

Plus! X-Factor babe topless!











We meet Alan Sugar!

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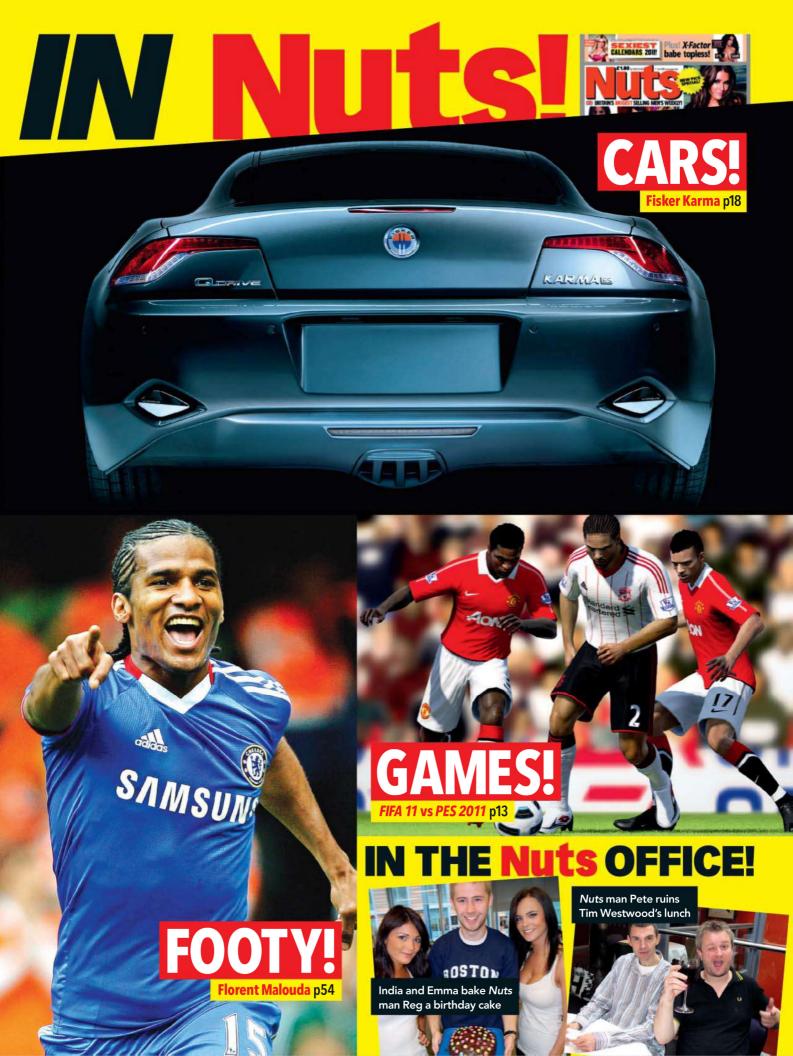
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What's Simon like? Is he scary? No, he's absolutely fabulous. He was the reason I joined the competition in the first place. His experience and his power in the industry are second to none. You sound like you might fancy him a bit. I didn't say that! He's a bit too old for me but he's good looking, sure. You don't get to be on TV all these years and do what he does if you don't look after yourself. But I see him more as a father or older brother type! Weren't you tempted to come up with a sob story like "my cat got run over this morning" or something? No! That'd be awful! I'm not fake. Viewers will vote for me if they think I look nice, if I can dance and if I can sing. Is Cheryl a nice lady or just a bit grumpy? Unfortunately, I haven't had as much to do with her as I would have liked because she contracted malaria, but I have to confess to being a big fan. She's gorgeous, sweet and really nice. And she's a northern lass like me, so we should stick together! What's it like being in a girl band? Is it all pillow fights and sleepovers? Actually, it's a lot of fun! A bunch of girls all thrown together, borrowing each other's clothes, getting changed and seeing each other naked half the time. I suppose it'd be most boys' fantasy but for us, it's all perfectly normal now! Tell us a sexy secret about you. I quite like to have some "naked alone" time. That's when you step in the door, strip off, walk around naked, maybe do some cooking and just have some time for yourself. Being in the nude can be very relaxing, you know! Is performing live in front of thousands of people better than sex? There's the same kind of rush that you get from good sex, definitely! Actually, it might be even better - which I guess just shows how disappointing my sex life has been recently! If you get all famous in the music business, will you stop doing sexy Nuts shoots like this? No. not at all! I'll always find time for

The X Factor is on every Saturday and Sunday at 7.30pm on ITV1

Nuts. Getting my kit off every once in a while is always good!



Nuts EXCLUSIVE!

wouldn't turn down England'

The Tottenham boss gives *Nuts* his thoughts on management, the World Cup and turning on the hairdryer!

ast week, Nuts had an exclusive chat with Spurs gaffer Harry Redknapp. Here are the best bits...

"The secret to being a great boss is having good players. If you don't have good players, you have no chance. At Spurs, we have a lot of talented players who were maybe short of confidence. Take Heurelho Gomes. He had a bad start when I came here, but I told him I knew he was a great keeper and that I believed in him. I don't think he understood me, as he didn't speak much English! Speaking of which, Pav's [Roman Pavlyuchenko] English is absolute rubbish! The interpreter used to run onto the pitch to tell him what I wanted, and he'd end up running around more than Pav!



"Being a player now is very different to how it was back in my day. It's a different game now. The training pitches are different, the food's different, the travel's different and the money's different. And they're always in the spotlight. Everything's on TV now. When I played, there'd be one game on a Saturday night on Match Of The Day, and that was it! "Everyone wants footballers to slip up. Players have to be so careful now. Everyone has a camera on their phone - except me [shows Nuts man an oldschool Nokia!1- and there's always someone wanting to sell stories to the papers. You're always going to get one or two players who step over the line and make mistakes. But in the main, they're good lads. They behave a lot better than we did back in the day, that's for sure! "My best ever signing was Paolo Di Canio. When I signed him [for West Ham], everyone thought I was mad. He'd pushed a ref over and everyone thought he was a nutter. But he was a top player and the fans loved him, so he was a great signing. I remember a headline that said, "Redknapp walks a tightrope with no safety net underneath him - Di Canio will finish him!" But he didn't. He came in and he was great! "It'll be difficult competing with Man City's financial power. They're going to be the team to

beat eventually, but not this year and I don't see them winning the Premier League. We battered them in the first game of the season. It looks to me like they might have to wait another year or two and keep spending money until they get it right!

"Sometimes, for the players, it's all about the money. I'd like to sit here and say the chance to play Champions League football is what appeals to players when it comes to signing contracts and in some cases, I'm sure it is. But if someone's offering them 200 grand a week and someone's offering them 50 grand, believe you me, nine times out of ten, they'll take the 200 grand! "I wouldn't turn down England. The end of Fabio Capello's contract is two years down the line - who knows where I'll be in two years? I could be manager of Poole Town! You only have to have a bad run and it can all change. So I never look that far ahead. I love what I'm doing at Spurs and I'm lucky to be doing this. But if in two years, somebody asked me to manage the national team... well, no Englishman could turn it down! "England need an English manager. You wouldn't see an Englishman managing the Italy team, would you? It could only happen here! There are lots of lads out there who, given the opportunity, could do a good job. But how are these younger English managers ever going to get experience if they never get a job at a top-four side? "I thought England would win the World Cup in South Africa. I really did! I thought it was the best squad we'd had since I don't know when, and I can't believe we did as badly as we did. The next World Cup is in Brazil and that's going to be difficult. "If money was no object, I'd sign Lionel Messi for Spurs. I think

we'd take him! He's amazing, isn't

he? Just unbelievable!

