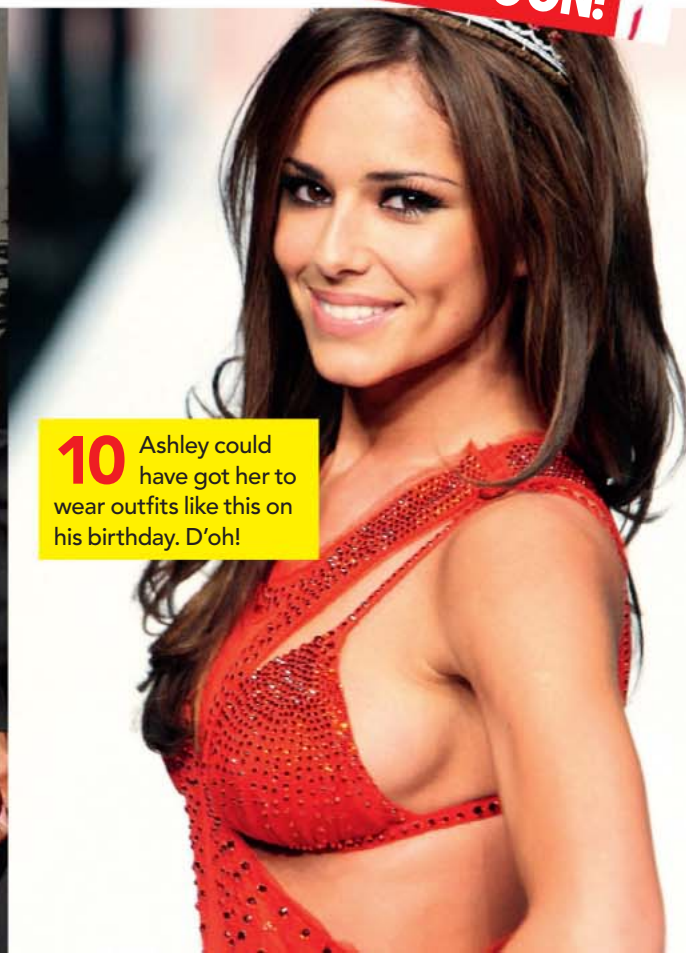


WORDS: PETE CASHMORE PHOTOS: GETTY, REX, PA PHOTOS, CABLE IMAGE, ALPHA, SMART, SOLARPIX



9 Her favourite colour of outfit is “see-through”, as proved in this shot!

10 Ashley could have got her to wear outfits like this on his birthday. D'oh!



Nuts EXCLUSIVE!

'Oi, get your o

Crocs give snake a hand with stretching!

You know how annoying it is when you're tucking into a pub lunch and someone leans over and nicks one of your chips without asking? Well, this is like the large reptile equivalent of that.

What we're seeing here is a gentle disagreement between two Nile crocodiles over which of the pair has ownership of (and, therefore, the right to eat) a Malagasy hognose snake. The ruck unfolded on the island of Madagascar, with matey boy on the right enjoying a clear advantage over his opponent, who could only latch on to the very tip of the snake's tail.

Interestingly, the hognose snake is known for pretending to be dead when it senses trouble – something tells us that after this little tussle, it didn't have too much trouble pretending!

WORDS: PETE CASHMERE PHOTOS: BIOSPHOTO/DANIEL HEUGLIN

"Come on! Limbo!"

win lunch!

TUG OF WAR!

A crocodile and a snake are engaged in a tug-of-war struggle. The crocodile is on the left, pulling the snake towards it. The snake is on the right, pulling the crocodile towards it. The scene is set in a muddy, grassy area. The crocodile's head is visible in the upper right, and its body extends across the middle. The snake is coiled around the crocodile's body, with its head near the crocodile's mouth. The background is a dense field of green grass and small white flowers.

Bentley's **fastest** ever convertible!

Headwear definitely not recommended in this 202mph motor!

Gentlemen, prepare to drop those jaws for the Bentley Continental Supersports. It's the hardcore, lightweight version of that Premier League footballer's favourite, the Bentley Continental GTC.

It has the same massive 6.0-litre W12 engine, but with 621bhp – that's 69bhp more than the standard GTC. It has a clever "Quickshift" auto gearbox that changes gear in 93 milliseconds!

That helps it hurtle from 0-60mph in 3.9 seconds and 0-100mph in just 9.6 seconds!

It'll also hit 202mph faster than the Aston Martin DBS Volante.

The Supersports name comes from a 1925 Bentley that was the first car to reach 100mph.

Bentley has cut 90kg from the regular Continental's weight but it's still over two tonnes!

Part of the dieting comes from colossal carbon ceramic brakes, which are light but very powerful.

Those 20-inch, ten-spoke alloys also save 10kg.

It's still a proper Bentley, with a lavish and luxurious four-seater interior.

If bling is your thing, the seats are made from satin-finished carbon-fibre and are covered in diamond-quilted Alcantara.

As well as being amazing to look at, the Alcantara will grip harder through corners.

It's green, too! The Supersports can run on bioethanol fuel, cutting its exhaust emissions.

Sadly, you'll need to be on footballer's wages to buy one – it costs nearly £180,000!





"Can't we just buy an
air freshener?"

0-60 IN 3.9 SECS!

6.0-LITRE ENGINE!

A QUICK WORD WITH

Ronaldo!

The Portuguese ace on Rooney, the World Cup and singing!

Hi Ronnie! First, let's talk about the World Cup. Do you think Portugal will qualify from the "Group of Death"? Our group [Brazil, North Korea and Ivory Coast] is the most difficult, but it's not a problem. And it isn't just Brazil, although of course they're a great team. We have to win, especially the first game [against Ivory Coast]. But I think we'll have a fantastic tournament.

How do opposition fans treat you in Spain? This isn't a problem for me. In England – not in every stadium, but in most – they booed when I played away. But that gives me more confidence and power. In Spain, if people want to start with this, no problem!

You said once that "anyone who likes football loves me". What did you mean by that? I'm an entertainer. You have to look at football like entertainment and I always try to do that. But I can still improve. If you think you know everything, you'll win nothing. Real Madrid is the right club for me to learn more.

Is it true you love to sing? Yes! In the shower. I won't sing now, as there's too much pressure.

Wayne Rooney seems to be playing better since you left. Why do you think that is? I know the qualities Rooney has. I was with him for three or four years and he was always brilliant. He's fantastic – a winning guy – and I hope to play with him again.

Finally, who at United are you still in touch with? I speak with the boss, Ferguson, sometimes. Rooney, Rio, Vidic, Evra, Nani, Anderson. Just because I've moved clubs, it doesn't mean I've finished my relationship with these guys. What do I talk about with Sir Alex? It's private!

"Go on, throw us a fish!"

WING KING!



Ronaldo's new boots!

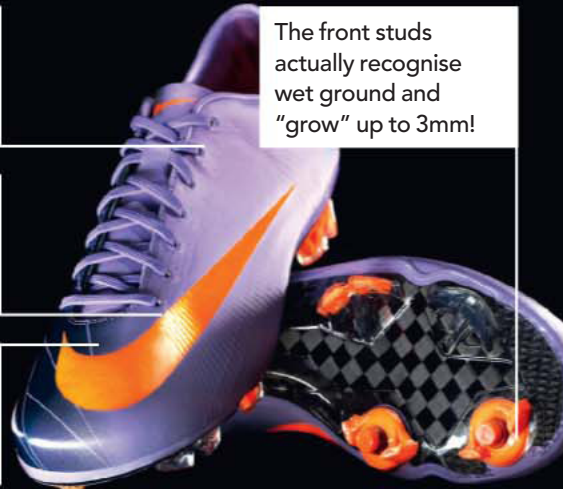
The new Nike Mercurial Vapor Superfly II

Available from April, these beauties will set you back £275 – but they're worth it!

The front studs actually recognise wet ground and "grow" up to 3mm!

"Flywire" technology wraps the boot around your foot, ensuring a comfy fit.

The "lively" colour scheme will show up in your team-mates' peripheral vision.





You've
pulled

A tasty low fat snack.



Müller® Rice. Surprisingly nice.™



Rosie H-Whiteley

US fashion ad

Posh US fashion label Aubin & Wills got the English rose to advertise their clobber, mostly by removing it. But any item of ladies' clothing looks better on the floor, eh, chaps?



Rhian Sugden & Amii Grove

Game launch

The two *Nuts* favourites were roped in to promote *Aliens Vs Predator* on Xbox. But rather than bite their faces off, this alien is clearly purring like a cat that's won the cream lottery.

RUDE NEWS

Current affairs straight from the news teat!



Sugababes

At a party, London

If anyone was in any doubt of the healthiness of Sugababe Amelle Berrabah's lungs, this great slice of choreography conclusively clears it up. That, or she's just lost a contact lens.



Alexandra Taylor

Photo shoot, London

As yet another of Ashley Cole's, ahem, "friends" surface in the shape of Alexandra, we can't help thinking of the old adage, "Why have burger when you've got steak at home?"



Liz Hurley

Charity event, London

Ironically, the still-fit actress attended the Naked Heart Foundation bash with a "naked heart" on show. We've already sent her an invite to our Front Bottom Foundation party.



Myleene Klass

On her hols, Barbados

Seconds after this shot was taken, Myleene was drenched by a freakishly enormous wave that nearly whipped her bikini off. Curse you, God! Not for the wave, but for the "nearly"!

NEWS FLASH!... NEWS FLASH!... NEWS



Nuts news flash!

NEW TO Nuts!

Sophie Howard on Cheryl Cole's issues

"Poor Cheryl is going through a hard time but if she needs a bosom to cry on, I can confirm that I'm available!"

BATTLEFIELD

BAD COMPANY 2



Cidden

FACTION: US
KIT: PILOT
RANK: 2ND LIEUTENANT
VEHICLE: HELICOPTER

HOW WOULD YOU KILL ME?

The ATV is small, agile and extremely fast, but its light armour makes it vulnerable to a hefty blast from the big guns, a rocket from an RPG or a rain of fire from a Havoc attack helicopter. No matter how frustrating the chase there's nothing more satisfying than delivering that final, fatal blow.

LTwin

FACTION: US
KIT: PILOT
RANK: SERGEANT
WEAPON: RIFLE

Bazajaytee

FACTION: HU
KIT: MEDIC
RANK: CORPORAL
WEAPON: PKM

Demize99

FACTION: HU
KIT: ASSAULT
RANK: VETERAN OFFICER
VEHICLE: QUAD BIKE

oGuDo

FACTION: US
KIT: ASSAULT
RANK: 1ST SERGEANT
WEAPON: ACR/D37

KleanupGuy

FACTION: US
KIT: ENGINEER
RANK: MASTER SERGEANT
WEAPON: RPG-7



MARCH 10 | W. B. T. T. L. F. I. E. L. D.



© 2010 EA Digital Illusions CE AB. Battlefield: Bad Company, Frostbite and the DICE logo are trademarks of EA Digital Illusions CE AB. EA and the EA logo are trademarks of Electronic Arts Inc. PlayStation 3 and PS3 are registered trademarks of Sony Computer Entertainment Inc. The PlayStation Network Logo is a service mark of Sony Computer Entertainment Inc. Microsoft, Xbox, Xbox 360, Xbox LIVE and the Xbox logos are trademarks of the Microsoft group of companies and are used under license from Microsoft. All other trademarks are the property of their respective owners.

PANCAKE DEITY!



Nuts EXCLUSIVE!

"Now don't get cross..."

Jesus in a frying pan!



Nuts reader finds JC in his kitchen

When *Nuts* reader Toby Elles, 22, from Lancs whipped up some pancakes last Shrove Tuesday, his culinary efforts ended in a visit from the Big Man.

If you haven't worked it out yet, this is the original miracle-maker himself Mr Jesus Christ!

"I fell asleep cooking a pancake and it burnt a face onto the pan," Toby reveals. "I'm not going to

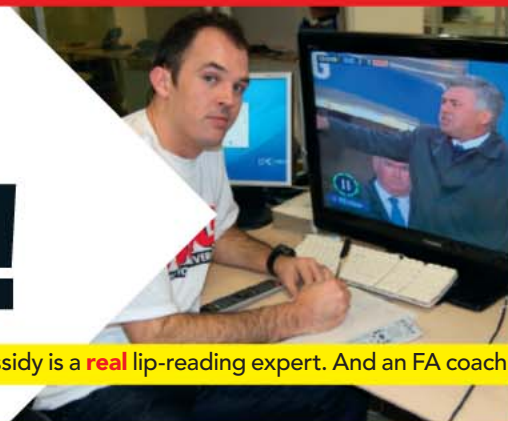
scrub it clean, though, just in case I get struck by lightning. I think I'll hang it on the wall instead."

Which, in fairness, is the best bloke's excuse for not doing the washing up we've heard in years!

WORDS: ADAM RALPH

THE Nuts LIP-READER!

When he watches a match, he sees every word! John Cassidy is a real lip-reading expert. And an FA coach!



Petr Cech: "I can't carry on. Finito!"

INTER VS CHELSEA San Siro, Milan, Wed 24 February, 8.59pm
The Chelsea stopper tells the ref he's knackered his calf muscle.



Andy Wilkinson: "F**k off! Oi, he elbowed me in my mouth!"

PORTSMOUTH VS STOKE Fratton Park, Sat 20 Feb, 6.56pm
The Stoke defender pleads his innocence after being sent off.



Wayne Rooney: Fletch! Stay there and just wait for the ball"

EVERTON VS MAN UNITED Goodison Park, Sat 20 Feb, 1.45pm
The United striker comes over all tactical with Darren Fletcher.



Craig Fagan: "Maybe you can see what they do to me as well!"

WEST HAM VS HULL Upton Park, Saturday 20 February, 3.26pm
The Hull striker has a rant at the ref after receiving a yellow card.

POTTY-MOUTH OF THE WEEK!



NEW TO Nuts!

Tony Pulis: "No! It's f**king sh*tte! It's a f**king joke!"

PORTSMOUTH VS STOKE 6.56pm The Stoke gaffer doesn't share the ref's opinion that Andy Wilkinson deserves to be dismissed.

TO CONTACT THE LIP-READER, WRITE TO: JOHNINRCASS@HOTMAIL.COM

"EASILY THE BEST ENTRY SINCE SAW II"

FEARNET

"VI GETS BACK TO SAW BASICS IN GRIPPING, GRUESOME MANNER"

EMPIRE

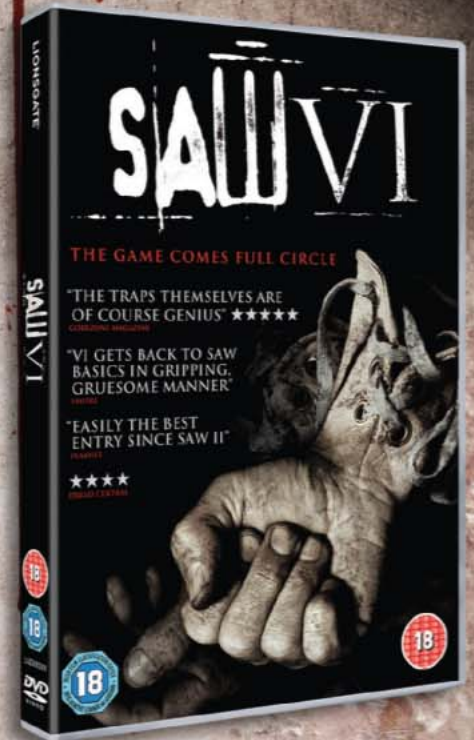
SAW VI



GOREZONE MAGAZINE



DREAD CENTRAL



PRE-ORDER NOW



amazon.co.uk

LIONSGATE PRESENTS



CLUE-SNIFFING FUN

You'll need to use your noggin to negotiate the twisty action and find wifey Alice. Handily, a mystery assistant has written clues in light-sensitive paint and there are scattered pages of a novel to collect. Get in!

"You sure Disneyland is this way?"

"You're not great at this stealth stuff, are you?"

JOIN THE GANG

Later in the game, Alan teams up with his tubby publisher and the small town's sassy female sheriff. Their help comes in handy as a "dark presence" starts flinging inanimate objects around.

Nuts EXCLUSIVE!

Alan Wake: first play!

We get hands-on with 2010's most terrifying game!

Easily frightened? You might want to look away now, because single-player chiller *Alan Wake* is the most heart-thumpingly scary game we've played in ages!

The atmospheric fright-fest puts you in control of novelist Alan Wake (A.Wake, geddit?)

as he dodges nightmarish ghouls to find his kidnapped wife in freaky fictional town Bright Falls. Think Stephen King meets *Lost* and you're on the right track.

We got our mitts on it and lapped up the awesome combo of puzzle-solving, nerve-shredding scares and gun-blasting fun. It's out on 21 May on Xbox 360, so start psyching yourself up now!

WORDS: JIMI FAMUREVA

"He gets like this every Fireworks Night!"

AWESOME WEAPONS

Alan's arsenal of improvised weapons makes for some scorchingly cool slayings! You can burn bad guys to bits with a spotlight, use a trusty old revolver, or take multiple enemies out with a flare gun.



LET THERE BE LIGHT

The residents of Bright Falls are being turned into light-sensitive phantoms by this dark presence. Alan is armed with a torch that burns the baddies, so batteries become as important as ammo!



"Alright! Alright!
Turn off your torch!"



SCARY FUN!



"I've told you before –
if you want to come
dogging, be subtle!"

ZOMBIE DODGING

The shadow-dwelling enemies may stumble around like zombies but they're not bumbling goons. They attack from all angles and hurl axes – but tap the dodge button and you'll swerve them in slo-mo.



AFRAID OF THE DARK

Most of the action is set at night – so it's even tougher to spot loonbox baddies. Bright petrol stations and lighthouses are a safe haven and you can even crank up rusty generators to illuminate certain areas.

"I think this controls
Fratton Park's
sprinkler system!"



2 Blu-rays for £25



The Hurt Locker



Public Enemies



Terminator Salvation



Moon



The Dark Knight



Blade Runner
The Final Cut



Sin City



Gran Torino



pop into our
shop



free UK delivery at
hmv.com

hmv

get closer

Offer applies to stickered stock only. Titles are subject to availability, while stocks last. Individual titles which appear elsewhere in store, outside of the campaign, may be priced differently. Prices may vary online.

The Hurt Locker - © 2009 Lions Gate Home Entertainment UK Ltd. All Rights Reserved.
MOON © 2009 Lunar Industries Limited. All Rights Reserved. Public Enemies - Film © 2009 Universal Studios. All Rights Reserved.
Packaging Design © 2009 Universal Studios. All Rights Reserved. Terminator Salvation - © 2009 TriStar Acquisition Company, LLC. All Rights Reserved.
Dances With Wolves - © 2010 Warner Bros. Entertainment Inc. All Rights Reserved. Blade Runner - © 2010 Warner Bros. Entertainment Inc. All Rights Reserved.
The Dark Knight - LANTANA and all related characters and elements are trademarks of and © DC Comics. © 2010 Warner Bros. Entertainment Inc. All Rights Reserved.
Sin City - © ABC Studios and CBS Studios, Inc. © Disney/Pixar. MOON © 2009 Lunar Industries Limited. All Rights Reserved.
Gran Torino - © 2010 Warner Bros. Ent. Inc. All Rights Reserved.

DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

SLICED OPEN!

"What did I tell you about picking your cold sore?"



'I felt the flesh rip off!'

HE'S OK NOW!

Motorway smash leaves bloke's arm battered



Travelling down a motorway at top speed, builder Tom Palmer had no idea that a car accident was about to rip half his arm off!

"I was in my mate's car, bombing down a motorway," 22-year-old Tom, from Bracknell,

tells *Nuts*. "I don't know how it happened, but we lost control of the car and it flipped. I had my arm out of the window at the time and it was pinned between the car and the road. I could feel the flesh being ripped off as we slid along for over 60 metres.

"Eventually, the car righted itself and I got out and looked at my arm. My jacket was shredded and I was covered in blood.

"An ambulance was behind us, so I jumped in! I had a skin graft, but there wasn't any nerve damage and I've got a cool scar!"

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com



Nuts GEAR

eXpansys Thumb Sized Camera

www.expansys.com

Nuts says: Weeny digital video camera (how weeny? 55 x 20 x 14mm and 50g weeny!) that you can clip to pretty much anything and tape your life in 720 x 480-pixel hi-def. Connects via USB to Macs or PCs for playback, but you'll need a Micro SD card for memory.

£20

Sony MDR-570 headphones

www.sony.co.uk

Nuts says: Light, closed-cup 'phones with a 30mm neodymium driver that can handle up to 1,000mW of input, while a gold-plated plug helps with connections. Plus, they look good, innit.

£30

Casio Edifice watch

www.casioonline.co.uk

Nuts says: High-end sports watch that not only boasts a chronograph, is water resistant to 100m and has a daily alarm, but also charges itself with built-in solar panels and checks the time six times a day from international radio transmitters, for atomic levels of accuracy.

£200

Atomic clocks are accurate to one second every three million years

The Samsung group generates more than 20 per cent of South Korea's total exports

Samsung Genio Slide mobile

www.samsung.com/uk

Nuts says: Tidy mid-range phone with touch screen and keypad, 3.2-megapixel camera, Wi-Fi and easy connection to social networks. So when you've Tweeted your whereabouts, you can watch *Top Gear* on the BBC iPlayer app that comes handy already loaded.

Free with contract

Check out more reviews at www.nuts.co.uk/reviews

KEEP AHEAD OF THE GAME

new 



only at
Superdrug 
www.superdrug.com

Subject to availability.

YOUR LETTERS

It's our postie's favourite delivery of the week!

Send your letters to nutsletters

A pussy that loves Nuts

Dear Nuts,
This is my kitten, Hendrix. He loves *Nuts* magazine so much that he sleeps with his copy! He's especially fond of Peta Todd.

Josh Paley, via text

There's a kitten with fine taste indeed – Peta tends to make us purr, too!



"Honestly, love, it came free with the Whiskas"



It was a very expensive hairdryer

Men with a chopper

Dear Nuts,
We'd just like to say thank you to *Nuts* for boosting the morale of the guys out here in Afghanistan!

The lads of 845 & 846 Junglies, Camp Bastion, Afghanistan

Nuts camo T-shirts on the way! Squaddies, to get on the *Nuts* goodies list, send an email to pete_cashmore@ipcmedia.com

Down in the dumps

Dear Nuts,
We were in Cardiff for Scotland's Six Nations clash with Wales and, having been mugged in the last five minutes of the game, my mate Bob decided to leave a small deposit.

Ronnie McGown, Stirling

Good heavens! What on earth do they feed you guys in Stirling?



The deep-fried Mars bar hadn't agreed with him



"Get off the ladder and take a proper pic!"

It's Ricky!

Dear Nuts,
Look who we bumped into on a recent night out – it's only Ricky Hatton! He was a top fella.

Laurie Austin, Coventry

Good work, Laurie – although we're not sure about his shirt. But do us a favour, please don't tell him we said that!

STEALTH BUMMING CORNER!

ONLY IN Nuts!

Here's some stealth bumming for you. My mate Stuart is a bit short, so perhaps he should've stood on a box! *Owen Roberts, Shetland*



It was an odd way to deal with hoodies

Scarr's ace

Dear Nuts,
I recently received a *Nuts* vest and shorts, as requested by my hubby, who's serving in Afghanistan. I know he'd appreciate it if he saw me wearing the stuff in the mag, so here's a picture. Corporal Scarr, are you looking forward to some R&R?

Nikki Scarr, via email

Well, Nikki, if he wasn't before, we're pretty sure he will be now!



"Well done, sir. You're KFC's one-millionth customer!"

RS!

@ipcmmedia.com or to the address on p74

They've got a lot of bottle(s)

Dear Nuts,
On holiday in France last year, our epic spell of drinking resulted in an epic penis complete with some cleverly positioned towels at the top to depict the, ahem, spillage. We hope it amuses you!
Fraser, Stu and Tom, via email
Blimey, lads! How long were you on holiday for – a year?



The Turner Prize hit a new low

Nuts starts another trend!

Dear Nuts,
After seeing the rude food in *Nuts* a couple of weeks ago, we jumped on the bandwagon.

Vanessa & Chris, via email
Keep 'em coming, readers – there's a prize for the best one we receive.

Moyles was starting to get paranoid



See more funny stuff at www.nuts.co.uk/spambank

Nuts SPAM BANK!
All the best online hilarity

Elton cleaned up at the Brit Awards

WINNER BEST FEMALE & MALE 2010
LADY GAGA

Cheating love rat?
there's an app for that

From: Cheryl
Divorce Decree

"Which one's Cheryl again?"

Win £100 to spend at PLAY.COM

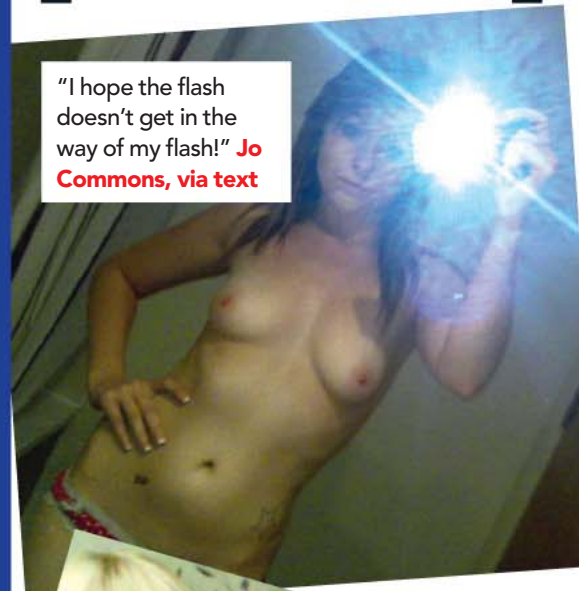
Send your letters and hilarious spam pictures to nutsletters@ipcmmedia.com or to the address on page 74. The sender of the week's best letter* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with big savings and free delivery on everything. Visit www.play.com for great deals on DVDs, games, books, CDs, digital downloads, mobiles, electronics and more!

NEW TO Nuts!

CAMERA PHONE CUTIES!

Sexy snap-happy babes

"I hope the flash doesn't get in the way of my flash!"
Jo Commons, via text



"Here's one for the Nuts readers – hope you like it, guys!"
Amy Hall, via text



"Think this outfit is too revealing?"
Melissa Whiteley, Sunderland



Send us your pics!

Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008***

* EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 74 APPLY

YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcm

SHORT JOKES!

Q: What's the wrong way for a woman to enter a car?

A: Through the driver's door

Johnny, Cromane

Q: What's the difference between an oral and a rectal thermometer?

A: The taste

Ali Jarrett, Dublin

Q: What game do the Chelsea team play at parties?

A: Pass the Perroncel

Vinnie, via email

Q: Did you hear about the bloke who lost his left arm and leg in a car crash?

A: He's all right now

Marius, via email



"Sorry, mate, we thought you were Jordan!"

JOKE OF THE WEEK!

Reid all about it

Alex Reid is worried about his new wife Katie Price's past, so he has her take a test to check if she's got any STIs.

A few anxious days later, she calls him with relief in her voice.

"What did the doctor say?" asks Alex.

"It's good news, I think," she replies. "He said everything's looking positive!"

Jonas Martins, via email

Mirror image

Daft Dave goes into the bathroom where he finds his wife squatting over a mirror that she's placed on the floor.

Not realising she's giving herself a personal examination, he runs over to her and pushes her forcefully against the bath.

"What did you do that for?" she says, "I think you've broken my arm!"

Dave replies, "Well, if you'd fallen down that chasm, you'd have broken your neck!"

Harvey, Chichester



She was rubbish at yoga

Getting a pasting

Two Aussies are taking their lunch break. Bruce says to Mike, "Pass us one of your sarnies, mate, I forgot to bring mine."

Mike passes one over and Bruce takes a bite, chokes and shouts, "Argh! What's in that?"

"It's crab paste. At least I think that's what the woman said," says Mike.

"Where the hell did you get it from?" asks Bruce.

Mike replies, "Boots."

Jon Hammond, via email



"How do I play this?"

Don't use the force

When I was little, we used to play a game called "Knock and run", where you had to knock on someone's door and run away before they answer.

Nowadays, it's known as "Parcelforce".

Tim, Slough

Win a Canon EOS 1000D camera and Cabin Fever 2 on DVD!

Send jokes to nutsjokes@ipcmmedia.com or to the address on page 74. This week's best joke* wins a Canon EOS 1000D camera and Cabin Fever 2 on DVD. In this sequel to Eli Roth's original shocker, a flesh-eating virus is spreading through school – who will survive? Out now!



S!



edia.com or to the address on p74

FAMOUS BLOKES' JOKES!

50% MORE GAGS!

Twin time

A pair of Siamese twins go into a bar in America, order two Budweisers, and introduce themselves as Jim and John.

"We're off on vacation to England tomorrow," says Jim. "We're planning on renting a car and just driving for miles."

"Ah, England!" says the barman, "The land of the royal family, Shakespeare, hundreds of years of history and culture..."

"We don't care about any of that history and culture stuff," says Jim. "It's just the only chance John ever gets to drive!"

James McVale, Halstead

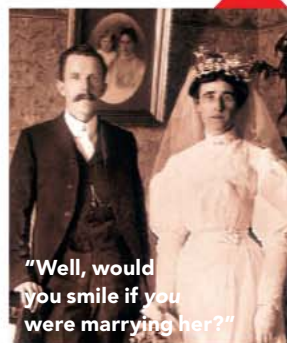
Wedding daze

A child, attending her first wedding, leans across to her mother and whispers to her, "Why's the bride dressed in white?"

"Because white is the colour of happiness and today is the happiest day of her life," replies the mother.

The little girl thinks for a bit, then says, "So why's the groom dressed in black then?"

Richard Stone, Axbridge



"Well, would you smile if you were marrying her?"



SEAN LOCK:

"The economy has grown by 0.1%. If I hadn't bought that big Coke bottle..."



TIM VINE:

"I rang up BT and said, 'I want to report a nuisance phone call.' The man said, 'Not you again!'"



ANDY PARSONS:

"John Terry was described as a serial womaniser, brawler and drinker. Surely he's perfect to represent England!"

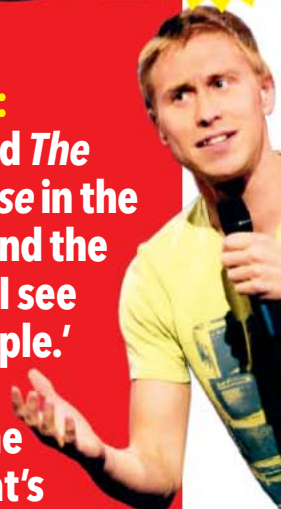


JACK DEE:

"I went to Disneyland Paris recently. It was great going on all the rides, getting Mickey's autograph. Might take the kids next year."

RUSSELL HOWARD:

"I watched *The Sixth Sense* in the cinema, and the kid said, 'I see dead people.' The guy behind me says, 'That's nothing mate, I shag them!'"



