

THIS WEEK

2-8 JULY 2010

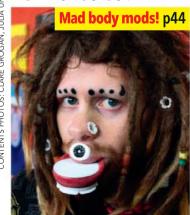
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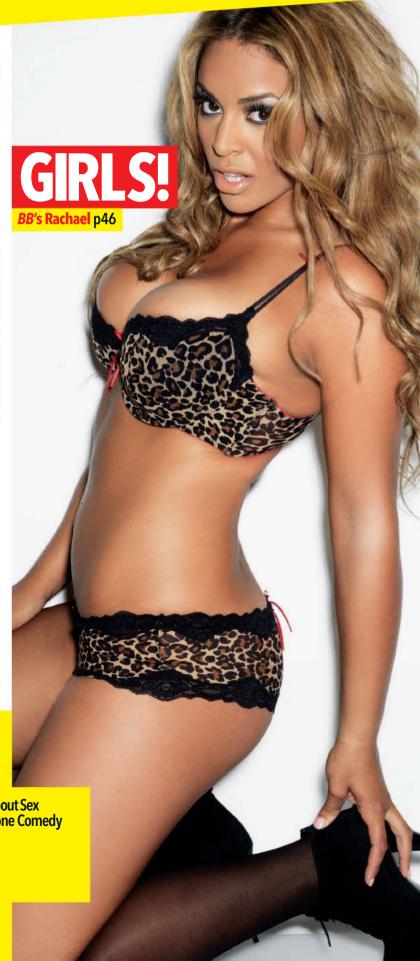
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FABIO CAPELLO LOSES IT!

FABIO'S JOY!

A normally reserved Capello goes loopy with glee at the end of the England vs Slovenia match and proves that although he's Italian, he's not that different to England fans after all.

ANELKA'S OUTBURST!

After receiving half-time advice from his manager, Nicolas Anelka, who has never scored for France in a World Cup, replied: "Go f**k yourself, you dirty son of a wh*re." No wonder he got sent home!

SWITZERLAND DO SPAIN 1-0

We anticipated a Spanish victory. What we got instead was the chance to laugh at Del Bosque's men as a team of chocolatiers and bankers* beat them 1-0.

MOTD'S LANGUAGE BARRIER

One of the tournament's great delights has been watching Alan Shearer trying to keep up with Emmanuel Adebayor's breakneck babbling punditry. Mind you, he probably doesn't understand Alan either.

MARADONA'S SICK TOUCH!

He might look like an extra from a remake of Waiting For (The Hand Of) God but the mad manager still has a better touch than Heskey.

REFS VS THE USA

The Yanks have had not one but two clearly legit goals against Slovenia and Algeria chalked off. Does the world really hate them?

NEW ZEALAND'S SHOCKS

First they bag a 93rd minute equaliser against Slovakia, then hold World Champions Italy to a 1-1 draw and finish above them! Bonzer! Oh, that's Australian...



BEAUTIFUL BEER BABES!

We welcome the sight of 32 hot Dutch lasses in matching beerpromoting Holland strips. Sadly, ITV didn't, on account of their berkish pundit Robbie Earle giving them his free tickets!

SLOVAKIA SEND ITALY HOME!

Coming into this game, Slovakia were bottom of their group. After their victory over Italy, Lippi and co were airport-bound.



Their "fans" are soldiers and the

with Kim Jong-il for tactical advice

during games. Maybe that's where

manager is in regular contact

Steve McClaren went wrong.

TO FRENCH PRESIDENT!

After the France team were flown home in economy class, Henry then had to explain the reason behind their humiliating World Cup exit to Nicolas Sarkozy!



Nuts NEWS

JOHN TERRY'S DIVING

England's former skipper tries to clear a shot with his face, before getting turf in his teeth. Not the first time he's gone down in the

HEADER FAIL!

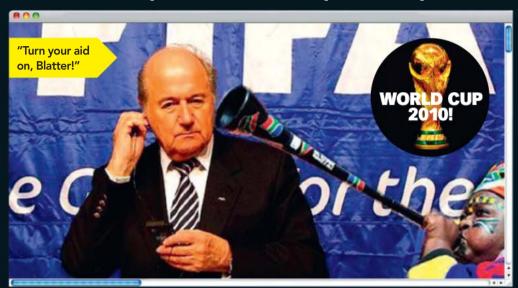
box, we'd imagine.

FRENCH GAFFER IS NOT **MR SHAKY HANDS**

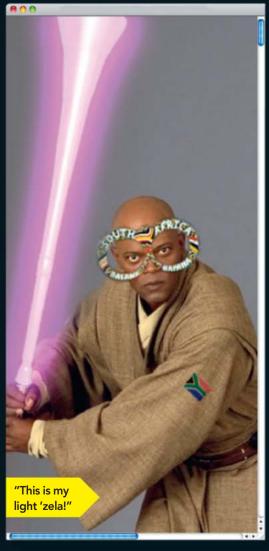
After his sorry excuse for a team lost 2-1 to South Africa, France manager Raymond Domenech showed shocking arrogance by refusing to shake hands with South Africa's boss.

It's vuvuzela m

The World Cup's hellish horns provide spam merchants with plenty of scope







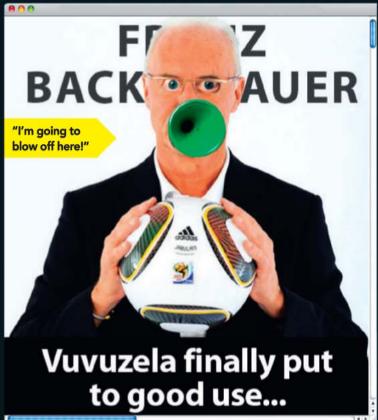






adness!

for comic creativity!





Lawro's lame World Cup one-liners!

Bizarre quips from the BBC's main man!





ENGLAND VS ALGERIA Lawro after a pigeon lands on the crossbar: "Bird's eye view!" Lawro talking about a fan who's spotted himself on the big screen: "He had bingo wings, that lad."



Lawro after an Algerian player's shorts ride up: "Aye aye, what's he got on underneath there?" Guy Mowbray: "A pair of bobby-dazzlers." Lawro: "Bobby boxers."



ENGLAND VS SLOVENIA
Mowbray on Stuart Pearce's
activity on the sidelines:
"I've not seen Stuart Pearce
so active since this tournament
started either."
Lawro: "He's got worms!"



Lawro on Frank Lampard's meaty slide tackle:
Mowbray: "These days, that's termed 'overly aggressive'."
Lawro: "No, it's tackling, Guy."
Mowbray: "Well I'm with you."
Lawro: "I've noticed!"



ENGLAND VS SLOVENIA
Lawro on two England fans
in the crowd who are dressed
as Crusader knights, complete
with swords and chain mail:
"They're having a nice night."



Lawro after David James saves another Slovenian shot: "Watching England is like an instant cure for constipation." Mowbray: "I wondered what that was."



Rihanna's hot bikini break!

The gorgeous R&B singer's busting out on her Barbados hols!

aking a break from warbling about umbrellas and rude chaps, R&B star Rihanna found the time to show off her new barnet and truly brilliant bikini in Barbados.

We suspect the 22-year-old hoped her new bright-red hairdo would get all the attention on the Caribbean island but with a boob-enhancing top like that, she could have styled her hair in the shape of a massive luminous yellow vuvuzela and we'd still be struggling not to look down south. Nice try, Ri!





Can anyone Smell smoke? Inferno hits Rio! Residents break out the steaks! Logo contained this one, on the mountainside

o, someone didn't leave the oven on. This huge forest fire was the result of lanterns released during festival celebrations in Rio de Janeiro, Brazil.

The lanterns contain flaming wicks of cotton soaked in wax, and are blamed for around half of all the forest fires in Rio – like

this one, on the mountainside between Lagoa and Copacabana.

In 2000, one lantern landed in a car dealership and set 44 vehicles ablaze. Apparently it was a Hyundai one, so no harm done!

See footage of the fire at nuts.co.uk/spambank









built from now until 2013, corresponding to the number

figures have been released

yet, but 0-60mph should

come in at about four

seconds and top speed

will be around 200mph.

Just 81 of these cars will be

- used to handling such a powerful road car.
- By purchasing the car, you receive free entry to next year's Le Mans race. You'll also be allowed to drive the car around the track pre-race.
- The car's Recyclable Energy Absorbing Matrix System





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gamestation







out, do people think you're facetious when you say things like "Can I have a table for example", "Can I hire a car for example"? Pretty much. I don't really get recognised much. I put my hair down and try to be anonymous. You have massive hair. Do you have things living in it? A small family live there. The mum and dad look after the front and the kids do the back. It needs lots of treatment when I get sweaty. You're chums with Professor Green. Is he a bit dull, banging on about physics, the Hadron Collider etc? Yeah, I've heard him rap the whole periodic table, but not as well as Professor Pink and Professor Brown.

Rappers these days are either really tall, like you and Dizzee

Rascal, or really short like
Tinchy Stryder. What's wrong
with the rap gene pool? Maybe
I should be called Lanky Raver.
Then you'd have Tinie Tempah,
Tinchy Stryder and Lanky Raver.
That'd help. You used to be a
comedian. Tell us a joke. What
do you call a leper in a bath? Stu.

'There's a small family in my hair!"

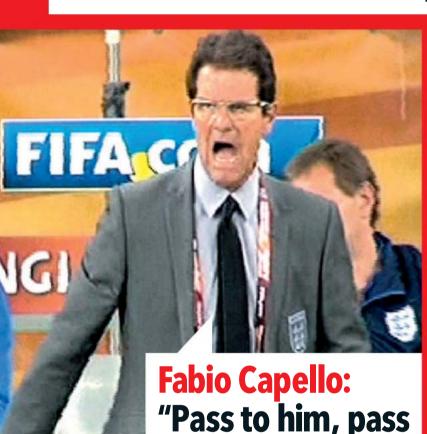
I did a whole leper-based set but no one knew what a leper was because it's not a popular illness! What's new single *Kickstarts* about? It's about kicking tarts. If I get bored, I get a Mr Kipling tart, take a run-up and kick it. Won't Go Quietly about? It's about women who you want to come around your house because they're really good in bed but when you try to get rid of them in the morning, they won't leave quietly. They're like, "Aw, take me shopping. I want to go to Laura Ashley. Take me to McDonald's." You're just like, "Get out of my house!" You obviously date a wide variety of women if some want Laura Ashley and some want McDonald's! Laura Ashley is a sign of a good, posh bird. Posh birds like nuggets, too! When you use your credit card, do people think it's a dummy one because it says Example on it? Sometimes they'll be like, "Sorry, this is an example" and I'm like, "No, love, I'm Example!" Thanks, Example! Give us three examples why you're the best thing around. No one else has written a song about tarts. I've written the first cake-based love song. Plus, I have the best hair in pop. And I've got 147 pairs of trainers. I wear them then give them to fans. I'm very charitable!

Single *Kickstarts* and album *Won't Go Quietly* are out now



THE NUTS WORD CUR 2010 LIP-READER!

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



"Pass to him, pass the f**king ball!"

ENGLAND VS ALGERIA Cape Town Stadium, Fri 18 June, 7.33pm The England boss shows the technical skills that justify his big salary.



ENGLAND VS ALGERIA 9.25pm His Royal Highness knows the score after England's dismal draw in their second group match.



ENGLAND VS SLOVENIA Mandela Bay Stadium, Wed 23 June, 3.22pm England's anchor wants a second goal after Defoe's opener.





ENGLAND VS ALGERIA 9.19pm Goldenballs loses his rag after an Algerian player takes a tumble near the end of the game.



Available at





Rhian hits the beach!

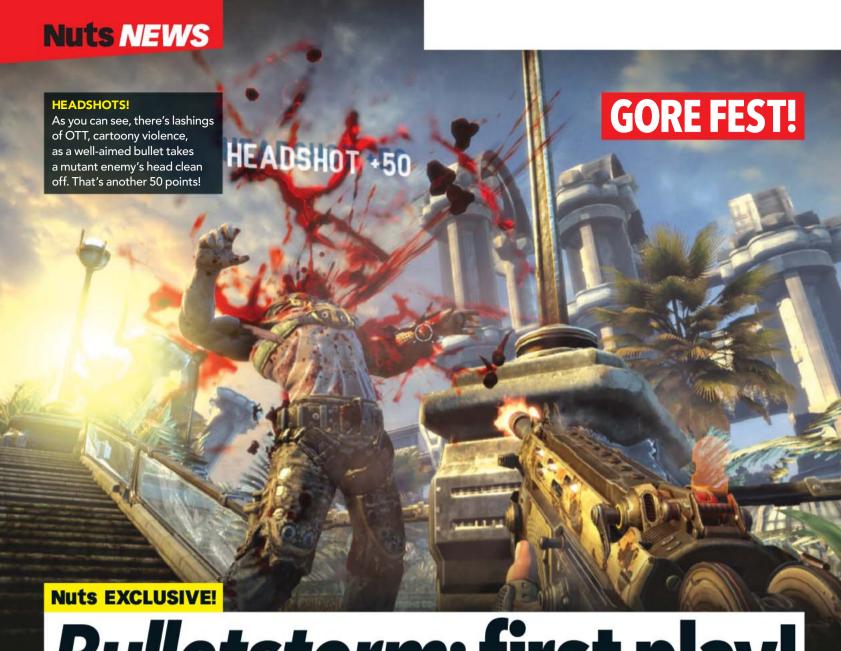
And look - her top is nowhere to be seen!

emperatures in Puerto
Banus, Marbella, shot up
last week when gorgeous
Rhian Sugden hit town!
When we head to the beach, our
routine involves keeping our
moobs firmly under wraps and
drawing willies in the sand.
Luckily, the Bury babe isn't so shy
about her chest twins and was
quick to show the locals the
correct way to sunbathe. Minus
the willy-drawing, of course!



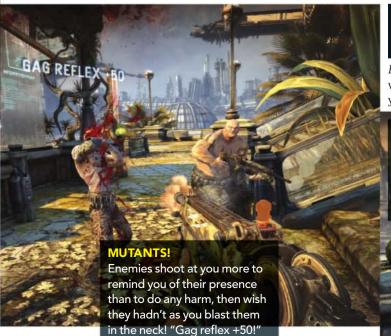
"3, 2, 1. Ready or not, here I co... oh, that was easy!"





Bulletstorm: first play!

The Gears Of War chaps make mental new shooter!



n their down time when not making *Gears Of War 3*, developer Epic makes even more bonkers shooters!

Bulletstorm is a run-and-gunner where the style in which you off your foes is all-important. Take

enemies down with a boring old slug to the chest and you'll get a measly score. But pop a cap in their heads and the serious points start piling up!

It's awesome fun, as you'll see when it drops in Feb 2011. Ace!



weapon-upgrade posts. This one charges your rifle to spit out an enormous blast that fries enemies to charred bones.

FOES FRIED!

WORDS: RORY BUCK

NUTSGEAR



The Sony Nex offers on-screen shooting tips to help novices to take better pictures



etto

Toshiba Libretto W100 laptop

www.toshiba.co.uk

Nuts says: This stunning double touch-screen laptop allows you to run apps side by side and move them between screens, then save content to the 62GB solid memory.

X-mini Happy

Free with

www.advancedmp3players.co.uk

Nuts says: Billed as the world's
smallest boom box, this satsumasized wonder plays MP3s from an
SD card, while the Bass Xpansion
System boosts low-range noise.
It expands, too, for clearer sound.



An accelerometer means you can hold the Libretto vertically and read it like a book

ETBC

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



i Sammy Jo! What do you hope to achieve by being Nuts' Next Top Model?
I just want to be successful. It's been my dream to be in Nuts for ages. It's so much fun!
Which Nuts babe do you most admire? I love Lucy Pinder, she's so beautiful. She keeps herself to herself and doesn't go out of her way to be famous. She's a real curvy woman, not a beanpole. And her boobs are amazing!

What are your best assets? My long legs and bright blue eyes! Not your 32G boobs? Them as well! Some photographers say it's all about the eyes and the boobs. Well, I've got both! What's most important in a fella – looks or a sense of humour? He has to be a bit good looking for you to be attracted to him. But the more you get to know him, the personality makes you fall for him. A bit of both, really!

How can men make themselves more attractive? Just have a bit of confidence. No girl I know likes to make the first move. So make yourself look confident. It makes a girl feel good about herself. How would you seduce a man in a club? I'd walk past him a couple of times, then I'd stand next to him at the bar so he notices me. How can a man please you in the bedroom? By being in control. I like a guy to make the first move

in the bedroom, it's not good for the girl to always have to do it. Where are we likely to see you again? Wherever you like! If the readers want more Sammy Jo, I'll do another *Nuts* shoot any time!

More Sammy Jo?

Want to see more of Sammy Jo in Nuts? Email us at: topmodel@ipcmedia.com



YOUR LETTE

Stupid signs, flags abroad and... er... lads in Nuts vests!

Send your letters to **nutsletters**



We're really flagging!

Dear Nuts

These are the lads from 1 Lancs BG in Afghanistan showing our support for England in these difficult times.

LCpl Gaz Coyne, 1 Lancs BG

And we'd like to show our support for you, Gaz, by showering you with some free goodies. Enjoy, chaps!

The vest a man can get!

Dear Nuts,

I'm Sgt Duane Sharp AAC (near left) and with me is Cpl Gav Nichols. Please give a big shout out to everyone in CF Sangin from the TACP – and some T-shirts wouldn't go amiss!

Sgt Duane Sharp, Sangin, Afghanistan

No problem, Duane. We noticed that yours seem to have shrunk!



Pants place!

Dear Nuts.

I was working away in Gravesend and my hotel was in this village. It didn't deliver on its promise.

Paul Griffiths, via email

How could it when it has such an impossible-to-live-up-to name?



Well, they're not lying

Dear Nuts,

I was at this year's Champions League final in Madrid and we came across an outdoor market in the city centre. It was closed though, which is a shame, because we'd love to know what this stall was selling.

Ben Phillips, Shropshire

Maybe the store owner is called Fanny – and she has very low self-esteem?



The leaning tower of boozer!

Dear Nuts.

We know you don't do the "pint balance" thing any more but we reckon you'll be impressed by this effort we came up with anyway.

Anon, via email

We're surprised that after that number of shots, you could even operate a camera!







@ipcmedia.com or to the address on p68



Dear Nuts.

We decided to pay tribute to the French football team with this message made from French Fries!

Steve & Karen, Leicester

Not just hilarious, but also rather tasty too! Très bien, monsieur!



It wasn't us, honest

Dear Nuts, Judging by that numberplate, they look like the right people for the job.

Liam, via email

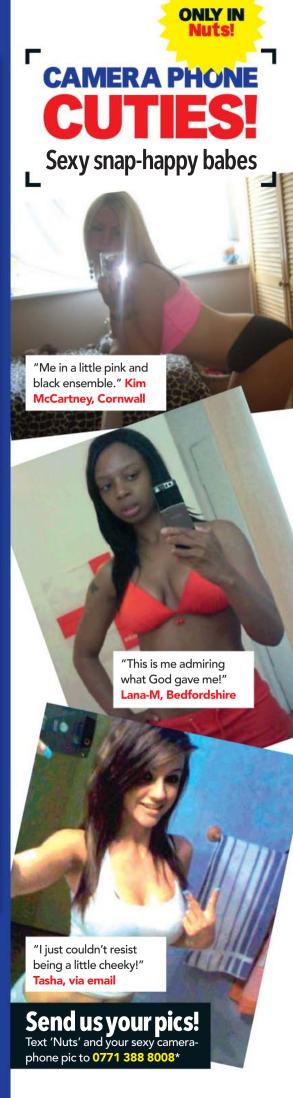
And embarrassingly, they can't spell – it should say "whose hat?" Oh, wait, now we get it!

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



Win £100 to spend at PLAY.com

Send your letters and hilarious spam pictures to nutsletters@ipcmedia.com or to the address on page 68. 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!



OR'S DECISION IS FINAL, TERMS AND CONDITIONS ON PAGE 68 A

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcm

SHORTJOKES!

Q: What do you call an Irishman in the first round of the **World Cup?** A: The referee

I went on my computer and looked at some pictures of baby scampi. The police came knocking and accused me of downloading child prawn Jason David, London



Q: How can you tell if a bagpipe is out of tune?