"I can't remember the lad who hit me with a ball in the famous YouTube video! I can't remember that boy's name, to be honest. But I know he got two years in prison for GBH! He was a fullback who played in Tottenham's reserve team but right now, I can't remember his name. "I'm not averse to turning on the hairdryer from time to time! Sometimes, I get angry with

the players. I remember there was one time when I was at Southampton, I was arguing with a player and I booted a big plateful of sandwiches that landed on his head! He had egg and watercress and bread on his head, and was sitting there still arguing with me!

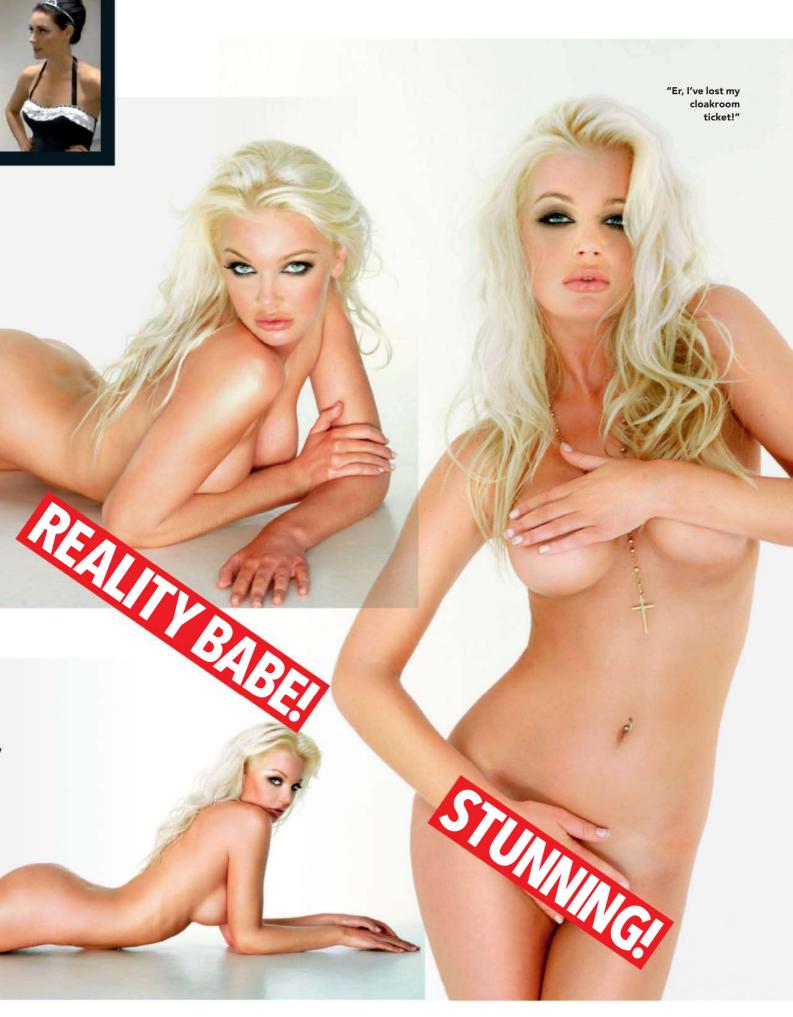
"My son, Jamie, looks great in those tight trousers! He can certainly wear them, can't he? He looks alright in them. If I was as fit as Jamie, I'd probably want to wear tight trousers!

"The state Pompey are in makes me sad. During my time as manager of the club, I probably brought in £100million in transfers. I paid £5million for Lassana Diarra and sold him for £22m. I bought Glen Johnson for £4m and sold him for £18m. Where did it all go? I honestly don't know! It's sad, really, but they're back where they were when I took over. People forget that. They weren't a big club at that time. They were getting 10,000 people at their games and were in administration when Milan Mandaric took over the club for nothing. But now, they're back to square one. I'd like to see Milan go back there. The fans absolutely love him and I think it would be great if he went back."

NTERVIEW: SAM VAN GELDER PHOTOS: GETTY









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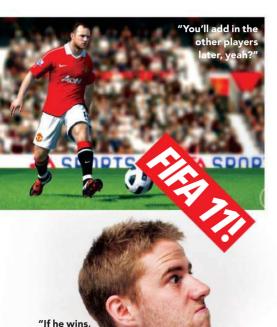


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the most important gaming decision of the

Fifa VS PES! Nuts staff do battle in the war of the football games! ou're about to make



I'll spray him

with Ribena"

Gameplay!

REG: Fifa is instant, snappy fun. Anyone can pick it up and play. I even had a game against my old man and he put up a good fight! COFFERS: But that's the problem, right there. PES rewards skill. The new passing style is amazing, and defenders are miles better now.

Graphics!

REG: Fifa, easy. PES players look like robots! COFFERS: You twerp! The Fifa players look like cartoons! Watching PES is like watching a real football game and the PES likenesses are spot on - look at Franck Ribery. Actually, don't!

Replay value!

REG: What I like about this year's Fifa is that they've really done up the Manager Mode it's like a mini Football Manager built-in! COFFERS: Fair enough, but PES has taken the famous Master League format online, so there's a whole world of mates to play with!

Fun factor!

REG: The fact that in Fifa you can do customised two-man celebrations says it all - this game's about having a laugh! You can even record your own crowd chants! COFFERS: Celebrations? Try PES' crazy edit mode where you can even make players with Easter Island heads and suits of armour, or play with balls that are sweets or basketballs!

Verdict

REG: To be fair, PES is better than last year but for an all-round good time, I'll stick with Fifa. COFFERS: The in-depth gameplay PES fans love is finally back, and I know where my money will be going in October!



in this light,

he's quite

dashing"



THE Nuts LIP-READER!

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





WEST BROM VS BIRMINGHAM The Hawthorns, Sat 18 Sept, 4.23pm The midfielder apologises after swearing near a young fan.



MAN UNITED VS LIVERPOOL Old Trafford, Sun 19 Sept, 2.56pm Darren Fletcher is blamed after Gerrard's free-kick sneaks in.



SUNDERLAND VS ARSENAL Stadium Of Light, Sat 18 Sept,

7.19pm The Gunners boss isn't happy with Sunderland's late goal.



BLACKBURN VS FULHAM Ewood Park, Sat 18 Sept, 3.30pm Sparky is outraged after El-Hadji Diouf clatters into Mark Schwarzer.

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rma hybrid!



The spray tan had gone on a bit too long

- The Fisker Karma is a fourdoor hybrid, with two electric motors producing 402bhp, plus a 260bhp turbo 2.0-litre petrol engine. It can crack 0-60mph in 5.9 seconds.
- It's able to travel up to 50 miles on pure, silent electric power before the turbocharged petrol engine kicks in to feed a recharging generator. The combined range is 300 miles.
- You can plug it in to charge off the mains, which takes about six hours. A 20kW lithium-ion battery pack (like a large laptop battery) is fitted underneath the car.
- The pair of 150kW electric motors can produce 402bhp and a whopping 981lb-ft of torque – nearly double the 479lb-ft produced by the Bentley Continental GT.
- The Karma can do 100 miles per gallon and expels less harmful gas than a Prius.
- The Karma's similarity to the BMW Z8 in The World Is Not Enough is not a coincidence

 Fisker's co-founder, CEO
 and design director Henrik
 Fisker designed the Z8!
- Choose between Sport and Stealth modes when driving this frisky four-door. The Sport mode uses both the petrol engine and electricity punch to hit 125mph. Turn to Stealth mode and you'll be running on pure volts with a top speed of 95mph.
- The Karma has the world's largest spherically-curved solar panel hidden in its roof. This means the motor generates electricity once the sun comes up, even if it's parked.
- Unfortunately, though, a thing of such beauty doesn't come cheap. You'll get little change out of £60,000!