JONATHAN ROSS:

"How many scriptwriters does it take to change a light bulb? None! It's fine the way it is, nothing needs changing!"



JIMMY CARR:

"One thing I like about Vinnie Jones' acting is that he's always consistent. He's always sh*t in sh*t films!"



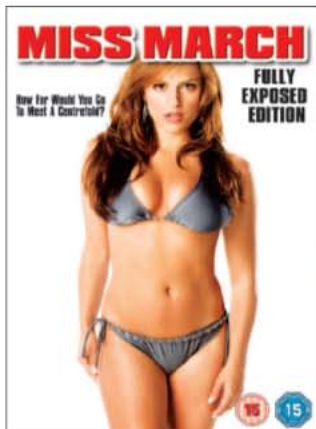
STEVE COOGAN:

"The doctor told me I had to stop masturbating. I said, 'Why?' He said, 'Because I'm examining you!'"





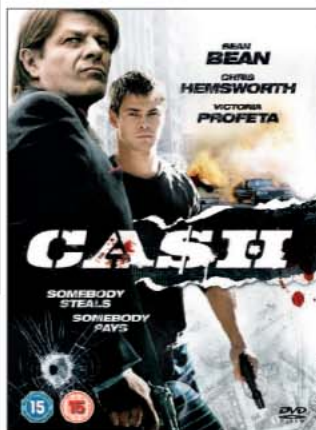
put your feet up



£12.99

out now

A man awakens from a coma to hear that his once virginal sweetheart has become a naked centerfold in a men's magazine and so he decides to crash a party at the magazine's headquarters and win back the girl



£9.99

out now

In this thriller, a couple come across a briefcase full of money and think their prayers have finally been answered. However, that sense of relief is short-lived when the owner of said briefcase shows up on their doorstep looking for his loot...



£12.99

out now

Empire - A satisfying mind-twister, with an unexpectedly poignant pay-off ★★★★★

also available on



£9.99

out now

The small town of Semeri is turned into a gruesome bloodbath, for deep within its cold, dark forests a monstrous, insatiable beast awaits... and it's getting hungry



£9.99

out now

Christian is sent a horrifying video of what may have been his daughter's last hours alive. This leads him to track down those responsible for the tape so he can exact the most horrific forms of retribution imaginable

Loaded - Get Carter meets Oldboy ★★★★★

also available on



pop into our shop



free UK delivery at hmv.com

hmv

get closer

POP OUT IN PUBLIC!

**NEW TO
Nuts!**

Have a cheeky flash - and earn some cash!

AT THE STATION!



**THIS
WEEK'S
£100
WINNER!**

JASMINE 20, from Grimsby
"This is how I welcome people arriving at my local railway station!"

IN THE PUB!



KIMBERLY 20, from Nottingham
"Last week, I flashed my boobs at my local pub - now it's my bum!"

IN A NIGHTCLUB!



LYDIA 19, and **LAURA 19**, from the Wirral
"We got our bums out on the dancefloor in front of everyone!"

Win £100!



All printed pics get a Nuts vest-and-shorts combo. The winner* gets £100. Send your snaps to nutspopout@ipcmedia.com or by text to **0771 388 8008**.

ON THE STREET!



LUCIA 21, from Nottingham
"I decided to give my neighbours a little treat one morning!"

Pay Monthly



Music at your fingertips

Video and music playback
8.1 Megapixel Camera
8GB memory card

Free phone, £25 a month,
300 minutes, unlimited texts
and mobile web, 24 month contract.

Call 0800 089 0261
Visit o2.co.uk/shop
or any O₂ shop

We're better, connected



CAMERA PHONE COMEDY!

ONLY IN Nuts!

Win £100!

Text 'Nuts' and your picture to 0771 388 8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** T&Cs on page 74.

Seen something daft? Snap it, send it in and win £100



I'M NOT HUNGRY!

"Wow! They must think it's really special to call it that!" **Anon, via text**



"I saw this crab-egg salad in Bucharest in Romania. Sounds lovely!" **Anon, via text**



"This is very useful for me as I'm a White Lightning sales rep!" **Scott, Yorkshire**



"This is my cat chilling out at home. I love my cat sometimes!" **Anon, via text**



"Poor Teddy had a bit of a mishap while he was making dinner!" **Lee, via text**

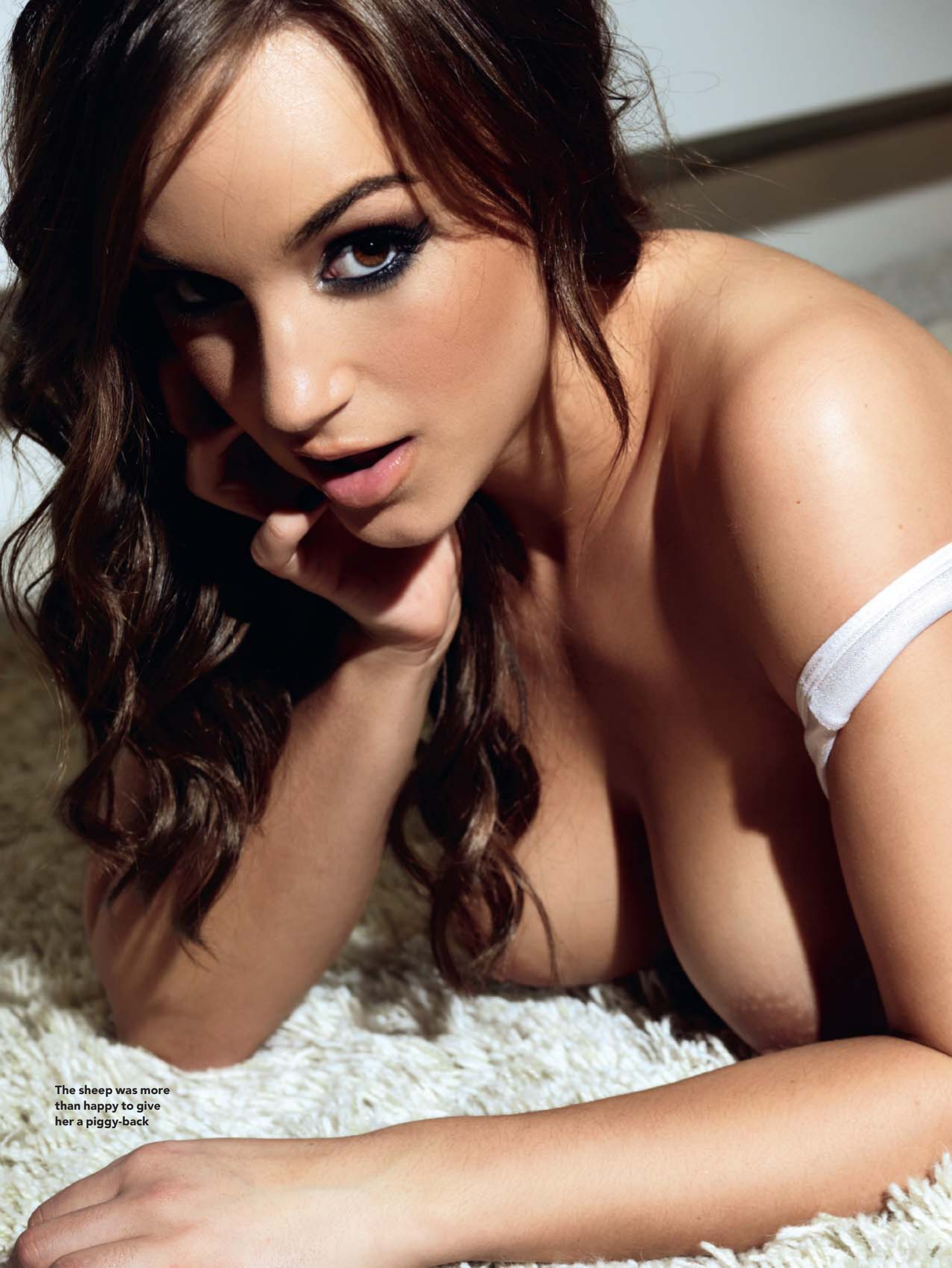


"I saw this in a DIY store and couldn't resist. I don't recommend it!" **Anon, via text**

BAD PARKING CORNER!

"This happened in my girlfriend's house one night in the recent snowy spell!" **David Wilkes, via text**





The sheep was more than happy to give her a piggy-back

Nuts EXCLUSIVE!

rosie!


In a brand-new sexy shoot!

While 2010 has been a pretty good year so far, something's been missing – we haven't had Rosie Jones in the magazine yet! To put this right, we rounded up some skimpy undies, stuck Rosie in them and suddenly felt much better! ➔



ROSIE JONES

It was an awkward time to fall asleep



She struggled to follow the workout DVD


Hi Rosie! This is your first Nuts shoot of 2010. What have you been up to since we last spoke?

I've been a busy bee! I went to Las Vegas for a week and I've just got back from a shoot in Tenerife with loads of other sexy girls. One night, Kelly Hall, Peta Todd, Amii Grove and I got naked and jumped in the hotel pool. We took lots of naughty pictures as well. How naughty? Well, they'll never see the light of day, I promise you!

Wow! Who's the naughtiest model you've met? Leah Francis. We went out the other night and she was going crazy on the dancefloor. She loves getting her boobs out, too. She inspires me!


You mentioned on Twitter that you hate living out of a suitcase. Why don't you come and live in the Nuts office? Yeah, I'm always on the move. It's annoying. I'd love to come and live in the Nuts office – I could make you all tea by day, then sleep there at night!

You could direct a photo shoot for us while you're here! If you did, what would it be like? I think you should do a shoot with loads of girls in a hotel room getting ready for a night out. Everybody would be naked and jumping on the beds – because that's usually what happens when girls get ready to go out! That would be a sexy shoot.



"We got naked and jumped in the pool!"

"Help! I'm turning into a zebra!"



If you want to attract guys on a night out, what do you wear?

Nothing too drastic. A tight dress and really high heels look sexy. It's a bit of a classic combination.

Do you get more attention from guys now that you're famous?

When we were in Tenerife, we met this big group of men who were dressed as women, and they recognised us. The next day, we saw them again at the airport and I looked the other way because I'd had an hour-long conversation with one of them about Nando's! He thought I was being rude but I was just embarrassed. Especially as I was wearing my pyjamas! ➔

ROSIE JONES

She even made
bleeding the
radiator look sexy

Get these hot pics
on your phone now!
**Only available on
your mobile!**
Simply text Nuts
to 88888

Standard operator charges apply. For terms, visit nuts.co.uk/fmd/terms



**"A tight dress
and heels
look sexy"**

What's your favourite joke? I'm so bad at remembering jokes. What's green and invisible? This cabbage! It's more of a visual joke, so it probably won't come across very well in the magazine.

Who's your favourite person in the whole world at the moment? Napoleon Dynamite. I love that movie! My favourite quote is, "Tina, come get some ham!"

I love the guys from *Superbad*, too. I watch it about once a week!

What's your pet hate? I'm quite chilled – not a lot annoys me. Some people find the TV show *Glee* annoying but I love it. I'm a Glee! [sings] Just a small town girl... livin' in a lonely world...

Nice voice! If we could make one of your dreams come true, what would it be? To live in America. I like the food, the weather and even the annoying accents. Barack Obama seems like a cool guy. And I could meet all the guys from *Superbad*!

What's the nicest thing anyone's ever done for you? Probably my mum giving birth to me. I had a big head as a baby, so I put her through a bit of pain. I'll have to say thanks next time I see her!

Finally, what's the rudest word you know? Testicles! That's the first thing that came into my mind! Oh dear – that probably says quite a lot, doesn't it? ■

INTERVIEW BY: RICH JENKINS PHOTOS: DAVE STEWART STYLING: KAREN WILLIAMS HAIR & MAKE-UP: JOHANNA DALEMO



**"Can you
help me
with my zip,
please?"**

way 06

Social success



You Tube



8 easy ways, 88 vegas holiday packages

www.888poker.com/8ways

Terms and conditions apply



\$10,000 value



5 star Hotel
in Vegas



Travel
expenses



Allowance



Nuts EXCLUSIVE!

DIRTY HARD

HAMMAMMO!



The Hamster on weeing voles, his willy and fancying himself!

Hi Richard! Your new show is called *Invisible Worlds*. If you were invisible for the day, what would you do? I'd just think, "Bugger it, I'll have a day off," and slop about in my pyjamas all day long. Of course, I'd be invisible but my clothes wouldn't be, so all anyone would see is a floating pair of pyjamas. The thing with pyjamas is that you can never quite trust that little gap at the front. You never quite know what might be poking out. So I'd wear pyjamas all day secure in the knowledge that nobody would see my willy sticking out.

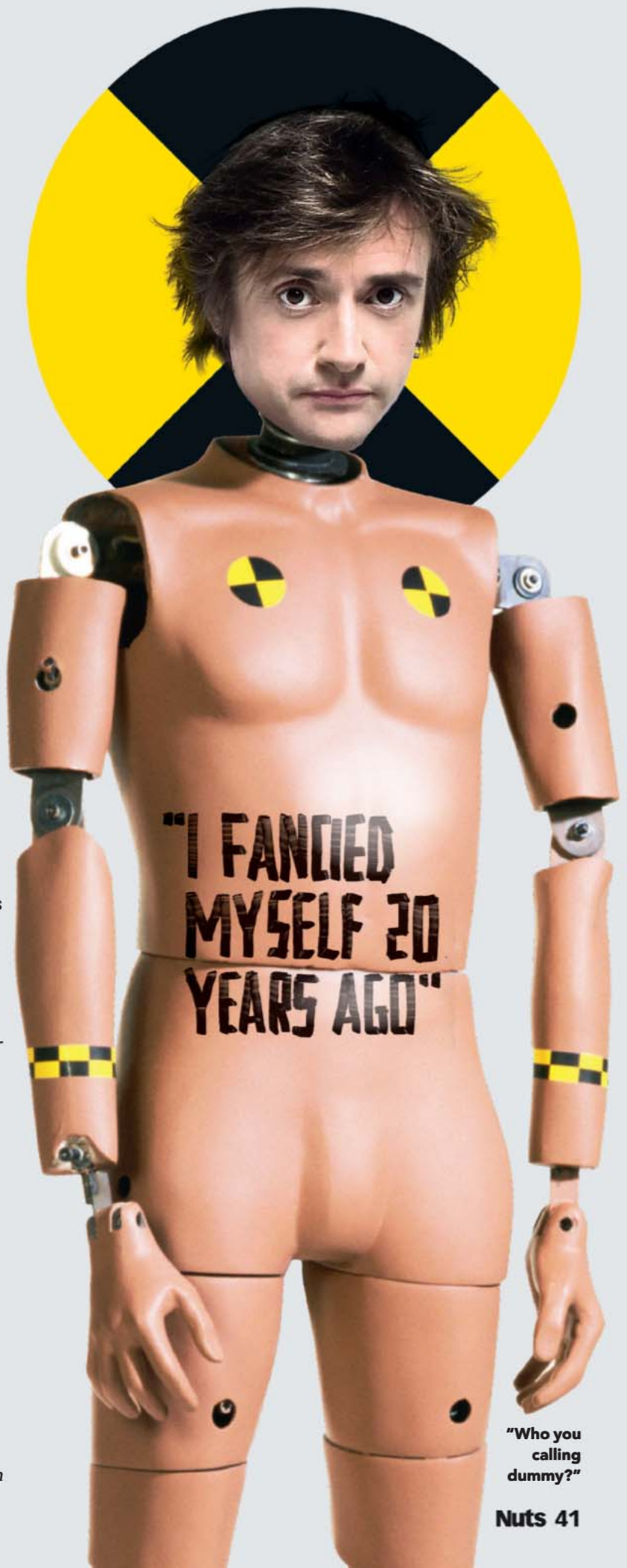
Er, right. What can we actually look forward to in *Invisible Worlds*? We talk about the fastest living organism on the planet – it's a kind of spore that lives in poo. It's so disappointing! I thought it'd be a cheetah or some sort of amazing, fast-moving fish that can weave through the water like a torpedo. But no, it's a spore that lives in poo! We also use infrared cameras to look at bats. It's interesting. For example, did you know bats have to warm up their wings before they fly?

Like helicopters? Yes. Just like a helicopter has to warm up its blades, so do bats. There's also a type of vole that communicates by weeing on things. They go along and think, "I'll have a little pee on this bit of grass," and that pee contains a coded message for passing voles. Unfortunately, voles also leave strong ultraviolet traces in their pee. Kestrels can see ultraviolet and then they eat the voles! So these voles leave their scent hoping to get a bit of vole-on-vole action but end up getting eaten by a kestrel. Nature really f**ks up sometimes!

That's officially the first time we've talked about weeing voles in *Nuts*. Congratulations! What else can we expect? Well, we also take a look at X-rays. Did you know the most up-to-date X-ray camera in Germany can produce high-definition, moving X-ray pictures? That's basically X-ray vision! Guess what we used it for?

To see through ladies' clothes? Er, no. We used it to see through a chameleon and a cat. But now you mention it, what a waste! We look at how human vision works, too. The human eye can absorb an amazing amount of detail. If our eyes were digital cameras, they'd have a sh*tload of megapixels. But the brain can only process one image at a time. It takes one image, goes into a room, has a look and thinks, "OK, that's a cat." Then it takes the next image and thinks, "That's still a cat, but it's moved a bit." This means if something goes too fast, our brains can't process it and we can't see it. **Like that rumour that if you go fast enough through a speed camera, it won't get you?** I wouldn't advise doing that. It's a good theory. But what if it's wrong? Turns out 170mph isn't enough and you're off to prison! **Thanks for the chat, Richard! Finally, will absorbing this information help our readers score with the ladies?** Of course! You'll know that the fastest creature in the world is the poo spore. You'll know about the peeing voles. You'll know how to trick the human eye and why bats warm their wings. Ladies love a good fact! Er, don't they? Talking of the ladies, I was leafing through some old photos of a biking holiday I had maybe 20 years ago. I was on a Suzuki GSX-R750 WP on which I'd spunked every last penny. There we were, smoking around the south of France and among the photos of bikes and people on beaches and so on, there's one of this bird with long hair down to her elbows, nice little arse – I mean oh yeah, she's looking good. Turns out it was f**king me! **So you're saying you fancy yourself?** I'm not saying I fancy myself now – don't print that, you b*stard! But looking back, I was a shapely young thing. Does that mean I'm going to hell? ■

Richard Hammond's *Invisible Worlds* is on BBC1 from 11 March



"Who you calling dummy?"

'My girlfriend is a cage fighter!'



Simon Harris

Age: 23

Job: Personal trainer

What's it like going out with a girl who could probably punch your teeth out? Nuts investigates...

Next time your girlfriend gets the hump, spare a thought for Simon Harris. The 23-year-old risks a pasting every time he upsets his missus – because he's in a relationship with 28-year-old mixed martial artist Michelle Tyler. So, what's it like going out with a girl who beats people up for a living?

Hi Simon! So, how did you and Michelle meet? I work at a gym near where we both live and Michelle and her team started training there. **When did you find out she was a cage fighter?** Not for a while. We'd been talking and getting on for a while and then I saw her properly training a couple of times and she was literally kicking the hell out of this punch bag. That was when I first figured it out.

Does she fight full time? Yeah, she trains every day and fights quite often.

Did it cross your mind not to pursue the relationship? It was a shock when I found out, but we'd been together for a couple of months by then, so I thought I'd go with it. I could hardly change my mind! **True. How long have you been together?** Six months. **Could she have you in a fight?** I wouldn't put it past her to give me a beating if she wanted to but, hopefully, I'll never find out who'd win! **Does Michelle wear the trousers in the relationship?** No. She does occasionally get in a bit of a mood, but that's the same with most girls. She doesn't like being touched too much in public and she'd give me a slap if I did that. **Is she aggressive in general? Or just in the Octagon?** No, she's not aggressive or butch at all. You wouldn't know she's a cage fighter to look at her,

which is probably why I didn't guess for a couple of months. You wouldn't expect her to be like that. That's why it's such a shock to see her in training! **Is she, er, physical in bed?** Ha-ha! I get that question a lot! Yeah, she's in good shape and very flexible! She can be a bit forceful but not too much. She doesn't use her strength on me or anything like that. **Do your mates give you stick about it?** No, not at all really. They were just interested.

They wanted to see her fight and some were angling to be set up with her fighter mates! **Is it weird going out when she's all bruised?** Yeah, we've been out together when she's had a black eye from a fight and I've got some very strange looks. I always want to let people know it wasn't me! **Do you watch her fights?** I watched the last one and it was OK. She lost that night but she's had ten fights, won six, lost three and drawn one so her record is pretty good. I think I was even more nervous than she was, though, but I know the coaches are good and they take care of her so I just have to sit back and let them do their thing. **At her "time of the month", do you just clear out of the house?** Ha-ha! Yeah, I think that would be good advice. **Does it bother you when her face gets messed up?** That's my main problem with it. It's horrible to see. I don't think I'll ever get used to it. She's been

lucky so far, but if she did get a permanent injury I'd definitely be in it for the long haul. **Is Michelle quite feminine or is she a bit of a ladette?** She's feminine. Outside of training, she's totally different. It's not in our lives all the time. **Would you ever step in if she was taking a pasting in the ring?** She can handle herself. But I don't know what I'd do if it went too far or if I didn't agree with her taking a fight. **Has anyone ever picked a fight with her?** Not really, but if a guy grabs her bum or anything, she's very quick to tell him off. I rest easy because I know she can handle herself. **Does she practise her moves on you at home?** Ha-ha! No, we've never trained together! **Does she invoke a sex ban before fights?** Her coaches tell her not to have sex before a fight. It's not as bad as it is with the blokes but she's got to stay focused before a fight. **Does Michelle know you find it tough to watch?** Yeah, she knows I don't like it too much and when I went to watch her, I went just for the sake of it, to be honest. But she was fighting before I met her so I wouldn't try to stop her. **What's the worst thing about your missus being a cage fighter?** Just the worry of her getting hurt. Either that or her beating me up one day! **And the best?** She keeps in good shape and to be honest seeing her in the gym is a turn-on – don't tell her that! ■



Michelle Tyler
Age: 28
Job: Pro cage fighter

Have you got an amazing true story?
Send it to *Nuts*, we'll publish the best and pay you £100!
Send your incredible true stories to mark_spence@ipcmedia.com,
or send it to the usual address on page 74.

20 mad body facts!

And you thought all it was good for was filling with beer!

1 Your nose is the same length as your thumbs.

2 Your eyeballs weigh roughly 30g each, which is about the same as a packet of crisps.

3 During your lifetime, you'll produce enough saliva to fill two swimming pools.

10 You blink around 84 million times in a year.

11 In the course of your lifetime, you'll grow around two metres of nose hair.

12 Just like your fingerprints, your tongue has its own unique identifying print.

13 A human head remains conscious for 15 to 20 seconds after it's been cut off.

14 Your fingernails take around six months to grow from top to bottom.

15 In one day, your heart beats 100,000 times.

16 The surface area of one of your lungs is equal to that of a tennis court.

4 Your stomach will grow a completely new lining every three to four days.



5 The acid inside your stomach is strong enough to dissolve a razor blade.

6 On average, every square inch of your body surface contains 32 million bacteria.

7 Your skin is around 1mm thick when you're born, growing to 2mm in adulthood.

8 You will shed around 18kg of skin during your lifetime.

9 The section of the average person's arm between the elbow and the wrist is exactly the same length as their feet.

17 Your small intestine is about 23 feet long.

18 Your thigh bones are stronger than concrete.

19 Your body contains enough iron to make a nail eight inches long.

20 The average male foot excretes half a pint of sweat every day. Tasty! ■

ILLUSTRATION BY: BILL MCCONKEY

Nuts EXCLUSIVE!



The Big Brother beauty has a clean house – but a dirty mind!

SOPHIE READE



SOPHIE READE

"Sorry, I'm out
of cornflakes.
Will these do?"



It's not very often we get invited to ladies' houses (other than our nan's). So when busty *Big Brother* winner Sophie Reade asked us over for a cup of tea and a few saucy questions about

her domestic life, we were round there quicker than you could say "naked". Which, coincidentally, is what Sophie was when she opened the front door! Gents, enjoy...

Hi Sophie! You have rather large boobs – do they get in the way when you're doing the housework? As a matter of fact, I find that having big boobs helps. I use them to dust the shelves. Maybe I should invent the duster bra – put some feathers on bras and sell them. I'd make a fortune. I live on my own, so I often do my housework in the nude.

When I vacuum, it makes my boobs jiggle around!

Are you a bit of a clean freak, then? No, I'm actually quite messy. Usually, if I have someone coming round, I'll quickly kick all my knickers and bras under the bed!

Is it important for a bloke to have a clean house if he wants to bring a girl home? It doesn't have to be *really* clean – just make sure it's not too messy. You need room in case you get carried away in the moment. You don't want to be lying down and finding leftover pizza on the floor.

Speaking of which, where's the best place to be naughty at home? The kitchen, as there's lots of food you can use and you have the work surfaces to sit on. You just need a bit of imagination. →

"Having big boobs helps with the housework!"

"And you're sure you didn't crease my clothes deliberately?"



"No, you can't
dunk them
in your tea!"



"I'd make Megan Fox do the washing up naked!"



Sounds fun! So when you're not doing that, what kind of stuff do you get up to at home? I often have friends over and we nearly always end up having play fights, hitting each other with pillows. Otherwise, I'll just watch a film or something, just like anyone else would.

What do you and your friends get up to when you're getting ready for a night out? We put the music channels on the TV and dance around. We usually end up finding a mop and doing a bit of pole dancing with it. You should try it.

If you invited *Nuts* round for an evening, what could we expect? We'd have a few drinks, a bit of a dance and a pillow fight. We could even watch a porno if you wanted.

Blimey! Which hot lady would you most like to live with?

Megan Fox. What if she didn't do her washing up? I'd let it pile up for ages, then make her do it naked as a punishment!

What are you like at cooking?

I don't cook much, I'm afraid. I make a great Pot Noodle, though! Ha-ha! I have them down to a tee – you have to get the water just right and don't let them sit too long.

Thanks for that! Have you ever used your washing machine to get a thrill? Of course! That's another reason why the kitchen is the best place to get down to business.

What would your perfect bedroom be like? It would have nice lighting and a big bed, so I could fit loads of people in it. Maybe I'd have a mirror on the ceiling as well, as I love watching myself. It's like watching a live porno! ➔



SOPHIE READE

"I know what
you're after,
Kipling!"



Get these hot pics
on your phone now!
**Only available on
your mobile!**
Simply text Nuts
to 88888



Standard operator charges apply. For terms, visit nuts.co.uk/fmd/terms



SOPHIE READE

"This is a rubbish paintbrush!"

XXXXXXXXXX

"I could fit ten people in my bed. I might try it soon!"

XXXXXXXXXX

And if you had a kinky sex room in the house, how would you kit that out? It would be really dark and there would be loads of leather and kinky stuff, such as handcuffs and whips. I'm into my bondage, so that would be amazing.

You mentioned having a lot of people in your bed. What's the most people you've had in there at once? Five. I have a pretty big bed – you could probably fit about ten people in it. I might try that at some point this year. I still haven't had a house-warming party, so maybe I'll try it then.

Who would you invite to your ultimate house party? Lots of people! Definitely all the *Nuts* girls. We'd have lots of alcohol and play naked Twister. The guys would watch football and drink beer, while the girls play on the washing machine. Nobody would want to leave.

If we popped round to clean your windows on an average day, what would we see?

I've just bought a treadmill, so you'd probably see me running naked on that. I told you – I do everything naked!

What do you think annoys women most about living with blokes? The fact that they're so messy. Blokes sit there watching football and drinking beer when there's cleaning to do. Saying that, I love watching football and having a beer as well, so I'm just as bad as most blokes.

Finally, can you tell *Nuts* readers something surprising about you? I really like video games. I play the Wii a lot. I nearly get a black eye when I play on *Wii Fit*, though, as my boobs are so big! Ha-ha! ■

Get these hot pics
on your phone now!
**Only available on
your mobile!**
Simply text Nuts
to 88888

Standard operator charges apply. For terms, visit nuts.co.uk/terms



"We must get
you potty
trained, Fido!"

Nuts SPORT

HITTING THE TARGET, EVERY WEEK

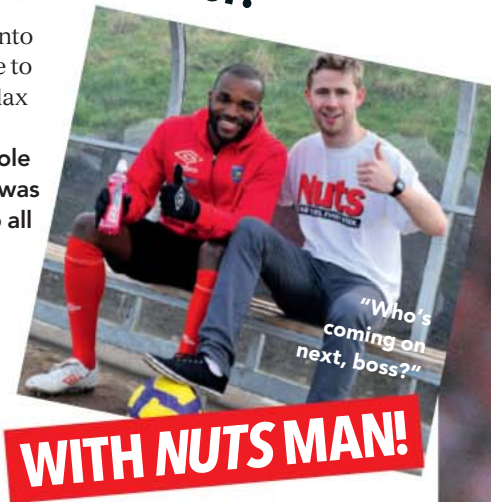
Nuts EXCLUSIVE!

Bent: 'Pick Roo and Nuts goes one on one with the Sunderland and England striker!

Hi Darren! How do you think Sunderland's season is going? We got off to a really good start and built up expectations, but we've let ourselves down since and now we're in a battle. We've got the same players that played well earlier in the season, though, so they're the same guys that can get us out of it. **Arsenal seem to be crying out for a target man. If they came in for you, would you consider it?** I'm a Sunderland player, and I love playing for this football club. Obviously, it's flattering when a big club comes in for you but, sometimes, it can also be a distraction. My thoughts are to help get Sunderland out of this trouble and help us to have a good end to the season. **What about England – what can you bring to the England strikeforce?** I'm a firm believer that as a striker, you should score goals. I used to watch people like Andy Cole, Ian Wright, Alan Shearer. These are goal-scorers, and so am I. **Wayne Rooney's in great form. Do you think your styles of play would gel for England?** Yeah, we're both quite direct, so I'm

sure that we can definitely form a partnership, and that will be good, that'll be lovely. **What happened when you got in trouble with Twitter?** It was a frustrating period of my life, and I know I shouldn't have done it. It was only after my agent called me and told me that journalists had been following me and I didn't know that I got in trouble from the chairman. I just wanted to concentrate on football and leave everything else aside, so I shut it down. **Before you did, who did you used to follow?** 50 Cent, 'cos he's my favourite rapper, plus a couple of cheeky girls like Katy Perry and Kim Kardashian. **Not the actual Cheeky Girls?** [Laughs] Nah, they're the only two, really. Just Katy and Kim! **You must have read in the papers about all this sex texting. As a Premier League footballer, do you get women throwing themselves at you?** Nah, I always keep myself to myself. I've got three or four close, close friends that I hang around with a lot of the time and all we do is we go in, play computer and just hang out. Being a sportsman, I don't

really try to delve too much into that side of it, really. I just like to keep myself to myself and relax with my friends. **Have you seen the Ashley Cole text pictures? The pants he was wearing were ridiculous. Do all footballers wear those?** I've not seen what he's wearing. [Looks at photo, laughs] I don't even wear them slaps to training to be honest. I just wear cycling shorts! **Is life as a Premier League footballer the best life you could have?** Yeah, doing something for a living that you've wanted to do all your life – there's nothing better! **What do you think you'd be doing if you weren't a top footballer?** Something like an actor, something like that. [Laughs] But I've got no idea! **What's the strangest rumour you've read about yourself?** A couple of months ago, someone said I'd need to be hypnotised to go to South Africa 'cos I'm afraid of spiders. I absolutely hate spiders but hypnotism and all that sh*t? No way! **Cheers, Darren! Finally, what are your top tips for finishing a chance? Whenever we're one-**



WITH NUTS MAN!

on-one with a keeper, we panic and shank it wide. I've had to learn that when it gets hard for you, say after missing a couple of chances, you've gotta relax, that's the main thing. If you don't relax and you're all tense, anything can happen. Relax, hit the target, and maybe have a look at where the keeper is!