A: Someone's blowing into it

Dougie, Blackburn



a disgrace to the team and shouldn't be anywhere

"Don't pay any attention to him, Emile," says

John Terry, encouragingly. "He doesn't know

what he's talking about. He just repeats what

Look out

A blind man walks into a store with his guide dog.

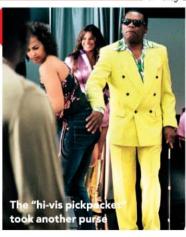
everybody else says." Jim Jameson, Crawley

near England's first 11."

All of a sudden, he picks up the leash and begins swinging the dog over his head.

The exasperated manager runs up to the man and asks, "What are you doing?"

The blind man replies, "Just looking around." Keith Hollis, Tamworth



"It's a fair cop,

Birthday

Four old friends reunite at a party. After some drinks, one of the men nips off to the loo, while the others discuss their kids.

The first bloke says, "My son is the president of his company. He's so rich, he bought his best friend a Merc for his birthday."

The second bloke says, "My son was a pilot.

> Eventually, he got into business, and now he's so rich that he gave his best friend a brand new Learjet for his birthday."

The third man says, "My son started his own construction company a few years back. He's so loaded, he gave his best friend a 30,000

Win VIP Superbike tickets!

Send jokes to nutsjokes@ipcmedia.com or the address on page 68. There's nothing better than watching a top sporting event from the best seats, and the very generous Swan Honda Superbike team are giving away a pair of VIP tickets for the British Superbikes at Brands Hatch on 8 August for the sender of the week's best joke!* So get writing now!





edia.com or to the address on p68

square foot mansion for his last birthday."

Just then, the fourth bloke comes back from the toilet. One of the men says, "We were just talking about how proud we are of our sons. What does vours do?"

The bloke replies, "He's a stripper at a gay nightclub. He does pretty well, actually. For his last birthday he got a brand new Mercedes, a private iet and a house!" Les Gibley, Drayton



Comedy

A group of comedians know each other's jokes so well, they only refer to them by number. At one meeting, a new member arrives to see the comics standing in a circle.

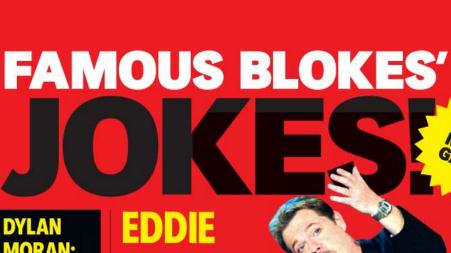
"Seventeen!" says one, and all the other comics crack up laughing.

"Eighty-five!" says another. Again the group fall about laughing.

Wanting to join in, the newcomer says, "25!" but is met with stony silence.

"Why didn't anyone laugh?" he asks.

"Ah, it's not your fault," says a comedian. "It's the way we tell them." Max Walker, via email



DYLAN

"Men are much more romantic than women. Men are the ones who'll say, 'I've found somebody. She's amazing. If I don't get to be with this person, 't carry on. If ot with her 'll end up in a bedsit, I'll be an alcoholic.' And

JACK DEE:

that's how

women feel

about shoes."

"The film industry is like Anne Robinson: always on the lookout for a new face"

JIMMY CARR:

"I like to go into the **Body Shop** and shout out really loud, 'I've already got one!"

IZZARD: "I appreciate the audience's applause, but I don't do it for applause. I do it for cash, it's much better"

DARA O'BRIAIN:

understand the appendix. Why would God put it in you when it does nothing but randomly kill you for no reason?"

JEREMY CLARKSON: "There are many

rules for the elderly in the highway

code. I have one too: get a bloody

move on"

PETER KAY:

"My mum was a ventriloquist and she was always throwing her voice. For ten years I thought the dog was telling me to kill my father"



POPOUT ONLY IN PUBLIC!

Have a cheeky flash - and earn some cash!





IN A CROWD!

MICHELLE 19, from Colchester
"I popped them out with a whole crowd nearby!"



"I don't think I could be much more naked than this!"



SIAN 20, from Devon "I decided to give my upper region some air in the underpass!"

THE TRUTH ABOUT SEX WITH...LEAH FRANCIS!

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com



Should I let her play the field?

My girlfriend's sex-mad. At first, it was great, but I can't keep up any more and I'm worried she'll cheat. So I'm thinking of letting her stray a bit. Is this weird? Freddie, Brighton

I have a cunning solution. Why not get involved in a threesome? That way, your woman's happy, while you don't have to do all the hard work! And if you're there, it's not really cheating!

Nuts BABES' SEX TIPS!

1No.20: "A way to a girl's heart is a nice massage with lovely oils. Warm her up slowly and it'll definitely be worth your while!" **Lindsey Strutt**



Why won't she let me go down?

How can I convince my girlfriend to let me "go downstairs" for her? She says she's too selfconscious and I just don't get it. Ian, Southampton

Tell her you want to return the favour because she gives such great blow jobs! Or how about being sneaky and buying her some edible underwear? Then one thing leads to another!

Why does she

I've started seeing this lass and she practically has a wardrobe full of sexy fancy-dress outfits. Frankly, I think she may be a bit loose. Am I right to be worried? Mark, Edinburgh

No, you're a lucky boy! Lots of blokes would give anything to be in your situation so why not get involved yourself with a bit of role play? Dressing up can be loads of saucy fun, trust me!

Should I shave?

My girlfriend hates me having pubic hair because she says it makes oral sex unpleasant, but I'm going to look like an idiot if I shave it all off!

Tim, Norwich

It's fair enough if your girlfriend doesn't want a mouthful of hair when she's going down on you. I say shave it off. And remember, being tidy down there makes your manhood look bigger. And that can't be a bad thing!



PHOTOS: ZOE MCCONNELL

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

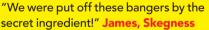
Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** T&Cs on page 68.





"I know it's childish but it had to be done. Admit it, you laughed!" Anon, via text











SCREWED FOOD CORNER!



DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com



'My hand was Plucky Nuts printer's mitt gets mangled

ichard Freeman is one of the unsung *Nuts* heroes who helps put the actual pages of the mag together in a big factory. And he really took one for the team when a printing press ravaged his hand!

"I work in the bindery, where we stitch and staple magazines

that come through," Richard, from Essex, tells *Nuts*. "I was clearing some waste off the big drum that mags come through on, when my hand caught on some rollers and got dragged in.

"Luckily, my friends stopped the machine and I pulled my hand out. It looked like I'd been skinned! There was loads of blood, and it hurt like hell.

"I was wide awake during the five-hour operation to repair it, which was quite a weird experience. I had a skin graft to replace all I'd lost, and I'm even back at work. I just hope I didn't ruin any copies of *Nuts*!"

ON THE MEND!

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

Win £1,000!





Stockings on! Bra off! Yes please!

i Emma! What have you been up to lately? I've just got a new car! It's a sexy Mini convertible and I love it. I can go anywhere! We know what you're like – how long do you think it'll be before you crash it? Not long, I reckon! Ha-ha! I've got to drive back to Stoke soon, so I'll have plenty of opportunity for a prang! Is a Mini not a bit small for some back-seat shenanigans? I didn't think about that when I bought it. But there's more space in a Mini than you'd think, so who knows? Are you still single? I am! To be honest, I'm enjoying my own company and having a laugh with my girlfriends. My new drinking pal is Lindsey Strutt. She's my partner in crime now. What's the most embarrassing thing you've done recently? I was walking my dog the other day and he saw a pigeon and ran after it. I let go of the lead but my

feet went from underneath me and I just slipped and landed on my bum! I was covered in mud and had to walk home looking like I'd come out of a swamp! Did anybody see you? Yes, everybody saw me. All the cars driving past, people in shops were laughing their head offnobody thought to help, ha-ha! Is there anything we don't know about you? I used to do ballet dancing and tap, and I was going to go to dance college but I pulled my hamstring and had to take time out. I'm thinking about doing a master's degree next year or the year after, though! Which girls should we keep an eye out for? Em Diamond. I think she's really hot! I love her long blonde hair, and she has such a pretty face and a good body. She reminds me of Leah. I wish I was blonde, I'm thinking of changing my hair colour, but I don't think it would suit me!













The toothy comic on Becks, Pamela Anderson and his camp new telly show!

i Alan! Your show,
Chatty Man, is
moving to Sunday
evenings. Does that
mean you'll have to have
your Sunday roast dinner at
lunchtime now? I'll probably
just pop it in the microwave
and have it when I get back.

dinner for one? I get the parsnips, Brussels sprouts and roast potatoes and bake them individually. It's less sad! Piercing the film and waiting for the ping is the worst sound you can hear when you're on your own on a Sunday. We hear you're trying to get David Beckham on the show. Ali G once asked him if Posh Spice took it up the... well, you can work it out. You'd never do that, would you? I would never ask David Beckham that sort of question! I'd show him! Ha-ha! If he turned up on Chatty Man, I'd just do whatever he wanted. I'd be his b*tch! I'd just be so pleased he was on my show.

when that chap impersonated you on Britain's Got Talent? I was in the garden because it was sunny. Suddenly, I got a hundred tweets going, "Put Britain's Got Talent on, there's a man who's just like you!" I rewound the Sky+ and I was very flattered. He did a generic gay stereotype and I went, "Oh my God, he's just like me!" If you were on Britain's Got Talent, what would your talent be? I've got a red setter called Bev so I'd probably go on with her. But she's so unruly, I'd probably just do a dance with a top hat and cane while she went though a bin! Justin Lee Collins says he doesn't watch your show

But I continued reading down and I was like, "Actually, that's really sweet. Aah." Did Pamela Anderson really think you and Justin Lee Collins were an item when she presented The Friday Night Project? Yes! She said, "I'm going to get Alan and Justin a present for their apartment." I could have had custody at the weekend. Justin could take it to Bristol during the week. I don't know why she thought Justin was gay. He was salivating over her breasts the entire time!

I read the headline, "I can't

stand to watch Alan Carr,"

I was like, "Ooh, you b*stard!"



When you and JLC share a bed, does his beard get in your teeth? You know he wears a hairnet? He wears a beard-net, too. Although he has woken up with my c*ck in his mouth. Ha-ha!

Erm, OK. If you and Justin were a couple, who'd be the man and who'd be the lady? I'd be the man and he'd be the lady. There's not many men who can carry off a backless number but he's one of them.

"If JLC and me married, I'd be the man, he'd be the lady!"

Before you were famous, you were a toilet attendant. Any memorable floaters? Hold your horses! The man said, "Do you want to be facilities manager?" I said, "Yes." I'd never been a manager. Then a woman complained about the state of the toilets. I thought, "It's not my department." She went, "Who's the facilities manager, then?" I went, "f**k, that's me!" There was this phantom sh*tter, too! Someone kept sh*tting in the corridors and I had to clean it up. Sounds like a fulfilling job. Are you sure it wasn't actually you leaving a "dirty protest"? To throw people off the scent? Ha-ha! Oh my God, you are good. I admit it, it was me!

How did you land the official job of the Tooth Fairy?

I started as a fairy and worked my way up to teeth. I got through to boot camp and Dannii Minogue was my mentor. I won *Tooth Fairy Idol* and I haven't looked back. When you were growing up

with your brother Jimmy Carr, who beat up whom? He's a WWE fan so he'd always do the clothes line, the body slam and the nipple twist. I had my teeth to fight back. During one body slam, he lost an eye. His right eye is made of glass.

Do you ever get asked to advertise weird stuff? A pizza company asked me to change my name to Alan Carbonara for a month! They said they'd fill in all the paperwork – all I'd have to do would be to sign.

Jimmy White got paid £1m to change his name to Jimmy Brown! A million quid? Wait there! I've got to call Domino's pizza back now!

Thanks, Alan! Finally, when did someone last shout "Should have gone to Specsavers" at you? No one has ever shouted that. They usually shout, "Bender" at me! It's not nearly as helpful and a little bit more offensive! ■

Chatty Man is on Channel 4 on Sundays at 10pm

See Alan Carr in action at www.nuts.co.uk/spambank





Sent out to save a beleaguered force of paratroopers, Mick Flynn and his

s the first rocketpropelled grenade [RPG] hit Squadron Corporal-Major Mick Flynn's vehicle, he realised he and his team had driven into a deadly Taliban ambush.

"All hell broke loose," Mick tells Nuts. "The impact from the first RPG caused me to black out and when I came to, the first thing I did was check my legs. Dust and debris were everywhere, it was pitch black and the automatic fire sounded like raindrops hitting the vehicle. I was stunned for a moment, then I smacked the radio and shouted into it, 'Contact, ambush, wait out!"

With their Scimitar armoured vehicle stalling under a hail of rockets and

Flynn is the most-decorated frontline soldier in the British Army

CPL MICK FLYNN

AK-47 fire, Mick, his driver and his gunner were staring death in the face...

DEADLY MISSION

August 2006 in Afghanistan's deadly Helmand Province, and a platoon of pathfinders (paratroopers who operate deep in enemy territory) had found themselves under siege from Taliban fighters. Running short on food, water, and under constant fire, it was Britain's most-decorated soldier Mick Flynn and his team who were tasked with reinforcing the pathfinders to stop them being overrun.

Mick and his unit began to advance in a small convoy of Scimitar and Spartan armoured vehicles on Musa Qa'lah, where the 120-strong unit was stranded, but a small village stood in their way.

"We could have driven well out of our way to avoid the village," recalls Mick, "but our orders were to be as quick as possible. We approached the village cautiously. It was quiet. Too quiet. As we got nearer, I decided three vehicles should go in first to check it out."

The vehicles began picking their way down a narrow lane with walls either side.

"It seemed like the safest route," Mick explains, "but we couldn't quite see to the end."

AMBUSH

They'd barely crossed the first ditch when the Taliban forces suddenly sprang out of nowhere, pouring down RPG fire, rocking Mick's Scimitar.

"We pushed on, but just as we got past the kink in the road and were down the home straight, a 12mm DShK machine gun started firing from in front of us, ripping chunks off our truck."

With their vehicles torn apart by machine gun fire and the Scimitar's firing system partially disabled, Mick came up with a plan.

"The Scimitar's machine gun was stuck in its bracket and couldn't be moved, so I told Leachy, the driver, to move the entire vehicle until I had the machine gun nest

in the crosshairs. We smashed bullets into the two machine gunners, broke through to the other side of the ambush and gave ourselves a chance."

UNDER ATTACK

Suddenly, the RPG fire started again. "A rocket came flying right over our vehicle, too close to call. I can still hear it to this day," says Mick. "AK-47 fire was still happening at this stage and when we came to a T-junction, we couldn't move left or right in case we ran into mines. I took the decision to head back into the ambush."

Ordering their vehicle to about face, Mick and his team prepared for their second run at the ambush. Facing down AK-47 bullets, and without a working machine gun, Mick and his gunner, Minty, leaned out of their hatches to lay down fire with their rifles.

"The Spartan that had been directly behind us was now in front of us, blocking the road," Mick recalls, "and it was covered in flames. As we got closer, another RPG struck our



men soon found they were the ones in terrible danger...

right-hand side and we knew we had to act. We had to speed up and drive into a ditch by the Spartan, hoping to come up safely on the other side.

"Unfortunately, our vehicle got stuck. We were now down in a ditch next to a burning vehicle, and the enemy started engaging us with AK-47 fire. I thought, 'We're going to die if we stay,' so I decided we had to fight our way out on foot."

Taking turns to lay down fire while the others jumped out of the vehicle, Mick, Minty and driver Leachy made their way along the ditch as bullets flew by. However, Mick still had to account for the rest of the crew inside the Spartan.

DARING RESCUE

As the dust and bullets flew around him, Mick surveyed what was left of the Spartan crew. Body parts were lying all around, but there was one survivor – Lt Martin Compton.

"He had no eyelids, no hair, and his body was completely burnt to a frazzle except his boots and pants," Mick recalls. "I thought he was dead, until he started screaming."

While Minty and Leachy laid down covering fire, Mick and his troop leader decided what to do with Lt Compton.

"We put him on the back of a soldier and provided covering fire as we moved towards friendly vehicles. We managed to extract him to safety and called a helicopter in to get him out of there."

FINISHING THE JOB

"Three days later, the mission was completed. As well as the men of 3 Para, a lot of assets were used to go in and rescue the pathfinders. When we went back, there were more than 40 Taliban in that area. I received the Military Cross for that mission. Being the most-decorated soldier in the Army is something I'm proud of but someone will break that record and they'll probably be more deserving."

Mick Flynn's Bullet Magnet, published by Weidenfeld & Nicolson, is out now

Mick's maddest missions

WINNING MORE MEDALS THAN ANYONE ELSE ISN'T EASY. HERE, MICK PICKS OUT SOME OF HIS HAIRIEST SITUATIONS

NORTHERN IRELAND

"Northern Ireland was as bad as Afghanistan is now. I remember being ambushed by the IRA. I was meant to drive an open-topped Land Rover but someone else wanted to drive, so I was in the back of an armoured vehicle. The driver was shot three times and killed, but myself and a guy called Steve Ripton managed to engage the enemy before they could escape the scene."

THE FALKLANDS

"We had to make a diversion attack on the Argentines – that is, make them think we were coming from one direction but actually come in from another. Problem is, our diversion attack was so successful, we actually broke the Argentine lines!"

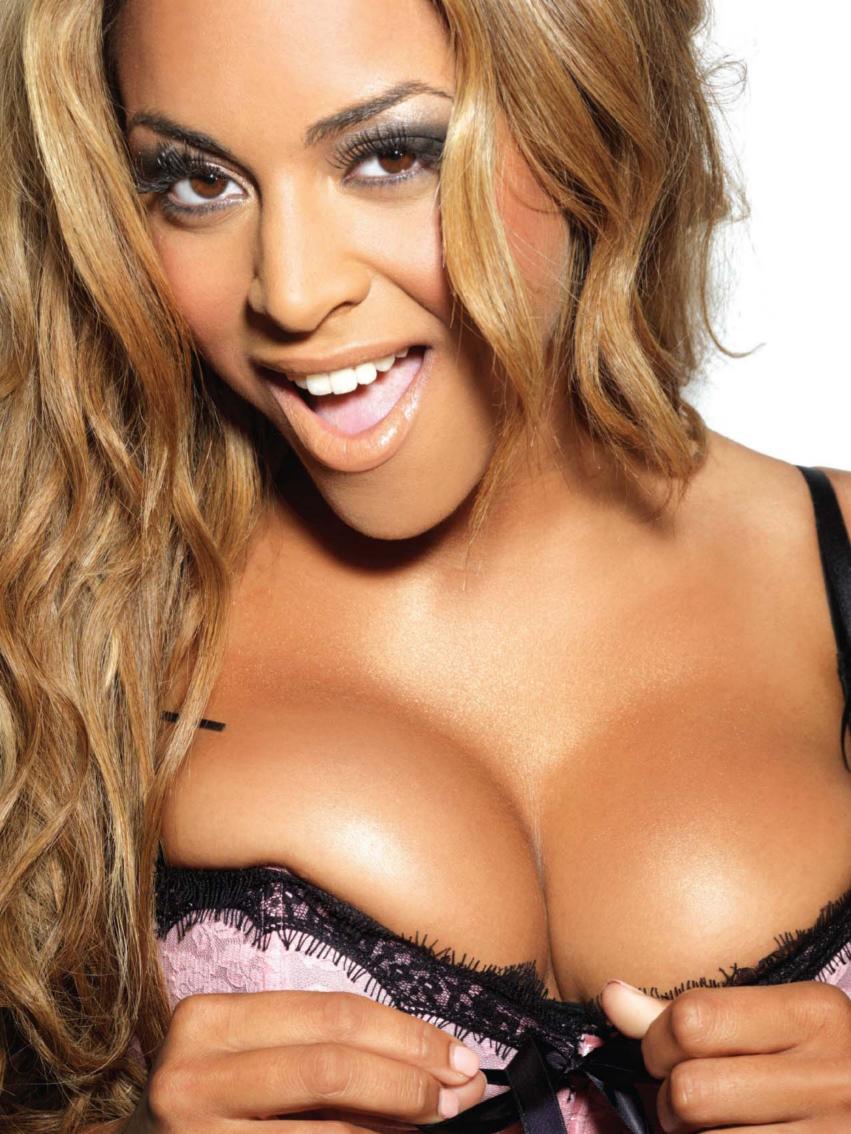


BOSNIA

"A man came running up to tell us this woman had thrown herself into a freezing river, so I jumped in to pull her out. I later found out she'd been trying to kill herself by drinking a bottle of white spirit and drowning. She'd lost her husband and cousins in the war. That's the way things were going!"