The Apprentice boss on Karren Brady,

i Lord Sugar! The first task on the new series of The Apprentice sees the candidates making sausages. What else have you got in store? We send them to Germany to sell crisps to the Germans. We send them out on a couple of open-decked London buses to get money from tourists. Plus there's the usual advertising one, which is one of my favourites, and a "go out and buy ten of..." like we have every year.

And what's happened to Margaret? She's turned into West Ham Vice-President Karren Brady! Margaret finally refused to let me talk her into it. She really wanted to give it up. Talking Karren into it was probably easier than talking her into the West Ham job! I've known Karren for years and she was very good when she did *Celebrity Apprentice*.

Do you pick candidates who might not be much good in business but who'll be funny on the telly? No. We don't choose them because we think they're going to be the next Del Boy! We've got some very serious people this time. We wanted to give opportunities to people who've been made redundant because of the current economic climate. And there are a couple of people who are struggling to start their

own business and a couple of

university and can't get a job.

graduates who've just left





people across the board.
You know that bit where the candidates blab on about how great they are to camera at the beginning of each episode – should people do that in real life? You do need to think about yourself like that, yeah. It might be the type of thing you'd say to your mum, your mates or your girlfriend. But whether you should walk into the street and say it, I don't know. You're probably best saying it into the mirror in private!

If you were a candidate on *The* Apprentice, would you be any cop? I'd walk it. Next question! Would you like to be a guest judge on *The X Factor*? No, how can I do that? Here I am

don't know what they're doing and don't know what they're talking about. I'd be completely out of my depth. You need to be experienced to be a judge, so I don't think I'd be very useful! Thanks, Lord Sugar. Finally, what have you learnt from six series of The Apprentice? Can you spot a bullsh*tter at ten paces? I've been good at that for a long time! I think the series gets better as we learn more. We know the right types of candidates and tasks. But if you're asking if I've learnt how to make sausages, that's not really what I set out to achieve!

The Apprentice starts on BBC1 at 9pm on Wednesday 6 October

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Should you ascend to the throne, the choices you make will change the world around you. Will it be for the greater good or your own personal gain?
Who will you become: a legend or a tyrant?

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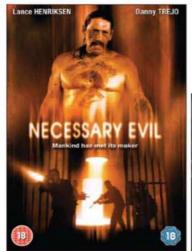
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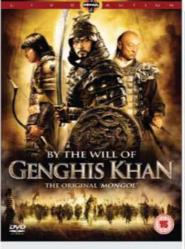
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'I was smeared Kart racing turns nasty for unlucky Nuts reader!

e've seen plenty of motorbike crashes over the years, but Chris van der Drift from New Zealand is the first reader to hurt himself in a kart!

"I was in a race," 24-year-old Chris tells Nuts. "I was coming past the driver in front, but he moved. I clipped him, then took off like a plane and hit a bridge.

"When I woke up, I was 550 metres up the track, in loads of pain and with a load of busted bones. Somehow, my finger was the only open wound, but I was

smeared in blood. They took me to hospital, where I was patched up and sent on my way to think about the next race!"

See the crash video now

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







these brands will have 35-45% less saturated fat (per 100g) than the current average of the top 25 chocolate brands.



YOUR L

It's the page where you do all the work!

Send your letters to nutsletters



Actually, we're not thirsty

Dear Nuts.

Does anyone fancy a nice glass of Pschitt? How could you resist such a tasty beverage?

Michael, Cheshire

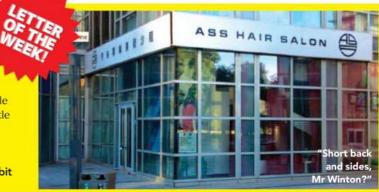
Very easily - simply because it's not beer! Mmm, beer!

That's a

Dear Nuts

I stumbled upon this rather odd-sounding hair salon while in Tokyo, Japan. It seems a little specialist, don't you think?

Ged Burnside, Telford It does a bit, doesn't it! That reminds us - we could use a bit of a trim down there.



Super Troopers

Dear Nuts.

This is me (near right) and Air Trooper Becky Connor in our Nuts outfits. Thanks for sending them!

ATpr Sam Farrell, Afghanistan Remember, squaddies, just email pete_cashmore@ipcmedia.com if you want to get your name on the Nuts goodies list.



Powell power

Dear Nuts.

Thanks for sending me the Nuts vest and shorts. I love you guys! Clare Powell, Leeds

Clare, we rather think

Did the earth moo-ve for you?

AND CONDITIONS ON PAGE 72 APPLY

tastes funny"

What a dump

Now, this just has to be a farm

Adrian Dale, Birmingham

Indeed - especially if it helps

you get "laid in Britain"!

Dear Nuts.

worth visiting!

Dear Nuts.

I spotted a bit of animal action and captured it for posterity!

Stevie, via text

To be fair, the cow does look as if she's enjoying it somehow!







@ipcmedia.com or to the address on p72

Shelf abuse

Dear Nuts, I got bored at the supermarket, so I thought I'd have some fun with the stock.

Chris, Omagh
Good work, Chris. We just hope
ours never goes that colour.



The Mastiff massive

Dear Nuts,

This is the Mastiff Group in Nad-e Ali. Any chance of some T-shirts? Cpl Niall Morrison,

BFPO 792, Afghanistan

On their way, chaps!



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



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Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcm

SHORT JOKES!

I asked my missus for a "Chilean Miner" What's one of those? It's when she goes to the bottom of your shaft and stays there until Christmas

Q: What do you get when you drop a piano on an army base?

Q: Heard about the 150lb man who had 75lb testicles? A: He was half nuts

Damian Kingham, Manchester Q: What did the canni

28 Nuts



Wedding

Mike Hooper, Leeds

A small church is abuzz about the day's wedding between 95-year-old Herbert and his stunning 25-year-old bride. At the wedding, murmurs go around that the wedding night might finish the feeble old coot off. The next morning, the bride hobbles down the hotel staircase slowly, holding the banister for dear life.

"What happened to you?" asks the hotel receptionist. "You look like you've been wrestling crocodiles!"

"Well," replies the bride, wincing. "I wanted to get married as soon as old Herbert told me he'd been saving up for 75 years. It turns out he wasn't talking about money!" Azri, via email



A bloke walks into his local and sees everyone in there is covered in rashes and blisters.

"What's going on?" he asks the landlord. "Why's everybody covered in rashes and blisters?"

"Didn't anyone tell you?" replies the landlord. "This is a shingles night!" Nick Harris, via email



Win an Xbox and DVD!

Send jokes to nutsjokes@ipcmedia.com or to the address on p72. To celebrate the release of the action-packed Deadly Impact, out to buy on DVD from 27 September, the sender of this week's best joke* will win an Xbox Elite plus a copy of the DVD.





FILMS THAT MAKE YOU GO 🥯 🥯 🧶











After Holly

Willoughby!"





BUY THEM NOW ON DVD





that bad, you should come live with us. We put sugar

and cream on ours!" Shane Borders, Mapley



access o

POPOUT ONLY IN NUTS! IN PUBLIC!

Have a cheeky flash - and earn some cash!



SOPH 19, from York

"I gave the boys on the local building site a high-visibility treat!"



"I like to think my boobs have a certain electricity!"



RAE 28, from Preston

"I was in the park and my jacket fell open! Isn't that just typical?"



ROX ANNE 21, from Cornwall

"Is this your first-ever pop out in the ruins of a castle?"

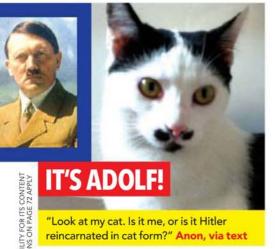
Text 'Nuts' and your picture to 0771 388 8008 (texts are free

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

but standard network charges apply*). Pic Of The Week wins £100 cash!** T&Cs on page 72.