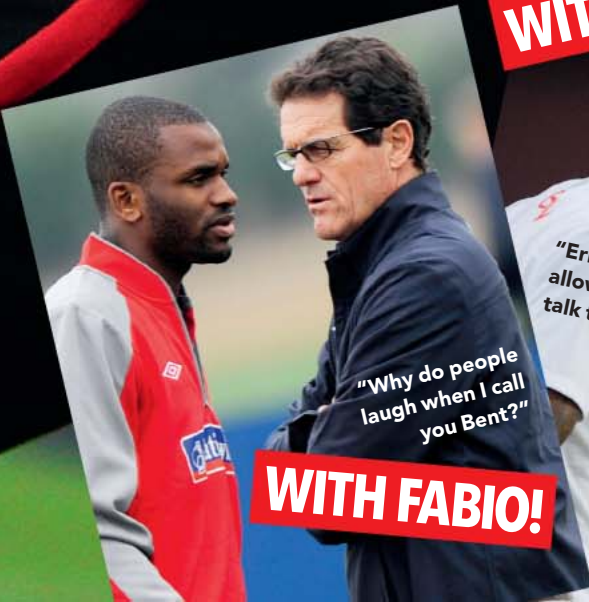
Darren Bent is part of the Lucozade Sport Performance League (LSPL) Expert Panel, helping amateur footballers around the country "Be More Premier League". For more information on the LSPL, go to www.lucozade.com/lsp

"Phew, I thought I'd forgotten my top!"

SCORING MACHINE!

...d me for England!

WITH ROO!



"Why do people laugh when I call you Bent?"

WITH FABIO!



"Err... am I... allowed to talk to him?"

Villa vs Sunderland
Saturday 3 March, 3pm

KAMMY!



He's footy's funniest pundit - and he's only in *Nuts*!

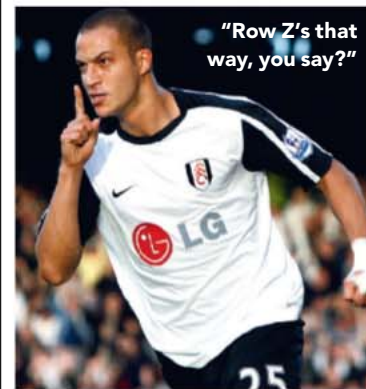
ONLY IN
Nuts!



"Oi, who nicked me Pukka pie?"

Bobby could be for England!

With England playing their first friendly in a while this week, it's a perfect time to give Fulham's Bobby Zamora (below) a chance to prove himself at the top level. I've been a champion of Zamora for quite some time now, and he's been a revelation under Roy Hodgson's guidance this year, smashing in goals from all over the place. If Emile Heskey can be considered a shoo-in for the plane to South Africa after scoring just three goals all season, then Bobby would be entitled to feel aggrieved if he doesn't get a run-out to show what he can do at Wembley.



"Row Z's that way, you say?"

Mancini might be on his way out!

There have been a lot of rumours recently about dressing room unrest at Man City, with some even going so far as to suggest Roberto Mancini might have lost the support of the players after just a few months in charge.

Whether or not that's the case, one thing I do know is that unless City take fourth place come the end of the year, Mancini will be out on his ear and another very

"City have gone back to being too inconsistent!"

big name will be arriving on the blue side of Manchester.

Of course, it makes you wonder why the board at Eastlands didn't just stick with Mark Hughes, who actually had a better record than his successor does now - well, that series of nine draws in a row under Hughes could have been viewed in two ways. Either they'd gone all those games unbeaten, or they'd picked up nine points out of a possible twenty seven.

Unfortunately for Hughes, the board decided to get rid of him and bring in Mancini. Whether or not City would have been closer to clinching fourth

under Hughes, we'll never know. But one thing's for sure - after the initial lift Mancini gave them, the players have gone back to being too inconsistent, and don't look like a Champions League team.

It's always the same problem when so much money is thrown at a team. The players don't always gel, no matter how good they are.



KAMMY'S TOP TIP!

"Watch out for players like Joe Cole, Theo Walcott and Shaun Wright-Phillips for England - they're battling to get on the plane to South Africa!"



CHRIS' CRYSTAL BALL!

Chris predicts the week's big games!



1 ENGLAND VS EGYPT
3 MAR, 8PM, ITV1

"Fabio Capello knows what he's doing, and I'd expect to see a comfortable home win to warm up for South Africa."
KAMMY SAYS: 3-0

2 MAN CITY VS SPURS
6 MAR, 12.30PM, SKY SP 1

"This is a bit of a six-pointer in the race for fourth, and having backed Spurs, I'm going to stick with them to beat City."
KAMMY SAYS: 1-2



3 WIGAN VS LIVERPOOL
8 MAR, 8PM, ESPN

"It's a shocking pitch at the DW stadium, and I think that'll act as a leveller in this game. It's got draw written all over it."
KAMMY SAYS: 1-1



KAMMY'S UNBELIEVABLE-OMETER™

UNBELIEVABLY GOOD!

RONNIE'S GONE!

I'm very glad to see that Brazilian legend Ronaldo has retired. No one wants to see a great man go on too long, and he was up there with the best!



UNBELIEVABLY BAD!



MUDDY HELL!

What's going on with the state of football pitches in this country? It's heading back to the bad old days. I know we've had some poor weather but come on!

ASK KAMMY!

Hiya Kammy!

Sir Alex Ferguson has banned youth players at Man United from wearing anything other than black boots – what's your take on wacky footy footwear?

Johnno, Merseyside

If you're going to wear snazzy boots, you have to earn the right to wear them. Sir Alex is right – it should be black boots all round until they're as good as Ronaldo or Rooney!

Alan Carr was a surprise selection



DRAW KAMMY!

After his "Clay Kammy" that featured in last week's *Nuts*, it's hats off again to Bryn Lenaghan of Peterlee – turns out he can draw, too!



Bryn Lenaghan, Peterlee

Kammy needs you!

To win a signed *Nuts* T-shirt, send your funny stuff to kammy@ipcmedia.com! And upload your best 11-a-side goals to youtube.com/thefa for the FA Grassroots Goal of the Month competition, where you can win fantastic prizes!

Nuts PROMOTION
FEATURE TITLE

Who's the mummy?

Rate Your Mate's Mum

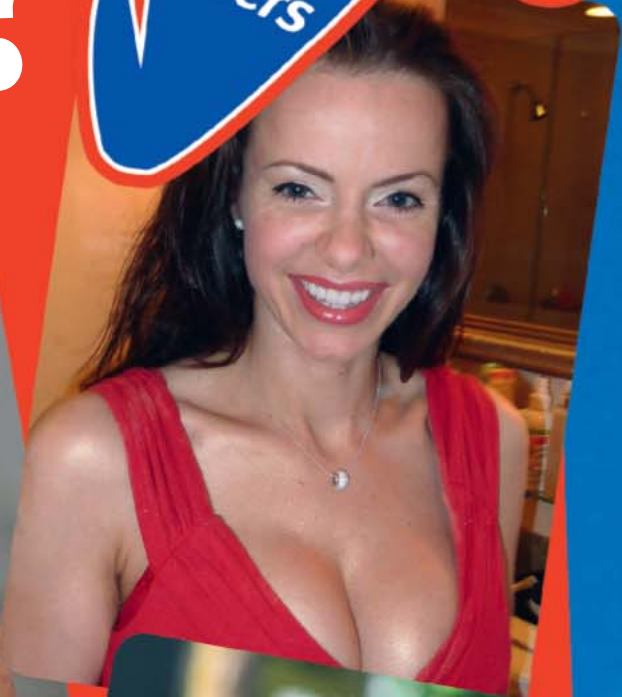
They're one of life's great pleasures. They're friendly, great to look at, and they might just cook your tea for you. Of course, we're talking about the yummy mummy. The red hot mama. We're talking, gents, about the MILF, which we believe stands for Mums I Love and Fancy – yeah, that sounds about right.

There's much to love and fancy about sexy older lady. In addition to having the phwoar factor, she brings wisdom and experience to the table, and could easily teach you a thing or two – if she wasn't married to your mate's dad!

Even so, we think sexy mothers are great. So, to coincide with Mother's Day (that's 14 March – please don't say you've forgotten), Nuts has hooked up with mobile types Phones 4u to start the hunt for the UK's hottest mum. Join us at nuts.co.uk/rateyourmatesmum and see what it's all about!

How to enter

Just whip your phone out, take a pic of her (with permission) and upload it to the website. Then just sit back and watch as the rest of the world rates her. If she ends up as the highest-rated MELF (Mum Everybody Loves and Fancies) on the site, you'll win two white Blackberry® Curve™ 8520 smartphones. Exclusive to Phones 4u, it's probably the most internet-friendly phone out there.



phones®

4u

it's what we do

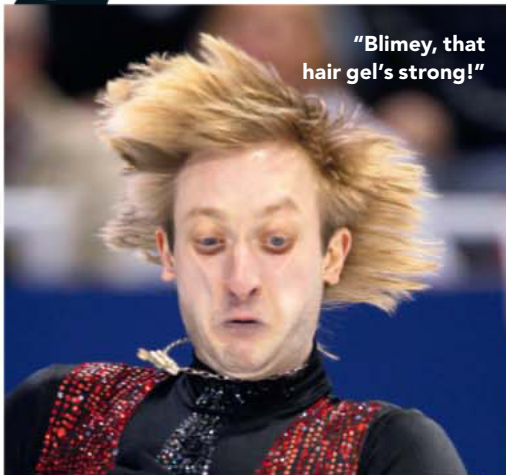
FOR TS & CS, VISIT WWW.NUTS.CO.UK/RATEYOURMATESMUM

WINTER OLYMPICS SPECIAL!

When ice skaters gurn!

Never mind fancy pirouettes – when it comes to silly faces, this lot get the gold medal!

Ice skating is rubbish and for girls. But while the Winter Olympics was on telly down our local, we couldn't help noticing that the skaters pull some proper stupid faces...



"Blimey, that hair gel's strong!"

EVGENI PLUSHENKO

The frizzy-haired Russian might be good at doing all the little spins and stuff, but what he's clearly best at is making himself look like a clown who's witnessed a tragic circus accident.



SMASHED MIRROR RATING:



"Mmm, rainwater"

ALEXANDRA ZARETSKY

Maybe she's spotted a big spider on the ceiling or a rip in Peter Crouch's gusset. Either way, the Israeli is pulling a face that would comfortably nab her first prize in a minger contest.



SMASHED MIRROR RATING:



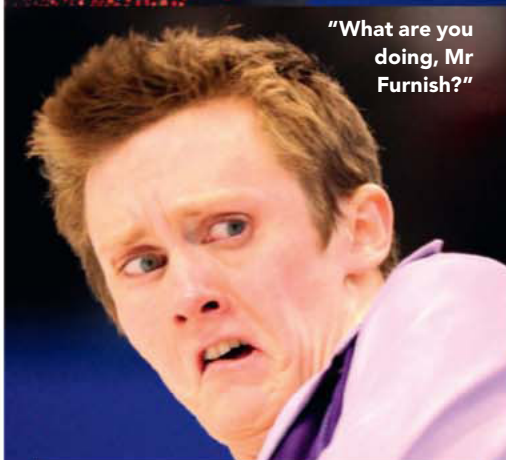
"Poo! That one was ripe"

TOMAS VERNER

This Czech skater probably thinks that at the end of his routine he'll get good scores from the judges, when they'll actually be saying how much he looks like a drunk in a wind tunnel.



SMASHED MIRROR RATING:



"What are you doing, Mr Furnish?"

JEREMY ABBOTT

Something seems to have scared the man from the USA – the poor bloke looks absolutely terrified. We'd wager he's just caught a glimpse of his own reflection in the mirror.



SMASHED MIRROR RATING:



He hated tequila slammers

VAUGHN CHIPEUR

Canadian Vaughn is seen here pulling off an extremely complicated ice-skating move called Look Like You've Just Bitten Into A Lemon And It's Got Stuck In Your Throat. Gulp!



SMASHED MIRROR RATING:



"Give me my dentures back!"

OUR WINNER!

TAKAHIKO KOZUKA

Mr Kozuka might be an idol to millions back home in Japan, but to us he looks like something out of Michael Jackson's *Thriller* video. Or like Michael Jackson does now!



SMASHED MIRROR RATING:

RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!

ONLY IN Nuts!

FLYING FOOT!

"Ugh! I hate Diadora!"

NASRI: WUSS!

"I think I may have got a small blister!"

"Well, I can't be worse than Babel!"

MANCINI MEETS POTTERMUS!

WONKY LEGS!

Well hello, hippo!
"Right, who put LSD in my water bottle?"

BIZARRE!

KARATE KIDS!

IT'S THIS BIG!

"Ooh! Pardon. Windy-pops!"

"Stop copying everything I do!"

MAN-LOVE CORNER!



"Man, I wish I was in bed!"

"Yes! I'm 'avin' it large!"

BIGMOUTH!

HANDS UP!



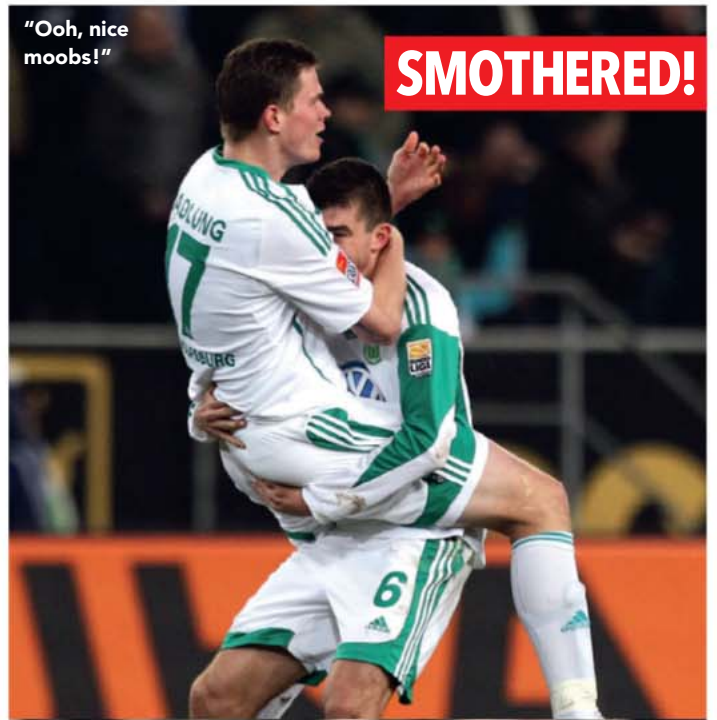
CRAWLERS!

"Now, where's that pesky ball got to?"



WHEEEEEEE!

"See, I told you I was the better breakdancer!"



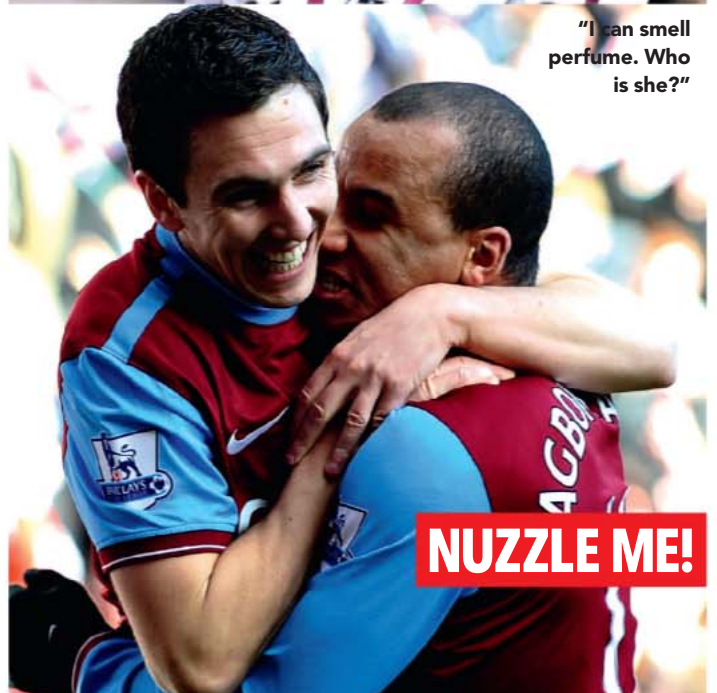
"Ooh, nice moobs!"

SMOTHERED!



"Why do I always have to go at the front?"

THREWAY!



"I can smell perfume. Who is she?"

NUZZLE ME!

'QUOTE ME ON THAT!'

The week's silliest sport-based spoutings!

ONLY IN Nuts!

"As captain, it's my job to say a few words in the pre-match huddle. I impersonate Tubes from Soccer AM and do a comedy rap to get everyone going. My lyrical flow is making us go!"

(C)rap artist Robbie Savage.



"Berbatov is a flicky, round-the-corner-type player"

Sky Sports' Paul Merson is a round-the-bend-type pundit.



"Robbie Savage is the poor man's Dolly Parton"

West Ham VC Karren Brady sticks the boot in.



"It's not obvious but obviously, Portsmouth are going down"

Former England keeper David Seaman obviously can't make his mind up.



"Top players may go bald, lose their teeth and legs, but they always have that touch and technique"

Er, not if they haven't got any legs, Birmingham boss Alex McLeish.



"Luton's Adam Newton was on the goal line and just had to tap it in from half a yard out"

According to Sky Sports' Will Hope, Luton have very thick goal lines.



"Vidic will probably be definitely fit"

That's a definite maybe from Sir Alex Ferguson.

"Some of Ashley Cole's joints are very loose. As a professional footballer, that's not very pleasant"

And that's not very useful, Ray Wilkins.



'OO-ER SOUNDS A BIT RUDE' CORNER!

"After I'd gone down the first time, I got a taste for it"

You what, Olympic gold medallist Amy Williams?



"Adam Johnson is one who goes both ways"

Phil Thompson starts rumours about the City winger.



"You can sniff this, Graham. You can, if you like, touch it"

Richard Keys tempts Souness.



"We saw Avatar recently but I couldn't watch it in 3D because I'm half-blind in one eye, so everything looks green"

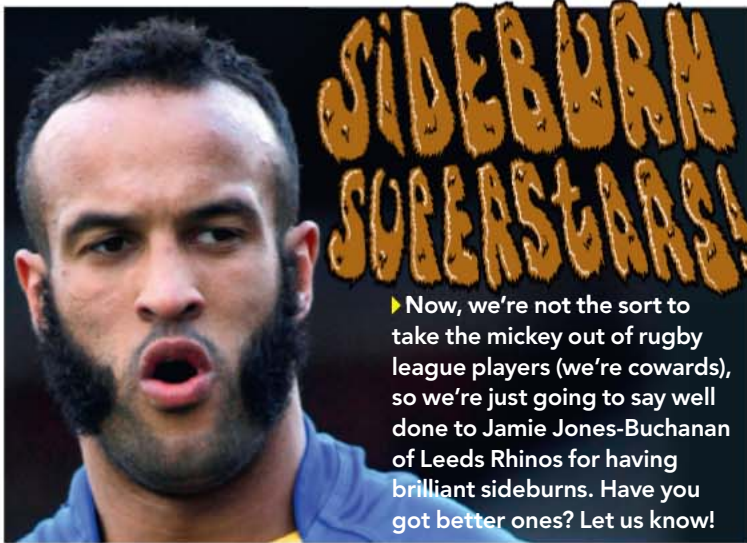
Middlesbrough gaffer Gordon Strachan enjoys a colourful night out.



NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport!

Send pics, chants etc to tim_bradley@ipcmedia.com



► Now, we're not the sort to take the mickey out of rugby league players (we're cowards), so we're just going to say well done to Jamie Jones-Buchanan of Leeds Rhinos for having brilliant sideburns. Have you got better ones? Let us know!

FOOTBALL FITTIES!

Danielle Mason

Spurs winger Aaron Lennon picked up another knock last week, but at least he'll be consoled by the lovely Danielle Mason, who'd cheer anyone



up. She'd just have to take her clothes off. Oh, she has!



CHANT OF THE WEEK

"Did you sh*g the ref as well?"
Wolves fans gently tease Chelsea skipper John Terry



SPORT

ALIKES!



Ray Wilkins



Uncle Fester

Send your sporting lookalikes to tim_bradley@ipcmedia.com

Nuts PROMOTION

Subscribe to Nuts!

3 MONTHS FOR £14.99

And get Kam KHP1500 Pro headphones free!
Plus save 30% on your favourite magazine!

FREE HEADPHONES WORTH £45!

Subscribe to Britain's biggest-selling men's weekly and not only will you get your usual treat of girls, gadgets, cars, sport and jokes, you can also get a pair of Kam KHP1500 Pro headphones – free!* These ace headphones are fast becoming the choice of DJs and everyday music lovers alike, offering comfort and clarity. Visit www.kam.co.uk for more info.

Kam are proud sponsors of the WMC VJ Challenge in Miami



Subscribe now! Go online www.nuts.co.uk/kam10
Or call 0845 123 1231 and quote 10T

*Gifts are limited to the first 50 subscribers, so waste no time! Offer available only to new UK subscribers. Pay just £14.99 every three months by Direct Debit, or a one-off payment by credit/debit card of £59.96 for the year, saving 30 per cent on the full yearly price of £86.70. For full terms & conditions, call 0845 123 1231. All trademarks and logos are property of their respective owners. Offer ends 31 March 2010.

ALL NEW STORIES!

Striker

By PETE NASH and SIMON RAVENHILL

striker3d.net

NEW TO Nuts!

OH...HELLO, BERFA. IS IT TIME TO GO?

DONT YOU DARE HELLO ME! GET OUT OF THAT CLIPBOARD RIGHT NOW!!

ZE BIG OAF MAY BE A MULTI-MILLIONAIRE BUT ALL ZE MONEY IN ZE WORLD WILL NOT GET HIM OUT OF ZIS ONE

WHAT OTHER SECRETS ABOUT THIS CLUB HAVE BEEN KEPT FROM ME?

WITH ALL RESPECT, SHEIKH, THE CLOSURE OF THE TRANSFER WINDOW AND OUR 15-POINT DEDUCTION WAS NO MORE A SECRET THAN THE FACT THAT WE HAVEN'T GOT A STADIUM TO PLAY IN

NO STADIUM? WHAT DO YOU MEAN? WE SHALL CONTINUE PLAYING AT GASWORKS ROAD UNTIL I'VE BUILT OUR NEW HOME

WARBURY COUNCIL OWN GASWORKS ROAD NOW. SURELY YOU KNEW THAT? THEY'RE GOING TO TURN IT INTO A PUBLIC PARK

WHY DIDN'T SCRAPPER TELL ME THIS? THE MISERABLE CUR HAS SWINDLED ME! I WILL KILL HIM

I THINK HIS WIFE'S GOING TO BEAT YOU TO IT

I CAN'T REACH YOUR THICK HEAD FROM HERE - BEND DOWN FOR ME!

CONSIDER US DIVORCED!

CALL ME AN INCURABLE OPTIMIST BUT I FEEL AN OPPORTUNITY COMING ON

CONTINUED NEXT WEEK

Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!



BEDROOM BABE!

Melodie 26, London, wine merchant
"A chat-up line that made me chuckle was, 'Are you wearing space-pants? Your bum's out of this world!'"

Want to be a Nuts model? Only work with official Nuts staff. If you're approached by a photographer, call us on 020 3148 6927 to confirm they're genuine.



**"The wildest place I've ever
been naked was on a beach-
and it wasn't a nudist one!"**



**TURN TO VOTE FOR OUR
NEXT BEDROOM BABE!**



Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!



Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to gamble 20p a turn, you could win a progressive jackpot – in fact, one recent winner walked off with £1.4m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot. You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!

The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

DEAL OR NO DEAL BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the *Deal Or No Deal* TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

He won big!

Chris B won £456,168 on Deal or No Deal! **

"It's brilliant! I might move somewhere hot and buy a house. It hasn't sunk in yet!"



**WINNER IMAGE POSED BY MODEL

GET UP TO **£100 FREE PLAY*** ON DEAL OR NO DEAL! SIGN UP TODAY AND ENTER PROMO CODE **NUTSA9**

WWW.NUTSGAMES.CO.UK

TV GAMES INSTANT WIN SCRATCH CARDS BINGO CASINO GAMES

*£10-£100 FREE PLAY FOR NEW PLAY FOR CASH MEMBERS. MINIMUM £10 DEPOSIT REQUIRED - EG DEPOSIT £30 AND WE'LL GIVE YOU £30 FREE PLAY. SUBJECT TO TERMS AND CONDITIONS OF THE OPERATOR, AVAILABLE AT WWW.NUTSGAMES.CO.UK. FOR 24-HOUR HELP AND SUPPORT, FREEPHONE 0800 458 0770. OVER-18S ONLY. PLEASE PLAY RESPONSIBLY. WWW.GAMBLEAWARE.CO.UK CLOSING DATE: 18 MARCH 2010

gambleaware.co.uk

jackpotjoy.com

BEDROOM BABES!

Vote for your favourite - and she'll star in *Nuts*!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

**ONLY IN
Nuts!**



Christine

19, London, promotions girl
"The craziest place I've ever done rude things with a man was on a yacht while sailing!"

Suzy

18, Kent, waitress
"My favourite aftershave for a fella to wear is Hugo Boss - it works on me every time!"



Samantha

22, Essex, beauty student
"I'm really fun, up for anything, I live life to the full and I love taking my clothes off!"

Keeley

22, Oxford, sales assistant
"How would I give a man a night to remember? Let's just say it would involve a hotel room and lots of toys!"



Vote now to see more of your favourite girl!

The winner gets her own **Bedroom Babes** shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

PAGE 66-67: PHOTOS: JULIA UNDERWOOD STYLING: GEORGIA LACEY HAIR & MAKE-UP: SAM CAREW

loaded out now!



Mi-ow!

WE GET
PUSSYCAT
DOLL TO
STRIP!

PLUS!

THE HOTTEST GIRLS FROM ITV'S
TAKE ME OUT
TAKE 'EM OFF!

HORNY TWINS!



THE RED HEAD



THE BUSTY ONE



THE TINY ONE



10 RUDE QUESTIONS!

And a Real Girl to answer them...

THIS WEEK: Ashley

19, Essex

1 Where's the strangest place you've had sex?
"The bonnet of a car in a pub car park. I can't tell you exactly where it was because everyone in my town will know! I'd definitely do it again though."

2 What's your trademark move in the bedroom?
"Definitely going on top. I like the control. Blokes always like my bum though, so I think from behind is quite popular."

3 What really turns you on?
"I really like to have my hair pulled in the bedroom. I like a bad boy, so a bit rough and ready and some hair-pulling is nice."

4 Do you like to be dominated in the bedroom or do you prefer to be in control?
"I definitely like being in control. That said, I don't mind being tied up from time to time!"

5 Apart from your mouth, where's your favourite place to be kissed?
"On the inside of the thighs. It gets me tingling every time and hopefully, the kissing will continue further up – if it doesn't, it's just mean!"

6 What one rude thing do you think every girl should try at least once?
"Anal! I quite like it now. I think a lot of girls are worried it will hurt, but I know some who prefer it."

7 Ever got it on with another girl?
"I've kissed two girls in the last month! I'd still consider myself straight, but I do find girls really sexy and they're ideal for a bit of playtime."

8 What's your role-playing costume of choice?
"I love a bit of doctors and nurses. A nice tight PVC nurse's outfit is my favourite, with a big zipper you can pull down!"

9 Have you ever made a sex tape?
"I have! Well, it wasn't really a proper tape, it was on my fella's mobile phone. What was on it? A bit of everything – I can't go into too much detail!"

10 If you could ask a man to perform any sex act for you, what would you want him to do?
"I'd want him to be nice and romantic with me, and be loving. I'm quite naughty but I love a bit of romance!"

**ONLY IN
Nuts!**

REAL GIRLS, REAL PLACES!

THIS WEEK:

Name: Aimee
Age: 22
Boobs: 28E. "I love 'em!"
Likes: "Someone who can protect me!"
Have you ever kissed a girl? "Yes, lots!"
Strangest place you've had sex? "In a nightclub when I was in Cyprus."
Sex tip: "Tease me!"

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 74. You must be at least 18 years old.



Aimee's buxom tour of Broxbourne!

Hi from Herts!

HELLO!

Aimee on... her home!

"We're in Broxbourne in my flat. I live alone with my dog. I feel very grown up but if my dog wasn't here, I'd be lonely!"



Aimee on... her bed!

"I love my bed! I talk in my sleep and I like quite a lot of space, but I do like a cuddle if there's someone in my bed."



Aimee on... getting ready!

"Once I'm in the bath, I don't like getting out of it. My make-up and hair take a while. I like to look my best when I go out."



Aimee on... her neighbours!

"Sometimes I forget these blinds are open and I'll jump out of the bath naked to play with the dog, so everyone can probably see in. I'm sure they know who I am around here!"

Aimee on... her clothes!

"I spend quite a lot on clothes. My wardrobe's pretty big but it's very full. I've got an impressive amount of clothing, although all I really need is my little black dress. It's hot!"

Aimee on... her boobs!

"My boobs are 28E. I love them and they get me a lot of attention. You can't actually get a 28E bra, so I have to buy 30DD to fit them into instead!"

"I've flashed my boobs at a taxi rank!"

Aimee on... chilling out!

"Chilling on the sofa watching TV and eating food with a nice cup of tea is the best thing ever! I'll happily munch through an entire pack of chocolate fingers watching *EastEnders*."

Aimee on... her pole!

"I love my pole! It makes me feel sexy and keeps me toned. I can go upside-down, let go and hold on with my legs!"

Aimee on... chocolate!

"I'm addicted to chocolate! I can't last a day without eating at least two chocolately things. I have a very sweet tooth!"

Aimee on... flashing!

"I've flashed my boobs at a taxi rank. The taxi drivers were waiting for the club to close, so I thought I'd give them a treat!"

28E BOOBS!