BB'S RACHAEL

Hi Rachael! How has it been doing your first Nuts shoot? Really good fun! I've never done anything like this, so it's a new experience. I'm so excited, and I couldn't have asked for a better mag! I kept talking about Nuts in the house, so I'm so glad. What did you say about us? On the night John James had a real go at me, I was talking about how I'd like to do a shoot for Nuts and I don't think he really liked it. What an idiot! I think he just had a problem with me. Maybe he's got a problem with good-looking women, I don't know. But he certainly had one with me! You said John James has put you off men for life - is that true? I didn't! That was in one of the papers but I never said it. I just haven't found the right man yet! Were you disappointed to be kicked out first? Of course! I was kind of expecting it and prepared myself for the worst. All the opportunities that have come my way have been absolutely great, though, so I can't complain at all. If you'd been in the house for a bit longer, what would you have gotten up to? If I was still in the house this week, I'd have given John James a piece of my mind because he was horrible. And there was somebody in the house I quite liked, so I think I'd have gotten closer to that person. Who was that? Nathan. He's a lad's lad and not like any guy I've been with before, but I did fancy him and I'd have liked to get to know him a bit better. Do you reckon he might ask you on a date when he gets out? If he wants to go on a date with me! I'd like to see him, but I reckon he'll stay in there for a long time. What's the best thing about looking like Beyoncé? The best thing is the attention. People love to come up to me and talk to me about looking like Beyoncé, and I can't complain. She's a great person to look like! The weird thing is when people think I've had surgery to look like her, but it's not true. I haven't had a boob job or a nose job or anything! Do you ever get properly mistaken for her? When I went to see her in concert, I walked in to see her like everybody else and I nearly got mobbed! Kids -









were running after me and

everything! If I walked around

all day, it'd happen more often! Have you ever signed an autograph as Bevoncé? I've been asked but I always say no. I won't sign an autograph pretending to be someone else! I'll pose for photos so people can pretend to have met Beyoncé, but I'd never sign anything. That's horrible! You said in the house you'd got really close to Shabby and you wouldn't be surprised if you ended up with a girl. True? Yeah, I just think people shouldn't have to be straight or gay, you just fall in love with whoever. Me and Shabby got on really well and had a cheeky flirt. In that house, it's so boring, so if someone pays me attention, male or female, I'm going to lap it up. Shabby's wicked, she's so cool and crazy. If you'd stayed in a bit longer, would anything have happened? I reckon we might have had a drunken snog or something. But nothing more serious than that. If we were going to take you out on a date, what would you like us to do? Most girls like to be wined and dined, but I like to be surprised. Don't get me wrong, I don't mean one of those things where I'd get kidnapped! I'd just like to do something a little bit daring. Think outside the box and keep me on my toes. If you'd stayed in the house until the end, would you have lasted without sexy time? I'd have struggled! It's physical contact with someone, not just sex. I know for sure that I'd have had a snuggle up with Nathan, just to feel close to someone. But I'd definitely have come out of the house crazy for it after ten weeks. I'm bad enough now! What's next for you, Rachael? I'm just going to enjoy this time because nobody knows what the future holds! Thanks, Rachael! Finally, who's going to win the whole thing? I think Steve or Josie will win, but I'm backing Nathan all the way.

Catch Big Brother highlights every night on Channel 4





SILITS SPORT

World Cup's Campest walls!

They're meant to stop balls, not enjoy them!

nere are plenty of hardmen playing at this year's World Cup, including some men who we'd run a mile from if they even looked at us slightly funny. But one thing we've

noticed is that as soon as these so-called tough guys of football have to face a free-kick, they turn into great big wet jessies of the highest order! It's like watching an episode of *Queer Eye For The*

Straight Guy but with a few vuvuzelas and a Jabulani thrown in for good measure.

So enjoy our selection of the campest defensive walls we've seen in South Africa – coo-ee!

WORDS: TIM BRADLEY PHOTOS: PA PHOTOS, ACTION IMAGES, AI









Merse's World Cu







DSTAIS SO far! These lads should be on the Premier League's radar!





Another top week in South Africal

t's been another crazy seven days for me in South Africa and amid all the action, I've been hanging out with the thousands of England fans – and some penguins (see below)!

The game against Algeria was an obvious low point. I don't think I've ever seen England play that badly. A total disaster!

The next day, I took a trip to a place called Cape Point and who should I see, but Fabio Capello himself doing a bit of sightseeing! I couldn't believe that he wasn't training with the players and trying to put right the mistakes from the game. Maybe he couldn't face it!

Gradually, me and the other England fans began to believe

again, and when it came to the match against Slovenia it was fantastic to witness how much better the lads were playing. The confidence was back, the tactics were better and the fans were truly fantastic. For the first time in the tournament, the dreaded vuvuzelas were completely drowned out by the magnificent singing of the travelling England faithful, and it was a joy to behold.

There were a few sore heads the next day, but we all felt a lot better about things. South Africa really is an incredible place and I'm learning more about it each day. The tournament is picking up after a dodgy start, and it's only massive games from here on in! Bring it on!







WORDS: PETE CASHMORE PHOTOS: GETTY, BACKPAGE IMAGES, PA PHOTOS, CLEVA MEDIA, NEWS INTERNATIONAL, AMA

MAN-LYVE CORNER!







OUOTE ME ON THAT!

Sporty types talking a load of toilet!

"The Italians are Italian and the English are English"
Sam Allardyce spots the difference.

"It's 1-1. What an achievement if New Zealand get to 1-1"

ITV pundit Chris Coleman

"I kiss and hug my players but I'd prefer if they were women. I'm not limpwristed"



"The defender had a miserable smile on his face



"Jermain **Defoe's like** a little girl"
Wayne Rooney doesn't exactly

"I think Dale Winton was playing for **England**

England's secret weapon

"After the goal, we couldn't take any of the opportunities that came our way. I think that sits well for the future"





Gervinho has got nice hips"

ITV's Gareth Southgate takes a fancy to the Ivo

'OO-ER SOUNDS A BIT RUDE' CORNER!

"The physio put a salty substance in **Rvan Nelsen's** mouth" Really, Bobby

"Do join in if you've got your vuvuzela out at home"

We haven't all got the horn, Clive Tyldesley.

"My wife has two fingers sometimes it's iust the one"

Thankfully, Sir Geoff Hurst is talking Kit Kats!



"Slovenia need to beat Slovenia to be sure of qualifying"

Gary Lineker on a very big ask for the Slovenians.



goes, 'Don't throw out your old shoes until you've got a new pair"

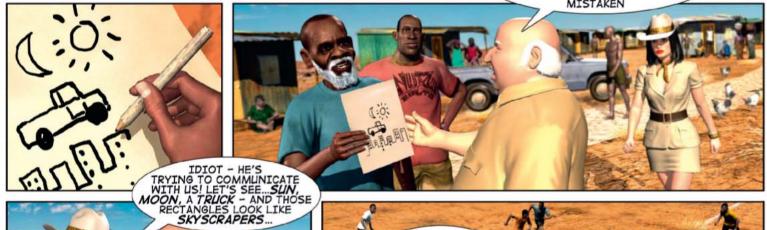
up his own sayings.

Striker

By PETE NASH and SIMON RAVENHILL

striker3d.net

I'VE GOT NOWT
AGAINST YOU HARD-UP ZULU FOLK
SELLING TRINKETS AND SOUVENIRS TO
EARN A CRUST - BUT IF YOU THINK I'M
PAYING OWT FOR THAT RUBBISH
DRAWING, YOU'RE SADLY
MISTAKEN





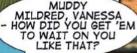
NICK, WE'VE HAD A BREAKTHROUGH...



I CAN'T SEE ANY OF THIS LOT MAKING IT TO T' NEXT WORLD CUP!

I'M NOT SO
SURE. LOOK AT THAT
KID IN THE WHITE SHORTS
- HIS BALL CONTROL'S
UNBELIEVABLE...





BY DRAWING
PICTURES OF MY
REQUIREMENTS - AND
GENEROUSLY TIPPING
THEM WITH YOUR
MONEY

WELL,
I HOPE THERE'S
SOME LEFT - WE'RE
GOING TO SIGN
T' NEXT DIDIER
DROGBA!

CONTINUED NEXT WEEK

Nuts 63

Nutsrealgirls









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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!

Beth

22, Bristol, piano teacher "I'm really into yoga. That means I can get into some pretty interesting positions!"

Michelle

18, Colchester, promo girl"I like dressing up in sexy outfits with my man – being a bit naughty never hurts!"

Jess

21, London, PA

"I think I'm a catch because I'm a perfect ten – and I'll even watch the football with you!"

Danni

21, Loughborough, administrator

"I keep my figure looking this hot by having loads of sex!"

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!

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IT'S LOU!



'We did it at the supermarket'

My bloke and I were walking around the supermarket not long before closing time. Bored of looking at what we were going to buy for dinner, we abandoned the meat aisle and wandered over to the drinks aisle. There was a door open leading into a store room, so he pushed me through it and lifted my skirt. I knew we'd be caught on camera but we went for it anyway. I swung around, pushing my bum into his crotch and he quickly entered me from behind. The sex only lasted about 30 seconds, but it was thrilling!

Zoe, London

'The doorman kissed me'

One Saturday night, my friends and I went to a club but by the end of the evening, we'd all got split up. A lad kept trying it on with me but he wasn't my type at all, so I told him to go away. He wouldn't take no for an answer, though, so I decided to leave. He followed me out of the club and it was at this point that one of the doormen noticed my discomfort and came to my rescue. He put his arm around me, kissed me and made out that he was my boyfriend. We walked down the road together

and my unwanted admirer soon lost interest. I wanted to thank the doorman for his help, so I pulled him into a nearby shop doorway, pulled his impressive shaft out of his trousers and gave him one of my special blow jobs!

Sarah, Derby

'They heard us at it in the tent'

Last summer, my boyfriend and I decided to go on a camping holiday. We'd never been before, so going shopping for a tent and accessories was a must. As we got to this huge superstore, I was daydreaming about us getting all hot and sweaty together in the tent, and I soon started to feel horny. So when my fella climbed into a tent to try it out. I didn't hesitate to join him. Once inside, I quickly zipped the tent shut and gave him a cheeky grin. He unbuttoned his jeans and I started to massage his package, feeling it grow under my fingers. We shuffled ourselves into the spoons position and I wriggled out of my shorts so that he could enter me. It felt amazing and I had to bite the sleeping bag that was inside so I didn't scream. I came to an earth-shattering climax within a few minutes but just as he was about to do the same, we heard voices outside the tent and had to stop what we were doing. When we took our stuff to the checkout, we heard a few sniggers. The staff obviously knew what we'd been getting up to in there!

Jazz, via email

'She pushed her hips against me'

I recently started work at a new office and at first. I found it quite difficult to settle in. I got talking to one of the girls there and she suggested we go swimming together one evening after work. A few days later, we went down to the local baths. I got changed in a cubicle and as I came out, I saw my colleague. She looked amazing in her tight pink bikini and I couldn't take my eyes off her boobs. I found it difficult to concentrate when we got in the pool and my imagination was running wild. We brushed against each other a few times in the pool and I could feel the electricity between us. When she wrapped her legs around me under the water and pushed her hips against mine, I knew she fancied me, too. Giving each other a knowing look, we jumped out of the pool and headed for the nearest cubicle. As soon as we got in there, she pulled down my bikini bottoms and slid her fingers inside me-it was so intense! I came hard and then had a second, smaller shiver run through my body. It was nothing like I'd experienced before and I enjoy my job a lot more now!

Gemma, Portsmouth

Win £50!



confessions to louise prior@ ipcmedia.com or to the address on p68. The best one each week wins £50!* Come on, girls!

REAL GIRLS, Nuts! REAL PLACES!

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 68. You must be at least 18 years old.

THIS WEEK:

Name: Carrie

Age: 23

Boobs: 30C. "I'd like

them bigger!" **Likes:** "Tattoos!"

never...' game."

Ever kissed a girl? "Yes. I was playing the 'I have

Strangest place you've had sex? "In a hot tub!"
Sex tip: "Kiss my back!"

Carrie's hot tour of Abbotskerswell of Abbotskerswell

Where? Get on the A380 and follow signs for "hottie"!

Carrie on... her home!

"We're in Devon. There are lots of cows and sheep, two DVD shops, a coffee shop and a school, but I head into Torquay for a night out!"

Carrie on... her undies!

"Girls have lots of everyday underwear but we've all got sexy pants too. Why? To dress up for our boyfriends, that why. And they absolutely love it!"

Carrie on... eating!

"I'm really into peppermint tea at the moment. I don't do any exercise, I eat McDonald's and when the girls come over we'll always have a pizza each!"

70 Nuts

Carrie on... getting ready! "When the girls come over y

"When the girls come over, we start at lunchtime. We open the wine, do each other's hair and only go out at ten o'clock, so it takes a full ten hours!"





For more info, go to www.nuts.co.uk/ibiza



Nuts FASHON

Cut a dash without splashing the cash

WORDS: STEVEN BUG



jeans. www.nikesportswear.com

for July! www.luke1977.com

www.ltdwatch.com



Umbro jacket
This is a top piece of official England footy clobber. www.umbro.com

Hentsch Man shorts
These shorts will look great with the
River Island shoes. www.hentschman.com

Biotherm Homme Re-builder £45

This firms the area around the eyes and chin while reducing furrows and wrinkles. www.mankind.co.uk



2 Gillette Limited Edition Fusion razor

Get rid of your stubble in style with this patriotic razor featuring the St George flag! $0800\ 44\ 55\ 38\ 83$



S Lynx Rise shower gel <u>e</u>

If you struggle to get going first thing, give this invigorating shower gel a go!

Available nationwide



Phillips Groom Pro £70

This all-over body groomer is sure to win your girlfriend's approval! Available from Boots, Argos and Amazon



5 Nivea travel essential pack ex

This kit'll come in handy if you're heading off on your hols! Available nationwide



Nuts REVIEWS



TIGER WOODS 2011 ALL FORMATS



Electronic Arts sticks with its money-spinning man for another year of golfing sim fun, and there are the usual tweaks to this fine franchise. New are the Ryder Cup and role-play-style levelling up, but it's the PS3 Move compatibility (PlayStation's Wii-like remote) – available as an update later in the year – that we're really waiting on. Fore! ****





Hidden iPhone gem about a hostage negotiator trying to do his job while stuck in a cell. In his pants. An absolute cracker!



MASS EFFECT 2: OVERLORD



Nicely judged mission download pack that both

expands the *Mass Effect* universe and adds a nice couple of hours' return to the game as you blast stuff and solve puzzles. ***





THE LOVELY BONES CERT 12 DVD & BLU-RAY



Peter Jackson of Lord Of The Rings fame directs this book-to-screen adaptation about a 14-year-old girl who is murdered by her neighbour. Without an orc or a hint of CGI in sight, it's an unusual choice for Jackson, but one that works well as the girl tells her story from heaven and tries to expose her killer by directing a family member to her body. ***

SOLOMON KANE CERT 15 DVD & BLU-RAY



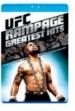
James Purefoy stars as Solomon Kane, a 16th-century hero whose haunted past forces him to battle a growing evil in his homeland. **

BORN SURVIVOR: BEAR GRYLLS – SEASON 4 CERT E DVD



In this latest series,
Grylls journeys into
the deadly jungles
of China, climbs the
Rocky Mountains
and nearly dies in
Panama! ***

UFC RAMPAGE GREATEST HITS CERT E DVD



Featuring eight of Rampage Jackson's greatest bouts and footage from his Far East fights, this is a UFC fan's musthave. ****

MUSIC!



VARIOUS ARTISTS
IBIZA ROCKS: RECLAIM...



Terrific compilation that starts out with loads of dubstep before thundering into top modern

indie anthems. Compilation of the summer so far. ****

SCISSOR SISTERS



Nuts' favourite pop whoopsies are back with yet more faintly silly sex-disco. More

clubby than usual, so grow a moustache and get down! ★★★





Ben Stiller freaks out in a mid life crisis comedy abut a guy who falls for his brother's assistant. ★★★



GET HIM TO THE GREEK

Russell Brand and Jonah "Superbad" Hill star in a cool rock'n'roll laughfest. ★★★

NUTS BIKINI BABES IS BACK!

he summer's here and nothing gladdens the heart more than a *Nuts* bikini comp. Nuts hits Newguay beach on 4-8 August at Relentless Boardmasters, bringing some hot girl action to this surf and music festival! See this year's long list of lovelies at nuts.co.uk/boardmasters and vote for your favourite.

We're kicking off festivities at Newquay's Koola club with a Nuts do on 4 August, with hot girls and lots, lots more. So if you want to see cool acts like Gallows and Plan B, plus some of the best surf, skate and BMX around, check out nuts.co.uk/boardmasters now for tickets! See you there!



Seven days of brilliant telly for blokes!



6.00am Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer 11.00 Cowboy Trap 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 We Wimbledon 2010: The men's singles ball-knocking.
2.30 We Match of the Day Live: 2010 FIFA World Cup: The opening quarter-final, kick-off 3pm. It could be on ITV1 instead, by the way. 5.15 We Wimbledon 2010: 6.00 BBC News, Weather 6.30 Regional News Programmes. Weather

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 10.30 SPORT Yesterday at Wimbledon 11.30 Daily Politics 12.00noon Animal Park (R) 12.30pm LIVE Wimbledon 2010: The men's singles semi-finals. 3.25 CBBC 5.50 LIVE Wimbledon 2010: More ball-thunking.

itv

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 Dickinson's Real Joal (R) 3.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News. Weather 6.30 ITV News

7.00 Animal 24:7

There's a grisly discovery in a house. Er, a Sex and the City DVD box set, perhaps?

7.30 Nigel Slater's Simple Suppers

Everyday cooking advice with the food writer. Surely this involves microwaves? (R)

8.00 Inspector George Gently Like *Heartbeat* without adverts. In which case, we think we prefer *Heartbeat*. (R)

9.30 Outnumbered (R) 10.00 BBC News, Weather 10.35 Friday Night with Jonathan Ross With Robin Williams and Tim Minchin.

11.35 The National Lottery Friday Night Draws 11.45 Match of the Day: 2010 FIFA World Cup

SPORT Highlights of the day's two quarter-finals.

12.50am Sign Zone: An African Journey with Jonathan Dimbleby (R)

1.50 Welcome to Lagos (R) **2.50-6.00am** BBC News: *The day's headlines*.

8.00 Today at Wimbledon

SPORT Today's action involving the hitting of furry balls accompanied by lots of grunting.

9.00 Gardeners' World SpecialThe difficulties faced by coastal gardeners. We presume not down to a lack of water.

10.00 Grumpy Old MenAgeing comics have a moan about growing old. Put a sock in it, Grandad! (R)

10.30 Newsnight

11.00 Glastonbury 2010

Top tunes from the likes of Gorillaz, Muse, Vampire Weekend and Dizzee Rascal.

1.00-2.35am Babylon: *Brit drama* starring Brinsley Forde and Karl Howman.

7.00 World Cup

The second quarter-final, kickoff 7.30pm. This could quite easily be on BBC1, by the way. Make sure the remote's handy in case of emergency.

9.30 James Corden's World Cup Live

Banter from the big-boned funnyman. Er, unless the match was shown on BBC1. If it was, expect *Taggart* to appear here. Groan.

10.00 ITV News, Weather 10.30 Regional News, Weather 10.35 DOA: Dead or Alive

Action adventure starring
Devon Aoki. If tonight's footy
was shown on BBC1 instead of ITV1, you'll
find highlights of that here right now.

12.10am The Zone

Either way, there's no escaping this shopping and gaming nonsense, though.