"The kitchen bullies have gone

too far this time!" Barry, via text



SCREWED FOOD CORNER! KILLER PEPPERS!

"Do you know what? I think I'll wait to get them in the sales!" Ben, Leeds



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THE TRUTH ABOUT SEX WITH... SOPHIE HOWARD!

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I feel daft!

My missus likes to swallow but I feel daft just standing there waiting to "evacuate the lads". I feel like I'm in a porno and it makes me nervous. Any tips? Steve, Blakenall

That's a tough one because if you're obsessing about it, it'll make the act more difficult to execute. Take command of the situation and tell her you want to unload somewhere else, like on her boobs. A lot of guys like to see themselves unload and you're actually lucky to have a girl who likes to swallow. Maybe it's just time for you to man up!

Nuts Babes' **SEX TIPS!**

No.27: "Give your girl sexy undies one morning, then think about what you'll be coming home to!" **Emily O'Hara**



She loves men in uniform!

My missus is way too into blokes in uniforms. I have mates who are squaddies and I don't trust her. Paranoia or common sense? Lee, Bristol

It could well be a bit of both. You should trust her not to cheat on you - she is your partner, after all - but I'm afraid she's going to find them a bit attractive. If she likes men in uniform, you need to get some, like a US military one or a policeman's outfit, then cuff her to the radiator and have some fun!

Sex in the club!

My missus performed what the papers call "a sex act" on me while we were clubbing and we both loved it. Now we want to do it more! Is this ridiculous? Simon, Teddington

No, not at all! Loads of people do it! If you're a bit tipsy and the music's getting your heart going, you're obviously going to run off to the loos or even get down to something naughty on the dancefloor. Don't be surprised if you're chucked out, though.

Is it too hard?

I've started seeing this girl and she likes sex to be done hard. Really hard! It actually worries me a bit. She wouldn't ask for it if she didn't like it, right? Nirpal, Bedford

No! Girls who want it hard - and, more to the point, have said to you to do it hard - aren't going to suddenly want you to hold back!

NEXT TIME: EMMA FRAIN ANSWERS YOUR LETTERS!





to be Nuts' Next Top Model? It's very exciting. I can't wait! I haven't even seen the pictures from the shoot yet, so the first time I see them will be in the mag! Sometimes my boobs are a D, sometimes they're a DD, so it'll be interesting to see how they come across in the mag! How would you describe your personality? Talkative. I often get told to shut up! I'm quite bubbly

I'm quite funny. But to be honest, I have to say I'm a bit of a geek, too! What other Nuts babes do you admire? I really like Rhian Sugden. The first time I saw in her real life, I thought I was going to die! I just think she's awesome. I like her look and her personality. She's great. What's more important in a man - good looks or a good sense of humour? A good sense of humour. I can never be too serious!

I'd love to say I'm a bad girl, but I'm not! I don't smoke, I don't have any tattoos... no, I'm a good girl. Except when I'm in the bedroom! What's the most adventurous place you've done rude things? Probably in a park. I've done a few naughty things in the cinema, too. I always get a bit worried that someone will see me, but it's so dark in there, isn't it? So it's a great place to get up to naughtiness!

I hope so! I'd love to do more for Nuts. Modelling is all new to me, but I'm totally loving it so far!

More Summer

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







The dapper R&B singer holds forth on Barack Obama, traffic warden tattoos and fancying Russell Crowe!

i Ne-Yo! You're called Ne-Yo because you see music like Neo from The Matrix sees the world. Which would you take - the red pill, the blue pill or just stick to beer? Knowing I could jump in and out of the Matrix whenever I wanted to, I'd go for the pill that sends me into reality, like Neo did in the film. Why not? You've written for lots of famous people like Rihanna, Beyoncé, Janet Jackson and Alexandra Burke. Do you give them the rubbish songs and keep the good ones for yourself? I wish it was that easy! But whoever pays for the studio time gets to keep the songs. Nine times out of ten, I'll go in and do something that's an absolute masterpiece and part of me will want to just tuck it into my bag and hope no one saw me. Unfortunately, I've got a conscience, so I can't. You've also written for The Sugababes. Are you hoping that if you hang around long enough, they'll ask you to join? I'd like to do something with them that constitutes joining. Not on stage as such, but in some group activity, if you know what I mean. I'm trying to be polite here! Cheeky! Your last album was called Year Of The Gentleman. What's 2010? Year of the Chav? Ha-ha! No, it's still going, it's the Millennium Of The Gentleman now. I'm going to hold onto that. Your new album's called Libra Scale because you're a Libra. Libras are meant to be easygoing, affectionate and sympathetic but they can also be deceptive, thrifty and lazy. Does this sound like you? Libras are the wildcard of the zodiac. It's always something different.

Somebody will tell me Libras make good husbands, then the next minute, someone else will say Libras cheat on everybody. But yours is the most accurate description I've heard so far. Where did you find it? Erm, on the internet. It's pretty much me. I have a tendency to be a little lazy and a little frugal. Libras are most compatible with Aries because Aries are patient. Do you fancy any of these famous Aries - Fergie from The Black Eyed Peas? Yes. Sarah Jessica Parker from Sex And The City? Not so much, no! Russell Crowe? Ha-ha! I'd like to hang out with Russell, he's cool. Maybe not romantically, though. He's not really my type! You're going to be a dad! If it's a boy, will you call him Leo Ne-Yo? No, I won't curse my child with a name that even resembles Ne-Yo! I'm excited because I want to meet him or her, but I'm scared as well! Raising a kid's a massive responsibility. You once performed a concert for President Obama. Did you sing Happy Birthday, Mr President? Ha-ha! No, I didn't! It wasn't his birthday, plus he was only a senator then. If it was his birthday, I'd have sung Happy Birthday, Mr President. Not as well as Marilyn Monroe famously did it for JFK but I'd have done my best at least. Hip-hop star The Game has a tattoo of a teardrop because apparently he's murdered someone. You were recently done for speeding - are you going to get a tattoo of a little traffic warden? Yes, a little stop sign right beneath my left eye! Are you any good with a yo-yo, Ne-Yo? No. Not at all! Thanks, Ne-Yo. Finally, which of the following awards have you won and which have we made up - Ringtone Of The Year? Hmm, not sure. Probably! Yes, for Bust It Baby Part 2. Best Dancing In A Video? Yeah, that one's definitely real. I think I won it for Closer. Yes, at the 2008 MTV Awards.

Ne-Yo's new album Libra Scale is out to buy from 18 October ■

Hat Wearer Of The Year? I think

you've made that up! Ha-ha!

BREW GIA

01 Liverpool's new midfielder Milan Jovanovic used to flog second-hand cars to make a little bit of extra cash when he was just a young player in his home country, Serbia. Ladas mostly, we imagine!

02 Wayne Rooney likes to pamper his pooches. So much so, in fact, he recently spent £10,000 on under-floor heating for his dog kennels. Which works out as ruffly sorry, roughly - a day's wages!

03 Blackpool's Scottish midfielder Charlie Adam used to play for Rangers, where the fans sang a song called Charlie Adam's Sister's Pants in his honour. Why they thought his sister didn't wear knickers, of course, is anybody's guess!

04 Spurs' David Bentley is setting up his own record label and has already signed up a London band called Life In Film. Well, he does seem to have quite a lot of spare time on his hands these days.

05▶ Man United's new signing from Fulham Chris Smalling was a junior British champion at judo. It's a pity Ronaldo's left, Chris could've shown him how to fall to the ground properly!