PHOTOS: ELLIS O'BREN



Nuts MOBILE

Ten sexy pics & vids for only £4.50 a month!

Join the *Nuts* girls club for £4.50 a month



TEXT NUTS322 TO 88888



TEXT NUTS323 TO 88888



TEXT NUTS324 TO 88888



TEXT NUTS325 TO 88888



TEXT NUTS326 TO 88888

PICS AND VIDEOS FROM ONLY 45P EACH!*

- 1 Choose your download and text the **KEYWORD** to 88888
- 2 Download the first of your ten products
- 3 Click the link to *Nuts* girls mobile portal for more products

*This is a subscription service that will cost you £4.50 per month until you send STOP to 88888. You can get ten *Nuts* girls videos or wallpapers each month. A link will be sent to the *Nuts* girls mobile portal with your initial order. 16+ only. Bill payer's permission and compatible handset required. Standard network and data charges apply. 0870 850 8160 (national rate). For full terms and conditions, see www.nuts.co.uk/fmdterms

PPA CONSUMER MEDIA BRAND OF THE YEAR 2009

Nuts

4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU **Tel:** 020 3148 5000 **Fax:** 020 3148 8107

Email us at: nutsmagazine@ipcmedia.com **Website:** www.nuts.co.uk

Editor Dominic Smith

Deputy Editor Nick Soldinger 020 3148 6941 **PA/Office Manager** 020 3148 6948

Editor-At-Large Pete Cashmore 020 3148 6940 **Associate Editor - Entertainment** Sam Riley 020 3148 6921 **Associate Editor - News** Rory Buckeridge 020 3148 6917

Associate Editor - Features Mark Spence 020 3148 6952 **TV Editor** Danielle Graph 020 3148 6944 **Deputy News Editor** Adam Ralph 020 3148 6950

Art Director Simon Freeborough 020 3148 6934 **Associate Art Editor** Barney Hammond 020 3148 6933 **Deputy Art Editor** Iain Fryer 020 3148 6935

Senior Designer James Jarman 020 3148 6931 **Designer** Nitish Mandalia 020 3148 6930 **Fashion Editor** Steven Buchan 020 3148 6798

Picture Editor John Gooch 020 3148 6937 **Deputy Picture Editor** Daffydd Bynon 020 3148 6928 **Financial Administrator** Dan Brightmore 020 3148 6947

Senior Picture Researcher Andy Seal 020 3148 6927 **Picture Researcher** Colin Williams 020 3148 6938 **Executive Producer - Video** Phil Wallis 020 3148 6850

Online Editor Keith Walker 020 3148 6855 **Deputy Online Editor** Craig Bloomfield 020 3148 6800 **Online Picture Editor** Adrian Callaghan 020 3148 6851

Production Editor Marc Gadian 020 3148 6915 **Chief Sub Editor** David Kenning 020 3148 6916 **Sub Editor** Paul Dimery 020 3148 6922

Sub Editor Mark Coughlan 020 3148 6923 **Sub Editor - TV Listings** Mike Hall 020 3148 6946

Thanks to: Tim Bradley (Acting Sports Editor); Rich Jenkins, Rich Pelley, Nick Trott, Graham Wray, Steve Cochrane, Frank Tennyson, George Wales, Jimi Famurewa (words); Ellis O'Brien (photography); Jon Buckley (marketing); Tony Bullman (repro); Laurie Fitzgerald (work experience)

For work experience enquiries, please contact dan_brightmore@ipcmedia.com

ADVERTISING & PRODUCTION

Group Advertising Director Andy Goldsmith 020 3148 6700 **Head Of Agency Sales** Rob Freeman 020 3148 6708 **Commercial Dev Manager** Neil McSteen 020 3148 6707

Group Advertising Director's PA Tribha Shukla 020 3148 6733 **Advertising Manager** Chris Dicker 020 3148 6709 **Regional Business Development Manager** Oliver Scull 0161 872 2152

Digital Business Director Andrew Sanders 020 3148 6716 **Head Of Insight** Lynne Springett 020 3148 7634 **Insight Manager** Verity Amos 020 3148 6732

Agency Sales Team Jade Bousfield 020 3148 6706, Victoria Bell 020 3148 6703, Fran Glover 020 3148 6704

Sponsorship & Brand Solutions Director Peter Edwards 020 3148 6723 **Sponsorship & Brand Solutions Managers** Jonathan Boakes, Chris Dehaney, Rob Hunt 020 3148 6722/6724/6721 **Advertisement Production** Laurie King 020 3148 6729

Sponsorship & Brand Solutions Group Head Anna Vercoe 020 3148 6725 **Sponsorship & Brand Solutions Project Manager** Shanna Barker 020 3148 6726 **Classified Ad Sales Director** Sharon Kirby 020 3148 2601

Inserts - IPC Innovator John Firth 020 3148 3704

Group Production Manager Becky Goode 020 3148 5429

MARKETING

Head of PR Nicola Woods 020 3148 6779 **Syndication Manager** Desney Ryan 020 3148 5478 **Marketing Manager** Mei-Ling Rider 020 3148 6777

PUBLISHING

Chief Executive Evelyn Webster

Managing Director Paul Williams **Publishing Director** Jo Smalley **Publisher** Clair Porteous

© 2010 IPC Media Ltd No part of this magazine may be reproduced, stored in a retrieval system or transmitted in any form without prior permissions. Nuts may not be sold at more than the recommended retail price shown on the cover. ISSN 1742 8858

IPC INSPIRE

A Time Warner company. Repro by Wyndeham Prepress. Printed by Polestar. Distributed by Marketforce.

SUBSCRIPTION RATES One year (51 issues) including P&P: PRIORITY (Air Mail) UK £86.70; Europe €145; USA \$243; Rest of World £148. Subscription enquiries +44 (0)845 676 7778 (Mon-Fri 8am-9pm UK time), Fax +44 (0)1444 445599, ipcsubs@quadrantsubs.com or NUTS subscriptions, PO Box 272, Haywards Heath, West Sussex, RH16 3FS, England



Terms and conditions 1. Competitions are open to UK/Channel Island residents, except employees of IPC Media Ltd and their families or any companies or third parties connected with the competition. 2. There is no cash alternative to the prize. 3. No responsibility will be accepted for any postal or phone network problems experienced. 4. Winners will be notified by post/phone after the closing date. 5. The editor's decision is final. 6. Entry implies acceptance of these rules. 7. While every effort will be made to supply the prize as specified, prizes provided by third parties cannot be guaranteed. 8. No purchase is necessary. 9. Entrants agree to take part in future publicity. 10. Standard network charges apply. **Mobile terms:** Standard network charges apply. Your handset must be web-enabled. You'll receive a link to the *Nuts* Real Girls mobile site. You may incur WAP and data charges from your network operator depending on your operator and contract type. For full terms and conditions, visit www.nutsrealgirls.com/about/terms.html. Customer Care 0117 307 9521. This is not a subscription service.

BACK ISSUES For all *Nuts* back issues, call John Denton Services on 01733 385170, fax 01733 239356

LADIES CONFESS!

100%
REAL
STORIES!

TO OUR SECRETARY!



IT'S LOU!



CONFESSION OF THE WEEK!

'My first dogging experience'

One Sunday, my fella and I went for a drive in the countryside. After a while, we parked up in a layby and he suggested we have a bit of fun. I began to pleasure him and as my head bobbed up and down, he spotted a bloke walking down the lane and beckoned him over. As I came up for air after taking a load from my man's stiffy, I looked up to see this stranger smiling at me. He ran off and I gave my man a playful slap, pretending to be annoyed – but secretly I loved my first dogging experience!

Sara, Watford

'He pressed my boobs together'

I was on a holiday last month with my mum and dad because I'd just split up with my boyfriend so they thought it would be the best thing for me to do. There was a really hunky fella working at the hotel

who I kept seeing around the place, either cleaning the pool or serving behind the bar. Late one night, I bumped into him on the small path leading down to the pool. I'd had a couple of drinks, so I plucked up the courage to say hello to him. He gave me a cheeky smile and we got chatting. It was

pretty dark and nobody seemed to be about and after a bit of flirting, we were soon kissing up against the nearby wall. Then he took my bikini top off and pressed my boobs together, smiling at the huge cleavage before him. I felt really horny and made a point of putting my hand down my tight bikini bottoms and started to play with myself for him. The look on his face was priceless, so I gave him a sexy wink and told him my room number. An hour later, after I'd said goodnight to my parents, he was in my room having hot, dirty sex with me! It was wild and amazing, and I wouldn't think twice about doing it again!

Amanda, Rochdale

'I let him take me in the toilet'

There's a pub in a posh part of London that I've often walked past and wanted to go in because I've seen lots of smart guys in there. I guess I was hoping to find a new man – or maybe even pick up a footballer or celebrity! So one night, I dragged a few friends along. We shared a table with four guys who run a hedge fund company. They were a bit older than us, but they bought us lots of drinks and we ended up sharing a table for dinner. We moved on to a local nightclub, where there were loads of VIP members and we managed to get a great table by the dancefloor. One of the guys hadn't left my side all night, he made it clear he wanted me as a plaything. After lots of flirting,

we tiptoed into the disabled toilet and I let him have me, pulling my skirt up and revealing my hold-ups. It was a memorable night!

Jenny, North London

'He pulled me on top of him'

For Valentine's Day this year, my man took me to a fantastic posh hotel in the Lake District. It had a beautiful spa and I enjoyed being pampered with a luxury massage and a facial. It had a huge Jacuzzi and steam room, and I couldn't wait to get into my skimpy bikini. It showed off my killer curves and my man's face lit up instantly. The heat from the water and all the bubbles made us feel warm and really relaxed, and I soon began rubbing the inside of his thigh to get him excited. I could feel that it was beginning to work, and he soon pulled me on top of him, pulled my bottoms to one side and thrust inside me. We looked like we were having a playful cuddle because nobody could see what was going on under the water, and I rode him all the way to a mind-blowing orgasm. Some people say roses and chocolates are the best Valentine's Day gifts, but I certainly don't think so!

Nicky, South London

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on p74. The best one each week* wins £50! Come on, girls!

Nuts FASHION

Yee-ha! This week we've gone all Yankee-doodle!

WORDS: STEVEN BUCHAN
PHOTOS: ALAN MCFADEN



£55

1 Lee tee

Wear this with scruffy jeans and a jacket. www.urbanoutfitters.co.uk

2 Hugo Boss shirt

Looks great with the sleeves rolled up. www.nuts.co.uk/fashion (prod no 16613)



£79
£67

15% OFF Go to nuts.co.uk/fashion, enter BOSS as the "offer code" at checkout and get 15 per cent off!



£35

3 Levi's tee

This vintage-style tee will look ace with the Topman jacket! www.levi.com



£40

4 Converse hi-tops

Look neat while flying the American flag on your feet. www.schuh.co.uk

5 Edwin jeans

Perfect worn with a turn-up and the Converse hi-tops. www.selfridges.com



£115

NEW TO Nuts! **TOP 5... KNITTED POLOS!**



£45

6 Topman jacket

Replica vintage-style jacket, in jersey form! www.topman.com



£48

7 Original Penguin polo

This brand is fast becoming a Nuts fave! nuts.co.uk/fashion (prod no 16548)

Buy this polo at nuts.co.uk/fashion



£22

9 Giles New Look shirt

Designer style at a high-street price – what's not to like? www.newlook.co.uk



£18

8 M:UK sunglasses

These top-drawer shades are straight out of *Top Gun*! www.asos.com



£140

10 WESC jacket

This denim number will look ace over chinos. 020 7287 9548

1 People's Market ^{£65}

Stand out from the crowd in this top-notch polka-dot number. You'd be dotty not to! www.peoples-market.com



Polka dot!

2 Original Penguin ^{£55}

This throwback to gangster films such as *Goodfellas* and *Casino* would look great worn with a pair of black denims. 020 7836 6878



Gangster chic!

3 Luke 1977 ^{£45}

Who said lilac is for girls? This will look the part on those cool summer evenings, worn with some black denims. luke1977.com



Lilac winner!

4 Nanny State ^{£45}

This one is somewhat understated but stylish, and would look the business matched with a tidy pair of dark jeans. drshoes.co.uk



Understated!

5 People's Market ^{£75}

This bright and breezy top will be perfect for those warmer days – especially if you like a few rounds on the golf course. www.peoples-market.com



Golf style!

SAVE LOADS ON CLOTHES AT NUTS.CO.UK/FASHION

Nuts REVIEWS

GAMES!

The *Battlefield: Bad Company 2* demo has been downloaded over 3.5 million times



BATTLEFIELD: BAD COMPANY 2

PC, PS3, XBOX 360



The squad-based campaign – think *Modern Warfare* with added gags, basically – is solid and impressive throughout, but

it's the multiplayer option – utter pandemonium with 24 players – that'll keep you coming back for more. From fighting in trenches through to aerial dogfights, this is (whisper it) possibly better than *Modern Warfare 2*!

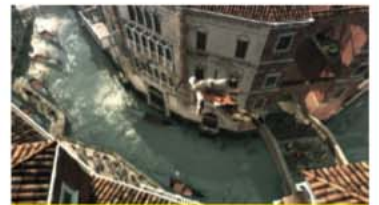


PLANTS VS ZOMBIES

IPHONE, IPOD TOUCH



Ace tower-defence game where you plant flora to stem an ever-advancing zombie tide. Will chomp up literally days of your life.



ASSASSIN'S CREED 2

PS3, XBOX 360



Downloadable content takes you back to Italy for nine more assassinations and three more Templars' lairs. Hardly sparkling but if you liked the first game, this is a time passer.

DVDS/BLU-RAY!



Ashley Cole and Rio Ferdinand are executive producers on *Dead Man Running*!

DEAD MAN RUNNING

DVD & BLU-RAY CERT 15



Strike a light! Danny Dyer teams up with his old china Tamer Hassan again for this corking British crime caper. When underworld boss 50

Cent flies to Blighty and demands £100k in 24 hours, the Cockneys jump into some "pwopah naughty" action. It's hardly the most original movie but the slick mix of gunfights, gangsters and girls will keep you glued.

CSI – SEASON 9

DVD & BLU-RAY CERT 15



Laurence Fishburne (Morpheus from *The Matrix*) takes over as boss of the Vegas branch in the crime show's ninth series.

FANTASTIC MR FOX

DVD & BLU-RAY CERT PG



Animation of the Roald Dahl classic about a crafty fox and his band of bushy-tailed bandits battling evil farmers.

TRIANGLE

DVD & BLU-RAY CERT 15



Aussie saucy pot Melissa George stars in this British fright-fest about a group of shipwreck survivors on a spooky boat.

MUSIC!



TURIN BRAKES

OUTBURSTS



They may not have had the success of Starsailor or the critical acclaim of Elbow, but you'll still find plenty to love in this duo's soulful acoustic pop. Ace.

MARK "RUFF" RYDER

ANTHEMS



The first in a series of seven(!) in which the DJ takes us on a journey through the history of rave, house, drum 'n' bass and pretty much everything out there.

Watch, play and listen to this stuff!

Ratings:

Genius

Very good

Investigate

Alright

Rubbish

MOVIES!



Bridges is set to star in the 3D sci-fi sequel *Tron Legacy*, which will be in cinemas this Christmas

CRAZY HEART

CERT 12A

Jeff Bridges is a dead cert for an Oscar as grizzled country and western has-been Bad Blake. This cool movie follows the alcoholic

warbler on a road trip, as Bridges stars alongside Colin Farrell and Maggie Gyllenhaal. This is set to be this year's *Wrestler*.



LEGION

CERT 15

Great trailer, shame about the film. This wannabe epic has an angel with a gun trying to save mankind when God has a strop.



EXIT THROUGH THE GIFTSHOP

CERT 15

Go behind the scenes in this chucklesome street-art docu set in LA and featuring arty graffiti legend Banksy.

mousebreaker

Love Online Games?
Now play them
for cash!

£150,000
won every day!

play today!



Play card games for cash!

♦ Solitaire
♣ Black Jack
♥ Poker

♠ 12 card games to choose from!

Play pool games for cash!

8 Ball
9 Ball
Billiards
Plus loads more pool games!

www.mousebreaker.com/cash

mousebreaker
CASH GAMES
gambleaware Over 18s Only

Nuts TV

Seven days of brilliant telly for blokes!



6am

BBC ONE

6.00am Breakfast 9.15 Animal 24:7
10.00 Homes Under the Hammer (R)
11.00 To Buy or Not to Buy 11.45 Cash
in the Attic (R) 12.15pm Bargain Hunt
1.00 BBC News, Weather 1.30 Regional
News, Weather 1.45 Doctors 2.15
Murder, She Wrote (R) 3.00 BBC News,
Weather, Regional News 3.05 CBeebies
3.25 CBBC 5.15 Weakest Link: *Shouty
quiz*. (R) 6.00 BBC News, Weather 6.30
Regional News Programmes, Weather

BBC TWO

6.00am CBeebies 7.00 CBBC 8.30
CBeebies 11.00 Schools 12.00noon
Daily Politics 12.30pm Working Lunch
1.00 Nature's Top 40 (R) 1.30 Castle in
the Country (R) 2.00 Living in the Sun (R)
3.00 Diagnosis Murder (R) 3.45 Flog It!
4.30 Cash in the Celebrity Attic 5.15
Escape to the Country 6.00 Eggheads
6.30 Priceless Antiques Roadshow

itv 1

5.30am ITV News 6.00 GMTV 9.25 The
Jeremy Kyle Show 10.30 This Morning
12.30pm Loose Women 1.30 ITV News
1.55 Regional News, Weather 2.00
House Guest in the Sun 3.00 Dickinson's
Real Deal (R) 4.00 Midsomer Murders (R)
5.00 The Alan Titchmarsh Show 6.00
Regional News, Weather 6.30 ITV News

7pm

7.00 **The One Show**
More nattering and chattering – not that
we're sure there's a difference.

7.30 **MasterChef**
Big-hatted pan-pushing antics.

8.00 **EastEnders**
Would you Adam and Eve it, our old
China? There's nothing good on the telly!

8.30 **QI**
With short-necked baldy Clive Anderson.

9.00 **Five Days**
Laurie solves the mystery. You won't be
surprised to learn it's the last episode.

10.00 **BBC News, Weather**

10.35 **Friday Night
with Jonathan Ross**
With *True Blood's* Stephen Moyer.

11.35 **The National Lottery
EuroMillions Draw**
With the coolly-named OJ Borg.

11.45 **The Hot Chick**
FILM Comedy starring Rob
Schneider and Anna Faris.

1.25am Sign Zone: MasterChef (R) 1.50
Seven Ages of Britain (R) 2.50 Lark Rise
to Candleford (R) 3.50 Being Alan
Bennett (R) 4.50-6.00am BBC News

7.00 **Coast**
Nicholas Crane embarks on a journey
around the entire coastline of the United
Kingdom in a pedalo. Maybe. (R)

8.00 **Mastermind**
Geek alert! There's a *Star Trek: Voyager*
fanatic on tonight's edition.

8.30 **Gardeners' World**
NEW Plants pants with Toby
Buckland and Carol Klein.

9.00 **Mastercrafts**
How to make stained glass. Handy for all
those of you in the middle of building
a church at the moment.

10.00 **The Bubble**
MUST-SEE Clive Anderson's
on this, too.

10.30 **Newsnight**

11.00 **The Review Show**

11.50 **Heroes**
Noah and Tracy try to help a teenager. (R)

12.30am **Heroes**
Hiro travels three years into the past. (R)

1.15 **FILM** *Gladiator: Brit comedy
adventure starring Fiona Allen and Doon
Mackichan.* 2.40-3.50am BBC News

7.00 **Emmerdale**
Sheep-bleating blather.

7.30 **Coronation Street**
Norris refuses to celebrate turning 70.
Good job – he won't have time, what with
all the candles to blow out.

8.00 **Dancing on Ice Friday**
More murder on the ice rink. Something
like that, anyway.

8.30 **Coronation Street**

9.00 **Michael Winner's
Dining Stars**
The restaurant critic rates dinner parties in
Essex and Perth & Kinross.

10.00 **ITV News, Weather**

10.35 **Death Wish II**
FILM Charles Bronson as a nutty
vigilante who is drawn back
into a bloody vendetta against muggers
after his daughter is killed.

12.20am **Nightwatch
with Steve Scott: Crime**
Cop doc. (R)

1.15 **FILM** *The Amityville Horror: Horror
starring Ryan Reynolds and Melissa
George.* 2.45-5.30am ITV Nightscreen

REGIONAL
VARIATIONS

BBC1 NORTHERN IRELAND: 10.35pm Great Unanswered
Questions 11.05 The National Lottery EuroMillions Draw 11.15
Friday Night with Jonathan Ross 12.15am Off the Beaten Track
12.25 Sign Zone: Panorama 12.55 See Hear **BBC2 WALES:**
7.00pm **LIVE** Scrum V: Scarlets vs Ulster, kick-off 7.05. 9.00
SsSport Wales 9.30 Mastercrafts **STV:** 8.00pm Internet My
Life: Tonight 9.00 Amanda Holden's Fantasy Lives 10.35 **SPORT**
STV Sports Centre 11.05 Nightwatch with Steve Scott: Crime
12.05am Roulette Nation 1.15 **FILM** All That Heaven Allows:
Romantic melodrama starring Jane Wyman. **ULSTER:**

1am

TV PICK OF THE WEEK!

THURSDAY!

We love Georgie!

A League Of Their Own, Sky1, Thursday, 9pm
Sky Sports stunner Georgie Thompson joins
presenter James Corden on the sports quiz.

TODAY'S SPORT

sky SPORTS 1

6.00am **LIVE** Cricket: *The final one-dayer
between Bangladesh and England.*
11.00 Premier League World
11.30 The Rugby Club (HD)
12.30pm Premier League World
1.00 Golf: *Action from the second day of
the Malaysian Open in Kuala Lumpur.*
4.00 Cricket: *The final one-dayer between
Bangladesh and England.*
6.00 Football League Weekend
7.00 Premier League Preview
7.30 **LIVE** Rugby League: *Bradford Bulls
vs Wigan Warriors, kick-off 8pm.* (HD)
10.00 **LIVE** Boxing: *Gary Sykes vs Ricky
Burns from Huddersfield.* (HD)
12.00m't Cricket: *It's that's match
between Bangladesh and England again.*
2.00am Boxing: *And now it's Gary Sykes
vs Ricky Burns again!* (HD)
4.00-6.00am **LIVE** Golf: *It's the third day
of the Malaysian Open in Kuala Lumpur.*

sky SPORTS 2

6.00am Aerobics
6.30 Snow Ride
7.00 **LIVE** Golf: *Day two of the Malaysian
Open from Kuala Lumpur.*
10.00 Premier League World
10.30 Darts (HD)
2.00pm The Rugby Club (HD)
3.00 WWE: Raw (HD)
5.00 NFL: Total Access
6.00 Snow Ride
6.30 Golf
8.00 **LIVE** Golf: *The second round of the
Honda Classic in Florida.* (HD)
11.00 Golf
12.00m't Golf
1.30am Football League Weekend
2.30 Premier League Preview
3.00 Snow Ride
3.30 World Sport 4.00 Football League
Weekend 5.00 Premier League Preview
5.30-6.00am World Sport

ON DIGITAL, SATELITE

FILM4 (315)

6.50pm *Timeline: Fantasy adventure
starring Gerard Butler.* 9.00 10 Things I
Hate About You: *Romantic teen comedy.*
10.55 Kiss of the Dragon: *Action thriller
starring Jet Li and Bridget Fonda.*
12.45am *Raising Arizona: Offbeat
crime comedy starring Nicolas Cage.*
2.35-2.45am The Lovely Bones Special

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs
9.00 South Park 11.00 Grouchy Young
Men 11.30 Lee Evans: Up Close: *Stand-
up laughs.* 12.50am The Office: An

ESPN 7.00pm ESPN Kicks
7.15 Goal! 7.45
LIVE French Rugby
9.30 Italian Football 10.00 UFC Unleashed
11.00 Poker 12.00m't **LIVE** Basketball
2.30am ESPN Kicks 2.45 Goal! 3.15 Total
Italian Football 3.45-5.45am Supercross



6.05am Sali Mali (R) **6.10** The Hoobs (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.20** Frasier (R) **8.50** Will & Grace (R) **9.20** According to Jim **9.45** Deal or No Deal (R) **10.35** Coach Trip (R) **11.05** Wife Swap USA **12.00noon** Channel 4 News Summary **12.05pm** **FILM** Ice Station Zebra: *Cold War action thriller starring Rock Hudson and Ernest Borgnine.* **2.55** Glamour Puds **3.25** Countdown **4.10** Deal or No Deal **5.00** Coach Trip **5.30** Jamie at Home (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.30 Sticks and Stones

The lives of disabled people in Britain.

8.00 A Place in the Sun: Home or Away

A really rich couple go looking for places in Herefordshire and Portugal.

9.00 Embarrassing Bodies

Dr Pixie treats a 26-year-old man suffering from abscesses in an intimate area of his body. Enjoy your supper.

10.00 Chris Moyles' Quiz Night

MUST-SEE Three celebs answer questions posed by famous people. Moylesy hosts.

12.40am 4Music: Mercury Prize Sessions

A performance by Wild Beasts.

12.55 4Play: Broken Bells

A gig by the American band.

1.10 4Play: First Aid Kit **1.25** **FILM** Boat Trip **2.55** Hallo Panda (R) **3.25** The Dead Zone **4.10** The War at Home **4.30** St Elsewhere **5.20-6.10am** Countdown

10.30pm **SPORT** UTV Live, Weather **10.40** Piers Morgan On **11.40** Brain Box **1.45am** Nightwatch with Steve Scott: Emergency **5.4C:** As C4 except: **7.00pm** Wedi 7 **7.25** Darllediad Gwleidyddol **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Bro - Pigion Bro **9.00** Jonathan **10.05** Penawdu

Newyddion a'r Tywydd **10.10** Càn i Gymru **11.40** Càn i Gymru **12.10am** Party Political Broadcast **12.15** Chris Moyles' Quiz Night **1.05** **FILM** Predator: *Sci-fi action fantasy starring Arnold Schwarzenegger.* **3.00-4.55am** This Week's 4Music Top 20



6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.15pm** House Doctor (R) **12.40** Five News **12.45** RSPCA: On the Frontline (R) **1.15** Lights, Camera, Animals (R) **1.45** Neighbours **2.15** Home and Away **2.50** Property List: Top Spots (R) **3.05** **FILM** For One Night: *Fact-based drama with Raven Symoné.* **5.00** News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.30 Building the Ultimate

The history of the stadium, from the Roman Colosseum to Wembley. (R)

8.00 Highland Emergency

Whisky supply running low again?

9.00 The Mentalist

Lisbon is accused of murder. Next week: Madrid cops it for armed robbery.

10.00 Law & Order: Criminal Intent

A married couple are found dead in their hotel room. (R)

11.00 Law & Order: Special Victims Unit

A school headmistress sexually assaults a teenage boy. (R)

12.00m't SuperCasino

Live interactive gaming.

4.00am **SPORT** Motorsport Mundial **4.25** Great Scientists (R) **4.55** County Secrets (R) **5.10** Neighbours: *Aussie soap.* (R) **5.35-6.00am** Home and Away (R)



6.00am **SPORT** Good Morning Sports Fans **7.00** The Simpsons (R) **7.30** The Simpsons (R) **8.00** Brainiac: Science Abuse (R)(HD) **9.00** Grimebusters (R) **9.30** Grimebusters (R) **10.00** Lion Man (R) **10.30** Airline (R) **11.00** Don't Forget the Lyrics (R)(HD) **12.00noon** The Biggest Loser: Australia (R) **1.00pm** Bones (R)(HD) **2.00** Angela and Friends (HD) **3.30** Project Runway (R) **4.30** Lion Man (R) **5.00** **SPORT** WWE Superstars: *Grappling action.* (HD) **6.00** Oops TV (R)

7.00 The Simpsons

Homer wakes up to find his family missing - and his memory. (R)

7.30 The Simpsons

The ever-ace Sideshow Bob makes another attempt to kill Bart. (R)

8.00 Michael Jackson's Private Home Movies

Shudder. (R)

8.30 Michael Jackson's Private Home Movies

Again, shudder. (R)

9.00 Lost

More island-based confusion. (HD)

10.00 Pineapple Dance Studios

The competitive world of dancing. (R)(HD)

11.00 Modern Family

Jay and Gloria argue over what Manny should wear to school. (R)(HD)

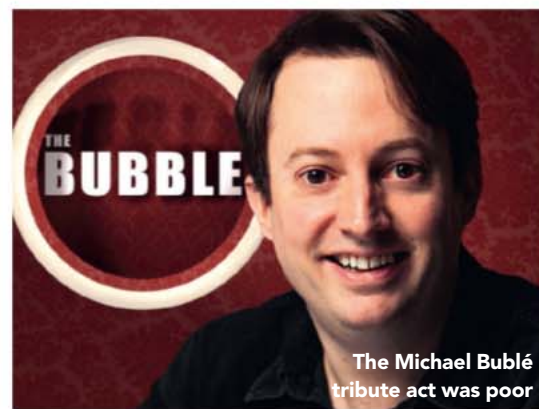
11.30 Modern Family (R)(HD)

12.00m't Road Wars (R)(HD)

On-road nastiness. (R)(HD)

1.00am Road Wars **1.50** Ross Kemp **2.40** Don't Forget the Lyrics US **3.30** Brainiac **4.20** Journeymen **5.10-6.00am** Are You Smarter Than a 10 Year Old?

TODAY'S MUST-SEES



The Michael Bublé tribute act was poor

The Bubble **BBC2, 10pm**

QUIZ Lock up celebrities and take away their mobiles? Sounds like a show for Ashley Cole to go on! Instead, joining host David Mitchell tonight to guess what's been in the news are Sue Perkins, Clive Anderson and Sarah Millican.

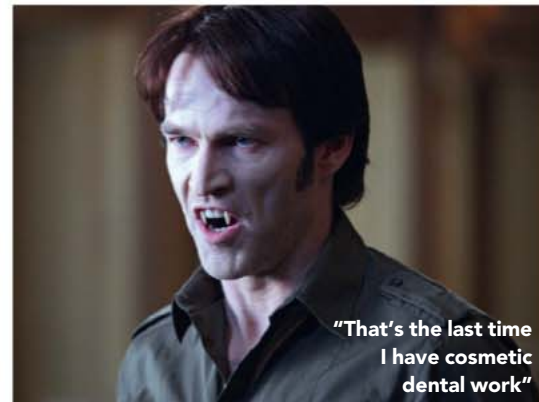


"Oi, chubby! Oh, wait..."

Chris Moyles' Quiz Night

Channel 4, 10pm

QUIZ The portly presenter is joined by, er, portly actor James Corden, plus oddball comedian Vic Reeves and former Spice Girl Mel B for an evening of guaranteed laughs.