2.25 Touching Evil: *Branca infiltrates a Ukrainian baby-smuggling ring.* **3.10-5.30am** ITV Nightscreen

REGIONAL ARIATIONS

STV: 10.35pm Dickinson's Real Deal 11.05 In Plain Sight
12.00m't Roulette Nation 1.00am LLLL Jesus Christ
Superstar: Musical starring Ted Neeley and Carl Anderson.
2.50-5.30am The Nightshift ULSTER: 10.35pm Superhuman:
Super Strong 11.35 Grimefighters 12.05am Brain Box

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans
7.00 World Cup Report 7.30 Good
Morning Sports Fans 8.00 World Cup
Report 8.30 Good Morning Sports Fans
9.00 Football's Greatest 9.30 Premier
League World 10.00 Transworld Sport
11.00 Women's Cricket (HD) 12.00noon
Cricket (HD) 1.00pm Transworld Sport
2.00 Type Women's Cricket (HD)
5.30 Premier League World
6.00 World Cup Report

6.00 World Cup Report **6.30** Football's Greatest **7.00** Cricket: Sussex Sharks vs Middlesex Panthers. (HD)

10.00 World Cup Report

10.30 Football's Greatest 11.00 Time of Our Lives 12.00m't Football's Greatest 12.30am Women's Cricket (HD) 1.30 Cricket (HD) 2.30 Football's Greatest 3.00 Boxing (HD) 5.00 World Sport 5.30-6.00am Football's Greatest

sky SPORTS 2

6.00am Aerobics 6.30 Ocean Ride 7.00 Women's Cricket (HD) 8.00 Cricket (HD) 9.00 FEI Equestrian World 9.30 IAAF Athletix Weekly 10.00 Race World 11.00 Aerobics 11.30 Racing News 12.00noon Football's Greatest

12.30pm Premier League World 1.00 FEI Equestrian World 1.30 World Hockey Monthly

2.00 ATP Tour Uncovered
2.30 Football's Greatest

3.00 WWE: Raw (HD)

5.00 NFL: Total Access **6.00** Ocean Ride

6.30 World Sport **7.00** IRB Rugby Sevens

10.00 Live Boxing: Jamie McDonnell and Rodrigo Bracco trade blows. (HD)
12.00m't NFL: Total Access 1.00am IRB Rugby Sevens 4.00 Ocean Ride 4.30 IEX Magazine 5.00-6.00am Tight Lines

ON DIGITAL, SATE

FILM4 (315)

7.00pm The Bad News Bears: Comedy starring Walter Matthau. 9.00 Predator: Sci-fiaction fantasy starring Arnold Schwarzenegger. 11.05 The Black Dahlia: Crime thriller. 1.25-3.45am Internal Affairs: Thriller starring Andy Garcia.

COMEDY CENTRAL (126)

7.00pm The King of Queens: Double-bill. 8.00 30 Rock 9.00 South Park: Doublebill. 10.00 Lee Evans: Wired and Wonderful – Live at Wembley 12.15am South Park 1.15 Jack Dee Live at the Apollo 2.55 Dirty Sexy Funny: Olivia Lee 3.25



8.00pm NBA Classics **10.00** The Ultimate Fighter

11.00 South Africa Nightly 11.30 UFC All Access: Behind the scenes. 12.30am Press Pass 2010 1.00 UFC 3.00 MMA Live 3.45 UFC All Access 4.00-6.00am Boxing



6.05am The Hoobs (R) 6.55 Big Brother's Little Brother 7.20 Big Brother (R) 8.30 Frasier (R) 8.55 Melanie and Denise's 5 O'Clock Show (R) 9.55 Deal or No Deal (R) 10.40 Everybody Loves Raymond (R) 11.05 Friends (R) 12.00noon Channel 4 News Summary 12.05pm Relocation, Relocation (R) 1.00 Come Dine with Me (R) 3.25 Countdown 4.10 Deal or No Deal 5.00 Melanie and Denise's 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollyoaks

8.00 A Place in the Sun:

Properties in Wales and France. We can

understand the France part, but sun in

MUST-SEE Wrong-haired geek Moss becomes

Davina McCall shouts at the latest evictee.

11.05 Stand Up for the Week

11.55 Music on 4: The Album **Chart Show: Kelis Special**

An interview with the American singer. (R)

Top-notch satirical comedy show.

Wales? Have they never been there?

Home or Away

9.00 Big Brother

More from the potty pad.

10.00 The IT Crowd

a celebrity. Hilarious, as ever 10.35 Big Brother

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 SPORT Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 FILM Life on Liberty Street: Melodrama with Annabeth Gish and Ethan Embry. 5.00 Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) 6.25 Live from Studio Five



6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Cold Case (R) 10.00 Road Wars (R) 11.00 X-Weighted: Families (R) 12.00noon Angela and Friends (HD) 1.00pm Cold Case (R) 2.00 Project Runway (R)(HD) 3.00 Stargate SG-1 (R) 4.00 Stargate SG-1 (R) 5.00 SPORT WWE Superstars 6.00 Oops TV (R)

7.30 Random Hearts

Shoddy romantic drama with Harrison Ford, Charles S Dutton and Kristin Scott Thomas.

7.00 The Simpsons

Homer reckons Bart's new friend Bashir is involved in a terrorist plot. (R)

7.30 The Simpsons

With the voice of Emily Blunt. As opposed to James Blunt, thankfully. (R)

8.00 Missing Children: **Lorraine Kelly Investigates** Families in search of their children. (R)

9.00 Bones

Guest-starring Stephen Fry. (R)(HD)

10.00 Bones

An obese couple are murdered. (R)(HD)

11.00 Lie to Me

A soldier claims his life is in danger, but Cal reckon he's telling porkies. (R)(HD)

12.00m't **Oops TV**

11.05 Grey's Anatomy

12.05am SuperCasino

Selection of video out-takes, narrated by Justin Lee Collins. (R)

4.00 This Week's 4Music Top 20

4.05 SPORT Motorsport Mundial 4.30 Nick's Quest (R) 4.55 County Secrets (R) 5.10 The New Tomorrow (R) 5.351.00am The Real World: Key West (HD) 1.50 Road Wars (R)(HD) 3.30 24 (R)(HD) 4.20 Tru Calling (R)(HD) 5.10-6.00am Smarter Than a 10 Year Old? (R)(HD)

7.00 News

7.30 Unreported World Scary stuff in Colombia.

10.05 The Mentalist MUST-SEE More crime-busting from smug observation expert Patrick Jane.

Doctors treat the victims of a bear attack.

Ball bearing-bouncing bobbins.

5.50-6.35am Countdown (R)

12.25am 4Play: Micachu

12.45 Big Brother: Live

6.00am Michaela's Wild Challenge (R)

LLITE AND CABLE TV TONIGHT

Scrubs 3.55 Two and a Half Men 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)

7.00pm Great Movie Mistakes 7.15 Doctor Who 9.00 FLM Reign of Fire: Sci-fi fantasy adventure starring Christian Bale and Matthew McConaughey. 10.35 Russell Howard Live: A performance by the comedian during his 2007 tour. 11.50 Family Guy 12.30am Lee Nelson's Well Good Show 1.00 Mongrels 1.30 SPORT Match of the Day: 2010 FIFA World Cup 3.10 Lee Nelson's Well Good Show 3.40 Mongrels 4.10-5.15am SPORT World Cup's Most Shocking Moments

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 Gok's Fashion Fix 10.00 Supersize vs Superskinny 11.05 Big Brother's Big Mouth: Davina McCall talks to the latest evictee. 12.10-6.00am Big Brother: Live

DAVE (111)

7.00pm Seaside Rescue 8.10 Dragons' Den: Ideas include a Scottish seaplane service for tourists. 9.30 Mock the Week: Brilliant quiz show. 10.10 QI 10.50 Never Mind the Buzzcocks: With Kimberly Stewart, Athlete's Joel Pott, Lethal Bizzle and comedy actress Jessica Hynes. 11.30 Mock the Week 12.10am QI 12.50 Never Mind the Buzzcocks 2.10 Totally Viral 2.40-3.00am SPORT Radical Highs

MTV ONE (350)

7.00pm Gossip Girl 8.00 Jay-Z: The Official Top 20 10.00 Jay-Z: Storytellers 11.00 World Stage 12.00m't South Park 3.00am Kelly Osbourne and Luke: In 24 Hours 4.00 Pimp My Ride 5.00-6.00am Hogan Knows Best

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Warehouse 13 9.00 Star Trek: Enterprise

10.00 Supernatural 11.00 Eurotrash: The Sexy Bits: Double-bill. 12.00m't Challenge Jackpot 3.00am Man's Work 4.00-5.00am Take It or Leave It

SYFY (129)

7.00pm Smallville 8.00 Malibu Shark Attack: Disaster movie starring Peta Wilson. 9.40 FILM 30,000 Leagues Under the Sea: Underwater thriller starring Lorenzo Lamas. 11.20 FILM Silent Venom: Creature-feature action thriller starring Luke Perry. 1.00am The Ferryman: Horror thriller, 3.00 Painkiller Jane 4.00 Angel 5.00-6.00am Smallville

7.00pm NCIS 10.00 Brotherhood: Michael becomes suspicious about Kath and Colin's relationship. 11.00 Life: A State Representative is murdered 12.00m't NCIS: Tony is accused of murder. 3.00-4.00am Tour of Duty



The IT Crowd

Channel, 4 10pm

COMEDY Graham "Father Ted" Linehan's absurd comedy continues to delight as Moss becomes a celebrity after his success on Countdown, while Douglas has lots of meetings with women in robes. Hilarious! ***



The Mentalist Five, 10.05pm

DRAMA Girly-named observation expert Patrick Jane crosses swords with a cult leader (played by Brit Malcolm McDowell) while investigating the murder of an heir to a media corporation. Crime-cracking fun. $\star\star\star\star$



PLUS Free* Nuts T-shirt with orders over £15! *PLUS £3.00 P&P

6.00am SPORT Yesterday at Wimbledon 7.00 Breakfast 10.00 Saturday Kitchen 11.30 The Delicious Miss Dahl (R) 12.00noon BBC News 12.15pm Bargain Hunt (R) 1.00 LIVE Wimbledon 2010: Coverage of the ladies' singles final from Centre Court. 2.30 MUSTSEE Match of the Day Live: 2010 FIFA World Cup: The third quarter-final, hopefully involving England, kick-off 3pm. Remember, if it's not on here, it'll be over on ITV1! 5.35 BBC News 6.00 Walk on the Wild Side (R) 6.30 Hole n the Wall: Daft game show. (R)

6.00am CBeebies 7.00 CBBC 12.05pm The Lizzie McGuire Movie: Romantic comedy starring Hilary Duff. 1.30 Escape to the Country (R) 2.30 ELL And Then There Were None: Thriller starring Barry Fitzgerald. 4.05 Sacred Music (R) 5.05 Flog It! (R) **5.35** Live Wimbledon 2010: More from the All England Club.

5.30am ITV News 6.00 GMTV 9.25 The Crocodile Hunter Diaries (R) 10.25 Children's Hospital (R) 10.55 Monk 11.55 News, Weather 11.59 London Weather 12.00noon This Morning: Saturday 1.00pm [IIII] Columbo: Caution! Murder Can Be Hazardous to Your Health: The detective investigates the death of a chainsmoking blackmailer. 3.00 Midsomer Murders (R) 5.00 ELL Kangaroo Jack: Comedy starring Jerry O'Connell. 6.35 Regional News, Weather **6.45** ITV News

6.35am SPORT World Sport 7.00 SPORT The Grid 7.30 SPORT MSA British Rallycross 8.00 SPORT The Morning Line 8.55 T4: Friends (R) 9.25 T4 On the Beach: The Countdown 10.25 Being N-Dubz (R) 10.55 Big Brother (R) 12.25pm The Hollvoaks Music Show 1.00 Smallville 1.55 LIVE Channel 4 Racing from Sandown Park and Havdock Park 3.55 Come Dine with Me (R) 6.00 News 6.30 The Magnificent Seven: Western.

The latest mayhem from the madhouse.

Has anyone got in a fistfight yet? Any gratuitous nudity? Fingers crossed tonight

MUST-SEE The big-haired gagman's stand-up

with plenty of material revolving around his prank phone call. Funny stuff.

performance at London's O2 last year,

is the night we get some of both!

10.00 Russell Brand:

11.05 Star Trek III -

The Search for Spock

Sci-fi gubbins with William Shatner and friends

attempting to free the trapped soul of

their dead friend, Spock. Daft but fun.

Scandalous

6.00am Milkshake! 10.00 Zoo Days (R) 10.15 Fifth Gear (R) 10.45 SPORT Red Bull Air Race 11.45 ELM 3 Ninias Knuckle Up: Children's martial-arts adventure sequel. 1.25pm FILM The Bounty Hunter: Western starring Randolph Scott. 2.55 Sphere: Sci-fi adventure starring Dustin Hoffman. 5.25 FLM End Game: Mystery thriller with Cuba Gooding Jr.

7.00 Total Wipeout

More hilarious falling over. Splash! (R)

8.00 The National Lottery: In It to Win It 2012

8.50 Casualty

A middle-aged man is admitted after a fall. See, falling over can have really serious consequences for people. For shame, Total Wipeout, for shame.

9.40 Live at the Apollo With Rhod Gilbert and John Bishop. (R)

10.25 BBC News, Weather 10.45 Match of the Day: 2010 FIFA World Cup

SPORT Today's third and fourth quarter-finals.

11.45 The Relic

FILM Dodgy horror thriller starring Tom Sizemore, as he takes on an angry monster in the Chicago Natural History Museum. Yikes!

8.00 Coast

Seaside-based boredom.

8.10 Dad's Army

"Don't panic, don't panic!" etc. (R)

8.40 Stephen Fry on Wagner

The QI presenter explores the life and music of the German composer.

9.40 Have I Got a Bit More News for You

Topical news-based mirth-making. (R)

10.25 Today at Wimbledon

SPORT Highlights of today's ladies final. Short skirts ahoy!

11.25 Skin

FILM Fact-based drama set in apartheid-era South Africa. The dark-skinned daughter of white parents strives to find her place in a racially divided society. Gritty stuff.

7.00 World Cup

LIVE It's the fourth quarter-final, potentially involving either Spain or Portugal. Or someone completely different! Either way, it'll be good. Switch over to BBC1 if Animals Do the Funniest Things, or some such rubbish, is on instead. Kick-off 7.30pm.

9.30 James Corden's **World Cup Live**

SPORT The tubby host discusses today's action. Worth watching, if only for Abbey Clancy.

10.00 ITV News, Weather

10.30 Hannibal Rising

FILM Duff thriller prequel as a young Hannibal Lecter resolves to get revenge on the war criminals responsible for the murder of his sister at the close of the Second World War.

12.45am The Zone

Michael Underwood and Angelica Bell present the interactive game show. Do vourself a favour and go to bed!

2.50 October Road: Nick tries to get his

3.35-5.30am ITV Nightscreen

family into the Christmas spirit. In July?(R)

1.10am Big Brother: Live 3.45 What About Brian 4.30 Demolition Day (R) 5.25-6.10am Countdown (R)

9.00 Big Brother 7.10 Five News

7.15 Cricket on Five

SPORT The fifth and final match of the one-day series between England and Australia at Lord's.

8.00 NCIS

An explosion at a mausoleum leads to a multiple murder investigation. (R)

9.00 CSI: Miami

A daredevil driver is decapitated while performing a stunt. Ouch! (R)

10.00 CSI: Crime Scene Investigation

The team face a hostage situation in a casino. High stakes, then. Sorry!

10.55 Law & Order

When an undercover policewoman is murdered, a congressman is in the frame.

11.55 Cops in Crisis More bobbies in the brown stuff. (R)

12.15am SuperCasino

Live interactive gambling guff.

4.05 SPORT European Seniors Tour Golf 4.55 The Family Recipe (R) 5.00 Hana's Helpline (R) 5.10-6.00am Milkshake!

1.30am Friday Night with Jonathan Ross (R) 2.35-6.00am BBC News

1.05-3.00am ELM Rosencrantz and Guildenstern are Dead: Comic revision of Shakespeare's Hamlet, with Gary Oldman.

starring Tom Courtenay and Bill Nighy. 12.00m't

STV: 10.30pm Shaun of the Dead: British comedy horror with Simon Pegg and Nick Frost. 12.20am Roulette Nation 1.00 Touching Evil 2.00-5.30am The Nightshift ULSTER: 10.30pm Ready When You Are, Mr McGill: Satirical comedy

Brain Box 3.00am Creature Comforts 3.10 Creature Comforts 3.20-3.35am UTV Rewind

TODAY'S SPORT

6.00am Women's Cricket (HD) 7.00 Cricket (HD)

8.00 World Cup Report

8.30 Football's Greatest

9.00 Cricket AM

10.30 LIVE Cricket: England face Australia in the fifth and final match of the one-day series from Lord's. Come on! (HD)

7.00pm World Cup Report

7.30 Football's Greatest

8.00 Cricket (HD)

10.00 World Cup Report: A round-up of all the day's news from South Africa.

10.30 Football's Greatest: The career of fromer Barcelona star Michael Laudrup.

11.00 Time of Our Lives

12.00m't Football's Greatest

12.30am Cricket (HD) 2.30 Time of Our Lives

3.30 Cricket (HD)

5.30-6.00am Football's Greatest

sky SPORTS 1 sky SPORTS 2

6.00am Aerobics 6.30 Premier League World

7.00 Golf (HD)

10.00 Golf

11.00 Boxing (HD) 1.00pm Football's Greatest

1.30 World Sport

2.00 IRB Rugby Sevens 5.00 Football's Greatest

5.30 LIVE Rugby League: Leeds Rhinos vs St Helens, kick-off 5.45pm. (HD)

8.00 NFL: Total Access 9.00 NFL: America's Game

10.00 Rugby League (HD)

11.30 NFL: Total Access

12.30am NFL: America's Game 1.30 Football's Greatest

2.00 Rugby League (HD)

3.30 Max Power 4.30 IEX Magazine

5.00-6.00am Sports Unlimited

FILM4 (315)

7.00pm The Pink Panther Strikes Again: Comedy starring Peter Sellers as bungling Inspector Clouseau. 9.00 Snakes on a Plane: Action thriller starring Samuel L Jackson. 11.05 The Eye: Horror mystery starring Lee Sin-je. 1.00-3.45am L.A. Confidential: Crime thriller with Russell Crowe, Guy Pearce and Kim Basinger.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Two and a Half Men 10.00 Sean Lock: Live at Hammersmith Apollo 11.10 Maid in Manhattan: Romantic



6.00pm NBA Classics 10.00 UFC 11.00 South

Africa Nightly 11.30 Talk of the Terrace 11.45 MMA 12.30am Press Pass 1.00 UFC 2.00-6.00am MUST-SEE UFC: Brock Lesnar takes on Shane Carwin. Ace!

comedy with Jennifer Lopez. 1.10am Dirty Sexy Funny: Olivia Lee 1.40 South Park 2.40 Scrubs 3.40 Two and a Half Men 4.05 Shortcuts Shuffle 4.20 Everybody Loves Raymond 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

BBC3 (115)

7.00pm Top Gear 8.00 ELL Reign of Fire: Sci-fi adventure starring Christian Bale. 9.40 Autistic Superstars 10.40 Family Guy 11.25 American Dad! 12.10am Peckham Finishing School for Girls 1.10 SPORT Match of the Day: 2010 FIFA World Cup: Quarter-final action. 2.50 SPORT World Cup's Most Shocking Moments 3.20 Autistic Superstars 4.20-5.20am Peckham Finishing School for Girls

6.30pm Smallville 7.25 The Big Bang Theory 8.00 How I Met Your Mother 8.25 Friends 10.00 The 100 Greatest Stand Ups 2010 12.10-6.00am Big Brother

DAVE (111)

7.00pm Seaside Rescue 8.10 Dragons' Den 9.30 Mock the Week 10.10 QI **10.50** Never Mind the Buzzcocks: Simon Amstell hosts the irreverent music quiz. 11.30 Mock the Week 12.10am QI: Comedy panel game. 12.50 Never Mind the Buzzcocks 1.30 Totally Viral 2.30-3.00am SPORT Radical Highs

MTV ONE (350)

5.00pm 16 and Pregnant 11.00 World Stage 12.00m't The Official UK Top 20 2.00am Dizzee Rascal: MTV.co.uk Session 3.00-6.00am MTV Playlist

VIRGIN 1 (121)

7.00pm Most Shocking 8.00 Sun, Sea and A&E 9.00 IIII Invasion of the Body Snatchers: Remake of the 1956 sci-fi classic starring Donald Sutherland, Brooke Adams and Leonard Nimoy. 11.15 Sexcetera 12.00m't Challenge Jackpot:

3 JULY SATURDAY

FULL 7 DAY TY

6.00am Brainiac: Science Abuse (R)(HD) 7.00 Lion Man (R) 7.30 Malcolm in the Middle (R)(HD) 8.00 Oops TV (R) 9.00 Football's Next Star (R)(HD) 10.00 Got to Dance (R)(HD) 12.00noon Pineapple Dance Studios (R)(HD) **1.00pm** Girls Aloud: Out of Control (R)(HD) 2.30 Malcolm in the Middle (R)(HD) 3.00 Fat Families: Second Helpings (R)(HD) 4.00 The Real A&E (R)(HD) 5.00 Liza and Huev's Pet Nation (R)(HD) 6.00 Glenn Martin, DDS (R)(HD) 6.30 Modern Family (R)(HD)

7.00 The Simpsons

Homer is cast in a superhero movie penned by Comic Book Guy. (R)(HD)

7.30 The Simpsons

Bart spikes Mrs Krabappel's coffee with alcohol. The scamp! (R)(HD)

8.00 Oops TV

Man walks into door. Audience laughs. Man receives fat cheque. Repeat. (R)

9.00 The Librarian: Return to **King Solomon's Mines**

FILM Fantasy auvenue. starring Noah Wyle. Fantasy adventure sequel

10.45 Classic Albums

Phil Collins talks about the making of his first solo album Face Value. Awful. (R)

11.50 Girls Aloud: **Out of Control**

Cheryl and her equally lovely mates perform at the O2 Arena. (R)(HD)

1.20am UK Border Force 2.15 Road Wars 3.10 Ross Kemp on Gangs 4.05 Journeyman 4.55 Brainiac 5.10-6.00am Are You Smarter Than a 10 Year Old?