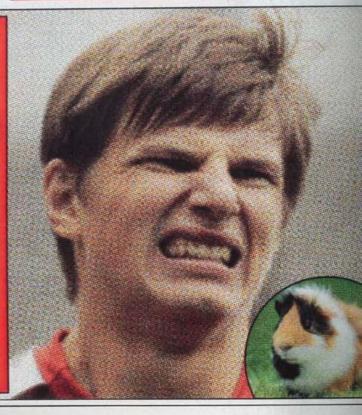
06 Blackburn defender Phil Jones studied food technology at school and has confessed he wants to be a chef one day.

07 Birmingham keeper Ben Foster had to sing karaoke when he signed for City and decided to belt out Halo by Beyoncé.

09> Peter Crouch took an advanced driving course when he was only 17

Arshavin in guinea pig terror!

08▶ Andrey Arshavin has a weird recurring dream. "I'm in a field," the Gunner says, "and there are guinea pigs all around me. It's a nightmare." Well, when you're 5ft 7, guinea pigs must be pretty scary!



Amazing and completely bonkers facts about footy's top superstars!

10 Newcastle midfielder
Danny Guthrie was twice
suspended from school for bad
behaviour. Luckily, he's got Joey
Barton to mentor him now.

11 Javier Hernandez was studying for a business degree in Mexico before signing for Man United. You don't need a degree to work out Fergie got a bargain.

hitting the big time, Everton's Jermaine Beckford used to fit windscreens for the RAC



13 Stoke City striker Kenwyne Jones was set to join the Army before Southampton spotted him and launched his career. Pity, it might have improved his shooting. Only kidding!

14 Chelsea and Israel midfielder Yossi Benayoun's dad used to work in a nuclear power plant in Israel. And had bright green glowing fingers. Probably!

15 Alex Song comes from a big family. The Arsenal star has 17 sisters and ten brothers. And one knackered mum, probably!

16 Tottenham striker Roman Pavlyuchenko nearly fell off a hotel balcony when drunk the night before his wedding. Well, that's one way of getting out of it! PIENAAR IN HIDING FROM ARMED GANGSTERS!

Steven Pienaar used to watch TV in his native South Africa lying on the living room floor because his mum was worried about stray bullets in their tough neighbourhood

18> Birmingham giant Nikola Zigic (he's 6ft 7!) had a pretty unusual hobby as a kid growing up in Serbia – he used to build bicycles! Really, really big ones!

19 Liverpool's Maxi Rodriguez is nicknamed "La Fiera", meaning "Fighting Bull", because he always clattered opponents as a kid. What's "talking bull" in Spanish? That'd suit a few fellas we know.

Park
Ji-Sung
caught up
in World
Cup
whisky
shock!

20 Park Ji-Sung had a whisky named after him during the World Cup. Mmm, Korean whisky.

Wonder why it didn't catch on? →



IBIZA UNCOVERED! Stewart Downing in secret visits to the "party island"!

21 Aston Villa midfielder **Stewart Downing** has DJ'd at Eden nightclub in Ibiza. Not a bad job if you can get it of course, most of his mates were away on England duty at the time, but still...!



22 Man United's Darron Gibson has dodgy taste in music as he reckons Westlife

are the best band in the world. And everyone knows it's JLS!

23 ➤ Everton

winger **Diniyar Bilyaletdinov** is scared of the dark and sleeps with a toy elephant by his bed

24 Fulham's Dickson Etuhu represented Great Britain at the long jump and triple jump when he was at school. We predict a move to the "boing boing" Baggies of West Brom!

25 Pepe Reina is addicted to watches - the Liverpool keeper has more than 15 top-of-the-range timepieces! Presumably so he can keep up with extra time whenever he plays at Old Trafford!

26 Thomas Vermaelen read Nick Hornby's novel Fever Pitch before moving to Arsenal so he could learn a bit more about the club. Amazingly, he still signed for the Gunners.

28 Arsenal trio Jack Wilshere, Theo Walcott and Aaron Ramsey play Call Of Duty online against each other every evening. Before their 9pm bedtime, presumably.

29 Spurs' Gareth Bale scored twice in the Welsh national junior hockey final. Just to clarify, he was playing hockey at the time.

30▶ Arsenal's Cesc Fabregas was nine months old when his grandad first took him to the Nou Camp to watch Barcelona.

31 West Brom's Gianni Zuiverloon got his big break with Dutch team Feyenoord when his mum picked up a Yellow Pages and phoned the club. Presumably, she started with Ajax and just kept going until she got a yes!

32 Tottenham midfielder Jermaine Jenas was a bit of a swot at school and got 11 GCSEs! Now he's a professional footballer. His parents must be so disappointed.

33 ► Bacary

Sagna's favourite book is Harry Potter And The Philosopher's Stone

MAN CITY NEW BOY BALOTELLI BAPTISED ON DEATHBED!

27 Man City striker Mario Balotelli nearly died as a child after a problem with his intestines and was even baptised in hospital in case it was fatal. He clearly doesn't lack guts, though!

34►Tottenham midfielder Tom **Huddlestone's** favourite toiletry item is strawberry body cream

35 Blackburn striker Nikola Kalinic worked as a waiter back home in Croatia before turning professional. A joke about receiving better service back there? No chance. Have you seen the size of Big Sam?

36 Chelsea defender Yuri Zhirkov often had to miss training as a kid in Russia to help his family grow vegetables for the winter! Beats the old "I left my kit at home" excuse.

37 Man United's Edwin van der Sar only became a goalkeeper when he was nine years old because his junior team's regular stopper was at a birthday party. Handy! Geddit? Oh, never mind!



Delap's dinner party from hell!

Stoke star
Rory Delap's
fantasy dinner
guests would
be Liam and
Noel Gallagher
and Mike Tyson!



39 Fulham's Mark Schwarzer has been wearing the same pair of shin pads for 18 years. No wonder he's nicknamed "Whiffy" in the changing rooms.

40 Man City's Shay Given places a vial of Lourdes holy water at the back of his goal as a lucky charm. We reckon it must be out of date or something the way Joe Hart's playing!

41 Liverpool winger Ryan
Babel's favourite TV show is
'90s classic The Fresh Prince Of
Bel Air. They clearly didn't show
Beverly Hills 90210 in Holland!

Midfielder
Ramires used
to work on
a building
site in Brazil

43 Playing for Hamburg, Man City midfielder Nigel de Jong was known as Rasenmaher – the Lawn Mower – because of the way he cut down opponents. Not the coolest of nicknames, that one. "Yeah, hi gorgeous, the lads call me the Lawn Mower!"

44 Chelsea midfielder Mikel's full name is actually John Michael Nchekwube Obinna. Michael was changed to Mikel when the Nigerian FA submitted his name incorrectly for the 2003 Fifa U17 World Championships. He liked the new moniker, so he decided to keep it!

45 Sunderland striker Darren
Bent is such a big fan of Twitter
that he once had the website's
logo stitched on his boots. Until,
presumably, someone told him
Twitter helped people to improve
their drivelling, not dribbling!

46 Spurs' tiddly Croatian playmaker Luka Modric is a distant cousin of former Leeds, Middlesbrough and Newcastle striker Mark Viduka. Looking at the size of him, we're thinking that's a very, very distant cousin! **REID PULLING THE STRINGS!**

48 Sunderland's
Andy Reid plays
the banjo in his
spare time. Given
the spare time he's
had this year, he
must be amazing!

47 Man City's Adam Johnson has an embarrassing secret that Blues fans might not appreciate – he grew up supporting Man United and idolising Ryan Giggs! Still, he's not a bad role model to have!

49> Chelsea legend Frank
Lampard is so clever he was
asked to appear on the BBC's
Question Time – but turned
down the invitation. Or
couldn't work out how to open
the email. One of the two!