"That's the last time I have cosmetic dental work"

True Blood **FX, 10pm**

DRAMA Series two of the vampire drama has picked off where the first left off - with loads of sex, violence and blood-sucking misbehaviour! In this second episode, Maryann casts her spell on Merlotte's patrons.

LITE AND CABLE TV TONIGHT

American Workplace **1.20** Comedy Store **1.50** South Park **2.50** Two and a Half Men **3.50** Jackass **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

BBC3 (115)

7.00pm Top Gear **8.00** World's Toughest Driving Tests **9.00** Being Human **10.00** EastEnders **10.35** Snog, Marry, Avoid? **11.05** Hotter Than My Daughter **11.35** Family Guy **12.20am** Coming of Age **12.50** Two Pints of Lager and a Packet of Crisps **1.50** Summer Heights High **2.45** Being Human **3.45** Coming of Age **4.15** Two Pints of Lager and a Packet of Crisps **5.15-5.30am** Greek Uncovered

E4 (136)

7.00pm Hollyoaks **7.30** How I Met Your Mother **8.00** Friends: *Double-bill.* **9.00** How to Look Good Naked **10.00** Wife Swap **11.10** Alan Carr: Chatty Man **11.55** How I Met Your Mother **12.25am** Scrubs

1.25 How to Look Good Naked **2.25** Wife Swap **3.20** Alan Carr: Chatty Man **4.00** Ugly Betty **4.50-6.00am** Switched

DAVE (111)

7.00pm Fifth Gear **8.00** Top Gear **9.00** Never Mind the Buzzcocks **9.40** QI **10.20** Live at the Apollo **11.20** Argumental **12.00m't** **FILM** The Fast and the Furious: *Thriller starring Vin Diesel, Paul Walker and Michelle Rodriguez.* **2.10-3.00am** Two Pints of Lager and a Packet of Crisps

MTV ONE (350)

7.00pm MTV Live **7.30** On Set with Cheryl Cole: *A look at the production of the hottie's video.* **8.00** Girls Aloud: Live at Wembley **10.00** Official Top 20 Sugababes **12.00m't** MTV Unplugged **1.00am** World Stage **2.00** Girls Aloud: Live at Wembley **4.00** Randy Jackson's America's Best Dance Crew **5.00-6.00am** My Super Sweet 16

VIRGIN 1 (121)

7.00pm Star Trek: Voyager **8.00** Private Practice **9.00** Medium **10.00** Terminator: The Sarah Connor Chronicles **11.00** Deadliest Warrior **12.00m't** Roulette Nation **3.00am** How Clean is Your Crime Scene? **4.00-5.00am** Ninja Warrior

SCI-FI (129)

5.00pm Buffy the Vampire Slayer **8.00** Sanctuary **9.00** **FILM** Beauty and the Beast: *Fantasy adventure.* **10.40** **FILM** Loch Ness Terror: *Monster movie starring Brian Krause.* **12.30am** Legend of the Seeker **1.40** Buffy the Vampire Slayer **3.00** Flash Gordon **4.00-6.00am** **FILM** Terror Peak: Disaster movie.

FX (164)

7.00pm NCIS **10.00** True Blood: *Brill vampire drama. Sookie is forced to babysit Jessica.* **11.10** Life **12.10am** NCIS **2.10** Nip/Tuck **3.10-4.10am** Underbelly

6am

7pm

1am



6.00am Breakfast **10.00** Saturday Kitchen **11.35** Rachel Allen: Home Cooking **12.00noon** BBC News, Regional News, Weather **12.15pm** **SPORT** Football Focus **1.00** **SPORT** Formula 1 2009: Jenson Button's Glorious Season **2.00** Murder, She Wrote (R) **2.45** Cash in the Celebrity Attic (R) **3.30** Bargain Hunt **4.00** A Question of Sport **4.30** **SPORT** Final Score **5.25** BBC News, Regional News, Weather **5.45** Hole in the Wall: Game show. (R) **6.15** Total Wipeout (R)

7.15 **Let's Dance for Sport Relief**
It's point and laugh time as Peter Shilton and Rodney Marsh are among the stars embarrassing themselves for charity!

8.30 **The National Lottery: Who Dares Wins**

9.20 **Casualty**
More accident-happy morons get themselves patched up again.

10.10 **BBC News, Weather**

10.30 **Match of the Day**
SPORT Highlights of today's best Premier League action, featuring Wolves vs Man United and Arsenal vs Burnley.

11.30 **The Football League Show**
SPORT All the goals from today's Championship, League One and League Two matches.

12.45am **Friday Night with Jonathan Ross**
With Lady GaGa and Michael Ball. (R)

1.50 Sign Zone: Antiques Roadshow (R) **3.50-6.00am** BBC News



6.00am CBeebies **7.00** CBBC **12.00noon** BBC Switch: Greek **12.45pm** **NEW** Single, Together, Whatever **1.15** The 5:19 Show **1.35** The Cut (R) **2.00** **FILM** The High and the Mighty: Aerial adventure. **4.20** **FILM** She Wore a Yellow Ribbon: Western with John Wayne. **6.00** Bruce on Vegas (R)

7.00 **Bette Midler: Diva Las Vegas**
Showtunes aplenty from the MGM Grand in Las Vegas. Steer well clear.

8.00 **A Kick in the Head - The Lure of Las Vegas**
Yeah, just why is Vegas so popular? It's only got scorching sunshine, 24-hour gambling and the world's largest strip-club. What's all the fuss about?

9.15 **QI XL**
Phill Jupitus and Rich Hall are among the guests on Stephen Fry's brainy quiz.

10.00 **Heroes**
Sylar increases his hold over Matt.

10.45 **Louis Theroux: Gambling in Las Vegas**
More from Sin City, with specky journo-type Louis Theroux meeting the town's high-rollers and gambling addicts. (R)

11.45 **Honeymoon in Vegas**
FILM Romantic comedy starring Nicolas Cage, and set in... you guessed it - Las Vegas! That's it, we're getting ourselves on the next flight out!

1.15-2.45am **FILM** Trees Lounge: Comedy drama starring Steve Buscemi.



5.30am ITV News **6.00** GMTV **9.25** The Planet's Funniest Animals **9.55** The Crocodile Hunter Diaries (R) **10.25** Lion Country (R) **10.55** Michael Winner's Dining Stars (R) **11.55** News, Weather **12.00noon** **LIVE** FA Cup Football: Portsmouth vs Birmingham, kick-off 12.30pm. **2.30pm** Midsomer Murders (R) **4.30** Regional News, Weather **4.45** ITV News **5.00** **LIVE** FA Cup Football: Fulham vs Spurs, kick-off 5.20pm.

7.30 **Harry Hill's TV Burp**
MUST-SEE The week's telly, as seen by one of the funniest men on the box. Ace!

8.00 **Ant and Dec's Push the Button**
Big-money game show with everyone's favourite Geordies. Ho'way, man!

9.00 **Piers Morgan's Life Stories**
MUST-SEE Piers and Simon Cowell have themselves a good old smug-off.

10.15 **ITV News, Weather**

10.30 **Alexander**
FILM Iffy swords and sandals epic starring Colin Farrell as the ancient warrior king with a decidedly dodgy haircut. Blonde highlights don't exactly look tough, Colin.

1.40am **FILM** Grey Owl: Period adventure. **3.35-5.30am** ITV Nightscreen



6.05am The Treadle People (R) **6.15** The Hoobs (R) **7.05** **SPORT** World Sport **7.30** **SPORT** Road to the 2010 FIFA World Cup **8.00** **SPORT** The Morning Line **8.55** T4: Friends (R) **10.00** Glee (R) **11.00** JLS' Slammin' R'n'B Mixtape: Top 10 **12.00noon** Ultimate Traveller (R) **1.05pm** Smallville **2.00** **LIVE** Channel 4 Racing from Newbury and Doncaster **4.05** Three Hungry Boys **4.35** Come Dine with Me Extra Portions (R) **6.45** News

7.15 **The End of the Line**
FILM Documentary film examining the consequences of global overfishing. As exciting as it sounds.

9.00 **Braveheart**
FILM Now this is how you do a historical epic! Mel Gibson slaps on the warpaint and gets a bit shouty as Scottish hero William Wallace.

12.20am **Alan Carr: Chatty Man**
Ant and Dec talk game shows, while pop-hottie Ellie Goulding brings the tunes. (R)

1.10 **FILM** Breakfast on Pluto **3.15** Mama Lou (R) **3.20** Dead Zone **4.05** Scrapheap Challenge (R) **5.00** Countdown (R) **5.45-5.55am** The Treadle People (R)



6.00am Sunrise **7.00** Milkshake! **10.00** Highland Emergency (R) **11.00** The Gadget Show (R) **12.00noon** Chinese Food in Minutes (R) **12.30pm** Zoo Days (R) **12.50** **FILM** A Man for All Seasons: Historical drama. **3.10** **FILM** The Age of Innocence: Romantic period drama. **5.50** Five News **6.00** **FILM** Anzio: Second World War drama with Robert Mitchum.

8.00 **NCIS**
The team are called to a high school where a pupil has taken a class hostage. He'll be kept behind at 3.30, then. (R)

9.00 **CSI: NY**
Mac and the team uncover the lair of the "compass killer".

10.00 **Law & Order**
A deathbed confession leads to a 10-year-old murder investigation being reopened.

11.00 **CSI: Crime Scene Investigation**
A woman's remains are found dumped in a rubbish bin. Shocking stuff! Haven't they heard of recycling? (R)

12.00m't **SuperCasino**
Don't invest that cash, chuck it away here!

4.05am House Doctor (R) **5.00** Hana's Helpline (R) **5.10** The Milkshake! Show (R) **5.35** Thomas & Friends (R) **5.45-6.00am** Roary the Racing Car (R)

REGIONAL VARIATIONS
BBC2 SCOTLAND: **10.45pm** Burnistoun **11.15** Louis Theroux: Gambling in Las Vegas **12.15am** **FILM** Honeymoon in Vegas **1.45** **FILM** Trees Lounge
BBC2 NORTHERN IRELAND: **9.15pm** The Conference **BBC2 WALES:** **10.00pm** The Bubble
10.30 Heroes **11.15** Louis Theroux: Gambling in Las Vegas **12.15am** James May on the Moon **STV:** **5.15pm** **FILM** Field of Dreams **7.10** Moviejuice Moments **10.30** Traffic **12.05am** Roulette Nation **1.00** Ladette to Lady **1.55** The Jeremy Kyle Show
2.55-5.30am ITV Nightscreen **ULSTER:** **10.30pm** Best Ever Worst Dance Moments **11.30** Brain Box **2.00am** **FILM** Double Bill **S4C:** As C4 except: **6.10pm** **LIVE** Y Clwb Rygbi: Newport-Gwent Dragons vs Munster, kick-off 6.30pm. **8.25** Cyngerdd Rhuban
Glas Y Cardis **9.30** **SPORT** Sgorio Cymru **10.05** Jonathan **11.10** **FILM** Saving Private Ryan **2.15-4.40am** **FILM** The Talented Mr Ripley

TODAY'S SPORT



6.00am **LIVE** Golf: Day three of the Malaysian Open in Kuala Lumpur.
8.00 Champions League Weekly (HD)
8.30 Premier League Preview: A look ahead to Arsenal vs Burnley.
9.00 Soccer AM: Footy fun with Max Rushden and Helen Chamberlain.
12.00noon Soccer Saturday: Jeff Stelling presides over the day's football action.
5.30 **LIVE** Rugby Union: Leicester Tigers vs London Irish, kick-off 5.35pm. (HD)
7.55 Champions League Weekly: Preview of the last-16 second-leg games. (HD)
8.25 Football First: Full delayed coverage of the Premier League game of the day.
10.15 Football First
2.45am Sky Sports Classics
3.00 Champions League Weekly (HD)
3.30 World Sport
4.00-6.00am **LIVE** Golf: The fourth and final day of the Malaysian Open.



6.00am FIFA Futbol Mundial
6.30 **LIVE** Rugby Union: Crusaders vs Blues in Christchurch, kick-off 6.35am.
8.30 **LIVE** Rugby Union: Waratahs vs Sharks in Sydney, kick-off 8.40am.
10.30 Rugby League (HD)
12.00noon Golf
4.00pm World Sport
4.30 NFL: Total Access
5.30 **LIVE** Rugby League: Wakefield Trinity Wildcats vs Huddersfield Giants from Belle Vue, kick-off 5.45pm. (HD)
8.00 **LIVE** Golf: The third round of the Honda Classic in Florida. (HD)
11.00 Golf: Ball whacking in the Aberdeen Brunei Senior Masters.
12.00m't Golf
1.30am Rugby League (HD)
3.00 NFL: Total Access
4.00 FIFA Futbol Mundial
4.30-6.00am Rugby League (HD)

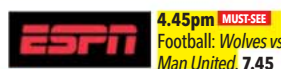
ON DIGITAL, SATELLITE AND CABLE TV TONIGHT



7.15pm The Perfect Score: Teen comedy drama. **9.00** The X-Files: Sci-fi drama starring David Duchovny and Gillian Anderson. **11.15** Night Watch: Russian horror fantasy. **1.30-3.25am** The Fountain: Mystical sci-fi romance starring Hugh Jackman and Rachel Weisz.



7.00pm The King of Queens **8.00** Scrubs **9.00** Alan Carr: Tooth Fairy Live: Stand-up fun from London. **10.10** Grouchy Young Men **10.40** Comedy Store **11.10** Jack Dee Live in London **12.30am** South Park



4.45pm **MUST-SEE** Football: Wolves vs Man United. **7.45** **LIVE** Serie A **9.45** Bundesliga: Cologne vs Bayern Munich. **11.30** Boxing **1.30am** NBA Action **2.00** **LIVE** Basketball **4.00-5.00am** World Series of Poker

1.00 Two and a Half Men **2.00** Grouchy Young Men **2.30** Jackass **3.30** Comedy Store **3.55** Scrubs **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

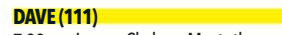


7.00pm The Real Hustle on Holiday **8.00** Top Gear **9.00** **FILM** Superman Returns **11.25** Eddie Izzard: Marathon Man **12.25am** Family Guy **12.45** American Dad! **1.30** Hotter Than My Daughter **2.00** Snog, Marry, Avoid? **2.30** Being Human **3.30** Eddie Izzard: Marathon Man **4.30** Hotter Than My Daughter **5.00-5.30am** Snog, Marry, Avoid?

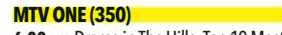


6.55pm The Big Bang Theory **7.30** How I Met Your Mother **7.55** Friends **9.00** **FILM** Wedding Crashers: Romantic comedy starring Vince Vaughn and Owen Wilson. **11.15** **FILM** Sleepy Hollow: Tim Burton's comic horror fantasy starring Johnny Depp

and Christina Ricci. **1.20am** Supernanny **2.15** Gok's Fashion Fix **3.10** Samantha Who? **3.30-6.00am** Hollyoaks



7.00pm Jeremy Clarkson Meets the Neighbours **7.40** Have I Got News for You **8.20** The Mighty Boosh: Howard and Vince are marooned. **9.00** Live at the Apollo: Stand-up show with Al Murray. **10.00** QI XL **12.00m't** Have I Got News for You **12.40am** QI XL **2.40-3.00am** **SPORT** Radical Highs: Windsurfing.



6.00pm Drama in The Hills: Top 10 Most Memorable Moments **7.30** The Hills: The Lost Scenes **8.30** On Set with Cheryl Cole **9.00** The Official UK Top 20 **11.00** 20 Greatest Celeb Reality Fights **12.00m't** Top 20 **1.00am** World Stage **2.00** Oasis: The Official Top 20 **4.00-6.00am** Asher Roth's Top 20 Hip Hop Samples



6.00am Brainiac: Science Abuse (R)(HD)
7.00 Malcolm in the Middle (R) **7.30** Malcolm in the Middle (R) **8.00** **SPORT** Wayne Rooney's Street Striker (R)(HD)
9.00 **SPORT** Soccer AM **12.00noon** The Simpsons (R) **12.30pm** The Simpsons (R) **1.00** The Real A&E (R)(HD) **2.00** Pineapple Dance Studios (R)(HD) **3.00** The World Wild Vet (R)(HD) **4.00** Oops TV (R) **5.00** Michael Jackson's Private Home Movies (R) **5.30** Michael Jackson's Private Home Movies (R) **6.00** The Simpsons (R) **6.30** The Simpsons (R)

7.00 Futurama

The gang accidentally freeze the evil robot Santa. As you do. (R)

7.30 Futurama

Fry wonders what life would be like in a video game. Don't we all! (R)

8.00 Pineapple Dance Studios

More competitive prancing. (R)(HD)

9.00 Wall Street

FILM '80s classic starring Charlie Sheen and Michael Douglas as a pair of slippery bankers. (HD)

11.25 Fringe

A teenage girl recovers from an incident where she was pronounced brain dead. Quite impressive, really. (R)(HD)

12.25am Ultimate Road Wars

More tarmac-based mayhem. (R)(HD)

1.25 Road Wars (R)(HD) **2.15** Night Cops (R)(HD) **3.15** Prison Break (R)(HD) **4.10-6.00am** American Gladiators (R)(HD)

VIRGIN 1 (121)

7.00pm Most Shocking **8.00** Street Crime UK **9.00** **FILM** AntiTrust: Thriller starring Ryan Phillippe. **11.00** Sexcetera **12.00m't** Roulette Nation: Casino game. **3.00am** World's Most Amazing Videos **4.00-5.00am** TV Scrabble

SCI-FI (129)

6.30pm **FILM** Bicentennial Man: Romantic sci-fi drama. **9.00** **FILM** Komodo vs. Cobra: Sci-fi horror starring Michael Paré. **10.50** **FILM** Hydra: Creature feature starring Alex McArthur. **12.40am** Heroes **4.00-6.00am** Angel

FX (164)

3.00pm King of the Hill **8.00** American Dad! **9.00** Family Guy **11.30** American Dad! **12.00m't** **FILM** The Way of the Gun: Crime thriller starring Ryan Phillippe. **2.20am** Urban Legends **2.50** The Newsroom **3.20-4.20am** Swat USA

TODAY'S MUST-SEES



"Look, I won't dress up as Jessica Rabbit. Got it?"

VAMPS vs WOLVES!

Underworld 3

Sky Movies Prem/HD, 10pm

FILM The third instalment of the ongoing war between vampires and werewolves, *The Rise Of The Lycans* ("lycans" being the fancy name for the wolves) sees Bill Nighy as a posh vamp who decides to enslave an army of werewolves. However, he's reckoned without werewolf Michael Sheen, who's not only keen to lead an uprising among his kind, but also happens to be involved in some inter-species nookie with his former master's daughter (Rhona Mitra). Pretty soon, it's all going off!



"You're it!"

Wolves vs Man United

ESPN/HD, 4.45pm

SPORT The last time United visited Molineux, the game ended with a 1-0 victory for the home side. That was way back in 2004, but could it happen again? Wouldn't have thought so!

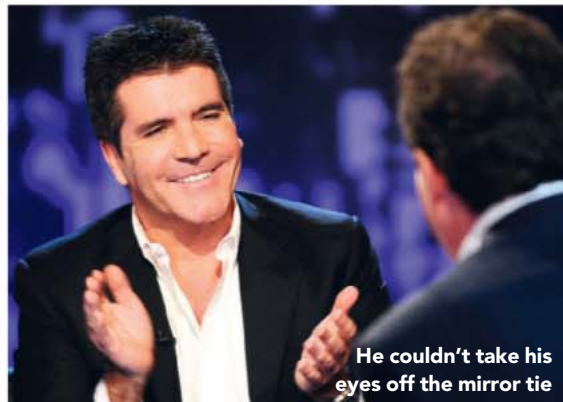


Dumpty loved his fireman's pole

Harry Hill's TV Burp

ITV1, 7.30pm

COMEDY There's no end to the man's genius! We love the Knitted Character and we love Harry. But which is best? There's only one way to find out... not by fighting – by watching it!



He couldn't take his eyes off the mirror tie

Piers Morgan's Life Stories

ITV1, 9pm

CHAT Britain's Got Talent judge Piers opens a new series of celebrity interviews by chatting to, er, Britain's Got Talent judge Simon Cowell. TV doesn't get much smugger – or more fascinating.

POKER. EVOLVED.

GET A FREE POKER GUIDE (WORTH £8.99) WHEN YOU JOIN THE OFFICIAL PKR **Nuts** POKER ROOM.

WWW.PKR.COM/NUTS

PKR let's play

18+ Please gamble responsibly. For more information and advice visit www.gamblersaware.co.uk

6am

7pm

1am

BBC ONE

6.00am Breakfast **7.55** **SPORT** Match of the Day (R) **9.00** The Andrew Marr Show **10.00** The Big Questions **11.00** Country Tracks **12.00noon** The Politics Show **1.00pm** Cash in the Celebrity Attic (R) **1.45** Bargain Hunt **2.15** Murder, She Wrote (R) **3.00** EastEnders **5.00** Songs of Praise: *Hymn warbling*. **5.35** BBC News, Regional News, Weather **6.00** Countryfile

BBC TWO

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** Monk **12.15pm** **FILM** Jack: *Comedy drama*. **2.00** **FILM** Henry V: *Historical thingy*. **4.10** Natural World (R) **5.10** Banded Brothers - The Mongoose Mob **6.10** Richard Hammond's Engineering Connections (R)

itv 1

5.30am ITV News **6.00** GMTV **9.25** Coronation Street **11.45** **FILM** Columbo: Blueprint for Murder: *Mystery*. **1.15pm** News, Weather **1.20** **MUST-SEE** **Football**: *It's the FA Cup quarter-final matches between Reading and Villa, kick-off 1.45pm, and Chelsea vs Stoke, kick-off 4pm*. **6.15** Regional News, Weather **6.30** ITV News **6.45** Harry Hill's TV Burp (R)

4

5.55am Sali Mali (R) **6.05** The Hoobs (R) **6.55** The Great Swim Series (R) **7.50** **NEW** The Grid **8.15** **SPORT** Superbikes World Championship **8.45** **14**: The Hills (R) **9.15** Friends (R) **9.45** Hollyoaks **12.15pm** Ultimate Traveller **1.25** Friends (R) **2.25** Shooting Cheryl Cole (R) **2.55** 90210 **3.45** The Simpsons (R) **4.45** Deal or No Deal: Game show. **5.30** Glee **6.30** News

FIVE

6.00am Sunrise **7.00** Milkshake! **10.00** Shake! **11.10** Andre Rieu in Concert **12.10pm** Zoo Days (R) **12.30** Ice Road Truckers (R) **1.30** **FILM** A Lawless Street: *Western starring Randolph Scott*. **3.05** **FILM** From Here to Eternity: *Multi-Oscar-winning classic drama*. **5.15** News **5.25** **FILM** Are We Done Yet?: *Comedy sequel starring Ice Cube and Nia Long*.

7.00 **Antiques Roadshow**
Including a hat once worn by Michael Jackson. Ka-ching!

8.00 **Lark Rise to Candleford**
More bonnet-based boredom.

9.00 **Seven Ages of Britain**
A look at the commercialisation of the 18th century. Cling on till 10.25pm!

10.00 **BBC News, Weather**

10.25 **Match of the Day 2** **SPORT**
Chilesy casts his eye over the day's footy, including Everton vs Hull at Goodison Park.

11.15 **Would I Lie to You?**
Jimmy Carr is among the guests. (R)

11.45 **The Sky at Night**
Patrick Moore has a gander at the stars.

12.30am **Sign Zone: Generation Jihad**
Countering the threat of terrorism. (R)

1.30 Holby City (R) **2.30** Five Days: *Five-part mystery drama*. (R) **3.30** The British Family (R) **4.30-6.00am** BBC News

7.00 **Top Gear**
The Departed star Mark Wahlberg is the Star in a Reasonably Priced Car. (R)

8.00 **Lambing Live** **NEW**
Life on a Welsh sheep farm. No sniggering at the back....

9.00 **Wonders of the Solar System** **NEW**
Physicist Brian Cox has a look at the sun's influence over the planet. Brainy stuff, but interesting.

10.00 **In the Loop** **PREMIERE**
Brilliant political comedy from the cast and crew of *The Thick of It*. Plenty of top swearing plus big James Gandolfini as an angry General. Excellent!

11.45 **Don't Worry About Me** **FILM**
Romantic drama starring Helen Elizabeth.

1.00am A Kick in the Head - The Lure of Las Vegas (R) **2.15** BBC News **4.30-5.15am** **SPORT** The Super League Show

7.15 **Dancing on Ice**
Gaaah, it's more ice-based capering. Get *Top Gear* on, immediately!

8.45 **Wild at Heart**
Danny and Alice deal with two rogue lions. Fingers crossed for a mauling!

9.45 **Dancing on Ice: The Skate Off**
Someone gets kicked out. Yawn.

10.15 **ITV News, Weather**

10.30 **Mars Attacks!** **FILM**
Daft sci-fi spoof starring Jack Nicholson and Glenn Close. A bunch of little green men pitch up from Mars, and set about smashing up Earth.

12.30am **Premiership Rugby Union** **SPORT**
Top-flight egg-chasing including Leicester vs London Irish, Leeds Carnegie vs Saracens, and Wasps vs Gloucester.

1.30 **SPORT** Champions League Weekly **2.00** **FILM** Path of Destruction: *Sci-fi thriller*. **3.35** Dating the Enemy (R) **4.00-5.30am** ITV Nightscreen

7.00 **The Bible: A History**
Robert Beckford examines the final book of the Bible. At least it's the last one.

8.00 **Stardust** **FILM**
Fairytale comedy adventure starring Claire Danes and Robert DeNiro. Surprisingly good fun, with Ricky Gervais popping up as well!

10.30 **30 Days of Night** **FILM**
Blood-soaked vampire thriller starring Josh Hartnett as the poor bloke stuck in a remote Alaskan town besieged by vamps. Great stuff.

12.35am **Wrong Turn** **FILM**
So-so horror thriller following a bunch of teens on the run from a pack of mutant cannibals. Lovely Eliza Dushku provides the eye-candy.

2.10 The Dead Zone **2.55** War at Home **3.15** Hill Street Blues (R) **4.10** Bright Young Wonders (R) **4.15** Dispatches (R) **5.05-5.50am** Countdown (R)

7.15 **The Pink Panther** **FILM**
Rubbish remake with Steve Martin as bungling French cop Inspector Clouseau. Watch the original instead.

9.00 **War** **PREMIERE**
Crash, bang wallop thriller starring Jason Statham as an FBI agent on the trail of Chinese assassin Jet Li.

11.05 **Hamburger Hill** **FILM**
Solid Vietnam war film starring Anthony Barrile and Don Cheadle. Gritty.

1.15am SuperCasino **4.05** House Doctor (R) **4.55-5.00am** The Family Recipe (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 11.15pm Conference **2010**: Scottish Liberal Democrats **BBC1 NORTHERN IRELAND: 10.25pm** The Conference **10.55** **SPORT** Match of the Day 2 **11.45** Would I Lie to You? **12.15am** The Sky at Night **1.00** BBC News **BBC2**

WALES: 6.30pm Banded Brothers - The Mongoose Mob **7.30** Porridge **STV: 10.30pm** **FILM** Death Wish: *Vigilante action drama starring Charles Bronson*. **12.20am** Roulette Nation **1.00** **SPORT** Champions League Weekly **1.25** **FILM** Around the

Bend: *Road movie starring Christopher Walken*. **2.50** ITV Nightscreen **S4C**: As C4 except: **6.05pm** Pobol y Cwm **8.00** Dechrau Canu Dechrau Canmol **8.30** Nn3 Lle **9.00** Cwcw **10.40** Newyddion a'r Tywydd **10.55** O'r Galon **11.25** **FILM** Under Siege: *Action*

thriller starring Steven Seagal. **1.25am** **FILM** 15 Minutes: *Satirical crime thriller*. **3.25** Sticks and Stones **3.50-4.20am** Bus Pass Bullfighter

TODAY'S SPORT

sky SPORTS 1

6.00am **LIVE** Golf: *The fourth day of the Malaysian Open in Kuala Lumpur*. **8.00** Spirit of Yachting **8.30** FIFA Futbol Mundial **9.00** Champions League Weekly (HD) **9.30** The Sunday Supplement **11.00** Goals on Sunday **1.00pm** **LIVE** Football: *Falkirk vs Celtic, kick-off 1.15pm*. (HD) **3.30** **LIVE** Football: *Everton vs Hull City from Goodison Park, kick-off 4pm*. (HD) **6.30** Super Sunday: *The Last Word* (HD) **7.00** **LIVE** Spanish Football: *Coverage of a top match from La Liga*. (HD) **10.00** Football (HD) **11.30** Super Sunday: *The Last Word* (HD) **12.00m't** Football: *Highlights of Falkirk vs Celtic from earlier on*. (HD) **12.30am** Spanish Football (HD) **2.30** Football Special (HD) **4.00-6.00am** Spanish Football (HD)

sky SPORTS 2

6.00am Aerobics **6.30** Football First **9.30** IEX Magazine **10.00** Rugby League: *Wakefield Trinity Wildcats vs Huddersfield Giants*. (HD) **11.30** Spirit of Yachting **12.00noon** The Super 14 Show **2.00pm** **LIVE** Rugby Union: *Sale Sharks vs Northampton Saints from Edgeley Park in Stockport, kick-off 2.30pm*. (HD) **4.30** Spirit of Yachting **5.00** Watersports World **6.00** Wild Spirits **6.30** Golf **8.00** **LIVE** Golf: *The Honda Classic from the PGA National Resort and Spa in Palm Beach Gardens, Florida*. (HD) **11.00** Golf: *Old people hit their balls in the Aberdeen Brunei Senior Masters*. **12.00m't** Golf **1.30-4.30** Golf (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.40pm CutThroat Island: *Adventure starring Geena Davis*. **9.00** Me, Myself & Irene: *Comedy thriller starring Jim Carrey and Renée Zellweger*. **11.15** The Commitments: *Comedy drama starring Robert Arkins*. **1.30-3.40am** Waiting Women: *Comedy starring Anita Bjork*.