Interactive gaming. 3.00am Ninja Warrior 4.00-5.00am Body in Numbers

SYFY (129)

6.20pm III 100 Million BC: Sci-fi adventure. 8.00 Mega Shark vs Giant Octopus: Monster movie. 9.40 Raging Sharks: Sci-fi horror. 11.30 Malibu Shark Attack: Disaster movie. 1.10am FILM Shark Attack: Thriller. 2.50 3rd Rock from the Sun 3.20 The Invisible Man 4.20-6.00am Deadly Invasion: The Killer Bee Nightmare: Thriller starring Robert Hays.

6.00pm The Listener 8.00 American Dad! **9.00** Family Guy **10.00** Robot Chicken 10.15 Family Guy 11.15 Titan Maximum 11.30 Family Guy 12.00m't American Dad! 12.30am The Venture Brothers 1.00 Eastbound and Down 2.00 Final 24 3.00-4.00am The Border

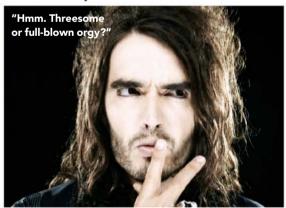
TODAY'S MUST-SEES





World Cup Live BBC1 or ITV1, 2.30pm

It's the third of the tournament's quarterfinals, in Cape Town, and with a bit of luck, England will be just about to stride out onto the pitch as a semi-final berth edges closer. Well, either that or Germany will be. Pah! ***



Russell Brand: Scandalous

Channel 4, 10pm

The curiously coiffured comic fires off a load of gags and trademark musings to an appreciative London crowd from last year's Scandalous tour. Brilliant! ★★★

UFC 116

ESPN, 3am

SPORT biggest fight in Billed as the

UFC history, the MGM Grand in Vegas is the venue for this evening's bout of bone crumpling. The heavyweights are in town as champ Brock Lesnar faces undefeated world number four, fellow American Shane Carwin (near left). These two were originally due to meet last November, so by now they'll be like a pair of bulging-eyed pit bulls let loose in a butcher's! Also on the bill, Chris Lytle faces Matt Brown at Welterweight. Ace! ★★★★



Star Trek Sky Movies Premiere/HD, 9.45pm

Lost director JJ Abrams gets in touch with his inner Trekkie to give us this top prequel. Featuring breathtaking visuals and brilliant action scenes, the classic is well and truly dragged into the 21st century. Chris Pine stars. $\star\star\star\star$



meeting a music star or hanging out at MTV for the day? Just go to...

FINDMYFREEDOM.CO.UK

5.00am SPORT Yesterday at Wimbledon: Highlights of the ladies' singles final. 7.00 Breakfast 9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks 12.00noon BBC News 12.05pm EastEnders 1.30 MUST-SEE Wimbledon 2010: Furry ball-bothering with the men's singles final at SW19. 6.20 Great British Railway Journeys: The Lake District. (R) 6.50 BBC News, Regional News, Weather

6.00am CBeebies 7.00 CBBC 10.00 Something for the Weekend 11.30 Escape to the Country (R) 12.30pm LIVE MotoGP: The Catalunva Grand Prix. 2.00 Dragonslayer: Fantasy adventure starring Peter MacNicol. 3.40 Flog It! (R) 4.25 Songs of Praise 5.00 Coast (R) 5.20 James May's Toy Stories (R) 6.20 LIVE Wimbledon 2010: The mixed doubles.

5.30am ITV News 6.00 GMTV 9.25 Coronation Street 11.45 News, Weather 11.59 London Weather 12.00noon This Morning: Sunday 1.00pm House Gift (R) 2.00 FLM Columbo: A Bird in the Hand: Murder mystery. 4.00 Agatha Christie's Poirot (R) **6.00** Ladies of Letters **6.30** Regional News, Weather 6.45 ITV News

6.10am The Hoobs (R) 7.00 Catching the Impossible: The presenters are joined by John Wilson, 7.55 SPORT British Triathlon Grand Prix: The Windsor Triathlon. 8.50 T4: The Hills (R) 9.20 Friends (R) 9.50 Hollyoaks 12.20pm Big Brother's Little Brother 1.30 The Simpsons (R) 2.00 T4 on the Beach 2010: Coverage of the gig from Weston-super-Mare, OK, it's hardly Glastonbury, but Dizzee Rascal's among the performers. **5.45** Deal or No Deal: Box-based game show. 6.30 News

6.00am Milkshake! 10.00 Shake! 11.10 Zoo Days (R) 11.20 Family Food Fight (R) 11.50 Chinese Food in Minutes (R) **12.20pm** Riddle of the Romanovs: Revealed (R) 1.25 FLM Quo Vadis?: Romantic epic starring Robert Taylor and Deborah Kerr. 4.40 ELL Clash of the Titans: Fantasy adventure starring Harry Hamlin and Laurence Olivier. 6.50 Five News **6.55** FILM Ghostbusters: Classic comedy starring Bill Murray.

PREMIERE A pair of small-town friends shoot their

own slapdash versions of Hollywood films

after a video store's tapes are erased. Jack

PREMIERE A troubled teenager is enrolled at

a private boarding school, only to discover

lurking in the nearby woods. Apparently,

she's not happy with these developments.

that a number of students have gone

missing and that there is something

9.00 Be Kind Rewind

Black's in it, but you knew that.

11.05 The Woods

Patricia Clarkson stars

7.15 Countryfile

Including Weather for the Week Ahead. Let's save them the hassle. It'll rain.

8.15 Antiques Roadshow More old relics value more old relics. (R)

9.15 Who Do You Think You Are?

Brooke Shields traces her ancestry.

10.00 BBC News. Regional News, Weather 10.25 The Impressions Show with Culshaw and Stephenson

People go around sounding like other people. Wouldn't work on the radio. (R)

10.55 Dragonfly

A recently widowed doctor is disturbed by strange events and becomes convinced his dead wife is trying to contact him. Pesky ghosts.

12.30am The Sky at Night Monocle-based moon-gazing.

12.55 **Sign Zone**: Mary, Queen of Shops (R)

1.55 Children's Emergency (R) 2.25

Make Me a New Face: Hope for Africa's

8.00 Top Gear

MUST-SEE Jezza, Captain Slow and The Hamster host more brilliant car-based buffoonery.

9.00 How to Build a Jumbo Jet Engine

Best Sky+ this - you just never know when it might come in handy.

10.00 Mock the Week

Topical fun with Chris Addison, Ed Byrne and Micky Flanagan. (R)

10.30 Today at Wimbledon

SPORT The last day of the famous racket-wafting event.

11.30 2 Days in Paris

PREMIERE Bittersweet romantic comedy with Julie Delpy and Adam Goldberg. No thanks.

1.05am FILM Vatel: Historical drama

starring Gerard Depardieu, Uma Thurman

7.00 Gazza's Tears: The Night That Changed Football

MUST-SEE The story of England's semi-final against West Germany at Italia '90, featuring interviews with Gazza, among others.

8.00 Emmerdale

Crop-growing crud. 8.30 Coronation Street

Episode 7,373 and counting. Aargh!

9.00 Lewis

Another dose of brutal murders on the mean streets of, er, Oxford, (R)

11.00 ITV News, Weather

11.15 World Cup Rock 'n' Goal Years

SPORT Stories from the 1986 tournament in Mexico, featuring the dreaded "Hand of God".

11.45 World Cup Rock 'n' Goal Years

SPORT The 1998 tournament, and more England misery. (R)

12.15am Nightwatch with Steve Scott: Crime (R)

1.05 The Zone 2.30 SPORT Motorsport UK

7.00 River Cottage

Preparations for the strawberry fete get under way. Ooh, it's just so exciting! (R)

8.00 Come Dine with Me

"This meat's like leather!" etc.

9.00 Big Brother

More of the housemates bickering and bonding. But mainly bickering. Excellent.

10.00 Alan Carr: Chatty Man

The toothy comedian chats to the cast of the Twilight films. One for the missus.

11.05 The IT Crowd

Moss becomes a celebrity following his success on a TV game show. (R)

11.40 Stand Up for the Week With Rich Hall and Jack Whitehall. (R)

12.30am 8 Out of 10 Cats

With Denise Lewis, Gabby Logan, Johnny Vaughan and John Bishop. (R)

12.50am SuperCasino Cash-guzzling game.

Hidden Children (R) 3.25 Holby City (R) 4.25-6.00am BBC News BBC1 WALES: 10.25pm Tom Jones at 70 11.00

and Tim Roth. 2.40 BBC News 3.50-4.20am SPORT The Super League Show

3.20-5.30am ITV Nightscreen

1.00 Big Brother: Live 2.55 FILM The Sound of Fury: Film noir thriller starring Lloyd Bridges. 4.25 Countdown (R) 5.10-6.00am Hill Street Blues (R)

4.05 Nick's Quest (R) 4.55 The Family Recipe (R) 5.00 Hana's Helpline (R) 5.10-6.00am Milkshake!

Dragonfly: Supernatural drama with Kevin Costner. 12.35-12.55am The Sky at Night STV: 9.00pm TIM The Nutty Professor: Comedy remake with Eddie Murphy and James Coburn. 12.15am

Roulette Nation 1.00 Nightwatch with Steve Scott: Emergency 2.00-5.30am The Nightshift ULSTER: 11.14pm Pollen Count 11.45 Creature Comforts 12.00m't Brain Box 3.00am Creature Comforts 3.10-3.20am Creature Comforts

TODAY'S SPORT

sky SPORTS 1

6.00am Cricket (HD) 8.00 World Cup Report 8.30 Football's Greatest 9.00 Cricket Writers on TV 10.30 Cricket (HD)

12.30pm Football's Greatest

1.00 Cricket Writers on TV

2.30 LIVE Cricket: Yorkshire Carnegie vs Warwickshire Bears. (HD)

6.00 World Cup Report

6.30 Football's Greatest 7.00 WE Rugby League: Catalans

Dragons vs Wigan, kick-7.15pm. (HD) 9.30 Football's Greatest

10.00 World Cup Report

10.30 Football's Greatest

11.00 Time of Our Lives

12.00m't Football's Greatest

12.30am Cricket (HD)

2.30 Football's Greatest 3.00 World Sport 3.30 Rugby League

(HD) 5.00 FIFA Futbol Mundial 5.30-6.00am Football's Greatest

sky SPORTS 2

6.00am Golf (HD) 11.00 Golf

12.00noon Race World

1.00pm Rugby League (HD)

2.30 Football's Greatest 3.00 LIVE Goodwood Festival of Speed:

The annual event from West Sussex, featuring displays of classic vehicles, Formula 1 cars and planes. (HD)

5.00 WE Masters Football: The Mersey Masters from Liverpool, featuring former players from Everton, Liverpool, Wigan, Tranmere, Preston and Blackpool. (HD)

8.00 Cricket: Yorkshire Carnegie vs Warwickshire Bears. (HD)

10.00 This Week In WWE: Bouts from Raw, Smackdown and NXT. (HD) 10.30 WWE: Late Night - Afterburn (HD)

11.30 WWE: Vintage Collection 12.30am Rugby League (HD)

2.00-5.00am Masters Football (HD)

FILM4 (315)

7.00pm Fantastic Four: Fantasy adventure starring Jessica Alba. 9.00 Four Weddings and a Funeral: Oh no - it's that horrible Hugh Grant comedy! 11.15 Jackie Brown: Quentin Tarantino's comedy drama starring Pam Grier. 2.10-4.00am Disco Pigs: Drama starring Elaine Cassidy.

COMEDY CENTRAL (126)

5.00pm Two and a Half Men 8.00 FILM Maid in Manhattan: Romantic comedy starring Jennifer Lopez. 10.00 Dara O'Briain: Live at the Theatre Royal: A top gig from the baldy Mock the Week man.



7.00pm DTM Racing 8.30 FIA GT1 World

Championship 10.00 Ultimate Fighting Championship 12.30am Press Pass 2010 1.30 The Ultimate Fighter 2.30-6.00am **Ultimate Fighting Championship**

11.20 Two and a Half Men **12.20am** 30 Rock 1.20 Scrubs 2.20 South Park 3.20 Dirty Sexy Funny: Olivia Lee 3.50 Scrubs 4.15 Shortcuts Shuffle 4.20 Everybody Loves Raymond 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

BBC3 (115)

7.00pm Great Movie Mistakes 7.15 FILM Casanova 9.00 Russell Howard's Good News 10.00 MUST-SEE Family Guy: A special double-length episode with a Star Wars theme. Brilliant! 10.45

Lee Nelson's Well Good Show 11.15 Mongrels 11.45 Bizarre ER 12.15am Big Meets Bigger 1.15 Russell Howard's Good News 2.10 Lee Nelson's Well Good Show **2.40** Mongrels **3.10** Bizarre ER 3.40 SPORT World Cup's Most Shocking Moments 4.10-5.10am Big Meets Bigger

E4 (136)

7.00pm One Tree Hill 8.00 Friends 9.00 Desperate Housewives 11.00 FILM Footloose: Teen musical starring Kevin Bacon. 1.05-6.00am Big Brother: Live

DAVE (111)

7.00pm Crash 8.00 Dragons' Den: On Tour: The Dragons continue their travels around the UK. 9.00 Mock the Week: Loads of episodes. 1.40am Totally Viral 2.30-3.00am And Then You Die

MTV ONE (350)

6.30pm Randy Jackson's America's Best Dance Crew 7.30 16 and Pregnant 9.00 The Hills 9.30 The City 10.00 Blue Mountain State 10.30 The Osbournes 11.30 South Park 1.30am 16 and Pregnant 3.00-6.00am MTV Playlist

VIRGIN 1 (121)

7.00pm Home Video Heroes 8.00 Verminators 9.00 Sun, Sea and A&E 10.00 Most Shocking 11.00 Sexcetera: Aspects of human sexuality. 12.00m't

4 JULY SUNDAY

FULL 7 DAY TV **GUIDE!**

6.00am Hour of Power (HD) 7.00 Lion Man (R) 7.30 Glenn Martin, DDS (R)(HD) 8.00 Oops TV (R) 9.00 Road Wars (R) 10.00 SPORT WWE Superstars (R) 11.00 SPORT WWE: Experience (R) 12.00noon Steve Jones in the Jones Boys' Amazon Adventure (R)(HD) 1.00pm Modern Family (R)(HD) 2.00 Oops TV (R) 3.00 Fat Pets, Fat Owners (R) 4.00 UK Border Force (R)(HD) 5.00 Futurama (R)(HD) 6.00 The Simpsons (R)(HD)

7.00 Pineapple Dance Studios Twirling twaddle. (R)(HD)

8.00 Fat Families: **Second Helpings**

Steve Miller revisits three people who weighed a combined 62 stone when he first met them. Blimey - it's a wonder they could fit through the door! (R)(HD)

9.00 House

The grumpy medic treats an agoraphobic who refuses to leave his home. (R)(HD)

10.00 House

Foreman tackles a paediatric case unassisted. The rebel. (R)(HD)

11.00 Fringe

Olivia returns from her journey, but is being pursued by a mysterious entity that will stop at nothing to find her. (R)(HD)

12.00m't Fringe

Walter tries to crack the code for travelling between realities. Now come on - how difficult can it really be? (R)(HD)

1.00 FILM Swamp Devil 2.40 Road Wars 3.30 Ross Kemp on Gangs 4.20 Guinness World Records 5.10-6.00am Are You Smarter Than a 10 Year Old?

Challenge Jackpot 3.00am Ninja Warrior 4.00-5.00am Body in Numbers

SYFY (129)

6.20pm FILM 30,000 Leagues Under the Sea: Underwater thriller. 8.00 FILM Shark Attack: Teen adventure thriller. 9.40 FILM Silent Venom: Action thriller starring Luke Perry and Krista Allen. 11.20 Thrill Seekers: Sci-fi thriller starring Casper Van Dien. 1.10am The Invisible Man 2.10 3rd Rock from the Sun 3.00 Medium 4.00-6.00am FILM Nature of the Beast: Werewolf comedy drama starring Eddie Kaye Thomas.

FX (164)

7.00pm NCIS 9.00 Nip/Tuck 10.00 Brotherhood: Michael becomes suspicious of Kath and Colin's relationship. 11.00 Life 12.00m't Family Guy: Brilliant cartoon laughs with the Griffins. 1.00am Dexter 3.00-4.00am ReGenesis

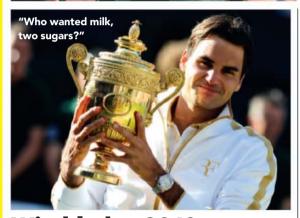
TODAY'S MUST-SEES



Gazza's Tears

As England's
World Cup semifinal against West Germany at

Italia '90 came to a head, Paul Gascoigne was yellow-carded, excluding him from the final should England have made it through. What happened next has become a part of modern football folklore - Gazza's tears on the pitch, Lineker mouthing the words "have a word with him" to the bench, and the team's exit. This tells the tale of the night that made, and ultimately destroyed, a footballing legend. ****



Wimbledon 2010 BBC1, 1.30pm

We don't really care much about this, especially in World Cup year, but we'll be cocking an interested eve to the men's final this afternoon - won last year by Roger Federer (above) – in case a certain Mr A Murray is contesting it. $\star\star\star$



I'm Alive Discovery, 9pm

Two more locations, two more jawdropping tales of survival. In Florida, a pesky rattlesnake leaves a bloke fighting for life, while in Hawaii, a crocodile needlefish decides it'd be a laugh to impale a man in the chest. Ouch! ***



Top Gear BBC2, 8pm

The trio look for a reliable family car that they can also burn around Germany's Nürburgring in, Meanwhile, Alastair Campbell's the berk in the all-new Reasonably Priced Car. Can he beat The Stig's time? Doubt it! ★★★★



Family Guy BBC3, 10pm

COMEDY Another series of the best show on TV draws to a close, but don't worry, there's an ace double-episode to round things off in style! It's a glorious rip-off of The Empire Strikes Back, so expect mickey-taking gags galore! ★★★★

3.00am Breakfast 9.15 The Estate We're In 10.00 Homes Under the Hammer 11.00 Real Rescues 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

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 10.30 SPORT Yesterday at Wimbledon 11.30 Animal Park (R) 12.00noon Daily Politics 12.30pm Working Lunch 1.00 The World at War (R) 1.50 Hands on Nature (R) 2.00 Open Gardens (R) 2.30 Ready Steady Cook (R) 3.00 Diagnosis Murder (R) 3.45 Flog It!: From Kent. (R) 4.30 NEW Escape in Time **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Antiques Road Trip (R)

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 2.00 Dickinson's Real Deal 3.00 NEW Celebrity Pressure Cooker: Celebrities try to cook in the style of a professional chef. **4.00** Midsomer Murders (R) **5.00** The Chase **6.00** Regional News, Weather 6.30 ITV News

6.00am The Hoobs (R) 6.50 Big Brother's Little Brother (R) 7.45 Big Brother (R) 8.45 Melanie and Denise's 5 O'Clock Show (R) 9.45 Deal or No Deal (R) 10.30 Everybody Loves Raymond (R) 10.55 Friends (R) 11.55 SPORT Kicking Ahead: The Power of Sport: The Football for Hope tournament. (R) **12.00noon** Channel 4 News Summary 12.05pm The TV Book Club 12.35 Will & Grace (R) 1.00 Come Dine with Me (R) 3.25 Countdown 4.10 Deal or No Deal 5.00 Vernon Kav's 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollvoaks

6.00am Milkshake! 9.45 Michaela's Animal Road Trip (R) 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away **2.50** Animal Rescue Squad (R) 3.05 FILM First Daughter: Thriller starring Mariel Hemingway. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Countryfile **Summer Special**

Welly-based rubbish.