Clint Dempsey in rap video shame!

midfield star
Clint Dempsey
grew up on a
trailer park in
Texas before
making it as
a professional
footballer. And
he's also released
a rap tune called
Don't Tread On
This. It's rubbish!



Nuts 41

Sexiest calendars

2011

Want to make your walls sexier?
We think we have the answer!

ew would argue that in terms of lovely ladies, 2010 has been one of the hottest years ever. But don't switch off those fans just yet, because next year promises to be even more sizzling! For proof, check out these pics from your favourite girls' new calendars. Phew!









them down. Then my cat scratched one of them! Poor you! You've done lots of calendars - will this be your last? I certainly hope not. If they ask me again, I'll do more. Why, do you know something I don't? Are you doing a Fabio Capello on me and telling me I'm too old for it? Ha-ha! Never! Finally, is this your sexiest calendar yet? Of course! I think my boobs look good. There's some really good cleavage, if you're a cleavage fan. I wear bikinis that really make the

Lucy Pinder's calendar is now available at nuts. co.uk/calendars

most of my assets! →





Gemma Merna

i Gemma! We love the new Hollyoaks calendar. Where did you shoot it? In a luxury converted barn in Herefordshire. We had a great few days, all the girls together having a laugh and being given these sexy bikinis and swimsuits to wear. It was fantastic! Your own photos look amazing. Thanks! We went for this whole country manor house look, which I think worked well. The only down side was that I got splinters in my bum from leaning against a barn door in a gold swimsuit! Which is your favourite month? I love February because it's my birthday. Yes, I know it's wet and wintry but I love receiving pressies and having parties! Which of these locations would be the most appealing for your next calendar - Blackpool, Moscow or the North Pole? This may sound daft but I'd go for the North Pole. It would be cold cavorting around in bikinis but the pictures in that landscape would be amazing! You'd have to watch out for polar bears, though. Polar bears are really cute! Imagine me in a bikini next to a polar bear. Bonkers! Where would you like to see the Hollyoaks calendar hanging up? In every shop and every Nuts reader's house in the land! It's a really sexy, warm and beautiful calendar that everyone deserves to see! Finally, do you have a message for our readers? We hope you really like the pictures, fellas. All the girls will be so grateful if you buy the calendar - and if you do, we'll shoot even sexier pictures next year!

i Jennifer! The

Hollyoaks calendar is a big deal for blokes. Why is this? I don't know! Because we all have very nice glossy hair, nicely groomed toes and good personalities? Ha-ha! I'm sure no man's shallow enough just to look at our bodies, are they? Surely not! There are loads of hot girls in the calendar. Who looks the best? I think everyone looks amazing. Karen [Hassan, who plays Lynsey] is a great addition this year. And we're all different. You have blondes, dark hair, curvy girls, slim girls, big boobs, big bums and all sorts. There really is something for everyone! What did you like wearing? In one shot, I'm wearing a really nice cream-coloured bikini with gold on. And in another, I'm wearing this costume that I bought from Agent Provocateur and I'm sort of leaning against a fence. If you were to shoot your

own calendar, what would it be like? You'd probably find me in really random places. Like January, in a skip. February, chilling on a doorstep. Ha-ha! What calendar do you have on your wall at home? I haven't got one at the moment. I need a calendar and a diary. At the minute, I'm so busy with work and I'm always late. They get really angry at me! My New Year's resolution is to work on my timekeeping!

Finally, if they named a day after you, what would

happen on it? Everyone would have to bathe in beer and drink cocktails all day.
That's the perfect day for *Nuts*, really, isn't it?

THE HOLLYOAKS 2011 CALENDAR IS AVAILABLE FROM CALENDAR SHOPS NATIONWIDE









Sophie Howard

i Sophie! Where did you shoot your new calendar? In Ibiza. I love it there. But despite going there five times, I've never been to any of the massive clubs! I need a tour guide to show me what's what. Maybe we could do a competition in Nuts where the winner gets to show me around! Is this the sexiest calendar you've done? It's different from the last one, and just really straightforward. I'm not trying to fob anyone off with loads of fancy stuff. It's just me, my boobs and a beach. Simple! Which of these locations would be more appealing for your next calendar -Blackpool, Moscow or the North Pole? Blackpool although it would have to be a sunny day. I once did a shoot on the beach there and it was the coldest I've ever been. A few minutes more and my nips would've fallen off from frostbite! Have you ever seen one of your calendars hanging up anywhere? I walked into a garage the other day and they'd put a poster of me in the window. But it didn't fit, so they'd sacrificed my head for my boobs. It made me laugh! I'd love to see my calendar hanging up in a gents' toilets. Ha-ha! Finally, what do your male friends think of your photo shoots? They don't really tell me but every so often, I'll get a text from one of them saying I owe them 20p because I ruined their morning masturbation by being on Page 3! Ha-ha!

Sophie Howard's calendar is now available at nuts. co.uk/calendars



Lindsey Strutt

i Lindsey! Where did you shoot your new calendar? In Majorca. Sadly, it wasn't that hot, though, as it was chucking it down with rain most of the time! Is this your sexiest one yet? Definitely! Normally, I do happy shoots on a beach or something, but this one's edgy and retro-looking. I'm smoking and stuff, which I don't normally do! Got any funny stories to tell us about the shoot? There were three girls on the shoot and we all got eye infections! I didn't think I'd be able to have my pics taken, as my eyes were closed up the day before! Which month of the year do you like best? Probably December, because it's Christmas and you get lots of presents! I get dead excited about snow as well! Where would you like to see your calendar hanging up? I'm not sure but my granny has one hanging on her living room wall! That's a bit strange, isn't it? Whenever anyone goes to her house, she points to it and says, "You see her? That's my granddaughter!" What do your male friends think of your shoots? If they see me in Nuts, they say I look good but they don't really go into detail. I'd slap them if they said anything bad about me! Finally, what's the weirdest calendar you've ever seen? That one with all the naked old ladies was a bit gross! I know it was for charity but I don't think I'll be getting my bits out when I'm 50!

Lindsey Strutt's calendar is now available at **nuts. co.uk/calendars**





Leah Franc<u>is</u>

i Leah! How are you? I'm feeling delicate, as it was my birthday party last night. It was brilliant! At one point, this bloke came and sat at our table. I thought he was a stripper, so I lifted his top and licked his stomach. But he wasn't! Where did you shoot your new calendar? In Ibiza. It was lovely. We went on a nudist beach at one point, which was hilarious. Most of the people's eyes popped out when I stripped off! What's the theme of the calendar? We went on an absolute mission. Anything we saw when we were driving around, we got out and shot. We stopped at an old fairground, a boat yard, a gypsy camp - all sorts of places! I'd just shout, "Stop!", jump out of the car, whip off my clothes and have some photos taken! What would you like to do for next year's? My first calendar, last year, was guite girl-next-door and basic. This year's is quite fun. Next year, I'd like to do a bondage calendar, as I'm really into all that dominatrix stuff. I think a lot of people would like that! Finally, if they were to name a day after you, what would happen on it? On Leah Day, there wouldn't be any parking fines or traffic wardens. We'd all have to go to a bar and do shots. And everyone would just have to be loveable and nice to each other. Spread the vibes, have sex and neck a few drinks. I'd pay people back in love and boobs!