COMEDY CENTRAL (126)

6.00pm **FILM** Teen Wolf: *Teenage werewolf comedy starring Michael J Fox*. **8.00** Two and a Half Men **9.00** Lee Evans: *Wired and Wonderful - Live at Wembley* **11.15** Alan Carr: *Tooth Fairy Live: Stand-*

ESPN **6.30pm** Talk of the Terrace **7.45** **LIVE** Italian Football

10.00 Serie A **11.45** ESPN Boxing: *Short Stories* **12.00m't** **LIVE** Ice Hockey **2.30am** ICC Cricket World **3.00** NBA Action **3.30-6.00am** **LIVE** Basketball

up. **12.25am** Grouchy Young Men **12.55** Two and a Half Men **1.55** Comedy Store **2.25** Frasier **3.25** Scrubs **3.55** Two and a Half Men **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

BBC3 (115)

7.00pm Most Annoying People **2009** **7.25** **FILM** Bruce Almighty: *Comedy starring Jim Carrey and Morgan Freeman*. **10.00** Heroes **10.40** Family Guy **11.05** American Dad! **11.45** Undercover Princesses **12.45am** Coming of Age **1.15** Eddie Izzard: *Marathon Man* **2.15** Last Woman Standing **3.15** Harper's Island **3.55** Coming of Age **4.25-5.25am** World's Toughest Driving Tests

E4 (136)

7.00pm My Name Is Earl: *Joy discovers she has a half-sister*. **7.55** Friends **9.00** Desperate Housewives **11.00** Samantha Who? **11.55** Being Erica **12.50am**

Supernanny **1.50** Gok's Fashion Fix **2.45** Samantha Who? **3.05** How to Look Good Naked **3.30-6.00am** Hollyoaks

DAVE (111)

7.00pm Charley Boorman: *Sydney to Tokyo, by Any Means* **8.00** Three Men in More Than One Boat **9.00** The Catherine Tate Show **10.35** **SPORT** World Rally: *The second round of the World Rally Championship in Mexico*. **11.05** The Catherine Tate Show **1.55am** Two Pints of Lager and a Packet of Crisps **2.35-3.00am** **SPORT** Radical Highs

MTV ONE (350)

7.00pm Catching Up with 16 and Pregnant: *The Girls of Teen Mom* **8.00** Teen Mom **9.00** My Super Sweet **16** **9.30** Daddy's Girls **10.00** The Osbournes **11.00** Scream Queens **12.00m't** **40** Most Shocking Celebrity Divorces **2.00am** Top **20** **3.00-6.00am** Daddy's Girls



6.00am Hour of Power (HD) **7.00** Malcolm in the Middle (R) **8.00** Pineapple Dance Studios (R)(HD) **9.00** Road Wars (R) **10.00** **SPORT** WWE Superstars (R)(HD) **11.00** **SPORT** WWE: Experience (R)(HD) **12.00noon** The Simpsons (R) **1.00pm** Futurama (R) **2.00** Bones (R)(HD) **3.00** The World Wild Vet (R)(HD) **4.00** UK Border Force (R) (HD) **5.00** The Simpsons (R)(HD) **6.00** Pineapple Dance Studios (HD)

7.00 **The World Wild Vet**
Would you trust your pet with a vet named Dr Gamble? No, us neither. (HD)

8.00 **Noel's Are You Smarter Than Your 10 Year Old?**
Rubbish quiz with Noel Edmonds and a crowd of annoying urchins. (HD)

9.00 24
Jack makes a significant breakthrough when closing in on an individual. (HD)

10.00 **House**
MUST-SEE A drug dealer collapses. (HD)

11.00 **Modern Family**
Phil tries to find out if Luke has any hidden talents. (R)(HD)

11.30 **Oscars - Red Carpet Live**
Angela Griffin jams a microphone in front of some proper stars as they arrive at the Kodak Theatre in Los Angeles. (HD)

1.00am Pineapple Dance **1.55** Street Wars **2.55** Night Cops **3.55** Gladiators **4.45** Hello Goodbye **5.10-6.00am** Are You Smarter Than a 10 Year Old?

VIRGIN 1 (121)
7.00pm Home Video Heroes **8.00** Britain's Worst Home **9.00** Four Weddings **10.00** Most Shocking **11.00** Trauma **12.00m't** Roulette Nation **3.00am** World's Most Amazing Videos **4.00-5.00am** TV Scrabble

SCI-FI (129)
7.00pm Legend of the Seeker **8.00** Sanctuary **9.00** **FILM** Malibu Shark Attack: Disaster movie. **10.40** **FILM** An American Werewolf in London: Cult horror comedy starring David Naughton. **12.40am** Heroes **3.00** Flash Gordon **4.00-6.00am** **FILM** Tornado Valley

FX (164)
6.00pm Burn Notice **8.00** NCIS **10.00** True Blood: Brill vampire drama. Sookie babysits Jessica. **11.10** Life **12.10am** The Wire **1.20** Family Guy **2.20** Nip/Tuck **3.20-4.20am** Underbelly

TODAY'S MUST-SEES



CUP ACTION!

"Is that your missus chatting to Ashley Cole?"

Reading vs Aston Villa & Chelsea vs Stoke

SPORT **ITV1, 1.20pm**
It's the FA Cup quarter-finals and Villa, conquerors of Crystal Palace in the last round, face another Championship test against Reading. Then holders Chelsea face a potential bruiser against Stoke. If all that's not enough, there's also Premier League footy with Everton vs Hull on Sky Sports 1, kicking off at 4pm. Brilliant!



He was ashamed of the zit

Franklyn

Sky Movies Premiere/HD, 5.30pm
FILM Bonkers sci-fi flick set in an alternative-reality London. A sexy artist and her male friend become connected with a crime-fighter from a made-up place called Meanwhile City. Confusing!



It was a very unusual tongue piercing

House **Sky1/HD, 10pm**

DRAMA Hugh Laurie is back as the narky medic and this week, he's trying to find out what's wrong with a drug dealer who collapsed during a sale. Meanwhile, Chase, Thirteen and Taub play a practical joke on Foreman. The little tinkers.



Winton loved his new team of cleaners

The Oscars

Sky Movies Premiere/HD, 1am
AWARDS Live coverage of the annual actors' blubfest. We're hoping *District 9* gets Best Film, but it's likely that *Avatar* or *The Hurt Locker* will Hoover up the bulk of the awards.

Nuts FASHION

NUTS.CO.UK/FASHION

6am

7pm

1am

BBC ONE

6.00am Breakfast **9.15** **NEW** Fake Britain
10.00 Homes Under the Hammer (R)
11.00 To Buy or Not to Buy **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Murder, She Wrote (R) **3.00** BBC News, Weather, Regional News **3.05** CBeebies **3.25** CBBC **5.15** Weakest Link: General knowledge quiz. **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.00** Schools **12.00noon** Daily Politics **12.30pm** Working Lunch **1.00** Nature's Top 40 (R) **1.30** Castle in the Country (R) **2.00** Living in the Sun (R) **3.00** Diagnosis Murder (R) **3.45** Flog It! **4.30** **NEW** Pointless: Quiz show hosted by Alexander Armstrong. **5.15** Escape to the Country **6.00** Eggheads Celebrity Special (R) **6.30** **NEW** Antiques Road Trip

itv 1

5.30am ITV News **6.00** GMTV **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** House Guest in the Sun **2.59** London Weather **3.00** **NEW** Dickinson's Real Deal: David Dickinson visits Chippenham in Wiltshire. **4.00** **NEW** Country House Cooking Contest: Six amateur cooks battle to win £1,000 in a country house. **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

4

5.50am The Treadle People (R) **6.00** Sali Mali (R) **6.10** The Hoobs (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.20** Frasier (R) **8.50** Will & Grace (R) **9.15** According to Jim **9.45** Deal or No Deal (R) **10.30** Coach Trip (R) **11.05** Wife Swap USA (R) **12.05pm** It's Me or the Dog (R) **12.35** **FILM** Ladies in Lavender **2.25** Glamour Puds **2.55** The TV Book Club **3.25** Countdown **4.10** Deal or No Deal **5.00** Coach Trip **5.30** Come Dine with Me Extra Portions **6.00** The Simpsons (R) **6.30** Hollyoaks

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.15pm** House Doctor (R) **12.40** Five News **12.50** RSPCA: On the Frontline (R) **1.15** Wild Animal ER (R) **1.45** Neighbours **2.15** Home and Away **2.50** The Family Recipe (R) **2.55** Property List: Top Spots (R) **3.10** **FILM** Avenging Angel: Western starring Kevin Sorbo. **5.00** Five News with Natasha Kaplinsky, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 The One Show
Topical gubbins with Adrian Chiles.

7.30 Inside Out

8.00 EastEnders
Hatchet-faced Cockneys shouting at each other mainly. No, ta.

8.30 Panorama

9.00 New Tricks
The team agree to help a man who believes his wife is still alive, 18 months after her supposed death. Spooky. (R)

10.00 BBC News, Weather

10.35 The World's Strictest Parents
NEW More booze-swilling, drug-chomping teenagers are matched up with God-fearing old folks. What could possibly go wrong?

11.35 Late Kick Off
SPORT Local action from the Football League.

12.05am Famous, Rich and Homeless
Celebrities experience life on the street.

7.00 Seven Ages of Britain
David Dimbleby examines some old guff that explains a bit about Blighty's past. (R)

8.00 Lambing Live

9.00 A Band for Britain
NEW A look at a struggling brass band in South Yorkshire. How can you possibly resist?

10.00 Grumpy Old Women
Ageing crones complain about hip replacements and such. Avoid. (R)

10.30 Newsnight

11.20 Newswipe with Charlie Brooker
More news-spoofery with acid-tongued miseryguts Charlie Brooker. Ace!

11.50 How Safe Are Our Skies? Detroit Flight 253
How a bomb suspect Abdulmutallab dodged airport security. (R)

12.50-4.00am BBC News

7.00 Emmerdale
Amos is up in court when his scarecrow is revealed to be a missing person.

7.30 Coronation Street
More flat-capped misery on the cobbles.

8.00 The Lakes
A farmer and his wife struggle to get their animals in the trailer. Sounds like an episode of Chucklevision to us.

8.30 Coronation Street

9.00 Married Single Other
Connelly shows up at Lillie's tribunal and taunts her about losing her job.

10.00 ITV News, Weather

10.35 Intolerable Cruelty
FILM A rare rubbish film from the Coen Brothers, starring George Clooney as a divorce attorney and Catherine Zeta-Jones as a gold-digger. It really isn't very good at all.

12.25am In Plain Sight
A mother of three in the witness protection programme struggles to manage her brood of children. (R)

7.00 News

7.55 3 Minute Wonder: Loo Ladies

8.00 Dispatches: Cameron Uncovered

9.00 The Secret Millionaire
More tear-jerking antics as another moneybags businessman chucks a few quid to the deprived. Aaaaaah!

10.00 The Good Wife
Alicia represents the daughter of one of the partners at the law firm.

11.00 Lake Placid
FILM Dodgy horror starring Bill Pullman and Bridget Fonda, on the run from a giant crocodile.

12.35am Comedy Showcase: The Amazing Dermot
Top funnyman Rhys Darby plays a hypnotist trying to save his career. (R)

1.10 The Red Lion (R)(HD)

7.30 Building the Ultimate
A look at what it takes to blast an astronaut into space. Cool! (R)

8.00 The Gadget Show
Ortis Deley and Suzi Perry use tracking devices and satellite photography to locate Jon Bentley. Sneaky so and sos.

9.00 For a Few Dollars More
FILM Classic spaghetti western starring Clint Eastwood and Lee Van Cleef as cowboy bounty hunters who join forces to track down a killer.

11.45 CCTV Cities
Donal MacIntyre has a look at urban crime in Edinburgh. Rather him than us. (R)

12.45am Urban Legends
A poodle owner who attempted to dry her dog in a microwave. Brilliant. (R)

1.10 Sign Zone: Five Days (R) **2.10** The Hairy Bikers: Mums Know Best (R) **3.10** Future of Food (R) **4.10** Muslim Driving School (R) **4.40-6.00am** BBC News

4.00-6.00am BBC Learning Zone

1.15 Loose Women: Topical debate. (R)
2.05 The Jeremy Kyle Show (R)
2.55-5.30am ITV Nightscreen

2.05 Dog's Mercury **2.30** Monsters **2.45** Dead Zone **3.30** Last Train **3.35** War at Home **3.55** St Elsewhere **4.40** Alex **5.35** Treadle People **5.45-6.10am** Yo Gabba

1.15 SuperCasino **4.05** The FBI Files (R)
4.50 The Family Recipe (R) **4.55** County Secrets (R) **5.10** Neighbours (R)
5.35-6.00am Home and Away (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30pm Rogue Traders **9.00** Holby **11.35** **SPORT** SportsScene **12.15am** Famous, Rich and Homeless **2.10** Five Days **BBC1 N. IRELAND: 7.30pm** Compose Yourself **10.35** House of the Year **11.05** **NEW** Strictest Parents

BBC1 WALES: 7.30pm X-Ray **9.00** Afghanistan **10.35** Afghanistan: The Debate **11.20** **NEW** Strictest Parents **12.20am** Famous, Rich and Homeless **1.25** Five Days **2.25** News **BBC2 SCOTLAND: 10.00pm** Burnistoun **BBC2 N. IRELAND: 10.00pm** **NEW**

Amharc Anes **10.25** Where Music Matters **11.20** Grumpy Old Women **11.50** Newswipe **12.20am** How Safe Are Our Skies? **1.20** News **STV: 8.00pm** The Lakes **9.00** Underbelly **10.40** October Road **11.35** Guide Ri Cathy **12.05am** Slighe Anndra

12.30 Roulette Nation **ULSTER: 11.10pm** Billie and the Real Belle Bare All **11.40** Brain Box **ITV1 WALES: 8.00pm** The Ferret **54C: As C4** except: **7.00pm** Wedi **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Ffermio **9.00** Cefn Gwlad

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans
9.00 Football (HD)
10.30 Super Sunday: The Last Word (HD)
11.00 Spanish Football (HD)
1.00pm Football (HD)
2.30 Super Sunday: The Last Word (HD)
3.00 Spanish Football (HD)
5.00 Champions League Weekly (HD)
5.30 Soccer AM: The Best Bits
6.30 SPL Round-Up
7.00 Netbusters
7.30 **LIVE** Football: The match between Colchester and Brighton. (HD)
10.00 Time of Our Lives
11.00 Netbusters
11.30 SPL Round-Up
12.00m't Soccer AM: The Best Bits
1.00am Football League
2.30 FIFA Futbol Mundial
3.00 Sports Unlimited **4.00** Watersports World **5.00-6.00am** Max Power

sky SPORTS 2

6.00am Aerobics
6.30 Snow Ride
7.00 WWE: Bottom Line (HD)
8.00 PGA Tour Golf (HD)
11.00 Golf
12.30pm Golf
1.30 Rugby Union
2.30 Rugby League (HD)
4.00 Boxing (HD)
6.00 Snow Ride
6.30 Wild Spirits
7.00 Golf
8.00 Golf (HD)
9.00 Wonderful World of Golf: Fred Couples vs Greg Norman from 1996.
10.30 PGA Tour Classic (HD)
11.30 Boots 'n' All
12.30am Motorsport (HD)
1.30 Golf (HD)
2.30 Wonderful World of Golf
4.00-5.00am PGA Tour Classic (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
6.25pm K-19: The Widowmaker: Thriller.
9.00 Premonition: Supernatural drama starring Sandra Bullock. **10.50** K-PAX: Psychological sci-fi drama starring Kevin Spacey. **1.05-3.35am** Life as a House: Social drama starring Kevin Kline.

COMEDY CENTRAL (126)
7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** **MUST-SEE** Dirty Sexy Funny: Olivia Lee **10.30** Sex and the City **11.40** Two and a Half Men **12.40am** Scrubs **1.10** South Park **2.10** Samantha Who? **2.40** Comedy Store

ESPN **7.00pm** **MUST-SEE** Football **10.30** SPL Goals **10.45** Bundesliga Review Show **12.00m't** **LIVE** Ice Hockey **2.30am** Basketball: FIBA World Magazine **3.00** French Rugby **3.30-6.00am** **LIVE** Ice Hockey

3.10 Scrubs **3.40** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

BBC3 (115)
7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** The Real Hustle Undercover: A man has his car stolen. **8.30** Snog, Marry, Avoid? **9.00** Gavin & Stacey **10.00** EastEnders **10.30** Undercover Princesses **11.30** Family Guy **12.15am** Scallywagga **12.45** Gavin & Stacey **1.45** Undercover Princesses **2.45** Snog, Marry, Avoid? **3.15** The Real Hustle Undercover **3.45** Scallywagga: Sketch show. **4.15** Doctor Who Confidential **4.30-5.00am** Coming of Age

E4 (136)
7.00pm Hollyoaks **7.30** How I Met Your Mother **8.00** Friends **9.00** Glee **10.00** The Cleveland Show **10.30** King of the Hill **11.00** Skins **12.05am** **FILM** Kingpin: Comedy. **2.20** How I Met Your Mother **2.45** Scrubs **3.30** Skins **4.25** Ugly Betty **5.10-6.00am** Switched

DAVE (111)
7.00pm **SPORT** World Rally **8.00** Top Gear **9.00** Mock the Week **9.40** Men Behaving Badly **10.20** Krod Mandoon and the Flaming Sword of Fire **10.50** QI **11.30** Mock the Week **12.10am** Bottom **12.50** Men Behaving Badly **1.25** Krod Mandoon and the Flaming Sword of Fire **1.55** Two Pints of Lager and a Packet of Crisps **2.35-3.00am** SsRadical Highs

MTV ONE (350)
7.00pm Teen Cries **8.00** Teen Mom **9.00** The Osbournes: Double-bill of Ozzy and co. **10.00** Scream Queens **11.00** Nitro Circus **12.00m't** Pimp My Ride **1.00am** Disaster Date **2.00** South Park **3.00** Rock of Love **4.00** Pimp My Ride **5.00-6.00am** My Super Sweet 16

sky1

6.00am **SPORT** Good Morning Sports Fans **7.00** The Simpsons (R) **7.30** The Simpsons (R) **8.00** Brainiac: Science Abuse (R)(HD) **9.00** Oscars - Red Carpet Live (R)(HD) **10.30** Lion Man (R) **11.00** Don't Forget the Lyrics (R)(HD) **12.00noon** The Biggest Loser: Australia (R) **1.00pm** Bones (R)(HD) **2.00** Angela and Friends (HD) **3.30** Project Runway (R) **4.30** Lion Man (R) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R) **6.00** Oops TV: Home videos and out-takes. (R)

7.00 The Simpsons

Moe becomes a successful poet. (R)

7.30 The Simpsons

Homer gets a job selling ice-cream. (R)

8.00 How to Get What You Want

Featuring ways to get around lie-detectors. Worth knowing in case you're ever on Jeremy Kyle! (HD)

9.00 Oscars - The Highlights 2010

Highlights from the awards. (HD)

10.30 House

A drug dealer collapses during a sale. Aah, bless. Help him out, House! (R)(HD)

11.30 Road Wars

More high-speed aggro. (R)

12.30am 24

Jack makes a significant breakthrough. In someone's face, probably. (R)(HD)

1.30 Road Wars **2.20** Brainiac **2.40** Ross Kemp **3.30** Don't Forget the Lyrics US **4.20** Journeymen **5.10-6.00am** Are You Smarter Than a 10 Year Old?

9.30 Hacio **10.00** **SPORT** Sgorio **10.50** Penawdau Newyddion a'r Tywydd **10.55** True Life Stories **11.55** The Good Wife **12.55am** Dispatches **1.50-4.00am** **FILM** Action in the North Atlantic

VIRGIN 1 (121)

7.00pm Star Trek: Voyager **8.00** Four Weddings **9.00** Ghost Whisperer **10.00** Trauma: A driver has a stroke. **11.00** Medium **12.00m**t Roulette Nation **3.00am** How Clean is Your Crime Scene? **4.00-5.00am** Ninja Warrior

SCI-FI (129)

5.00pm Buffy the Vampire Slayer **8.00** Sanctuary: A con artist helps the team. **9.00** A Town Called Eureka **10.00** Medium **1.00am** Buffy the Vampire Slayer **3.00** Flash Gordon **4.00-6.00am** **FILM** Swarm: Disaster thriller starring Jessalyn Gilsig and Antonio Sabato Jr.

FX (164)

7.00pm NCIS **9.00** Family Guy **9.30** American Dad!: Stan's father turns up. **10.00** NCIS **11.00** True Blood: Sookie babysits Jessica. **12.10am** NCIS **2.10** Swat USA **3.10-4.10am** Charlie Jade

TODAY'S MUST-SEES

FUNNY FELLA!

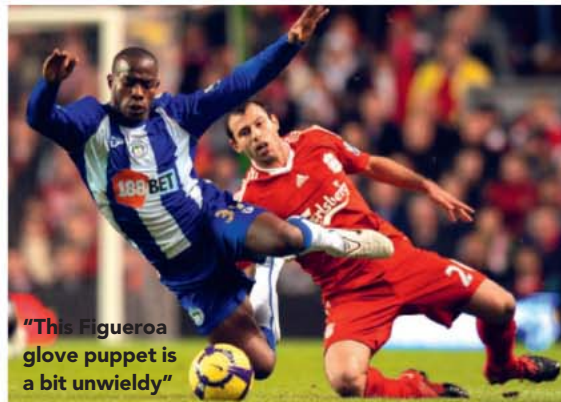


His Hugh Hefner outfit was a bit half-hearted

The Invention Of Lying

Sky Box Office/HD, From 6am

FILM Ricky Gervais' directorial debut finds him in a world where lying doesn't exist. His character, a lowly scriptwriter, develops the ability to be economical with the truth and suddenly, his scripts start selling by the crate-load, his love life takes off in a big way and people treat him like some kind of messiah. Hardly up to the standard of Gervais' best work, but it's still gentle fun – and Barry from EastEnders is in it!



"This Figueroa glove puppet is a bit unwieldy"



JT's missus found a lovely little place for them to move to

Wigan vs Liverpool

ESPN, 7pm

SPORT Good signs for Rafa's men? The Latics have never beaten the Reds at home and have only scored once in five attempts. Good signs for Wigan? Liverpool are useless right now, and would struggle to score with Wayne Bridge's ex!

Breakout

ITV4, 10pm

DOCU Ace docu about the escape of a bloke on trial for the murder of an off-duty police officer from Ohio's Ross County jail. After scaling the wall, he ran along the roof and jumped to freedom. Reconstructions and interviews tell the story.



The Nuts staff strike again!

Dirty Sexy Funny

Comedy Central, 10pm

COMEDY Funnywoman Olivia "Balls Of Steel" Lee brings her mad brand of comedy to her own new sketch show. Think a nutty parody of Gossip Girl and Desperate Housewives.

England Wii skins!

NEW!
FROM ONLY
£12.99

BUY NOW! VISIT WWW.NUTS.CO.UK / WRAPPZ



6am

7pm

1am

BBC ONE

6.00am Breakfast **9.15** Fake Britain
10.00 Homes Under the Hammer (R)
11.00 To Buy or Not to Buy **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Murder, She Wrote (R) **3.00** BBC News, Weather, Regional News **3.05** CBeebies **3.25** CBBC **5.15** Weakest Link: *General knowledge quiz* **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show

7.30 EastEnders
"Gerrouta my pub!" etc.

8.00 Holby City
More medical moaning and moping.

9.00 Famous Rich and Jobless
More celebs try out life on the breadline, before realising they don't fancy it much and head back to the mansion.

10.00 BBC News, Weather
10.35 Jobless

11.35 Film 2010 with Jonathan Ross
The host reviews Martin Scorsese's thriller *Shutter Island*. It looks a cracker to us!

12.05am Things to Do in Denver When You're Dead
FILM Offbeat thriller starring Andy Garcia as a retired gangster who's persuaded by his ex-boss into committing one last crime.

2.00 See Hear (R) **2.30** Five Days (R) **3.30** Horizon (R) **4.30-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.00** Schools **12.00noon** Daily Politics **12.30pm** Working Lunch **1.00** Nature's Top 40 (R) **1.30** Castle in the Country (R) **2.00** Living in the Sun (R) **3.00** Diagnosis Murder (R) **3.45** Flog It! **4.30** Pointless: *Quiz show*. **5.15** Escape to the Country **6.00** Eggheads *Celebrity Special* (R) **6.30** Antiques Road Trip

7.00 Wonders of the Solar System
Planets, stars, martians etc. Well, maybe not the last one. (R)

8.00 Lambing Live
More livestock, er, live.

9.00 Horizon
Documentary examining the concept of "dark flow", which basically says that bits of the universe are disappearing. Yikes!

10.00 Mock the Week
Another week's worth of topical news-bashing with Dara and the chaps. (R)

10.30 Newsnight

11.20 Mad Men
Sterling Cooper's British owners cause more aggro for the locals.

12.10am BBC News

4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News **6.00** GMTV **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News **2.00** House Guest in the Sun **3.00** Dickinson's Real Deal: *From Weston-super-Mare, Somerset*. **4.00** Country House Cooking Contest **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale

7.30 The Krypton Factor
MUST-SEE It's the grand final of the brain-melting, lung-bursting game show. Big stuff.

8.00 Cops with Cameras
Cops take on kids with knives.

9.00 Law & Order: UK
A 13-year-old boy is found kicked to death at a London railway station. (R)

10.00 ITV News, Weather

10.35 Martina Cole's Lady Killers
NEW The crime writer looks at history's most unhinged lady-types, kicking off with Myra Hindley.

11.35 Nightwatch with Steve Scott: Crime

12.30am Premiership Rugby Union
SPORT Action from the weekend's fixtures.

1.20 Loose Women (R) **2.10** The Jeremy Kyle Show: *People shout at each other*. (R) **3.05-5.30am** ITV Nightscreen

4

6.10am The Hoobs (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.20** Frasier (R) **9.15** Will & Grace (R) **9.45** Deal or No Deal (R) **10.30** Coach Trip (R) **11.05** Wife Swap USA **12.00noon** Channel 4 News Summary **12.05pm** Proud Parents (R) **12.15** Location, Location, Location (R) **1.15** FILM The Badlanders: *Western with Alan Ladd*. **2.55** Glamour Puds **3.25** Countdown **4.10** Deal or No Deal **5.00** Coach Trip **5.30** Come Dine with Me Extra Portions **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 3 Minute Wonder: Loo Ladies

8.00 Jo Frost: Extreme Parental Guidance
The "supernanny" whips some more stropky kids into shape.

9.00 One Born Every Minute
Grisly childbirth footage. Look away!

10.00 Shameless
MUST-SEE Libby discovers Frank isn't the romantic she had hoped for. Has she never met the man before?

11.10 My Big Fat Gypsy Wedding
Romance, campsite style. (R)

12.15am Late Night Poker
SPORT High-stakes card-slinging action from the final of the Full Tilt series. (R)

1.15 Superbikes **1.40** Road to the World Cup **2.10** Bullrun **2.35** KOTV **3.00** Grid **3.30** Triathlon **4.25** Track and Field **4.50** Sport **5.15-6.10am** Beach Volleyball

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.15pm** House Doctor (R) **12.40** Five News **12.50** RSPCA: On the Frontline (R) **1.15** Wild Animal ER (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: Flying Visit (R) **3.05** FILM A Place Called Home: *Drama starring Ann-Margret*. **5.00** Five News with Natasha Kaplinsky, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.30 Chinese Food in Minutes
All you need is a phone and a menu.

8.00 Ice Road Truckers
We want to see an *Anchorman*-style face-off between this lot and the *Ax Men*. Winner plays *Deadliest Catch*!

9.00 CSI: Crime Scene Investigation
Greg, Nick and Hodges surprise Henry by taking him for a birthday dinner. And find a body, of course. Happy Birthday!

10.00 CSI: Miami
The CSIs try to solve the kidnapping of a 10-month-old girl. (R)

11.00 CSI: NY
A bridegroom is found stabbed to death on his wedding day. A lucky escape! (R)

12.00m't NCIS
Gibbs's team is sent on a decoy mission in a bid to expose a spy in NCIS. (R)

12.55am SuperCasino
Live interactive gaming show.

4.05 The FBI Files (R) **4.50** The Family Recipe: *With Aldo Zilli*. (R) **4.55** County Secrets (R) **5.10** Neighbours (R) **5.35-6.00am** Home and Away (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: **8.00pm** River City **BBC1 N. IRELAND:** **10.35pm** Spotlight Special **11.35** Jobless **12.35am** Film 2010 **1.05-2.00am** BBC News **BBC1 WALES:** **10.35pm** Planet Wales **11.05** Jobless **12.05am** Film 2010 **12.35** FILM Things to

Do in Denver When You're Dead **BBC2 SCOTLAND:** **10.00pm** When Shirley Manson Met Douglas Gordon **11.20** **SPORT** Curling **12.20am** Mad Men **1.10** BBC News **BBC2 N. IRELAND:** **10.00pm** King of the Wild Frontier **11.20** Mock the Week **11.50**

Mad Men **12.40am** BBC News **BBC WALES:** **7.00pm** Wainwright Walks **7.30** **NEW** Welsh Tenors **STV:** **8.00pm** Wild Scotland **10.40** **FILM** Death Wish II **12.20am** Roulette Nation **1.00** **FILM** The Missouri Breaks **3.10** ITV Nightscreen **ULSTER:** **8.00pm**

Lesser Spotted Ulster **10.30** UTV Live Tonight **11.10** **SPORT** RPM Motorsport **11.40** Brain Box **54C:** As C4 except: **7.00pm** Wedi 7 **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Pethe **9.00** Cofio gyda Sharon Morgan **9.30** 3 Lle **10.00** Mr Hollywood

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans **9.00** Netbusters **9.30** Football (HD) **11.00** Soccer AM: The Best Bits **12.00noon** Netbusters **12.30pm** SPL Round-Up **1.00** Football (HD) **2.30** SPL Round-Up **3.00** Soccer AM: The Best Bits **4.00** Boots 'n' All **5.00** Tennis **6.00** Football Asia **6.30** Spanish Football **7.30** Soccer Special **10.00** Rugby Union (HD) **10.30** Spanish Football **11.30** Football Asia **12.00m't** Rugby Union (HD) **12.30am** Football (HD) **1.00** Spanish Football **2.00** Football Asia **2.30** Football First **4.00** Spanish Football **4.30** Football (HD) **5.00-6.00am** Poker

sky SPORTS 2

6.00am Aerobics **6.30** Snow Ride **7.00** WWE: Afterburn (HD) **8.00** Soccer AM: The Best Bits **9.00** Golf **10.00** Golf (HD) **11.00** Wonderful World of Golf **12.30pm** PGA Tour Classic (HD) **1.30** Golf (HD) **2.30** Wonderful World of Golf **4.00** PGA Tour Classic (HD) **5.00** Sports Unlimited **6.00** Boots 'n' All **7.00** **MUST-SEE** Football: *Arsenal vs Porto at the Emirates, kick-off 7.45pm*. (HD) **10.00** Football: *Florentina vs Bayern Munich in the Champions League*. (HD) **10.30** Football First **1.30am** World Aerobatics Championships **2.00-3.00am** Sports Unlimited

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.50pm Mighty Joe Young: *Adventure fantasy starring Charlize Theron and Bill Paxton*. **9.00** A Good Year: *Ridley Scott's comedy drama starring Russell Crowe and Marion Cotillard*. **11.15** Kiss of the Dragon: *Action thriller starring Jet Li and Bridget Fonda*. **1.05-3.15am** My Girlfriend's Boyfriend: *Comedy*.