8.00 EastEnders Another round of Cockney jabbering.

8.30 Panorama

Doc about the British school system. Come back World Cup! Quick!

9.00 Crimewatch

Help nobble some more crims here.

10.00 BBC News, Weather

10.35 Crimewatch Update Any of them banged up yet?

10.45 7/7: Saved By a Miracle?

Doc focusing on the lucky people who avoided death during the 7/7 bombings due to random events.

11.25 Annapolis

Military drama starring James Franco as a working-class recruit who enters the prestigious Annapolis naval academy's notorious boxing tournament. Kapow!

1.05am Sign Zone: The Genius of Design

2.05 Cracking Antiques 2.35 Museum

Mouth Is 4.35-6.00am BBC News

of Life 3.35 Put Your Money Where Your

7.00 South Africa Walks

It's back to South Africa! But there's no football. Boooooooooooooo!

7.30 Hampton Court Palace Flower Show 2010

NEW Floral faffing from the famous London show.

8.00 University Challenge

NEW Brainy head-scratching with Paxo asking the questions.

8.30 Antiques Master

NEW Quiz between antiques anoraks, sorry, "experts".

9.00 Mary, Queen of Shops 10.00 Rev

Adam sees an opportunity to appease the Archdeacon over his small collections.

10.30 Newsnight

11.20 How to Build a Jumbo Jet Engine Turns out it's quite tricky. Who knew? (R)

12.20am BBC Samuel **Johnson Prize for Non-Fiction**

The winner is revealed. (R)

1.20-4.35am BBC News

7.00 Emmerdale

Leyla finds the DVD of David and Tania. Please be what we think it is!

7.30 Coronation Street

This would usually be bumped by the World Cup. No more rest days please!

8.00 Countrywise

Rural rubbish. For sheep lovers only.

8.30 Coronation Street

Round two? Give us strength!

9.00 Identity

NEW Police drama about stolen identity and starring Keeley Hawes and Aiden Gillen.

10.00 ITV News

10.35 Mad Max **Beyond Thunderdome**

Fill Futuristic action caper starring Mel Gibson as postapocalyptic badass Mad Max. This is the one with Tina Turner in it. Barmy!

12.30am The Zone

2.35 The Jeremy Kyle Show (R) 3.30-5.30am ITV Nightscreen

7.00 News

7.55 4thought.tv

NEW How religion can help people through tough times.

8.00 Big Brother

All the latest screeching from the house.

9.00 The Sex Education Show: Am I Normal?

NEW Anna Richardson and Radha Modgil help members of the public air embarrassing sexual questions. Don't bother with this, just read The Truth About Sex in this very issue of Nuts!

10.00 Underage and Having Sex

Doc about teenagers who have had sex while underage. Self explanatory really!

11.05 Being N-Dubz

Dappy goes missing on the way to an awards ceremony in Greece. Uh-oh!

11.40 Alan Carr: Chatty Man The comedian chats to the cast of the

Twilight films. One for the missus. (R)

12.40am Big Brother: Live More live tantrums and tear-ups.

5.15-6.00am Win My Wage (R)

7.30 How Do They Do It?

How Cold War military hardware is being recycled into modern gear like mobile phones and TVs. Clever. (R)

8.00 Police Interceptors

The team is forced to intervene when a man is assaulted by his wife in the street. Should have put the seat down mate.

9.00 Extraordinary People: The Girls Who Share a Head

The story of a pair of conjoined Bangladeshi twins. Sensitive title, eh?

10.00 Philadelphia

Oscar-winning drama starring
Tom Hanks and Denzel Washington. A gay lawyer takes his firm to court when he is sacked after his colleagues discover he has Aids.

12.30am Cops in Crisis

More dangerous police work as the boys in blue find themselves in the firing line once again. Never a dull moment. (R)

1.00 SuperCasino 4.05 Nick's Quest 4.30 Nick's Quest 4.55 Rough Guide to Beaches 5.10 The New Tomorrow 5.35-6.00am Michaela's Wild Challenge

BBC1 NORTHERN IRELAND: 10.35pm For Queen and Country 11.05 Crimewatch Update 11.15 7/7: Saved By a Miracle? 11.35 The Graham Norton Show 11.55 Sky High 12.05am Sign Zone: DIY SOS 12.35-1.05am Sign Zone: Grow Your Own Drugs

BBC1 WALES: 10.45pm X-Ray 11.15 7/7: Saved By a Miracle? 11.55 Annapolis 1.35-2.05am Sign Zone: Panorama BBC2 SCOTLAND: 11.00-11.20pm Newsnight Scotland, Weather BBC2 NORTHERN IRELAND: 10.00pm Imeall Geal 11.20 Cad É an

Scéal **11.25** Áit is Ansa **11.30** Rev **12.00m't** How to Build a Jumbo Jet Engine 1.00-4.35am BBC News BBC2 WALES: 7.00-7.30pm Angel of the Valleys STV: 9.00pm Taggart 10.35 The Lakes 11.05 Casa nam Moireasdanach 11.40 Cocairean 12.10am

Roulette Nation 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift ULSTER: 10.30 Live Tonight 11.00 Supersize Teens: Can't Stop Eating 12.00m't-2.35am Brain Box ITV1 WALES: 8.00pm The Ferret

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans 7.00 World Cup Report

7.30 Good Morning Sports Fans

8.00 World Cup Report

8.30 Good Morning Sports Fans 9.00 Football's Greatest

9.30 Masters Football (HD)

12.30pm Football's Greatest

1.00 Rugby League (HD)

2.30 Cricket (HD) 4.30 LIVE Cricket: Twenty20 slogging with

Pakistan vs the Aussies. (HD) 8.30 Football's Greatest

9.00 Football

11.00 Soccer AM: The Best Bits

12.00m't Football's Greatest

12.30am Cricket

2.30 Sports Unlimited 3.30 Watersports World

4.30 Max Power 5.30-6.00am FIFA Futbol Mundial

sky SPORTS 2

6.00am Aerobics 6.30 WWE: Bottom Line (HD)

7.30 Golf (HD)

2.00pm Golf 3.00 Golf (HD)

4.30 Rugby League (HD)

6.00 Football's Greatest 6.30 Motorsport (HD)

7.30 LIVE Speedway: Coverage of another high-speed meeting from the Elite

League. Vroom vroom! (HD) 9.30 Fishing Gurus

10.00 Cricket: The match between Pakistan and Australia. (HD)

12.00m't Boots 'n' All: The latest super league action and reaction.

1.00am Golf: Action from the Open de France at Le Golf National in Paris.

2.00 Golf (HD)

3.00 Wonderful World of Golf 4.30-5.30am PGA Tour Classic

FILM4 (315)

6.50pm Crocodile Dundee II: Comedy adventure sequel starring Paul Hogan and Linda Kozlowski. 9.00 Eragon: Fantasy adventure starring Edward Speleers and Jeremy Irons. 11.00 Out of Time: Crime thriller starring Denzel Washington and Eva Mendes. 1.05-3.35am The Serpent: French thriller starring Yvan Attal.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men 10.00 Lee Evans XL Tour 11.20 Sex and the City 12.35am Two and a Half Men 1.35 South



7.00pm Press Pass 2010 8.00 NFL Classics 11.00

South Africa Nightly 11.30 FIA GT1 World Championship Review 12.30am Press Pass 2010 1.30 Basketball: FIBA World Magazine 2.00-5.00am NFL Classics

Park 2.35 The Office: An American Workplace 3.05 Two and a Half Men 4.05 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

7.00pm All New Total Wipeout 8.00 Snog, Marry, Avoid? 8.30 Hotter Than My Daughter 9.00 Gavin & Stacey 9.30 Lee Nelson's Well Good Show 10.00 EastEnders 10.30 Bizarre ER 11.05 Family Guy 11.50 Gavin & Stacey 12.20am Lee Nelson's Well Good Show 12.50 Snog, Marry, Avoid? 1.20 Hotter Than My Daughter 1.50 Bizarre ER 2.20 Peckham Finishing School for Girls 3.20 All New Total Wipeout **4.20** The Real Hustle on Holiday 5.20-5.30am SPORT World Cup's Most Shocking Moments

7.00pm Hollyoaks 7.30 Friends: Triple bill of the comedy. 9.00 One Tree Hill

10.00 Being Erica 11.00 Shameless 12.05-6.00am Big Brother: Live

DAVE (111)

7.00pm Ray Mears' World of Survival 7.40 Have I Got News for You 8.20 Genius 9.00 Men Behaving Badly 12.20am Never Mind the Buzzcocks 1.00 Rich Hall's Fishing Show 1.40 Totally Viral 2.30-3.00am And Then You Die

MTV ONE (350)

7.00pm Gossip Girl **8.00** The Hills **9.00** 16 and Pregnant 10.30 Jersey Shore 11.00 Blue Mountain State 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 Jersey Shore 3.00-6.00am MTV Playlist

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Passport Patrol 9.00 MUST-SEE Chuck: Chuck trains a new recruit. She's hot as well. Result!

84 Nuts

5 JULY MONDAY

FULL 7 DAY TV

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Cold Case (R) 10.00 UK Border Force (R)(HD) 11.00 X-Weighted: Families (R) 12.00noon Law & Order (R) (HD) 1.00pm Cold Case (R) 2.00 Project Runway (R) 3.00 Stargate SG-1: Doublebill. (R) 5.00 Malcolm in the Middle: Double-bill. (R)(HD) 6.00 Oops TV (R)

7.00 The Simpsons

The one with Bleeding Gums Murphy. (R)

7.30 The Simpsons

Grandpa offers some marital advice. Tread carefully, Homer. (R)

8.00 UK Border Force

Behind the scenes at customs. (R)(HD)

9.00 The Real A&E

Spurting blood and missing limbs. (R)

9.30 Real Filth Fighters

Send them to the Real A&E at once! (R)

10.00 Law & Order

A man is found dead in a local park. (HD)

11.00 Bones

Booth and Brennan search for the truth behind the death of a dwarf wrestling star. That's right, dwarf wrestling! (HD)

12.00m't Bones

The hunt for an obese couple's murderer gets under way. (HD)

1.00 The Real World: Key West 1.50 Road Wars 2.40 Road Wars 3.30 24 4.20 Tru Calling 5.10-6.00am Are You Smarter Than a 10 Year Old?

10.00 MUST-SEE The Life and Times of Tim: Cult cartoon capers. 10.35 Room 101 11.10 Most Shocking 12.00m't Challenge Jackpot 3.00am Man's Work 4.00-5.00am Pyramid Game with Donny Osmond: Game show.

7.00pm Smallville 8.00 IIII Dungeons & Dragons 2: The Elemental Might: 10.00 IIII DragonHeart: Fantasy adventure starring Dennis Quaid. 12.00m't TIM Dragon Hunter: Fantasy action adventure. 2.00am Buffy the Vampire Slayer 3.00 Medium 4.00 Angel 5.00-6.00am Smallville

FX (164)

7.00pm NCIS 9.00 Family Guy 9.30 American Dad! 10.00 Final 24 11.00 Brotherhood 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Charlie Jade

TODAY'S MUST-SEE



The Life And **Times Of Tim**

Virgin1, 10pm

Newcomers COMEDY to this may

find the experience a little like watching the 2010 World Cup. You start off feeling slightly underwhelmed and then wham! – it suddenly becomes ace out of nowhere. A new series of the cartoon comedy following a New Yorker who continually gets himself into awkward situations begins with his post break-up beard proving unpopular at the office. Stick with it! ★★★★



Chuck

Virgin1, 9pm

The spy has to balance taking on his first intelligence asset with training

a new member of the Nerd Herd. We'd feel a bit sorry for him, but the new recruit's the ludicrously hot Kristin Kreuk! Beat that, Mr Bond! ★★★★



Blood: The Last Vampire

Sky Movies Premiere/HD, 11.55pm

Saya looks like a regular schoolgirl but is in fact 400 years old, half vampire and likes killing actual blood-suckers! A welcome antidote to those absolutely rubbish Twilight drip-fests. ★★★★



Mystery Investigator: Olly Steeds Discovery, 10pm

The explorer drops in on former French
Guianan penal colony Devil's Island – the most notorious nick of all time. Scary! ★★★★



3.00am Breakfast 9.15 The Estate We're In 10.00 Homes Under the Hammer 11.00 Real Rescues 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

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.10 The Flintstones (R) 11.35 The Flintstones (R) 12.00noon Daily Politics 12.30pm Working Lunch 1.00 The World at War (R) 1.50 Hands on Nature 2.00 Open Gardens (R) 2.30 Ready Steady Cook (R) 3.00 Diagnosis Murder (R) **3.45** Flog It! (R) **4.30** Ben Fogle's Escape in Time 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Antiques Road Trip: From Edinburgh. (R)

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 2.00 Dickinson's Real Deal 3.00 Celebrity Pressure Cooker 4.00 Midsomer Murders: Detective drama. (R) **5.00** The Chase: Quiz show hosted by Bradley Walsh. 6.00 Regional News, Weather 6.30 ITV News

6.00am The Hoobs (R) 6.50 Big Brother's Little Brother 7.20 Big Brother (R) 8.15 Frasier (R) 8.45 Vernon Kay's 5 O'Clock Show (R) 9.45 Deal or No Deal (R) 10.30 Everybody Loves Raymond (R) 10.55 Friends (R) 11.55 SPORT Kicking Ahead: The Power of Sport (R) 12.00noon Channel 4 News Summary 12.05pm Relocation, Relocation (R) 1.00 Come Dine with Me (R) 3.25 Countdown: With Gino D'Acampo. 4.10 Deal or No Deal 5.00 Vernon Kay's 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.45 Michaela's Animal Road Trip (R) 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away **2.50** Animal Rescue Squad (R) 3.05 FILM Confessions of a Young Bride: Romantic comedy. 5.00 Five News **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Match of the Day Live: 2010 FIFA World Cup

LIVE Hooray, the football's back! It's the first semi-final from the Cape Town Stadium. Kick-off's at 7.30pm. Oh, and it might be on ITV1 instead.

10.00 BBC News, Weather 10.35 Imagine

Alan Yentob meets Welsh crooner Tom Jones, who recently celebrated his 70th birthday. If you're into leather-faced hipthrusting, this'll be right up your alley.

11.35 Tom Jones at Glastonbury

Footage of the singer's Sunday teatime slot on the Pyramid Stage at the 2009 festival. Hmm, enough Jones maybe? (R)

12.40am Sign Zone: Are You Having a Laugh? TV and Disability

Irreverent documentary exploring how TV has portrayed disability. (R)

1.40 Grow Your Own Drugs (R) 2.10 Put Your Money Where Your Mouth Is (R) 3.10 Raymond Blanc: Kitchen Secrets (R) 3.40-6.00am BBC News

7.00 Antiques Master

An antiques challenge? What could be more exciting? BBC1? Er, yes! (R)

7.30 University Challenge (R) 8.00 How to Beat Tough **Times: Money Watch**

NEW How not to chuck your hardearned cash down the pan.

9.00 Miranda

Miranda takes a tango lesson, but things do not go according to plan. Sounds hilarious doesn't it? Sigh. (R)

9.30 Top Gear

Alastair Campbell tries out the new Reasonably Priced Car. (R)

10.30 Newsnight 11.20 Match of the Day: 2010 FIFA World Cup

SPORT All the goal-snaffling highlights of the opening semi-final, held at the Cape Town Stadium in South Africa. Plus Motty looking lost.

12.20am Stephen Fry on Wagner

The life and music of Richard Wagner. (R)

1.20 BBC News 3.40-6.00am Close

7.00 Emmerdale

Sheep-shearing misery. Football please.

7.30 Children's Hospital A 12-week-old girl has surgery.

8.00 Piers Morgan On

The journalist and TV presenter visits Las Vegas, where he chats to Paris Hilton and goes gambling with Sylvester Stallone. Hard life, eh, Piers? (R)

9.00 Taggart

The search for an abducted student leads nowhere until a psychic turns up. (R)

10.00 ITV News

10.35 World Cup Highlights

SPORT Highlights from today's semi-final action.

11.40 October Road

A man seeks revenge on Nick for making him the star of a comic book. Um, OK?

12.25am The Zone

Interactive game show.

7.00 News 7.55 4thought.tv

8.00 Gok's Fashion Fix

More frock-based flouncing.

9.00 The Sex Education Show: Am I Normal?

The students of Glenthorne School receive lessons in female anatomy. Ace!

10.00 Big Brother

The latest make-ups and meltdowns.

11.10 The Good Wife

An undercover cop is killed after testifying against his colleagues in court. Rat.

12.10am The Poker Lounge

SPORT Card-flipping action from a tournament heat, as the tour's top players battled it out for a chance to win the first prize of \$120,000.

1.05 Big Brother: Live 3.55 SPORT KOTV

Boxing Weekly 4.20 SPORT ITU Triathlon

7.30 Michaela's Zoo Babies

Michaela Strachan goes all gooey over some chimps. Get a grip, woman! (R)

8.00 Build a New Life: Was It Worth It?

Property guff. Steer well clear.

9.00 CSI: Crime **Scene Investigation**

The team get involved when a family disappear without a trace.

10.00 CSI: Miami

Lock up your vodka - Russian mobster Ivan Sarnoff escapes from prison. (R)

11.00 CSI: NY

Naff cameo alert - Mac investigates when Kid Rock's limo driver is found dead. (R)

11.55 NCIS

Just in case you hadn't had enough of bizarre, grisly deaths... here's another! (R)

12.55am SuperCasino

Live interactive gaming.