Leah Francis' calendar is now available at **nuts. co.uk/calendars**



Emma Frain

i Emma! Where did you shoot your new calendar? In Majorca, and it rained every day! We did one pic on a big bank and it just started hammering down. I was trying to climb this bank in my high heels and I nearly broke my neck! How would you describe your calendar? It's a bit edgy and different. There's denim and check shirts, but no bikinis or anything like that. That's what I prefer because I'm more relaxed when I'm not done up to the nines. The photographer said, "Just stand like you're waiting for a bus." And I thought, "This is easy!" Did you have any wild nights out? We didn't have many parties, because I was there with Lindsey Strutt and we're like grannies when we're together! We stayed in one night when everybody else went out to this bar, and just had a cup of tea and watched TV! Why should Nuts readers buy your calendar? Because it has me in it! There's lots of skanky scenery with me in the middle of it. So if they look at it, they'll feel happy it was me who had to stand there and not them! Finally, what calendar do you have at home? I have my agency's calendar for a bit of boob, the Robert Pattinson one for some boy action. And I have a Great Dane one. I told my mum that when I move out, I'm getting a Great Dane. Then she got me this calendar. I think she's trying to make me move out! Ha-ha!■

Emma Frain's calendar is now available at **nuts.** co.uk/calendars





i Florent! What's the secret behind Chelsea's amazing goals-to-game ratio this season? Good players! Easy, huh? Seriously, we have goals in every position. The way we play means there are dangers for the opposition all around. The Chelsea way is to push forward, to attack always and it's working very well for us. Do you think you intimidate other teams? This is the best and hardest league in the world every week, you know there'll be a war - so no. I wouldn't say that. And as champions, you're there to be shot at. But we know that if we keep our philosophy sound and maintain these standards, we'll win many more games.

Are Chelsea playing the best football since you arrived at Stamford Bridge? This team is functioning in a special way and everyone knows what they're supposed to do. This allows us to get the best out of our attacking options. But I don't think we're at full capacity. We can get better! With you receiving rave reviews seemingly every week, it's hard to believe you nearly left Chelsea a year or so ago! Every footballer needs confidence and mine's high now - maybe it wasn't for a while before. When your team-mates and your coach make you feel important to the overall effort, you want to perform well for them and yourself. I feel this is my home.

What do you say to critics who suggest this Chelsea team is a bit long in the tooth? This was said last season and look what happened! We have experience, yes. Our dressing room is full of internationals who can cope with many situations, but the most important thing is the quality of the individuals. If we stay focused, we'll be worthy champions again. Finally, there's talk that Chelsea can do the treble this season. How does that sound? Fantastic! The games will keep coming and we'll do everything in our power to win every one. To retain our title is an incredible motivation but to win the Champions League for the first time would definitely overtake anything else!





Nuts 55



ith Wayne Rooney struggling to come to terms with the recent tabloid stories about his private life, and his football suffering on the pitch, Man United fans couldn't have been blamed for being worried about their team this season.

I fully expect the Bulgarian to net 20 this season" Having thrown away leads against Fulham and Everton, they were drawing 2-2 at home to Liverpool and in danger of slipping six points behind Chelsea after just five games. Suddenly, Dimitar Berbatov rose above the Liverpool defence to not only bag three points, but to change the opinions of most fans in Britain.

The Bulgarian has found it difficult to adapt to the pace at Old Trafford for the last couple of years. When he was at Spurs, he was the main man and all their attacking football went through him. But the pressure of becoming United's record signing seemed to affect him and he looked a massively expensive flop at best – at worst, it looked like he wasn't bothered.

This season, however, he's picked up the gauntlet thrown down by the faltering Rooney and is beginning to reward Sir Alex Ferguson's gamble on him two years ago. His spectacular second goal against Liverpool

was breathtaking, and now that he's retired from international football, I fully expect Berbatov to score in the region of 20 goals this season – possibly more than Rooney will get.

Whether that'll be enough to hang onto Chelsea's coat tails remains to be seen, but I think Carlo Ancelotti's boys could stumble after a few injuries or defeats, and it might just be the once-derided, laconic Berbatov who's waiting to pounce. If he lays off the fags, of course!



ASK KAMMY!

Hi Kammy! Does it surprise you that Liverpool are struggling so badly this season? Do you think they'd have been better off keeping Rafa Benitez as manager? Stu-pot, via email

Absolutely no way, Stu! The reason Liverpool are in so much trouble is because of Benitez and the players he brought in. Roy Hodgson doesn't have a magic wand, and it'll take him at least 12 months to sort out

the mess that Rafa left behind.
He has a good core of a squad, though, and I think he'll do it.



English football for

being too physical, just

before being fined for

pushing an official. He

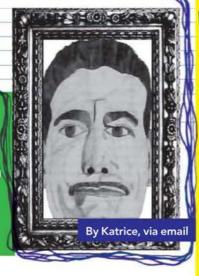
won't say that again!

DRAW KAMMY!

Ha-ha! That's not a bad one, Katrice! Keep 'em coming, folks!

Kammy needs you!

Send Kammy your jokes, pics etc to kammy@ipcmedia.com. The best one each week will be sent a signed *Nuts* T-shirt!



CHRIS' CRYSTAL BALL! Chris predicts the week's big games!

1 CHELSEA VS ARSENAL 3 OCT, 4PM, SKY SP 1/HD

Arsenal have improved this season but I think Chelsea are still too good for them, and Didier Drogba always does well against the Gunners.

KAMMY SAYS: 2-1

2 MAN CITY VS NEWCASTLE 3 OCT, 1.30PM, ESPN/HD

Newcastle will get a few more surprising wins this season, but they won't get anything from their trip to Eastlands, as City are just too good at home. KAMMY SAYS: 2-0



3 WIGAN VS WOLVES 2 OCT, 12.45PM, SKY SP 1/HD

This is a hard one to call, as both teams are struggling at the moment, so I'm going to sit on the fence. It'll be a hard-fought draw, and won't be pretty at all! KAMMY SAYS: 1-1



Top tips to play poker like a pro!

NEW TO GET A FREE ONLINE POKER GUIDE WHEN YOU SIGN UP TO **NUTS POKER!**

Expert advice on how to win big in the Nuts poker room

1 DON'T BLOW YOUR WAD!

Be cagey with your cash and only lay bets you can afford to lose. Don't put yourself under pressure by raising the stakes to chase your losses - you'll play worse when you're scared of losing. If you think you're the weakest player at the table, it's time to bust a move and drop down a level.

2 LAY OFF THE BOOZE!

Sinking cans playing "heads up" poker at home with the lads might be a bit of fun, but when you're playing chaps online who are only out to nab your cash, you need to keep a clear head!

3 CHOOSE YOUR HANDS!

While the big guns of the game might be able to play any two cards with skill, you'll need to build your confidence and protect your bankroll. Choose only the best starting hands to gamble with, and if you hit something big on the flop, bet hard!

4 PLAY TAG!

We're not talking playground here - to roll with the sharks, you need to play tight and aggressive. Be selective, then when you think you've got the best hand, go big.

5 STAY COOL ON THE DRAW!

If you've got a straight or a flush draw, don't keep calling bets just to see if you hit. If you're not getting the correct odds, just fold. And remember to draw to "Nut hands" (A high flush) rather than low hands (7 high flush) as even if you hit your low flush, you may be beaten by a higher flush!

6 ASSUME THE POSITION!

Play moves clockwise in poker. The worst position is the small blind spot and the best is the button. If you're right of the button, you see what everyone has done before it's your turn to act, so it's the best spot to go for it and play most of your hands.

7 GO EASY WITH THE BLUFF!

Starting out, most players like to see what the other player is holding, so they call a lot more than they fold. This means people will call your bets more than they fold to them. So don't bluff too often or you'll get found out!



Sign up to Nuts Poker to claim your \$800 welcome bonus and free online poker guide!