COMEDY CENTRAL (126)

7.00pm The King of Queens: *Double-bill*. **8.00** Scrubs **9.00** Two and a Half Men **10.00** Scrubs **10.30** Sex and the City **11.40** Two and a Half Men **12.40am**

ESPN **6.45pm** Bundesliga Review Show **8.00** NBA Fastbreak

8.30 Poker **10.30** Eredivisie Review Show **11.30** Serie A Weekly Round-Up **12.00m't** **LIVE** Ice Hockey **2.30am** French Rugby **3.00-5.30am** **LIVE** Ice Hockey

Dirty Sexy Funny: Olivia Lee **1.10** South Park **2.10** The Office: An American Workplace **2.40** Jackass **3.10** Scrubs **3.40** Two and a Half Men **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

BBC3 (115)

7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** World's Toughest Driving Tests **9.00** Last Woman Standing **10.00** EastEnders **10.30** The Gemma Factor: *Comedy series*. **11.00** Family Guy: *Double-bill*. **11.45** Last Woman Standing **12.45am** World's Toughest Driving Tests **1.40** The Gemma Factor **2.10** Undercover Princesses **3.10** Dancing on Wheels **4.10-5.10am** Eddie Izzard: *Marathon Man*

E4 (136)

7.00pm Hollyoaks **7.30** How I Met Your Mother **8.00** Friends: *Double-bill*. **9.00** 90210 **10.00** Supersize vs Superskinny **11.00** Shameless **12.05am**

Skins: *JJ tries to ask a cashier from his workplace on a date*. **1.15** How I Met Your Mother **1.40** Scrubs **2.30** Shameless **3.25** Supersize vs Superskinny **4.20** Ugly Betty **5.05-6.00am** Switched

DAVE (111)

7.00pm Dragons' Den **8.00** Top Gear: *With Patrick Stewart*. **9.00** QI: *With Dara O Briain and Phill Jupitus*. **10.20** Argumental: *With Sean Lock*. **11.00** Have I Got News for You **11.40** QI **12.20am** Argumental **1.00** Man Stroke Woman **2.20-3.00am** The Mighty Boosh

MTV ONE (350)

7.00pm Teen Cries **8.00** Daddy's Girls **9.00** Catching Up with 16 and Pregnant: *The Girls of Teen Mom* **10.00** Teen Mom **11.00** Nitro Circus **12.00m't** Pimp My Ride **1.00am** Disaster Date **2.00** South Park **3.00** Rock of Love **4.00** Pimp My Ride **5.00-6.00am** My Super Sweet 16

NEW
ISSUE
ON SALE
TODAY!

9 MARCH **TUESDAY**

**FULL 7
DAY TV
GUIDE!**

sky1

6.00am **SPORT** Good Morning Sports Fans: *Round-up of headlines.* **7.00** The Simpsons (R) **7.30** The Simpsons (R) **8.00** Brainiac: Science Abuse (R)(HD) **9.00** Bones (R) **10.00** Grimebusters: *Double bill.* (R)(HD) **11.00** Lion Man (R) **11.30** Airline (R) **12.00noon** The Biggest Loser: Australia: *Double bill.* (R) **1.00pm** Bones (R)(HD) **2.00** Angela and Friends (HD) **3.30** Project Runway (R) **4.30** Lion Man (R) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R) **6.00** Oops TV (R)

7.00 The Simpsons

Bart sees a therapist. (R)

7.30 The Simpsons

Bart trades lives with a lookalike. (R)

8.00 Stargate Universe

The crew members contract a mysterious illness - swine flu strikes back! (R)(HD)

9.00 Caprica

A rival industrialist issues Daniel with an ultimatum. (HD)

10.00 Fringe

The team investigate the murder of three state troopers. We're going for some sort of weird alien as the culprit. (HD)

11.00 Lost

More mind-boggling antics from the weirdest island in the world. Barring the Isle of Man, of course. (R)(HD)

12.00m't Road Wars

High-speed police chases. Woo! (R)

12.50am Ross

Kemp on Gangs

Kemp pitches up in Rio to explore some of the world's poorest slums. (R)

1.50 Caprica (R)(HD) **2.40** Don't Forget the Lyrics (R)(HD) **3.30** Brainiac (R)(HD) **4.20** Journeyman (R)(HD) **5.10-6.00am** Smarter Than a 10 Year Old? (R)(HD)

a Matthew Rhys **11.05** Penawdau Newyddion a'r Tywydd **11.10** One Born Every Minute **12.10am** Shameless **1.10** Jo Frost **2.05** The Bible **3.00** Big Decision **3.55-4.25am** The Russians Are Coming

VIRGIN 1 (121)

7.00pm Star Trek: Voyager **8.00** Nothing to Declare **9.00** Danny Dyer's Deadliest Men 2: Living Dangerously **10.00** Deadliest Warrior **11.00** Ninja Warrior **12.00m't** Roulette Nation **3.00am** How Clean is Your Crime Scene? **4.00-5.00am** Ninja Warrior

SCI-FI (129)

5.00pm Buffy the Vampire Slayer **8.00** Eastwick **10.00** **FILM** Stir of Echoes: *Supernatural thriller.* **12.00m't** Medium **1.00am** Buffy the Vampire Slayer **3.00** Flash Gordon **4.00-6.00am** **FILM** Loch Ness Terror: *Monster movie.*

FX (164)

7.00pm NCIS **9.00** Family Guy **9.30** American Dad! **11.00** Nip/Tuck **12.00m't** NCIS **2.00am** The Wire: *Brilliant drama.* **3.10** Urban Legends **3.40-4.10am** The Newsroom

TODAY'S MUST-SEES



CRUNCH MATCH!

"Sod off, I'm practising my body-popping!"

Arsenal vs Porto

Sky Sports 2/HD, 7pm

SPORT Following the Gunners' horror show in Portugal three weeks ago, Arsene Wenger will be looking for a vast improvement from his side tonight, as they bid to overturn a 2-1 deficit and secure their place in the Champions League quarter-finals. With a lot of ground to make up in the Premier League, Europe's top prize could be their only hope of silverware this season. To put it another way, it's squeaky bum time!



"What's this? 'Property of A. Cole'"

The Soloist Sky Box Office/HD, 6.30am

FILM A struggling journalist has a chance encounter with a mentally ill tramp, who just happens to be a supremely gifted cellist. Sounds like schmaltz but it's based on a true story and isn't bad at all. Robert Downey Jr and Jamie Foxx star.



Michael Owen's waxwork was a poor likeness

The Krypton Factor ITV1 7.30pm

QUIZ Ben Shephard hosts the final of the tough-tackling game show. Four contestants take on memory, logic, fitness and general knowledge tests to see who'll be crowned the 2010 champion. Boy, we can hardly contain our excitement!



Same Difference had seen better days

Shameless Channel 4, 10pm

DRAMA Lusty librarian Libby returns to rekindle her romance with Frank, despite her mum's attempts to make a mess of things. Not that she needed to bother - Frank inadvertently does his best to mess things up on his own. D'oh!

Nuts laptop skins!

NEW FROM Nuts!

Nuts

BUY NOW! VISIT WWW.NUTS.CO.UK / WRAPPZ

PREVIEWS: RICH JENKINS; LAURIE FITZGERALD PHOTOS; BACKPAGE IMAGES

6am

7pm

1am

BBC ONE

6.00am Breakfast **9.15** Fake Britain
10.00 Homes Under the Hammer (R)
11.00 To Buy or Not to Buy: *From Matlock, Derbyshire*. **11.45** Cash in the Attic (R)
12.15pm Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Murder, She Wrote (R)
3.00 BBC News, Weather, Regional News **3.05** CBeebies **3.25** CBBC **5.15** Weakest Link (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 **The One Show**
 Topical blather with Chiles and Bleakely.
7.30 **Nigel Slater's Simple Suppers**
 Basic grub, done properly. Sorted. (R)
8.00 **MasterChef**
 Former greengrocer Gregg Wallace shouts about "big flavours" for an hour.
9.00 **Famous, Rich and Jobless**
 More celebrities give the dole a try.
10.00 **BBC News, Weather**
10.35 **The National Lottery Draws**
10.45 **Damages**
 Tom is forced to tell his in-laws that Lou's crooked investment scheme has left them bankrupt. Bit of an awkward one, that.
11.25 **Hollywoodland**
FILM Top thriller inspired by a true story, starring Adrien Brody as a private eye looking into the death of Ben Affleck's famous TV actor.

1.25am Sign Zone: Five Days (R) **2.25** Country Tracks (R) **3.20** Cars, Cops and Criminals **4.20-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.05** The Flintstones (R) **11.30** Daily Politics **1.00pm** See Hear **1.30** Working Lunch **2.00** Living in the Sun (R)
3.00 Diagnosis Murder (R) **3.45** Flog It! **4.30** Pointless **5.15** Escape to the Country **6.00** Eggheads Celebrity Special: *With Phil Tufnell*. (R) **6.30** Antiques Road Trip

7.00 **Yellowstone**
 It's winter in the National park. Brrr. (R)
8.00 **Lambing Live**
 Adam Henson tests the intelligence of sheep. Turns out they can do sudoku!
9.00 **Inside John Lewis**
NEW Local man John Lewis allows a film crew to insert a camera... oh, it's a shop? Right... sorry.
10.00 **Rhod Gilbert's Work Experience**
NEW The Welsh funnyman tries his hand at a series of rubbish jobs, starting with life as a waste refuse collector. Or bin-man to you and us.
10.30 **Newsnight**
11.20 **The Bubble**
 Clive Anderson and Sarah Millican guest on David Mitchell's quiz show. (R)
11.50 **A Band for Britain**
 Sue Perkins tries to save a failing brass band in South Yorkshire. Great. (R)
12.50am **BBC News**

4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News **6.00** GMTV **9.25** The Jeremy Kyle Show **10.30** This Morning
12.30pm Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** House Guest in the Sun **3.00** Dickinson's Real Deal **4.00** Country House Cooking Contest **5.00** The Alan Titchmarsh Show: *Chat show*. **6.00** Regional News, Weather **6.30** ITV News

7.00 **Emmerdale**
 Flick over to ITV4 for some footy build-up.
7.30 **UEFA Champions League**
MUST-SEE Man United take on AC Milan, with Rooney and friends looking to finish the job they started in Italy. With three away goals in the bag, they should fancy their chances! Kick-off 7.45pm.
10.00 **ITV News, Weather**
10.35 **UEFA Champions League: Extra Time**
SPORT Highlights of this evening's last-16 second-leg fixtures, including Real Madrid vs Lyon at the Bernabeu.
11.35 **Cops with Cameras**
 On patrol with the Old Bill. (R)
12.25am **Nightwatch with Steve Scott: Crime**

1.20 Loose Women: *Old women talk topical*. (R) **2.10** The Jeremy Kyle Show (R) **3.05-5.30am** ITV Nightscreen

4

6.10am The Hoobs (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.15** Frasier (R) **9.20** Will & Grace (R) **9.45** Deal or No Deal (R) **10.30** Coach Trip (R) **11.05** Wife Swap USA
12.00noon Channel 4 News Summary **12.05pm** My Eden (R) **12.10** Location, Location, Location (R) **1.15** **FILM** The Man Behind the Gun: *Western*. **2.55** Glamour Puds **3.25** Countdown **4.10** Deal or No Deal **5.00** Coach Trip **5.30** Come Dine with Me Extra Portions: *Cooking show*. **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 **News**
7.55 **3 Minute Wonder: Loo Ladies**
8.00 **Relocation, Relocation**
 Property guff. No thank you.
9.00 **Ramsay's Kitchen Nightmares USA**
 Ramsay gives out another rollicking.
10.00 **Desperate Housewives**
11.00 **Shameless**
 Libby's mother tries to sabotage her romance with Frank. Cheers Mum! (R)
12.00m't **4Music: Music Academy 2010**
 Featuring electro-wizards Hot Chip.
12.20am **The Album Chart Show Spotlight**
12.35 **Mercury Prize Sessions**
12.50 **4Music Top 20**

2.50 The Dead Zone **3.30** War at Home **3.55** Bright Young Wonders (R) **4.00** The Bible (R) **4.55** Countdown (R) **5.40** Sali Mali (R) **5.45-6.10am** Gabba Gabba (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff
10.45 Trisha Goddard (R) **11.45** House Doctor (R) **12.15pm** House Doctor (R)
12.40 Five News **12.50** RSPCA: On the Frontline (R) **1.15** Wild Animal ER (R) **1.45** Neighbours **2.15** Home and Away **2.50** The Family Recipe (R) **2.55** I Own Britain's Best Home: Flying Visit (R) **3.10** **FILM** *Mystery Woman: Redemption: Murder mystery starring Kellie Martin*. **5.00** Five News with Natasha Kaplinsky, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.30 **Monkey Life**
 The alpha male chimps assert their authority, mainly by chucking their junk around. We like their style! (R)
8.00 **Jack the Ripper: Tabloid Killer - Revealed**
 Docu looking at how Jack the Ripper became the first tabloid star. (R)
9.00 **NCIS**
 The team identify the mole in their ranks. It's the little hairy fella with the pink nose.
10.00 **Law & Order: Criminal Intent**
 A prostitute's body is found in the sea. (R)
11.00 **Numb3rs**
MUST-SEE The boys look into a hit at a diamond exchange in Los Angeles.
11.55 **Poker**
SPORT More big-money bluffing from the World Tour.

1.00am SuperCasino **4.05** The FBI Files (R) **4.50** The Family Recipe (R) **4.55** County Secrets (R) **5.10** Neighbours (R) **5.35-6.00am** Home and Away (R)

REGIONAL VARIATIONS
BBC1 SCOTLAND: 7.30pm **LIVE** SportsScene **9.30** For Care and Duty **BBC1 N IRELAND: 10.45pm** King of the Wild Frontier **11.15** The Apprentice USA **12.00m't** Off the Beaten Track **12.15am** Sign Zone: See Hear **BBC1 WALES: 8.30pm** Weatherman
 Walking **9.00** **SPORT** Welsh Rugby in the Noughties **10.45** Inspector George Gently **12.15am** Sign Zone: See Hear **BBC2 SCOTLAND: 7.00pm** **SPORT** Sport Monthly **7.30** 'Allo 'Allo! **11.00** Newsnight Scotland **BBC2 N IRELAND: 7.00pm** **SPORT** Grand Slam
 Special **10.00** Spotlight **11.20** The Persuasionists **11.50** Off Kilter **12.50-3.10am** BBC News **BBC2 WALES: 7.00pm** The Great Rift: Africa's Wild Heart **11.20** **SPORT** Bowls **12.05-3.10am** BBC News **STV: 7.30pm** Grimefighters **8.00** Agatha Christie's Poirot
10.35 **FILM** The Day of the Jackal **ULSTER: 10.30pm** UTV Tonight **11.10** Help! I Caught It Abroad **12.10am** UTV Rewind **5.4C**: As C4 except: **7.00pm** Wedi **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Tocyn **9.00** Nigel Owens **10.05**

TODAY'S SPORT

sky SPORTS 1
6.00am Good Morning Sports Fans **9.00** Football (HD) **9.30** Football Asia **10.00** Spanish Football **11.00** Football First **12.30pm** Football (HD) **1.00** Spanish Football **2.00** Football Asia **2.30** Football (HD) **3.00** Football First **4.30** Football (HD) **5.00** Spanish Football **6.00** European Tour Weekly **6.30** FIFA Futbol Mundial **7.00** **LIVE** Football: *Real Madrid vs Lyon at the Bernabeu, kick-off 7.45pm.* (HD) **10.00** Football (HD) **10.30** You're on Sky Sports! **11.30** FIFA Futbol Mundial **12.00m't** Total Rugby **12.30am** Football (HD) **1.00** Boots 'n' All **2.00** Football (HD) **2.30** You're on Sky Sports! **3.30** Poker **5.30-6.00am** Football (HD)

sky SPORTS 2
6.00am Aerobics **6.30** Snow Ride **7.00** WWE Vintage Collection **8.00** Spanish Football **9.00** Snow Ride **9.30** Snowboard Diaries: *Following the lives of five top snowboarders.* **10.00** Pool **11.00** Poker: *The European Poker Tour held in Kiev, Ukraine.* **12.00noon** Tennis: *Highlights of a first-round David Cup match.* **1.00pm** Airsports World **1.25** **LIVE** Cricket: *The third one-day international between West Indies and Zimbabwe in Kingstown, St Vincent.* **9.30** Inside the PGA Tour (HD) **10.00** Boots 'n' All **11.00** Watersports World **12.00m't** Golf **1.00-2.00** Golf

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)
7.15pm Doctor Dolittle: *Family comedy remake starring Eddie Murphy.* **8.50** Green Zone Special **9.00** Dogma: *Fantasy comedy starring Ben Affleck.* **11.25** The Talented Mr Ripley: *Psychological thriller starring Matt Damon.* **2.05-4.00am** Kissing Jessica Stein: *Romantic comedy.*
COMEDY CENTRAL (126)
7.00pm The King of Queens **8.00** Scrubs: *JD and Dr Cox have a disagreement.* **9.00** Two and a Half Men **10.00** Grouchy Young Men: *With Russell Kane.* **10.30** Omid Djalili - *One Night*
ESPN **7.00pm** Press Pass **2010** **7.45** Ice Hockey **10.00** PortuGol **10.30** Ski World Cup **11.00** French Rugby **11.30** Poker **12.30am** NBA Fastbreak **1.00** **LIVE** Basketball **3.45** PortuGol **4.15-5.30am** Bundesliga

Stand **11.05** Sex and the City **12.15am** Two and a Half Men **1.15** South Park **2.15** Comedy Store **2.45** Jackass **3.15** Scrubs **3.45** Two and a Half Men **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier
BBC3 (115)
7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** Eddie Izzard: *Marathon Man* **9.00** **FILM** Superman Returns: *Superhero adventure.* **11.25** Family Guy **12.10am** The Gemma Factor **12.40** Hotter Than My Daughter **1.10** Snog, Marry, Avoid? **1.40** Dancing on Wheels **2.40** Hotter Than My Daughter **3.10** Snog, Marry, Avoid? **3.40** The Gemma Factor **4.10-5.10am** Dancing on Wheels
E4 (136)
7.00pm Hollyoaks **7.30** How I Met Your Mother **8.00** Friends **9.00** **FILM** Kingpin: *spin-off.* **11.50** King of the Hill **12.20am**

How I Met Your Mother **12.50** Scrubs **1.50** Being Erica **2.35** Roswell **3.55** Ugly Betty **4.40-6.00am** Switched
DAVE (111)
7.00pm Sahara with Michael Palin **8.00** Top Gear: *With Gordon Ramsay.* **9.00** Have I Got News for You: *With guest presenter Damian Lewis.* **9.40** Black Books **10.15** Mock the Week **10.55** The Catherine Tate Show **11.35** Louis Theroux: *Under the Knife* **12.35am** Black Books **1.10** Mock the Week **1.50** Two Pints of Lager and a Packet of Crisps **2.30-3.00am** Crash Addicts
MTV ONE (350)
7.00pm Teen Cries **8.00** Teen Mom **9.00** Daddy's Girls **10.00** Scream Queens **11.00** Nitro Circus **12.00m't** Pimp My Ride **1.00am** Disaster Date **2.00** South Park **3.00** Rock of Love **4.00** Pimp My Ride **5.00-6.00am** My Super Sweet 16



6.00am **SPORT** Good Morning Sports Fans **7.00** The Simpsons (R) **7.30** The Simpsons: *Cartoon aceness.* (R) **8.00** Brainiac: Science Abuse (R)(HD) **9.00** Bones (R) **10.00** Grimebusters: *Double bill.* (R)(HD) **11.00** Lion Man (R) **11.30** Airline (R) **12.00noon** The Biggest Loser: Australia (R) **1.00pm** Lie to Me (R)(HD) **2.00** Angela and Friends (HD) **3.30** Project Runway (R) **4.30** Lion Man (R) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R) **6.00** Oops TV (R)

7.00 The Simpsons

Lisa makes a new friend. (R)

7.30 The Simpsons

Ned becomes a bounty hunter. (R)

8.00 Children's

Champion Awards 2010

Goosey awards ceremony celebrating unsung heroes of childcare. (HD)

9.00 The Real A&E

A woman gets the stylus of her phone embedded in her tonsil. Women and technology - a match made in hell. (R)

10.00 Wall Street

FILM "Greed is Good" according to Michael Douglas, in this ace '80s drama with Charlie Sheen. (HD)

12.25am Road Wars

More pile-ups and moody motorists. (R)

1.25 Road Wars **2.25** Ross Kemp (R)

3.25 Don't Forget the Lyrics US (R)(HD)

4.20 Journeyman (R)(HD) **5.10-6.00am** Are You Smarter Than a 10 Year Old?

CF99 **10.35** Penawdau Newyddion a'r Tywydd **10.40** Haiti's Killer Quake **11.40** Nn Desperate Housewives **12.40am** Embarrassing Bodies **1.40** Gok Wan **2.35-4.00am** Slumdog Secret Millionaire

VIRGIN 1 (121)

7.00pm Star Trek: Voyager **8.00** Trauma **9.00** Criminal Minds **11.00** 8 Out of 10 Cats: *List-based panel show laughs, with Jimmy Carr.* **12.00m't** Roulette Nation **3.00am** How Clean is Your Crime Scene? **4.00-5.00am** Ninja Warrior

SCI-FI (129)

5.00pm Buffy the Vampire Slayer **8.00** Impact **11.40** Medium **12.40am** Buffy the Vampire Slayer **3.00** Flash Gordon **4.00-6.00am** **FILM** Ba'al: The Storm God: *Action thriller with Jeremy London.*

FX (164)

7.00pm NCIS **9.00** Family Guy: *James Woods seeks revenge on Peter.* **9.30** American Dad!: *Stan settles into Saudi Arabian life.* **10.00** Nip/Tuck **11.00** True Blood **12.10am** NCIS **2.10-4.30am** **FILM** The Way of the Gun: *Crime thriller with Ryan Phillippe and Benicio Del Toro.*

TODAY'S MUST-SEES

CRUNCH TIE!



"Hang on, it's glued to his foot!"

Man United vs AC Milan

ITV1, 7.30pm

SPORT The build-up to the first leg of this Champions League last-16 tie centred around David Beckham's first meeting with Fergie's men since he upped sticks from Old Trafford. Cue Wayne Rooney stealing all the headlines as United won 3-2. Conceding a late goal leaves United some work to do tonight, but with Wazza in this kind of form, we can't see anything other than a great night for the hosts.



"OK, darling, this is Slough. Can we leave now?"

Mad Men BBC4, 10pm

DRAMA Pete's plan to help out a neighbour takes a turn for the worse, while Don takes his blonde bombshell of a missus Betty on a business trip with him, leading to the romance being rekindled in their marriage. Wahey!



"And what do you think you could add to our company?"

The Umpire Strikes Back

ESPN Classic, 10.30pm

QUIZ This new sports quiz sees guests join host Mark Chapman and team captains Kevin Day (from MOTD2) and comedian Des Clarke as they answer light-hearted sporty trivia. Promising.



"Anyone else fancy Nando's for lunch?"

Numb3rs Five, 11pm

DRAMA More crime-cracking by numbers as Don, David and maths boffin Charlie attempt to get to the bottom of a hit at a diamond exchange. A criminal mastermind agrees to help, but only if his time in the slammer's reduced. Sneaky.

Lucy iPhone skins!



NEW! FROM ONLY £9.99

BUY NOW! VISIT WWW.NUTS.CO.UK / WRAPPZ

6am

7pm

1am

BBC ONE

6.00am Breakfast **9.15** Fake Britain
10.00 Homes Under the Hammer (R)
11.00 To Buy or Not to Buy **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Murder, She Wrote (R) **3.00** BBC News, Weather, Regional News **3.05** CBeebies **3.25** CBBC **5.15** Weakest Link: *General knowledge quiz.* (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show
7.30 EastEnders
Cockneys, shouting. Always shouting.
8.00 MasterChef
More competitive cookery.
9.00 Cars, Cops and Criminals
How criminals are shipping stolen cars from Britain. The pesky scamps.
10.00 BBC News, Weather
10.35 Question Time
Political snooze fest.
11.35 This Week
More politics? Time for bed then.
12.25am Sign Zone: Panorama
12.55 Countryfile
The latest in the world of Wellingtons. (R)

1.50 Five Days (R) **2.50** MasterChef (R)
3.50 MasterChef: *Water-burning antics.* (R) **4.50-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.00** Schools **12.00noon** Daily Politics **12.30pm** Working Lunch **1.00** Nature's Top 40 (R) **1.30** Castle in the Country (R) **2.00** Living in the Sun (R) **3.00** Diagnosis Murder (R) **3.45** Flog It! **4.30** Pointless: *Quiz show.* **5.15** Escape to the Country **6.00** Eggheads Celebrity Special (R) **6.30** Antiques Road Trip

7.00 The Culture Show
Martin Scorsese discusses his latest film, *Shutter Island*. Worth watching.
8.00 Lambing Live
Hooray! It's the last in the series of the farm-based tedium. Farewell *Lambing Live*, you will not be missed!
9.00 Michelin Stars - The Madness of Perfection
The pressures attached to becoming a Michelin-starred chef. Egg and chips just won't cut it any more.
10.00 Bellamy's People
MUST-SEE More oddball characters from the boys behind *The Fast Show*. Ace!
10.30 Newsnight
11.20 Women
The rise of feminism. Probably not a programme aimed at us, to be fair. (R)
12.20am The Culture Show

1.20 BBC News: *The day's headlines.*
4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News **6.00** GMTV **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News **2.00** House Guest in the Sun **3.00** Dickinson's Real Deal: *From Birmingham.* **4.00** Country House Cooking Contest **5.00** The Alan Titchmarsh Show: *Chat show.* **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
Stumpy marries a non-villager so the pair are promptly lynched in the square.
7.30 It Pays to Complain: Tonight
Stories of consumers standing up for their rights. Whingers, in other words.
8.00 Emmerdale
More? Give us strength!
8.30 Coronation Street
9.00 The Bill
Jo's team is summoned to the scene of a road traffic accident.
10.00 ITV News, Weather
10.35 Car Crime UK
Motor-based thievery. (R)
11.35 The Krypton Factor
The final of the game show. (R)
12.05am In Plain Sight
12.50 Loose Women (R)

1.40 The Jeremy Kyle Show (R) **2.35** It Pays to Complain: Tonight (R)
3.00-5.30am ITV Nightscreen

4

6.10am The Hoobs (R) **7.00** Freshly Squeezed **7.25** Everybody Loves Raymond (R) **8.15** Frasier (R) **9.15** Will & Grace (R) **9.45** Deal or No Deal (R) **10.30** Coach Trip (R) **11.05** Wife Swap USA **12.00noon** Channel 4 News Summary **12.05pm** Location, Location, Location (R) **1.05** **FILM** Ride the High Country: *Western starring Randolph Scott.* **2.55** Glamour Puds **3.25** Countdown **4.10** Deal or No Deal **5.00** Coach Trip **5.30** Come Dine with Me Extra Portions **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News
7.55 3 Minute Wonder: Loo Ladies
8.00 Country House Rescue
A couple stuck up a mountain are saved by an intrepid mansion. Or something.
9.00 Too Poor for Posh School?
Yes. There's no need to rub it in.
10.00 Alan Carr: Chatty Man
With Frankie Boyle and Mary J Blige.
10.50 Hung
Tanya continues to increase Ray's client list. It's a hard life, eh mate?
11.25 Hung
Ray faces a client with unusual demands.
12.00m't Chris Moyles' Quiz Night
With James Corden. (R)
12.50am Alone in the Wild
The survival challenge begins to take its toll on Ed Wardle in the Yukon. (R)

1.45 **FILM** The Riverman **3.20** Angry George Irons (R) **3.30** The Dead Zone **4.15** The War at Home **4.35** St Elsewhere (R) **5.25-6.10am** Countdown (R)

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House Doctor (R) **12.15pm** House Doctor (R) **12.40** Five News **12.45** Extraordinary Animals (R) **1.15** Wild Animal ER (R) **1.45** Neighbours **2.15** Home and Away **2.50** I Own Britain's Best Home: *Flying Visit* (R) **3.05** **FILM** Murder 101: *Murder mystery.* **5.00** Five News with Natasha Kaplinsky **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.30 UEFA Europa League Football
LIVE Coverage of one of the last-16 first-leg matches.
10.30 America's Toughest Prisons
Life inside Detroit's Wayne County Jail, where the women are a bit moody, to say the least. God only knows what it's like at certain times of the month! (R)
11.35 The Sexy Ads Show
We can take or leave adverts to be honest, but sex is pretty good, so this might be worth a quick look. (R)
12.05am SuperCasino
Live interactive gaming.

4.05 The FBI Files (R) **4.50** The Family Recipe (R) **4.55** County Secrets (R) **5.10** Neighbours: *Aussie soap.* (R) **5.35-6.00am** Home and Away (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: **9.00pm** Holby City **BBC1 NORTHERN IRELAND:** **11.35pm** Hearts and Minds **12.05am** This Week **12.50** BBC News **1.20** Sign Zone: Panorama **BBC1 WALES:** **11.35pm** Dragon's Eye **12.05am** This Week **BBC2 SCOTLAND:** **7.00pm** Horo Gheallaidh **7.30** Eòrpa **BBC2 NORTHERN IRELAND:** **7.00pm** Losing the Plot **7.30** Hearts and Minds **BBC2 WALES:** **7.00pm** Dragon's Eye **7.30** Hidden Houses of Wales **11.20** The Culture Show **12.20am** Women **STV:** **7.30pm** It's Never Too Late **9.00** Cops with Cameras **10.40** Underbelly Uncut **11.40** Politics Now **12.15am** Roulette Nation **1.05** Nightwatch with Steve Scott: *Crime* **1.55** The Jeremy Kyle Show **2.50** ITV Nightscreen **ULSTER:** **7.30pm** The Seven Thirty Show **10.30** UTV Live **11.40** It Pays to Complain: Tonight **11.40** Brain Box **ITV1 WALES:** **7.30pm** Wales This Week **10.35** Sharp End **11.05** The Wales Show **S4C:** As C4 except: **7.00pm** Wedi **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Pawb a'i Farn **9.30** Pethe

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans **9.00** Football (HD) **9.30** FIFA Futbol Mundial **10.00** Inside the PGA Tour (HD) **10.30** Boots 'n' All **11.30** Total Rugby **12.00noon** FIFA Futbol Mundial **12.30pm** Football (HD) **1.00** Boots 'n' All **2.00** Total Rugby **2.30** FIFA Futbol Mundial **3.00** Football (HD) **3.30** Transworld Sport **4.30** Boots 'n' All **5.30** The Rugby Club (HD) **6.30** Premier League World **7.00** **LIVE** Darts: *Arrows action, including Phil Taylor vs Mervyn King.* (HD) **10.30** Time of Our Lives **11.30** The Rugby Club (HD) **12.30am** Premier League World **1.00** Time of Our Lives **2.00** The Rugby Club (HD) **3.00-6.00am** **MUST-SEE** Cricket: *Bangladesh vs England from Chittagong.*

sky SPORTS 2

6.00am Aerobics **6.30** Snow Ride **7.00** WWE: Experience (HD) **8.00** Boots 'n' All **9.00** Golf **10.00** The Sorsa Project **10.30** Golf **11.30** Golf **12.30pm** Inside the PGA Tour (HD) **1.00** Golf **2.00** Golf **3.00** Inside the PGA Tour (HD) **3.30** Golf **4.30** The Sorsa Project **5.00** Race World **6.00** Terje's Season's Pass **6.30** The Dogs **7.00** **LIVE** Golf: *The opening day play of the CA Championship in Miami.* (HD) **11.00** Netball **1.00-5.00am** Golf (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

7.15pm Knights of the South Bronx: *Fact-based drama starring Ted Danson.* **9.00** The X-Files: *Sci-fi drama spin-off from the TV series.* **11.15** Green Zone Special **11.25** Resurrected: *Drama starring David Thewlis.* **1.10-3.30am** Bamako: *Satirical drama starring Aïssa Maïga.*

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** **FILM** Police Academy 6: *City Under Siege: Comedy sequel starring Bubba Smith.* **11.45** Sex and the City **1.00am** Two and a

ESPN **5.30pm** **LIVE** Football **10.15** Goal! **10.45** MMA Live

11.30 Football **1.30am** Snowboarding World Cup **2.00** NBA Action **2.30** World Series of Poker **3.30-6.00am** **LIVE** NHL Ice Hockey: *San Jose vs Nashville.*

a Half Men **2.00** South Park **3.00** Scrubs **3.55** Two and a Half Men **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

BBC3 (115)

7.00pm Doctor Who **7.45** Doctor Who Confidential **8.00** Snog, Marry, Avoid? **8.30** Hotter Than My Daughter **9.00** Dancing on Wheels **10.00** EastEnders **10.30** Eddie Izzard: *Marathon Man* **11.30** Family Guy: *Peter goes back in time to 1984.* **12.15am** Dancing on Wheels **1.10** Snog, Marry, Avoid? **1.40** Hotter Than My Daughter **2.10** Eddie Izzard: *Marathon Man* **3.10** Glastonbury: *The Best Bits* **4.40-5.10am** Snog, Marry, Avoid?