4.05 Nick's Quest (R) 4.30 House Doctor (R) 4.55 Rough Guide to Cities (R) 5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge (R)



BBC1 NORTHERN IRELAND: 10.35pm Joey Dunlop Excellent Adventures 1.30-3.40am BBC News Remembered 11.15 Imagine 12.15-12.40am BBC News BBC2 SCOTLAND: 11.00-11.20pm Newsnight Scotland, Weather BBC2 NORTHERN IRELAND: 10.00pm SPORT Colin and Graham's

BBC2 WALES: 7.00pm lolo's Wild Times 7.30-8.00pm Welsh Tenors STV: 8.00pm Who Wants to Be a Millionaire? 9.00 Single-Handed 10.30 STV News and Weather 11.40 Grimefighters 12.10am

5.30am The Nightshift ULSTER: 7.59pm UTV Live Update 10.30 UTV Live Tonight 11.00 SPORT World Cup Highlights 12.00m't-2.30am Brain Box ITV1 WALES: 10.30-10.35pm Wales Tonight, Weather

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans 7.00 World Cup Report 7.30 Good Morning Sports Fans 8.00 World Cup Report

- 8.30 Good Morning Sports Fans
- 9.00 Football's Greatest 9.30 Fishing Gurus
- **10.00** Speedway (HD)
- 12.00noon Fishing Gurus
- 12.30pm Football's Greatest
- **1.00** Cricket (HD)
- 3.00 Motorsport (HD)
- 4.00 Football's Greatest
- 4.30 LIVE Cricket: Twenty20 ball-thunking between Pakistan and Australia.
- 8.30 Golf
- 10.00 World Cup Report
- 10.30 Football's Greatest 11.00 Cricket (HD)
- 1.00am Football
- 2.30 Cricket (HD)
- 4.30-6.00 Football

sky SPORTS 2

8.00 Boots 'n' All

10.00 Golf (HD)

11.00 Wonderful World of Golf

1.30 Boots 'n' All

5.00 Motorsport (HD)

6.30 Football's Greatest

7.00 IRB Rugby World Sevens

12.30am Rugby Union

6.00am Aerobics 6.30 Ocean Ride

7.00 WWE: Afterburn (HD)

9.00 Golf

12.30pm PGA Tour Classic

2.30 Fishing Gurus

3.00 Speedway (HD)

6.00 Countdown to the 2010 Ryder Cup

10.00 Poker

11.00 Football Asia

11.30 Fishing Gurus 12.00m't Football's Greatest

3.30-4.30am Sailing

2.30 The Jeremy Kyle Show (R) 3.25-5.30am ITV Nightscreen

5.15 SPORT The Grid (R) 5.45-6.10am SPORT MSA British Rallycross (R) Roulette Nation 1.00 The Jeremy Kyle Show 2.00-

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.45pm Take the Lead: Dance drama starring Antonio Banderas. 9.00 The Devil Wears Prada: Girly comedy starring Meryl Streep. 11.10 About Schmidt: Black comedy drama starring Jack Nicholson and Kathy Bates. 1.30-3.30am Better Things: British drama starring Liam McIlfatrick and Rachel McIntyre.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men: Charlie dates Jake's teacher. 10.00 Sean Lock: Live at Hammersmith Apollo 11.10 Sex and the



6.30pm AFL 7.30 Basketball 8.00 Drag Racing 9.00

FIA GT1 10.00 AFL 11.00 South Africa Nightly 11.30 Baseball 12.00m't ICC Cricket 12.30am Press Pass 2010 1.00 UFC 3.30 AFL 4.30-5.00am ICC Cricket City 12.20am Two and a Half Men 1.20 The Office: An American Workplace 2.20 South Park 3.20 Two and a Half Men 4.15 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)

7.00pm Snog, Marry, Avoid? 8.00 Don't Tell the Bride 9.00 The Mighty Boosh 10.00 Russell Howard's Good News comedy. 11.00 Family Guy 11.45 Bizarre ER 12.15am The Mighty Boosh 1.15 Mongrels 1.45 SPORT Match of the Day: 2010 FIFA World Cup 3.25 Russell Howard's Good News 3.55 Bizarre ER 4.25-5.25am Don't Tell the Bride

7.00pm Hollyoaks 7.30 Friends 9.00 Smallville 10.00 The Ricky Gervais Show 10.35 The Cleveland Show 11.00 King of the Hill 12.00-6.00am Big Brother: Live

DAVE (111) 7.00pm Seaside Rescue 8.10 Dragons' Den: Ideas include an in-car charger for golf trolley batteries. 9.30 Mock the Week Ace quiz show with Dara O'Briain. 10.10 QI 10.50 Never Mind the Buzzcocks 11.30 Mock the Week 12.10am QI 12.50 Never Mind the Buzzcocks 1.30 Totally Viral 2.25 Crash Addicts 2.50-3.00am SPORT Radical Highs

MTV ONE (350)

7.00pm Gossip Girl **8.00** 16 and Pregnant 9.30 The Hills 10.00 Randy Jackson's America's Best Dance Crew 11.00 The Osbournes 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 Jersey Shore: Reality show. 3.00-6.00am MTV Playlist

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Nothing to Declare 9.00 Sun, Sea and A&E 10.00



6 JULY TUESDAY

FULL 7 DAY TV GUIDE!

sky

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Cold Case (R) 10.00 UK Border Force (R)(HD) 11.00 X-Weighted: Families (R) 12.00 noon Law & Order (R) (HD) 1.00pm Cold Case (R) 2.00 Project Runway: With Cindy Crawford. (R) 3.00 Stargate SG-1 (R) 4.00 Stargate SG-1 (R) 5.00 Malcolm in the Middle: Ida looks after the boys. (R)(HD) 5.30 Malcolm in the Middle: Malcolm refuses to meet college recruiters. (R)(HD) 6.00 Oops TV: Narrated by Justin Lee Collins. (R)

7.00 The Simpsons

Homer joins a shady secret society. (R)

7.30 The Simpsons

Who shot Mr Burns? Classic episode! (R)

8.00 Ouch! Sextuplets

The family celebrate Halloween. (R)

9.00 House

The moody medic treats an agoraphobic who refuses to leave his home. (R)(HD)

10.00 House

Foreman tackles a paediatric case unassisted. Naturally he makes of a hash of it, but can't decide whether to ask House for help. He'll be all cross! (R)(HD)

11.00 Fat Pets, Fat Owners

Great title, rubbish show. Fatties try to lose weight by dragging their poor old pets along for the ride. (R)

12.00m't Oops TV

"Hmm, I'll just leave this rollerskate at the top of the stairs here. What could go wro... Yaaaargh!" And so on. (R)

1.00 The Real World: Key West 1.50 Road Wars (R) 3.30 24 (R)(HD) 4.20 Tim Gunn's Guide to Style (R) 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)

Brit Cops: Frontline Crime UK 11.00 Eurotrash: The Sexy Bits 11.30 Sexarama 12.00m't Challenge Jackpot 3.00am Booze Britain: Binge Nation 4.00-5.00am Pyramid Game

SYFY (129)

7.00pm Smallville 8.00 IIIII
DragonHeart: Fantasy adventure. 10.00
IIIII Dragonquest: Fantasy adventure
starring Daniel Bonjour. 11.40 IIIII
Komodo vs Cobra: Sci-fi horror film
starring Michael Michael Paré. 1.30am
3rd Rock from the Sun 2.00 Buffy the
Vampire Slayer 3.00 Medium 4.00
Angel 5.00-6.00am Smallville

FX (164

7.00pm NCIS 9.00 Family Guy 9.30 American Dadl: Cartoon. 10.00 Nip/Tuck 11.00 True Blood: Drama. 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Charlie Jade

TODAY'S MUST-SEES



Edge Of Darkness Box Office/HD, From 6am When detective Thomas Craven's

When detective Thomas Craven's (Mel Gibson, left) daughter falls ill, he attempts to take her to hospital, but she's blasted to death by a shotgun-wielding assailant on his doorstep. The cop assumes the bullet was meant for him, but as he examines his daugher's work for a shadowy nuclear facility, threatening forces come to the fore. Decent thriller given added weight by an ace turn from Ray Winstone. ***



Man vs Fish Discovery, 9pm

It's proving pleasurable to sit back and watch a man wrestle with impossible-to-land fish so we don't have to. This week, Matt Watson (above) hunts the elusive dogtooth tuna, well known for being a tricky little blighter. ***



Mongrels BBC3, 10.30pm

Odd, funny, and (we suspect) possibly inspired by a certain meerkat ad, this anything-goes, near-the-knuckle comedy follows the secret lives of a group of rude, potty-mouthed animal puppets. OK then!



Spartacus: Blood & Sand

Bravo, 10pi

DRAMA
Struggling to cope with his wife's death, Spartacus decides to take on six warriors in the arena at the same time. As opposed to getting raging drunk, presumably! ***



Join 1000s of other fans on our official page.

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3.00am Breakfast 9.15 The Estate We're In 10.00 Homes Under the Hammer 11.00 Real Rescues 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: With Anne Robinson. (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebies 7.00 CBBC 8.00 CBeebies 11.05 The Flintstones (R) 11.30 Daily Politics 1.00pm Animal Park (R) 1.30 Working Lunch 2.00 Open Gardens (R) 2.30 Ready Steady Cook (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Ben Fogle's Escape in Time 5.15 Escape to the Country (R) 6.00 Eggheads: Quiz show. 6.30 Antiques Road Trip (R)

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Loose Women: Topical debate. 1.30 ITV News 1.55 Regional News 2.00 Dickinson's Real Deal 3.00 Celebrity Pressure Cooker **4.00** Midsomer Murders (R) 5.00 The Chase: Quiz show. 6.00 Regional News, Weather 6.30 ITV News

6.10am The Hoobs (R) 6.35 Big Brother's Little Brother 7.05 Big Brother (R) 8.15 Frasier (R) 8.45 Vernon Kav's 5 O'Clock Show (R) 9.45 Deal or No Deal (R) 10.30 Everybody Loves Raymond (R) 10.55 Friends (R) 11.55 SPORT Kicking Ahead: The Power of Sport (R) 12.00noon Channel 4 News Summary 12.05pm Grudge Match (R) 12.15 Relocation, Relocation (R) 1.15 LIVE Channel 4 Racing from Newmarket 3.25 Countdown 4.10 Deal or No Deal 5.00 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.45 Michaela's Animal Road Trip (R) 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 PREMIERE Stolen Innocence: Thriller starring Gina Philips. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) **6.25** Live from Studio Five

7.00 Match of the Day Live: 2010 FIFA World Cup

MUST-SEE We're well into the business end of the tournament now, with the second semifinal, kick-off 7.30pm. Hopefully, we'll be cheering England on. If not, this could all be about what might have been. As ever, if this isn't here, you'll find it on ITV1.

10.00 BBC News, Weather 10.35 The National **Lottery Draws**

More tenners are won.

10.45 The Bionic Vet

A Border collie is given a new knee. No NHS waiting list for him then. Shocking!

11.15 The Man Without a Face

FILM A disfigured former teacher living in seclusion tutors a lonely boy, and the pair learn to lean on each other during life's ups and downs.

7.00 Mary, Queen of Shops

Shop-saving shenanigans. (R)

8.00 The Private Life of Cows

NEW In other words, BBC2 officially waves the white flag and surrenders to the footie. Hurrah!

9.00 In Loving Memory

The stories behind roadside memorials.

10.00 Rev

A fellow priest takes up temporary residence in Adam's church. (R)

10.30 Newsnight

11.20 How to Beat Tough **Times: Money Watch**

Ways to save money/stop having fun. (R)

12.20am Gareth Malone **Goes to Glyndebourne**

The big night arrives as the chorus takes to the stage. Cover your ears. (R)

7.00 Emmerdale

Watch The Football

7.30 The Lakes

Life in the Lake District. (R)

8.00 Midsomer Murders

Utterly implausible detective drama. (R)

10.00 ITV News, Weather

10.35 World Cup Highlights

SPORT The second of the semi-finals in South Africa.

11.35 Pale Rider

Western starring Clint
Eastwood as a mysterious lone horseman protecting a mining settlement against land-grabbers.

7.00 News 7.55 4thought.tv

8.00 Big Brother

More from the madhouse. 9.00 The Sex Education Show: Am I Normal?

10.00 Desperate Housewives

Good news - it's the last in the series! 11.00 The Big Bang Theory

Geeky fun as Sheldon competes against Star Trek actor Wil Wheaton once again.

11.30 My Name Is Earl

The do-gooder takes responsibility for his former babysitter's son.

12.00m't My Name Is Earl

Joy takes Randy's place in an audition for Erik Estrada's new reality TV show.

12.30am Music on 4: The **Album Chart Show Spotlight**

A round-up of the week's releases.

12.45 The Crush

Interviews with pocket-sized Aussie singer Kylie Minogue and Scissor Sisters.

7.30 Escape from Apollo 13 The ill-fated moon mission. (R)

8.00 Secrets of the Jesus Tomb

The discovery of a tomb thought by some to be that of Christ. Course it is. (R)

9.00 NCIS

Gibbs learns that Ziva was romantically involved with Rivkin.

11.00 CSI: NY

More bother in the Big Apple as a security guard is found dead. (R)

10.55 K-Ville

Solid New Orleans crime drama. A former district attorney murdered.

11.55 Poker

SPORT Shade-wearing antics in the Big Game IV.

12.55am SuperCasino

Live interactive gaming.

1.10am Sign Zone: Country Tracks (R) 2.10 Put Your Money Where Your Mouth Is (R) 3.10 Delicious Miss Dahl (R) 3.40 Click (R) 4.00-6.00am BBC News

1.20-4.40am BBC News

1.40am The Zone 3.40 The Jeremy Kyle Show (R) 4.35-5.30am ITV Nightscreen

1.15 Big Brother: Live 3.25 Unreported World (R) 3.55 SPORT Beach Volleyball 4.50 SPORT World Sport: The latest events. (R) 5.15-6.00am Countdown (R)

4.05 House Doctor: Double bill. (R) 4.55 Rough Guide to Eco Escapes (R) 5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge (R)

BBC1 NORTHERN IRELAND: 10.45pm SPORT Colin and Graham's Excellent Adventures 11.15 NEW The Bionic Vet 11.45 Glastonbury 2009 12.30-1.10am BBC News BBC1 WALES: 10.45pm Week In, Week Out 11.15 NEW The Bionic Vet 11.45 FILM The Man without a Face 1.40-2.10am BBC News BBC2 SCOTLAND: 11.00-11.20pm Newsnight Scotland, Weather STV: 10.30pm STV News and Weather 11.35 Nightwatch with Steve Scott: Mystery 12.30am Roulette Nation 1.00 The Jeremy Kyle

7.59pm UTV Live Update 10.30 UTV Live Tonight 11.00 SPORT World Cup Highlights: The second semi-

Show 2.00-5.30am The Nightshift ULSTER:

final. 12.00m't Brain Box 2.30 Nightwatch with Steve Scott: Crime 3.25-3.40am UTV Rewind

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans 7.00 World Cup Report 7.30 Good Morning Sports Fans 8.00 World Cup Report 8.30 Good Morning Sports Fans 9.00 Football's Greatest 9.30 Mountain Bike World

- 10.00 Football Asia 10.30 WE Rugby League (HD)
- 1.00pm Cricket (HD)
- 3.00 Football's Greatest
- 3.30 Golf
- 4.30 Countdown to the 2010 Ryder Cup
- 5.00 Football's Greatest
- 5.30 LIVE Cricket: Leicestershire Foxes vs Worcestershire Royals. (HD)
- 9.00 Spirit of Yachting
- 9.30 Total Rugby 10.00 World Cup Report 10.30 Football's Greatest 11.00 Cricket (HD) 1.00am Soccer AM 2.00 Football's Greatest 2.30 FIFA Futbol Mundial 3.00 Cricket (HD) 5.00 FIFA Futbol Mundial 5.30-6.00am Football's Greatest

sky SPORTS 2

6.00am Aerobics 6.30 Ocean Ride 7.00 WWE: Vintage Collection 8.00 Sailing 9.00 Cricket (HD) 11.00 Poker

- 12.00noon Countdown to the 2010 Ryder Cup: Preview of the tournament. 12.30pm Football's Greatest
- 3.00 Poker
- 4.00 Show Jumping: The International Jumping of France in Le Baule.
- **5.00** Rugby League (HD)
- 6.00 Boots 'n' All
- 7.00 WE Winning Post: This evening's meetings at Naas and Worcester.
- 9.00 Transworld Sport
- **10.00** Boots 'n' All
- 11.00 State of Origin Rugby League (HD) 12.00m't Football's Greatest
- 12.30am FIFA Futbol Mundial
- 1.00 Cage Fighting 3.00 Boots 'n' All 4.00-5.00am Rugby League (HD)

FILM4 (315)

7.15pm The Ringer: Comedy starring Johnny Knoxville and Brian Cox. 9.00 Mr & Mrs Smith: Black comedy thriller starring Brad Pitt and Angelina Jolie. 11.15 The Black Dahlia: Crime thriller starring Josh Hartnett. 1.35-3.40am The Eye: Horror mystery starring Angelica Lee.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier **9.00** Two and a Half Men **10.00** Dara O'Briain: Live at the Theatre Royal 11.20 Sex and the City 12.30am Two and a Half Men 1.30 South Park 2.30 The Office:

Pass 1.00 DTM 2.00 F3 Euroseries 3.00

Scirocco Cup 4.00-5.00am AFL Review



7.00pm Scirocco Cup **8.00** DTM 9.00 F3 Euroseries 10.00 30 for 30 11.00 South Africa Nightly 11.30 Ultimate Fighter 12.30am Press

An American Workplace 3.00 Scrubs 3.30 Two and a Half Men 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

BBC3 (115)

7.00pm The World's Strictest Parents: Two teenagers are sent to live with a family in Pune, India. 8.00 Big Meets Bigger 9.00 FLM Casanova: Adventure starring Heath Ledger. 10.45 Family Guy: The Griffin family get a new dog. 11.30 American Dad!: Stan puts Steve on steroids. 12.15am Mongrels 12.45 Big Meets Bigger 1.45 SPORT Match of the Day: 2010 FIFA World Cup: A re-run of the second semi-final. 3.25 Mongrels 3.55 The Real Hustle on Holiday 4.55 SPORT World Cup's Most Shocking Moments 5.10-5.15am Great Movie Mistakes

7.00pm Hollyoaks 7.30 Friends 9.00 Gok's Fashion Fix 10.00 FILM Hot Shots!: Action comedy spoof starring Charlie Sheen. 11.40 You Have Been Watching: TV-related laughs with David Mitchell, Victoria Coren and Andy Nyman. 12.30-6.00am Big Brother: Live

7.00pm Seaside Rescue 8.10 Dragons' Den 9.30 Mock the Week 10.10 QI 10.50 Never Mind the Buzzcocks 11.30 Mock the Week 12.10am QI 12.50 Never Mind the Buzzcocks: With Lucy Porter and Yvette Fielding. 1.30 Totally Viral 2.20 Crash Addicts 2.45-3.00am SPO Radical Highs: Base jumping.

MTV ONE (350)

7.00pm Gossip Girl 8.00 The Hills 8.30 The City **9.00** 16 and Pregnant **10.30** Jersey Shore 11.00 Blue Mountain State **12.00m't** South Park **1.00am** Dirty Sanchez: Behind the Seven Sins **2.00** Jersey Shore 3.00-6.00am MTV Playlist

7 JULY WEDNESDAY

FULL 7 DAY TV

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Cold Case (R) 10.00 UK Border Force (R)(HD) 11.00 X-Weighted: Families (R) 12.00noon Law & Order (R) (HD) 1.00pm Cold Case (R) 2.00 Project Runway (R)(HD) 3.00 Stargate SG-1 (R) 5.00 Malcolm in the Middle: Double-bill. (R)(HD) 6.00 Oops TV (R)

7.00 The Simpsons

A comet heads for Springfield. (R)

7.30 The Simpsons

Bart exploits a teachers' dispute in a bid to get the school closed down. (R)

8.00 Fat Families: **Second Helpings**

Lardy types are told to eat lettuce. (HD)

9.00 The Librarian: Return to King Solomon's Mines

Fantasy adventure sequel starring Noah Wyle.