E4 (136)

7.00pm Hollyoaks **7.30** How I Met Your Mother: *Barney tries to figure out Ted and Robin's secret.* **8.00** Friends **9.00** The Big Bang Theory **9.30** How I Met Your Mother **10.00** Skins **11.05** Glee **12.05am** How I

Met Your Mother **12.35** Scrubs **1.30** Skins **2.30** Privileged **3.10** Heartland **3.55** Ugly Betty **4.40-6.00am** Switched

DAVE (111)

7.00pm Traffic Cops **8.00** Top Gear: *The presenters try to design an amphibious car.* **9.00** QI XL: *With Jo Brand, Dara O Briain and Phill Jupitus.* **10.00** Genius: *Stewart Lee joins Dave Gorman.* **10.40** Argumental **11.20** QI XL **12.20am** Genius **1.00** Would I Lie to You? **1.40** The Mighty Boosh **2.20-3.00am** Two Pints of Lager and a Packet of Crisps

MTV ONE (350)

7.00pm Teen Cries **8.00** Daddy's Girls **9.00** Catching Up with 16 and Pregnant: *The Girls of Teen Mom* **10.00** Teen Mom **11.00** Nitro Circus **12.00m't** Pimp My Ride **1.00am** Disaster Date **2.00** South Park **3.00** Rock of Love **4.00** Pimp My Ride **5.00-6.00am** My Super Sweet 16



6.00am **SPORT** Good Morning Sports Fans **7.00** The Simpsons (R) **7.30** The Simpsons (R) **8.00** Brainiac: Science Abuse (R)(HD) **9.00** Lie to Me (R) **10.00** Grimebusters (R)(HD) **10.30** Grimebusters (R)(HD) **11.00** Lion Man (R) **11.30** Airline (R) **12.00noon** The Biggest Loser: Australia (R) **12.30pm** Oops TV (R) **1.00** Lie to Me (R)(HD) **2.00** Angela and Friends (HD) **3.30** Children's Champion Awards 2010 (R)(HD) **4.30** Lion Man (R) **5.00** Malcolm in the Middle (R) **5.30** Futurama (R) **6.00** Oops TV (R)

7.00 The Simpsons
Bart lands himself in trouble over a mobile phone. Sounds like he's been taking lessons from Ashley Cole. (R)(HD)

7.30 The Simpsons
MUST-SEE Homer befriends Cletus after discovering the yokel's moonshine. (HD)

8.00 Pineapple Dance Studios
Competitive dancing. (R)(HD)

9.00 A League of Their Own
MUST-SEE New sports quiz hosted by James Corden, and featuring the lovely Georgie Thompson on the panel. Get in! (HD)

10.00 Bones
Booth and Brennan visit New Mexico when a body is found in the desert. (HD)

11.00 Cold Case
Lilly and the team reopen the case of a murdered 17-year-old girl. (R)

12.00m't A League of Their Own
The new sports quiz again. (R)(HD)

1.00am Road Wars **1.50** Songbook **2.40** Ross Kemp **3.30** Don't Forget the Lyrics US **4.20** Journeyman **5.10-6.00am** Are You Smarter Than a 10 Year Old?

10.00 Penawdau Newyddion a'r Tywydd **10.05** Cw cw **11.45** Kitchen Nightmares USA **12.45am** The Secret Millionaire **1.45** Alan Carr **2.25** Gerry's Big Decision **3.20** 360 Sessions **3.45-4.15am** **SPORT** KOTV

VIRGIN 1 (121)
7.00pm Star Trek: Voyager **8.00** Ghost Whisperer **9.00** Caribbean Cops **10.00** Hustle **11.05** Most Shocking **12.00m't** Roulette Nation: Your chance to lose cash! **3.00am** How Clean is Your Crime Scene? **4.00-5.00am** Ninja Warrior

SCI-FI (129)
5.00pm Buffy the Vampire Slayer **8.00** Legend of the Seeker **9.00** Sanctuary **10.00** **FILM** 30,000 Leagues Under the Sea: Underwater thriller starring Lorenzo Lamas. **11.40** Medium **12.40am** Buffy the Vampire Slayer **3.00** Flash Gordon **4.00-6.00am** **FILM** Loch Ness: Drama with Ted Danson and Joely Richardson.

FX (164)
7.00pm NCIS **9.00** Family Guy **10.00** American Dad! **11.00** Family Guy **12.00m't** NCIS **2.00am** Murder by the Book **3.00-4.00am** UC: Undercover

TODAY'S MUST-SEES



The waiting staff were a bit full on

NEW SPORTS QUIZ!

A League Of Their Own

Sky1/HD, 9pm

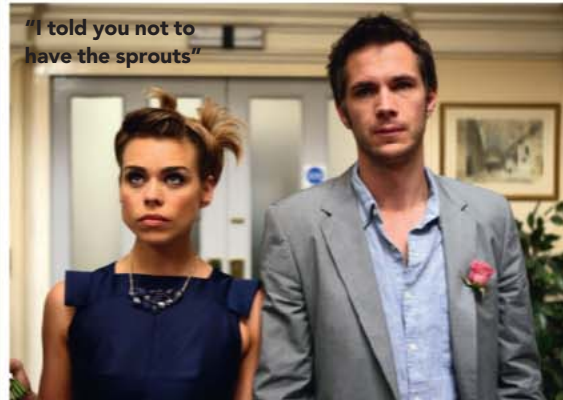
QUIZ Hurrah! It's a brand-new sports-based comedy quiz show! Gavin & Stacey bloke James Corden hosts, while team captains Jamie Redknapp and Freddie Flintoff will be joined by regular panelists comedian John Bishop and Sky Sports sexpot Georgie Thompson, as well as top celebrity guests each week. Tonight, it's boxer David Haye and Men Behaving Badly's Neil Morrissey taking part in the laugh-filled rounds.



He suddenly remembered why the beer tasted like p**s

The Simpsons Sky1/HD, 7.30pm

COMEDY Another side-splitting new episode of yellow-family fun, as Lisa accepts an invitation to join a Wiccan coven, only to be accused of witchcraft, while Homer hangs out with Cletus after discovering the yokel makes moonshine.



"I told you not to have the sprouts"

Secret Diary Of A Call Girl

ITV2, 10pm

DRAMA Belle (Billie Piper, above left) packs up her undies as another series of the saucy drama draws to a close – but not before Bambi drops a bombshell that sends her spinning.



Cape's squad didn't fill him with confidence

Bellamy's People BBC2, 10pm

COMEDY Spoof radio host Gary Bellamy is back from his jaunt around Britain, meeting some of the nation's oddballs, to hilariously sum up what it's taught him. Meanwhile, reformed crim Tony Beckett signs copies of his autobiography.



He couldn't get the hang of table tennis

Bangladesh vs England

Sky Sports 1/HD, 3am

SPORT It's the first Test in the series and if England can't beat Bangladesh, there's something seriously wrong. We're hoping they give big-hitting batsman Craig Kieswetter a go.

FASHION

T-SHIRT GRILL

Simply Superb T-Shirts & More!

45 Vinyl Insert!

Rock Out With Your Cock Out

Acid Smiley

School of Hard Knocks

Ali V Foreman Rumble in The Jungle

Secure On-Line Ordering
Full Money Back Guarantee
100's of Exclusive T-shirts available
Free Colour Catalogue

Call **FREE** on:
0800 035 0241
www.tshirtgrill.com

Get **15% discount!** just type in 'MAR15' at checkout

JOKELINES

PRANK CALLS

- 1 Inland Revenue want their £20k - or else!
- 2 Car insurance is cancelled - from today!
- 3 Caught Downloading porn - Caught a virus!
- 4 Police call - £1 million in your bank - Why?
- 5 You got my daughter pregnant - big trouble!
- 6 STD Clinic calling - test results ready!
- 7 Cheeky Sex Survey - The big squirm!
- 8 Narcotics Survey - what do they really know?
- 9 New Ozi game show invite - Win millions!
- 10 Shock US Radio - You're Live & on air!
- 11 Magistrates Court - Test Trials by phone!

Call 09066 630 831

EIRE CALL 158 099 7407 • More pranks at www.prank-phonecalls.com or text MONSTER to 84010
Info +44 (0)871 660 0448. UK calls cost £1.50/min. Eire calls cost €2.40/min. Mobile rates may vary. Bill payers permission required. 16+ only.

Wacky's Just like a real conversation ... these WindUps respond to what is said!

WINDUP CALLS!

1. Sex Survey - Very rude & embarrassing.
- 2/3. Your numbers on my boy/girlfriends mobile - Why?
4. Overdue CreditCard - We're sending the Bailiffs.
5. You got my Girlfriend pregnant - Wanna fight?
6. 'Honey Trap' Call - Are they cheating on you?
7. Wrong Number - Is that the Massage Parlour?
8. The VAT Office want their £20k ... or else.
9. Your Car Insurance is being Revoked - from 12pm.
10. Caught Downloading Internet Porn ... & a virus!
11. Strange £1Million Bank account Deposit - Why? + more online!

0906 663 0211
EIRE: 157 099 5375

HOW: Choose a Wind-Up, Call, Tell us their name & number, Sit back & listen secretly as we call them & play the Wind-Up... Let the fun begin!

Helpline: 0844 482 2432. UK calls cost £1.50/min. Eire calls cost €1.75/min. Mobile's cost more. Bill payers permission required. 18+ only. For entertainment purpose only. Visit www.wackyprankcalls.com for more!

HYDROPHONICS

3 COUNTIES Hydroponics

Grow what you want, when you want.
Don't buy it, Grow it!

www.3CH.co.uk • Tel: 01923 77-52-68

Reading • Dartford • Watford • Maidstone • Oxford

"3CH - We are Hydroponics"

The Future is Growing

Amy's Wind-House

The BEST Wind-Up Lines Yet!

Choose From:

1. Big Brother Auditions
2. Phone Engineer
3. You Hit My Car!
4. You Ordered A Pizza!
5. Mr Fury!
6. Irate Taxi Controller!
7. Free Mobile Calls!
8. Invite To Go Drinks Testing!

1. Dial number below
2. Select a Wind-up
3. Enter their Number
4. Listen In!

You can hear them...
BUT they can't hear you!

Dial **09064 071 125**

Call Cost £1.50/min
Wholesale PG Box 214, Surrey, RG2 0BP

AUSTRIAN M65 COMBAT JACKET

OUR LATEST **AUTHENTIC EX-MILITARY JACKET!**

now only **£24.95**

featuring:

- concealed drawstring hood in zipped collar
- exterior hip pockets with button flaps
- fully lined interior
- Full length zip with button storm flap

08458 991133
www.meanandgreen.com

Nuts

Please mention Nuts when replying to advertisements

5 MIN QUALITY MOBILE VIDS

EVERYTHING
JUST
£3



**EMMA SPELLAR
REVEALS HER HOT ASSETS
BUMPER VID - 370826**



**Danielle Lloyd
Sexy Secretary
374537**



**Horny Holly
McGuire
371809**



**Office Babe
Gets Frisky
379868**



**Naughty
Brunette Teases
370497**



**Bored Students
Webcam Strip
371302**



**Hot Secretary
Pleases Boss
376407**



**Saucy Tease
Plays Around
371664**



**Let Mates Hot Sister
Dominate Me
374027**

- Mates Mum Gets Very Naughty For Me! 373792
- Too Rude To Describe!!! 373512
- BB's Chanelle Gets Very Naughty! 377299
- Vikki Blows Uncensored Action On Cam 372619
- Sexy Tutor Doing What She Shouldn't 371631
- 18 Yr Olds Naughty Sleepover On Cam 375669
- Saskia Unleashes The Beasts! 376914
- Hot Girls Seduce Their Sexy Friend 371637
- Cute Blonde Babe Wants You In Her Bed! 371677
- Sexy Brunette Babes First Home Movie 372177
- My Ex-Girlfriend Sent Me This Hot Vid 379867
- Paid Hot College Babe To Strip 376211
- Ex-Miss UK's Uncensored Scandal Vid! 370826
- Very Hot Blonde Reveals Her Assets 371623
- Frisky Wags Home Alone Sofa Romp 376156
- Horny Blonde In Lingerie Loves To Get Randy! 375583
- Naughty Bridesmaid Gets Caught Out 376158
- Sexy Housewife Doing What She Shouldn't 373642
- Sophie Howard Loves To Show Off! 376255
- Mates Hot Sis Plays For Me In Uniform 371665
- Caught My Girl Seducing My Brother! 376509
- Biker Chick Fondles Her DD Assets 372955
- Frisky Mature Babe Loves To Show Off! 375232
- Randy Babes Home Alone Antics 373854
- My Saucy Secretary Bends Over On Cam! 370578
- Frisky Babe Lisa Marie's Roleplay Action 379150
- Hottest Essex Babes Up For Anything! 376146
- Huge Boobs Aussie Emily Scott Gets Rude! 371162
- Perfect Rear Action Caught On Cam 375113
- Bro's Busty Girlfriend Strips Outside! 370576
- My Bosses Sexy Secretary Seduced Me 376436
- Naughty Nurse's Home Alone Sofa Strip! 370575



**SAUCY CASSIE
GETS VERY NAUGHTY ON CAM!
BUMPER VID - 372960**

UNCENSORED ACTION!



**Sexy Nurses
Uniform
370219**



**Danielle Lloyd's
Frisky Roleplay
372192**



**In Bed With
Lucy Pinder
372461**



**Rhian Loves To
Be Watched
374873**



**BB's Chanelle
Loves To Tease
372395**



**BB Sophie's Huge
Assets On Cam
372125**



**Wet Shower
Action
374483**



**Sexy Jakki
Degg
371164**



**Rosie Jones &
Friends Naked
378202**



**Lingerie Come's
Off Quickly
370652**



**MICHELLE B
SEXY TEASE ON CAM!
373093**

FRISKY VIDS

34 DD+ BABES!

- Saskia Unleashes Her Huge Boobs For You 375526
- Horny Mature Babes Massive Rack! 379268
- Very Naughty Brunette Gets Raunchy! 373105
- Lucy Pinder Loves To Show Off Her Assets 376403
- Housewives Experiment Together On Cam 375615
- Uni Sleepover Caught On Camera 370545
- Saucy Tease Reveals Hot PVC Fetish! 372679
- Older Redhead Babe Fondles For You 370749

GLAMOUR GIRLS

- Danielle Lloyd's Horny Lingerie Tease 371238
- Saskia Reveals Her Massive Pair! 375586
- BB's Sophie Reveals All On Cam 376801
- Vikki Blows Saucy Home Movie Action! 377166
- Lucy Pinder Gets Messy On Cam! 379658
- Naked Cover Girls Play Naughty For You 379489
- Danni Wells Frisky Poledance Tease 371009
- Glamour Babes Stewardess Roleplay! 371865

TEXT ALERTS

- Fast & Furious Dump Valve 373846
- Eastenders - Closing Doof Doof's 376391
- Lost - They Are Lost... SpooF Theme 373856
- Meerkat - Simple! 377015
- Die Hard - Yippee Ki Yay Mother... 371360
- Family Guy Theme - Renaissance Version 371651
- Father Ted - Drink Feck Arse! 373892
- Achmed - Silence I Kill You! 373885
- Family Guy - Wonderful Day For Pie Song 376574
- Inbetweeners - Oooh Friend! 371404
- Quagmire - Giggerty Giggerty! 371104
- Horny Female Orgasm Alert 378140

FREE VIDEO

Plus all the latest:
Chart Ringtones

TV & Movie Theme Tunes

Txt Alerts & Games

txt HOT to 80155
(texts cost 25p)

VISIT OUR NEW WEBSITE!
www.dbmob.com

TO ORDER: txt DBM (space) ITEM CODE to 80155

EG: txt DBM 370826 to 80155 ALL ITEMS JUST £3

NO SUBSCRIPTIONS! NO CLUBS!

T&C's: 80155 is aged 16+. All requests to 80155 are charged at 25p. Wap/ GPRS Required. All videos are in excess of 500k. Standard network costs apply. 5 Min Vids: Times are approximate. Free Video Wapsite: Standard network costs apply. K2 Media or its associated companies may contact you by SMS with similar promotions & products. To end text STOP to 80155. dbm is a Trade Mark of K2 Media Ltd, PO Box 162, Kendal, LA8 8WW, UK. Support line 08448797228.



DATING

**UK's BEST
picture
text 'n'
date
service**



max
10p
per msg

Swap texts and pictures
with UK women looking
to meet guys now!

text **FLIRT** to **85588**

18+ adults may exchange contact details after 3 texts. This is NOT a subscription service. Standard network charges apply. We may send you free new member alerts and promotional messages but you can send STOP at any time to opt out. XJ: 08713107591 PO Box 47535 London N14 6XE

**CHAT OR DATE
WOMEN CHAT FREE***



10p
PER MIN

As seen on
TV - Sky 878

**WOMEN: 0800 075 6402
MEN: 0871 908 0962**

18+. Helpdesk 0844 944 0844. 0871 = 10p per min. *0800 = Free from a BT Landline. Network Extras Apply. Live calls recorded. SP: 4D.

TEXT

with genuine men & women

Men: Text 'mwall' to 88199

Women: Text 'wwall' to 88199

25p per msg sent/recvd min spend £1.50

Helpdesk 0844 944 0002. Standard network charges apply. 18+ only. Women: Network charges only. Men: Join for 10p per msg for 1st 15 msgs sent/recvd; 25p per msg thereafter. This is a subscription service, it will cost 25p per msg sent/recvd until you send STOP to 88199. SP: XON.

CHEAP CHAT

MEN: 0871 300 3367

18+. H/Desk 0844 944 0844.
0871 = 9p per min. Network extras apply.
Live calls recorded. SP: 4D.

WOMEN CALL FREE*

0800 075 2269

*0800 = Free from BT Landline

**FREE
SEXY MOBILE VIDEO
For Every Reader!**

TEXT: SEXY To: 823333

SMALL PRINT

*There is NO CHARGE to receive the movie.

16+. Msgs sent to 82333 max 12s. FTXT p.o. box 42746, N2 6XZ. help@870700254. To not recv chat msgs text stop chat msgs recd £1.50. We may also send you free promotional service messages.

**RELAX
& GET
SEXY**

Amazing **SEXY TEXT**
hook up with local girls
to relieve your stress x
See our lovely pics now
on your mobile xxx

TEXT EASY TO 67111

LL P06538 N427YN. Helpdesk 08431982255. 18+. SMS cost £1.50 each + standard network charges apply. To stop text 'STOP' to 69469.

**SEXY
TEXT
EASY
AND
QUICK**

Hot girls at home always
ready & sexy **FOR YOU!**
Text in now for girls pics
- a great time guaranteed,
full satisfaction xxx

TEXT KISS TO 67111

LL P06538 N427YN. Help 0844 871 4497. 18+. SMS cost £1.50 each + standard network charges apply. To stop text 'STOP' to 69469.

**Chat Or
Date!**

100's Of
Men & Women
Online
Right Now

**ONLY
10p
PER MIN**

Women: **0800 075 2970**
Men call: **0871 908 1198**

18+. Helpdesk 0844 944 0844. 0800 = FREE AT ALL TIMES. 0871 = 10p per min. Network extras apply. Live calls recorded. SP: 4D.

TEXT

Men: Text 'mpea' to 88199
Women: Text 'wpea' to 88199
MIN SPEND £1.50

Helpdesk 0844 944 0002. Stand network charges apply. 18+. Women: Ntwk charges only. Men: Join for 10p per msg for 1st 15 msgs sent/recvd; 25p thereafter. Pic msgs cost £1.50 each. This is a subscription svce, costing 25p per msg sent/recvd until you send STOP to 88199. SP: XON.

**CHAT OR
DATE
10p
PER MIN**

0872 100 1003

18+. Helpdesk 0844 944 0844. Network extras apply. Live calls recorded. SP: 4D.

The HOTTEST women! The HOTTEST photos! AND VIDEOS

Want the HOTTEST HOOK UPS?

HAVE FUN TONIGHT! GET PHOTOS & HOOK UP NOW OR WHEN IT SUITS YOU

Gill, UK (34)  Get my hot pix...and lets hook up...text GILL to 68889	Anna, London (36)  Get my hot pix...text ANNA to 68889	Caro, Wales, (44)  Get my hot pix...text CARO to 68889	North East (18)  Get my hot pix...text BLONDIE to 68889	Tash, Glasgow (18)  Get my hot pix...text TASH to 68889	Minki, Leics (18)  Get my hot pix...text MINKI to 68889	Claire, UK (38)  UK Rep Lets hook up... Get my hot pix...text CLAIRE to 68889	Val, UK (40s)  Get my hot pix...text VAL to 68889
--	---	---	--	---	--	---	--

25p per message sent into 68889 £1.50 per received text from 68889. See virtual terms online at www.ukeasyaction.com 18+

ASK ANY OF THE PERSONAS ON THIS PAGE FOR THEIR PHOTOS! THEY'RE ALL HOT AND THEY'VE ALL GOT 'EM!

All personas 18+

Meg, Lancashire.  Get my hot pix AND VIDEOS...Text MEG to 68889	Milf, 40s North England Fun loving naughty women with photos  Get my hot pix...text KISSY to 68889	Katherine, WALES Can't wait to send you my sexy photos...text anytime 24/7  Get my hot pix...text KATHERINE to 68889	Polly, 44 UK. Fun easy experienced woman wants fun! Especially with guy 18-30!  Get my hot pix...text POLLY to 68889	AS SEEN ON TV POSTCODE MATCH! See who replies to your postcode.... To be matched to a woman (with HOT photos & maybe HOT videos) Text-PC followed by your postcode to 68889 (for example PC NE344NB) Text PC followed by your postcode to 68889 and get in on the action! Hook up via your mobile *Text SWAP anytime to swap to a different hot woman* £1.50 per received text.	Kat, London. 18 years old!  Get my hot pix...text KAT to 68889	Ami, 20 GLOUCS.  Get my hot pix and HOT videos...text AMI to 68889
Liz, 20s Hants/UK  Get my hot pix AND HOT VIDEOS...text LIZ to 68889	Nat (19) MIDLANDS/UK Text me anytime & Get my pix...and HOT VIDEOS xxx  Text NAT to 68889	Janie, SOUTH (41) Get my hot pix...text  JANIE to 68889	Tara, UK 47 Get my pix...text TARA47 to 68889	ESSEX (34) Get my pix...text DI to 68889	18, SCOT. Get my pix...text JEWEL to 68889	Kitty, 18 Lancs. Get my pix...text KITTY to 68889
Daze, anywhere UK  Get my hot pix...and HOT VIDEOS...text DAZE to 68889 25p message sent £1.50 per received text.	Mell, Belfast NI (18) Single and fun loving. Looking to hook up soon!  Get my hot pix...text MELL to 68889	Rita, Wales/UK (45) Easy going, fun loving, ask me for my really hot pics!  Get my hot pix...text RITA45 to 68889	Saucy, 34 Kent/Sussex  Get my hot pix...text SAUCY to 68889	Lily, UK (40) Wants to hear from a younger guy. Text me anytime - 24/7 guys! Get my hot pix...and VERY HOT VIDEOS! text LILY to 68889	Lily, UK (40) 	Lee, 20 Leeds  Get my hot pix...and VIDEOS text LEE to 68889
Beth, North East (38) Lets have some fun Get my hot pix...text  BETH38 to 68889	Lib NORTH WEST (21) Get my hot pix...and HOT VIDEOS too text  LIB to 68889	Nici, LANCS 38 and HOT!  Get my hot pix...text NICI to 68889	Leah, London/UK (19) Get my hot pix...and HOT VIDEOS too text  LEAH to 68889	Tani South West/UK (43)  Get my hot pix...text TANI to 68889	Also - www.ukeasyaction.com UK EASY ACTION .COM HOOK UP NOW - VIA YOUR MOBILE	Ker, Kent/London  Get my hot pix...and VIDEOS text KER to 68889
July, UK (40)  Hot single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my hot pix...and HOT VIDEOS Text JULIE to 68889	Carly, 18 UK Get my hot pix...and HOT videos text  CARLY to 68889	Kyli 20, SUSSEX Get my hot pix and VIDEOS...text  KYLI to 68889	Beverly Mids/UK (30s) Saucy older woman wants to hear from younger guy 18+. Easy going, fun loving kind single woman 35 - hopes age doesnt put you off! Get my hot pix...and hot videos text BEVERLY to 68889	UK ANYWHERE Lets hook up Get my hot pix...text  HWILKIE to 68889	Naughty, South West Hot fun girl looking for flirts! Get my hot pix...and hot vids text  NAUGHTY to 68889	Anne, 40s YORKS  Get my hot pix...and VIDEOS text ANNE to 68889
Also Visit - www.ukeasyaction.com - for more...	Amb UK  Get my hot pix...AND VIDEOS text AMB to 68889					

Strictly 18+. This is NOT a subscription service. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (max. 4 billed messages sent to you per message into 68889) Photos/videos sent in/received charged as 2 x £1.50. You must check your mobile is able to send/receive videos or photos. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. Text stop to end (not case sensitive) You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. We do not sell or share your data or mobile phone number. No guarantee of meeting implied. Photos are for display purposes and not to be reproduced for fantasy entertainment only, areas to aid this. Virtual service Terms and conditions @ www.ukeasyaction.com. please read the full terms and conditions fully. B Med 331, 77 Beak Street, Soho, London W1F 6DB. To SWAP to a DIFFERENT PERSONA WITH PHOTOS TEXT SWAP to 68889 at ANYTIME. PLEASE ENSURE YOU HAVE CREDIT IN YOUR PHONE IF YOU ARE A PAYG USER. WE RESERVE THE RIGHT TO BAN USERS IF THEY HAVE NO CREDIT OR ARE UNDER 18. 18+ SERVICE. To stop the service text STOP to 68889 THANKS.

Nuts PUB AMMO

Another frothingly fantastic collection of facts and figures

"You like girls, you like boobs. What's the problem?"



Family Guy creator Seth MacFarlane was booked onto one of the planes that hit the World Trade Center in 2001, but missed his flight because he had a hangover.

There were 581 operations to reduce man boobs in Britain last year, up from just 22 in 2004.

80% of the human race live in Asia.

Male koalas' penises are split in two.

There are no clocks or windows in Las Vegas casinos in order to disorientate gamblers, so they spend more money.

Central Asian country Kyrgyzstan has started issuing passports for its mountain sheep.

Apollo astronauts left six lunar vehicles and 50 tonnes of litter behind them on the moon.

The 2010 Super Bowl was the most watched programme in US TV history with 106.5 million viewers. It beat the 27-year-old record held by the last ever episode of *M*A*S*H*.

The dot over the letter "i" is called a tittle.

Arsenal vs Liverpool has seen more hat-tricks than any other fixture in Premier League history.

Alan Carr's dad Graham is chief scout at Newcastle United.

Scientists have found that drinking beer can help strengthen your bones and reduce the risk of osteoporosis.

Alice In Wonderland creator Lewis Carroll's real name was Charles Lutwidge Dodgson.

Amy Winehouse appeared in one of *The Fast Show's* Competitive Dad sketches when she was 14.

"Take my new backpack?"



"Cheryl, these are... er... my mates!"



"Just out of bed? No, why?"



PUB AMMO ON... ENGLAND VS EGYPT

"Oi, stop trying to steal the picture box!"

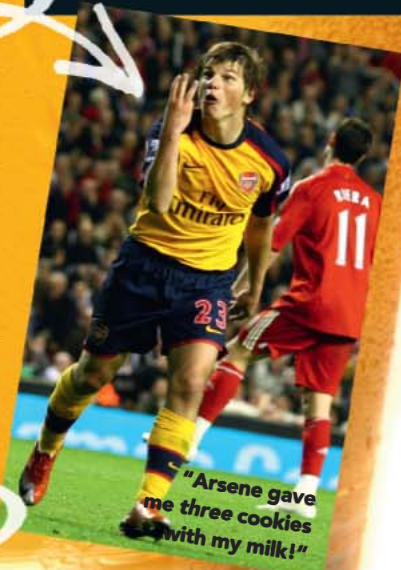


- This week's friendly game is the first time England have played Egypt since the group stage at World Cup Italia '90, when Mark Wright scored the winner.
- Currently, Egypt are ranked 10th in the world by Fifa, just one

spot below England.

- Players to watch out for include West Ham striker Mido, Hull City bad boy Amr Zaki and most-capped player Ahmed Hassan.
- Watch England vs Egypt from Wembley live on ITV1 at 8pm on 3 March.

"Arsene gave me three cookies with my milk!"



free boom boom pow



free speaker, free music, free texts
with the new Miami from Orange – just £49

So here's what we've got. You buy this new touchscreen for just £49 – and you get a free bass-boosting speaker. Then, with Monkey pay as you go, you can listen to free tracks from Lady Gaga, Pixie Lott, Tinchy Stryder and loads more. We'll even throw in hundreds of free texts.



**hurry to your local Orange shop
or go to orange.co.uk/miami**



Phone price subject to minimum £10 top-up.