10.45 The Real A&E

Life in the casualty department. (R)

11.15 Real Filth Fighters

Following specialist clean-up teams. (R)

11.45 Oops TV

"Back a bit. Back a bit more..." Splash! (R)

12.45am The Real World: **Key West**

House-sharing docusoap. (HD)

1.15 The Real World (HD) 1.40 Oops TV (R) 2.35 Road Wars (R)(HD) 3.30 24 (R) (HD) 4.20 Tim Gunn (R) 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)(HD)

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Duncan Bannatyne's Seaside Rescue 9.00 Criminal Minds 11.00 Medium 12.00m't Challenge Jackpot 3.00am Booze Britain: Binge Nation 4.00-5.00am Pyramid Game with Donny Osmond

SYFY (129)

7.00pm Smallville 8.00 Komodo vs Cobra: Sci-fi horror starring Michael Paré. 9.50 Dungeons & Dragons 2: The Elemental Might: Fantasy adventure sequel starring Mark Dymond. 11.50 Painkiller Jane 2.00am Buffy the Vampire Slayer 3.00 Medium 4.00 Angel 5.00-6.00am Smallville

FX (164)

7.00pm NCIS 9.00 Family Guy 9.30 American Dad! 10.00 Dexter 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Charlie Jade

TODAY'S MUST-SEES



Cook County Jail Discovery Channel, 10pm

What with all the must-join gangs, the brutal wardens, the rapes and the beatings, US jails don't look like a barrel of laughs. In this series, we head for Cook County, Illinois, where the struggle for the forces of law to maintain order is constant, where cells teem with vermin, and there's more than one guard or volunteer employee for every one of the 10,000 inmates. Yep, not much fun to be had there. ★★★



World Cup Live BBC1 or ITV1, 7pm

SPORT It's squeaky-bum time with this second semi-final, live from Durban. England will have needed to have seen off Germany and (probably) Argentina to get this far, but if they have, good luck to them – they'll have earned it! ★★★★



Sons Of Anarchy Bravo, 10pm The second series of one of the

DRAMA grittiest shows on the box continues with the renegade motorcycle club united by the news of Gemma's rape and out to inflict damage on the white supremacists who attacked her. $\star\star\star$



White Collar Bravo, 9pm

DRAMA

Jailbird con artist-turned-FBI collaborator Neal Caffrey (Matt Bomer, above left) is challenged by an old adversary to forge a bottle of wine once owned by US statesman Benjamin Franklin. So he does. The big ponce. ★★★



3.00am Breakfast 9.15 The Estate We're In 10.00 Homes Under the Hammer 11.00 Real Rescues 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: Against-the-clock guiz. (R) **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.10 The Flintstones (R) 11.35 The Flintstones (R) 12.00noon Daily Politics 12.30pm Working Lunch 1.00 The World at War (R) 1.50 Hands on Nature (R) 2.00 Open Gardens (R) 2.30 Ready Steady Cook (R) 3.00 Diagnosis Murder (R) 3.45 Flog It!: From Stirling. (R) 4.30 Ben Fogle's Escape in Time 5.15 Escape to the Country (R) **6.00** Eggheads (R) 6.30 Antiques Road Trip (R)

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 2.00 Dickinson's Real Deal: From Cheshire. (R) 3.00 Celebrity Pressure Cooker 4.00 Midsomer Murders (R) **5.00** The Chase **6.00** Regional News, Weather **6.30** ITV News

6.00am The Hoobs (R) 6.50 Big Brother's Little Brother 7.20 Big Brother (R) 8.15 Frasier (R) 8.45 Vernon Kav's 5 O'Clock Show (R) **9.45** Deal or No Deal (R) **10.30** Everybody Loves Raymond (R) 10.55 Friends (R) 11.55 SPORT Kicking Ahead: The Power of Sport (R) 12.00noon Channel 4 News Summary 12.05pm Grudge Match (R) 12.15 Relocation. Relocation (R) 1.15 LIVE Channel 4 Racing 3.25 Countdown 4.10 Deal or No Deal 5.00 Vernon Kay's 5 O'Clock Show 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.45 Michaela's Animal Road Trip (R) 10.45 Trisha Goddard (R) 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Extreme Fishing with Robson Green (R) 1.45 Neighbours 2.15 Home and Away **2.50** Animal Rescue Squad (R) 3.05 FILM Mystery Woman: Mystery Weekend: Whodunit. 5.00 Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

7.00 Fake Britain

A look at some dodgy motors. (R)

7.30 EastEnders

Hour-long episode. How dare they?

8.30 Outtake TV

Telly types fluffing their lines.

9.00 Traffic Cops

High-speed law enforcement.

10.00 BBC News, Weather

10.35 Question Time Political claptrap.

11.35 This Week

Even more political hogwash. Perfect if you're struggling to nod off.

12.25 Sign Zone: Panorama

Whether Britain's children are being failed by incompetent teachers. (R)

12.55 Sign Zone: Countryfile

John Craven interviews jug-eared monarch in waiting Prince Charles. (R)

7.00 Natural World

Cuddly critters from around the globe.

8.00 Hampton Court Palace Flower Show 2010

More green-fingered gubbins.

9.00 Dive - Lindsey's Story

Brit-drama told from two different perspectives over two nights.

10.00 Mock the Week

Topical news-bashing with Dara O'Briain and the boys. (R)

10.30 Newsnight

11.20 Golf: The Scottish Open

SPORT Hazel Irvine introduces highlights of the opening day's club swinging at Loch Lomond

Golf Club. Lurid jumpers ahoy!

12.20am In Loving Memory

Grim doc about roadside memorials. (R)

7.00 Emmerdale

Gah, not this again!

7.30 Britain's Broken Roads: **Tonight**

A look at the nation's motorways.

8.00 Emmerdale

Two in a night. Yep, they're mocking us.

8.30 Coronation Street

Flat cap-donning types have a moan.

9.00 Homes from Hell

People whose ambitions to build their dream home ended in ruin.

10.00 ITV News 10.35 Crash Scene

Investigators Police experts analyse road accidents. (R)

11.35 Superhuman: Genius

The stories of five exceptionally talented people. The big show-offs! (R)

12.30am The Zone

Interactive gaming gubbins.

7.00 News

A woman reveals how her belief in the afterlife helped her grieve for her sister.

8.00 Big Brother

7.55 4thought.tv

Nerves will be jangling in the house with tomorrow night's eviction, and a massive reality check, looming large.

9.00 The Sex Education Show: **Am I Normal?**

Yeah, probably. Stop worrying.

10.00 Underage and Having Sex

Distinctly dodgy-sounding documentary about teen pregnancy.

11.05 Skins

Freddie has an argument with Effy.

12.10am Dirty Sexy Money

Tripp and Nick try to halt proceedings as Karen prepares to get married.

7.30 Fifth Gear

More porn for petrolheads as the team put the BMW 5 Series through its paces.

8.00 Cheetah Man

Biopic focusing on the life of Ashley Cole. Oh, sorry, it's something about wildlife. (R)

9.00 Conspiracy Theory

Thriller starring Mel Gibson as a seemingly wacko cab driver,

struggling to convince Julia Roberts' sceptical lawyer of his theories.

11.40 Cricket on Five

SPORT Today's best willowthwacking action from England's opening one-dayer with Bangladesh, from Trent Bridge.

12.40am SuperCasino

Live interactive gaming.

1.55 Halcyon River Diaries (R) 2.55 Put Your Money Where Your Mouth Is (R) 3.55-6.00am News

1.20-4.25am BBC News

2.30 The Jeremy Kyle Show (R) 3.25 Britain's Broken Roads: Tonight (R) 3.50-5.30am ITV Nightscreen

1.05 Big Brother: Live: More from the house. 5.15-6.00am Countdown (R)

4.05 House Doctor (R) 4.30 House Doctor (R) 4.55 Rough Guide to Weekend Breaks (R) 5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge

BBC1 SCOTLAND: 7.00pm The Beechgrove Garden **9.00-10.00pm** River City **BBC1 WALES: 11.35pm** Dragon's Eye **12.05am** This Week **12.50-1.25am** SPORT Inside Sport: South Africa in Black and White BBC2 SCOTLAND: 11.00-11.20pm Newsnight

Scotland, Weather BBC2 WALES: 7.00pm Dragon's Eye 7.30-8.00pm Welsh Tenors STV: 10.35pm Open Water 12.05am Roulette Nation 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift 11.05-11.35pm Britain's Broken Roads: Tonight ULSTER: 10.30pm UTV Live Tonight 11.00 SPORT

RPM Motorsport 11.30 SPORT World Cup Rock'n' Goal Years 12.00m't-2.30am Brain Box ITV1 WALES: 7.30pm | Was There 10.35 Sharp End

TODAY'S SPORT

sky SPORTS 1

- 6.00am Good Morning Sports Fans
- 7.00 World Cup Report **7.30** Good Morning Sports Fans
- 8.00 World Cup Report
- 8.30 Good Morning Sports Fans
- 9.00 Football 10.00 Cricket (HD)
- 12.00noon Boots 'n' All
- 1.00pm Football's Greatest
- 1.30 Total Rugby 2.00 MUST-SEE Cricket: England take on
- Bangladesh in the first meeting of their three-match one-day series at Trent Bridge. This should be a doddle! (HD)
- 10.30 Time of Our Lives
- 11.30 Premier League World
- 12.00m't Football's Greatest 12.30am Cricket (HD) 2.30 Premier League World
- 3.00 Time of Our Lives 4.00-6.00am Cricket (HD)

sky SPORTS 2

- 6.00am Aerobics 6.30 Ocean Ride 7.00 WWE: Experience (HD) 8.00 Boots 'n' All
- 9.00 Rugby League (HD) 10.00 Modern Pentathlon
- 11.00 Aerobics
- 11.30 Racing News 12.00noon Watersports World
- 1.00pm Modern Pentathlon
- 2.00 Boots 'n' All
- 3.00 Watersports World
- 4.00 Boots 'n' All 5.00 WWE: Vintage Collection
- 6.00 Football
- 7.00 NRL Fulltime
- 7.30 LIVE Rugby League: Featherstone vs Leigh, kick-off 7.30pm.
- 9.30 Super League's Supermen 10.00 World Cup Report
- 10.30 WWE
- 1.30 NRL Fulltime 2.00-4.00am Rugby League

FILM4 (315)

7.05pm The Italian Job: Crime caper starring Michael Caine. 9.00 Predator: Sci-fi action fantasy. 11.05 Timecrimes: Spanish time-travel thriller. 12.55-3.40am L.A. Confidential: Period crime thriller starring Russell Crowe.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men: Charlie and Alan throw a party for their mother. 10.00 Lee Evans: Wired and Wonderful - Live at Wembley: A stand-up performance by the comedian. 12.15am Sex and the City

6.30pm AFL

7.30 Basketball



8.00 Boxings 10.00 MMA Live 10.45 UFC All Access 11.15 Boxing 11.30 DTM Review Show 12.30am Press Pass 2010 1.30 MLB

4.30 Boxing 4.45-5.30am MMA Live

1.25 Two and a Half Men 2.25 South Park: The townsfolk watch a Civil War re-enactment. 3.25 30 Rock: New York-set laughs. 3.55 Two and a Half Men 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

7.00pm Total Wipeout 8.00 Undercover Princesses 9.00 Big Meets Bigger 10.00 EastEnders 11.00 Lee Nelson's Well Good Show: Jason Bent demonstrates his unusual training tips. 11.30 Family Guy: Peter participates in a medical experiment to make some money. 12.15am Big Meets Bigger 1.15 Undercover Princesses 2.10 Lee Nelson's Well Good Show 2.40 Total Wipeout 3.40 The Real Hustle: High Stakes 4.40 World Cup's Most Shocking Moments 4.55-5.25am Bizarre ER

7.00pm Hollyoaks 7.30 Friends 9.00 MUST-SEE The Big Bang Theory 9.30 How I Met Your Mother: Barney and Robin are in a rut. 10.00 Accidentally on Purpose 10.35 Alan Carr: Chatty Man 11.25 MUST-SEE Important Things with Demetri Martin: Offbeat stand-up fun with the US comic. 11.55-6.00am Big Brother: Live

7.00pm Seaside Rescue 8.00 Dragons' Den: A range of cosmetics for darker skin. 9.00 QI: Loads of episodes, one after the other. 1.40am Pulling: Louise falls in love with Karen's conquest. 2.10 Totally Viral 2.35-3.00am And Then You Die

MTV ONE (350)

7.00pm Gossip Girl: Chuck goes missing. 8.00 16 and Pregnant 9.30 The Hills 10.00 Randy Jackson's America's Best Dance Crew 11.00 Nitro Circus 12.00m't South Park **1.00am** Dirty Sanchez: Behind the Seven Sins 2.00 Jersey Shore: Reality show. 3.00-6.00am MTV Playlist

8 JULY THURSDAY FULL 7 DAY TV

GUIDE!

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Cold Case (R) 10.00 UK Border Force (R)(HD) 11.00 X-Weighted: Families (R) 12.00noon Law & Order (R) (HD) 1.00pm Cold Case (R) 2.00 Project Runway (R) 3.00 Stargate SG-1 (R) 4.00 Stargate SG-1 (R) 5.00 Malcolm in the Middle (R)(HD) 6.00 Oops TV (R)

7.00 The Simpsons

Marge tackles her fear of flying. (R)

7.30 The Simpsons Marge is stalked. (R)

8.00 The Real A&E

Behind the scenes at a busy casualty department. Expect gore. (R)

8.30 Real Filth Fighters Following specialist clean-up teams. (R)

9.00 A League of Their Own Gabby Logan and Ardal O'Hanlon join

James Corden. (R)(HD) 9.30 Modern Family

Gloria plans a romantic getaway.

10.00 Lie to Me

MUST-SEE Cal is on lie-hunting duty when a policeman is shot and left paralysed. (HD)

11.00 NCIS: Los Angeles

The team investigate after a petty officer is killed at a strip club. (R)(HD)

12.00m't Oops TV

Home video mishaps with JLC. (R)

1.00 Road Wars (R) 2.00 Road Wars (R) 3.00 Oops TV (R) 3.25 24 (R) 4.20 Tim Gunn's Guide to Style 5.10-6.00am Are You Smarter Than a 10 Year Old? (R)(HD)

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Chuck: The spy trains a new employee. 9.00 Medium 10.00 Hustle: Danny takes charge of the latest con. 11.05 Most Shocking 12.00m't Challenge Jackpot 3.00am Booze Britain 4.00-5.00am Pyramid Game with Donny Osmond

7.00pm Smallville 8.00 FILM Merlin and the Book of Beasts 10.00 Painkiller Jane 12.00m't Merlin and the War of the Dragons 2.00am Buffy the Vampire Slayer 3.00 Painkiller Jane 4.00 Angel 5.00-6.00am Smallville

7.00pm NCIS 9.00 Family Guy: Double bill. 10.00 American Dad! 11.00 Family Guy: Double bill. 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Charlie Jade

TODAY'S MUST-SEES





The Big Bang Theory E4, 9pm Leonard and Penny (hottie Kaley Cuoco) have broken up, so Sheldon

tries to hide his friendship with her from him. Blimev. if being a nerd makes you this desirable to women, we're off to learn how to build a computer! ★★★★



Lie To Me Sky1/HD 10pm

When a cop is shot, Cal (Tim Roth, above) tries to interpret the movements of the officer's eyes to find the culprit. We expect him to glean the message, "Oi! I'm in agony - why are you staring at my eyes?" But you never know... ★★★

England vs Bangladesh

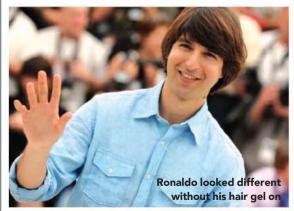
Sky Sports 1/HD, 2pm

SPORT Hot on the heels of their one-day series against the Aussies, England are in limited-overs action again, this time taking on perennial minnows Bangladesh at Trent Bridge in the first of three 50-over matches. Andrew Strauss' men whitewashed Bangladesh in their last one-day series 3-0, and comfortably saw them off in their recent Test series, so they'll be hoping for more of the same here. ***



Venom Hunter Discovery, 9pm

Venom enthusiast (if such a thing can actually exist) Donald Schultz (above) heads out into the world to say a cheerful "Hello!" to all manner of dangerous beasties, this time milking Sri Lanka's snakes of their venom. Good luck! ★★★



Important Things With Demitri Martin E4, 11.25pm

Frequently hilarious, pad-obsessed stand-up and sketches from the US funnyman, this time on the theme of ability. ★★★★



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Mell,Belfast NI (18)



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Get my hot pix...tex **MELL** to **68889**

Beth, North East (38)

Lib NORTH WEST (21)



Carly, 18 UK

Get my hot pix...and

CARLY

Lets have some fun Get my hot pix...text BETH38 to 68889

to 68889

Get my hot pix ...text

Katherine, WALES



Get my hot pix ...text to 68889 to 68889

Janie, SOUTH (41)



to 68889 Rita, Wales/Uk (45)



to 68889

Polly, 44 UK.



POLLY to 68889 Tara.Uk 47 ESSEX (34)



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text-NOW

Saucy, 34 Kent/Sussex



Beverly Mids/Uk (3os)

SAUCY to 68889 SEEN

See who replies to your postcode.... To be matched to a woman (with HOT hotos & 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*

Kat, London, 18 years old!



KAT 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



Also

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EASY CTION

COM

HOOK UP NOW - VIA

MOBILE



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to 68889

Lee, 20 Leeds



to 68889



Get my hot pix..and VIDEOS text KER

ANNE 40s YORKS

to 68889



Get my hot pix...and VIDEOS text

to 68889



Get my hot pix...AND VIDEOS text AMB to 68889

Nici, LANCS 38 and HOT! Leah, London/Uk (19) Tani South West/Uk (43)

> Saucy older we wants to hear wants to hear from younger guy 18+. Easy going, Fun loving kind single woman 35 - hopes



Get my hot pix...text to 68889

Kyli 20, SUSSEX

pix... and HOT VIDEOS too text

LEAH to 68889

Get my hot pix...text

to 68889 **UK ANYWHERE**

HWILKIE

Naughty, South West

Get my hot pix.. hot videos text BEVERLY to 68889 to 68889

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Nuts MUST HAVE

YOUR SUM

10th July Cocoon in the Park - LeedsOne of the most dedicated crowds around, the Cocoon girls know exactly what they want. feat. Sven Vath, Ricardo Villa Lobos. £40 + bf

23rd July Wickerman Festival - Dumfries, Scotland

If short tarten skirts are your bag then the girls here are sure to get your pipes blowing! feat. The Charlatans, Kutski, Fabio, Goldie Lookin Chain. £85 + bf

30th July Kendal Calling - Lowther Deer Park, Lake District Calvin Harris headlines this festival, boys & girls alike should be ready for the weekend...

feat. Calvin Harris, The Doves, Kid British, Erol Alkan. £85 + bf

30th July Tiesto - Victoria Park, LondonIf trance is your thing then the ladies here will be sure to light up your glow sticks. feat. Tiesto, Pendulum. £39 + bf

27th/28th August L.E.D Festival - Victoria Park, London

A virgin festival on the scene, you'll be sure to find some fresh totty on the dance floor. feat. David Guetta, Soulwax, Leftfield. £40/70 + bf

28th/29th August Creamfields - Daresbury Estate, Cheshire

There are plenty of single ladies at Creamfields, make sure you camp and get involved. feat. David Guetta, Deadmau5, Armin Van Buuren, Paul van Dyk. £59/110 + bf

28th/29th August SW4 Weekender - Clapham Common, London 2 days of mixed action across several tents...and then there's the dance tents themselvesl feat. Armin Van Buuren, Sasha, Erick Morillo. £40/75 + bf

29th August Deadmau5 - Tall Trees, Yarm feat. Deadmau5 (funnily enough!). £20 + bf

Northern lasses know best, this clubs has its own hotel so you have no excuses...

hotels restaurants and more... events t



DATING





Minimum spend £1.50









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Nuts PUB AMMO

A pint of your finest facts, landlord!



Every day, the heart expends enough energy to drive a truck 20 miles.

An estimated £57.2m in loose change is lost in British homes every year – that's £1.43 per adult.

Despite its huge size, all of China is in one time zone.

Britain has ten per cent of the entire world's CCTV cameras – about one for every 12 people.

The first CD pressed in the US was Bruce Springsteen's Born In The USA.

Batophobia is the clinical name for a fear of passing tall buildings.

Oysters can change their sex from male to female.

The name taxi comes from the taximeter, the instrument that measures the distance travelled to determine an accurate fare. The taximeter was invented in 1891 by German Wilhelm Bruhn.

The average British person spends 14 hours 39 minutes sitting down every day.

The Portuguese man o' war isn't a jellyfish, it's a siphonophore – a colony of creatures called polyps and medusoids.

Jorge Garcia – who played Hurley in *Lost* – originally auditioned for the part of Sawyer.

West Ham co-owner David Gold owns the oldest surviving version of the FA Cup, which he bought for £478,000.

Jarvis Cocker wrote some of the songs for Russell Brand's rock star character in *Get Him To The Greek*.

Shrek Forever After star Mike Myers is Canadian but has a British passport.





- This year sees the 124th Wimbledon Championships.
- Pete Sampras holds the record for most men's singles titles (seven), Martina Navratilova the ladies' (nine).
- The men's and ladies' champs
- will receive a record £1m in prize money this year. The total prize fund is £13,725,000.
- The Wimbledon Ladies' singles final is on 3 July from 2pm and the Men's singles final is on 4 July from 2pm.