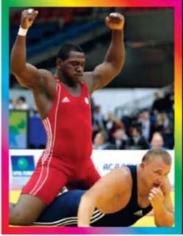
WWW.PKR.COM/NUTS



NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to tim_bradley@ipcmedia.com







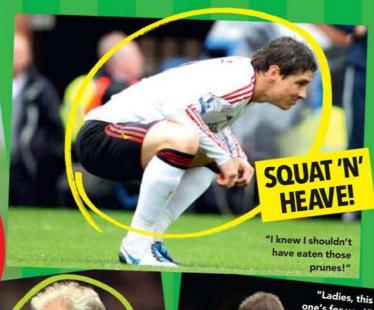
Here are Cuba's Mijaín López Núñez and Armenia's Yuri Patrikeev proving once and for all that if there's one thing Greco-Roman wrestling is not, it's slightly camp. In any way whatsoever. Honestly!

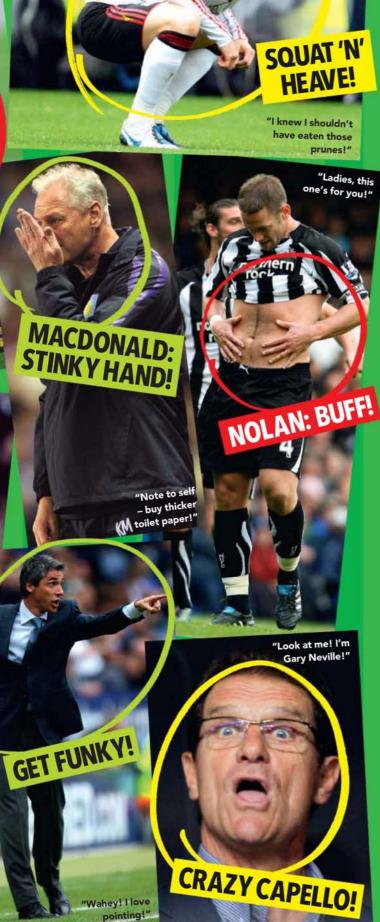












MAN-LYVE CORNER!



OUOTE ME ON THAT!

This week's biggest match debaters!



"I'm not the brightest. I can't even open the door on my washing machine"

lan Holloway's in a spin

"At Stoke, it's always like the outside lane of the M6 - bodies everywhere'

Santand

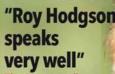
"Frederic **Piquionne** curled one into the top corner, which hit the bar

So not into the corner, Alan McIn



"Me posing nude for a gay magazine could be fantastic for cricket"

Jimmy Anderson gives us the willies.



That's not weally twue, though, is it, Kenny Dalglis



"Wayne Rooney's thick and yet he's on £100,000 a week. I only get



"Phil Neville" was a better cricketer than Freddie Flintoff'

England bowler Graeme Swann has gone batty

'OO-ER SOUNDS A BIT RUDE' CORNER!

"I've only ever really done this in my bedroom"

Lewis Hamilton prefers to play in private.

"The Rangers players expose themselves at home"

Ruud Gullit demands a quick flash.

"We often have to pull Jamie Mackie off"

QPR boss Neil Warnock on



a rugged Latino - if you keep closed and the other squinted" Love is blind for West Ham MD

Tevez's

new haircut

makes him

look like

one eye

Karren Brady.

Strikel

By PETE NASH and SIMON RAVENHILL

striker3d.net



















NUTS REAL GRES



LOUISE 19, Norwich, legal secretary

"I keep my figure by doing Bodycombat. I love getting hot and sweaty by kicking and punching for an hour!"

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52.50

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

Josephine 23, Witney, dancer

23, Witney, dancer
"I like a man to have a bit of swagger. So come on, fellas, it's time to get confident!"

Molly

20, Whitstable, waitress
"I'd like to be flown to Las
Vegas and stay in a hotel
room with a mirrored ceiling!"

Carly

23, Berkshire, receptionist "My sexiest outfit is a black see-through bra, stockings, suspenders and killer heels!"

Melissa

18, Farnborough, student "A guy once said to me, 'You see my friend? He wants to know if you think I'm fit!"

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!

REAL GIRLS, REAL PLACES!

THIS WEEK: Name: Mellie

Age: 19

Boobs: 32D. "They're just the right size for me!" Likes: "Bad boys. Ever kissed a girl? "Yes, I've done it a few times!' Strangest place you've had sex: "In a fridge!"

Sex tip: "Tickle my back!"

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 72. You must be at least 18 years old. **Walton on Thames**

Melie's saucy The Nuts bus stops in Walton on Thames!

Mellie on... eating!

"I love food! I eat until I feel sick! My favourites are sweets, crisps and chocolate. And I don't do any exercise. I hate it!" Mellie on... vegging out! "I always get up really late,

so I never have time to put on my make-up before I go out. I don't mind, though - I'll go to the shops in my tracksuit!"

HELLO!

Mellie on... her home!

near London, so you can pop in to go shopping or clubbing. But there are lots of nice shops and restaurants here, too!"

Mellie on... getting ready!

"I can get ready to go out in half an hour, which is quicker than anyone I know. I hate faffing about! Make-up, choose an outfit and I'm ready to go!"





The loaded LAFTAS hunt for Britain's brightest new comic is hotting up. Now see the finalists in action for free

ou *Nuts* readers are a funny bunch. Hundreds of you have uploaded clips of yourselves performing comedy skits in a bid to be crowned our new star of stand-up comedy. Now you can rate the finalists over a selection of cracking stand-up nights around Britain. Dates and venues are listed below, and admission is completely free. So jog on down and tell us who should win.

Compere: Geoff Norcott with Ian Stone

7 October in Croydon Tiger Tiger Compere: Rich Wilson

with Tony Hendriks

14 October in Nottingham Jongleurs Compere: Rudi Lickwood with Jeff Innocent

21 October in Glasgow Tiger Tiger Compere: Des Clarke

with Raymond Mearns

28 October in Portsmouth Tiger TigerCompere: Mark Olver with Sean Meo

4 November in London Sway, Covent GardenCompere: Patrick Monahan with
Britain's Got Talent's Kev Orkian

11 November in Nottingham Jongleurs

Compere: Patrick Monahan with BGT's Kev Orkian

25 November in London Sway, Covent Garden Compere: Greg Burns

with BGT's Kev Orkian

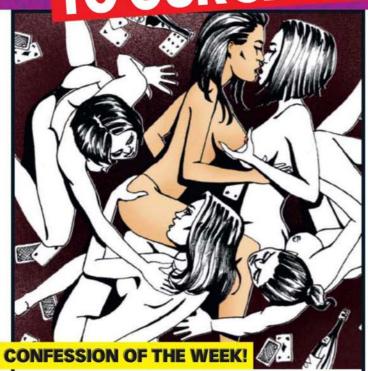


Visit

to see the finalists in action

TO OUR SECRETARY!





'School reunion was a sex fest'

I met up with some school friends a few weeks ago and we were swapping stories when one of the girls remembered how we used to play spin the bottle and strip poker with boys. Suddenly, a pack of cards appeared and it wasn't long before the five of us were down to our thongs. One of the girls dared me to kiss another and someone else had to lick the next girl's nipples. There was no awkwardness at all, and I started kissing and licking my friend's boobs, while the others kissed. We were writhing around naked on the floor before I knew it! I can't wait for the next reunion!

Gail, Essex

'She heard my scream of joy

My boyfriend and I went to stay with his sister and her husband for the weekend. His sister is lovely but quiet and shy, and she seemed to get embarrassed

whenever we kissed and cuddled in front of her. On the Saturday afternoon, we'd been relaxing on the sofa when I came over all horny. I whispered my dirty thoughts to my man and we sneaked off up to the spare room for a bit of fun. We were going at it really loudly and didn't notice

that the bedroom window was wide open. As I reached the point of no return, I screamed out, and moments later, we heard a voice shouting from outside, then footsteps came rushing up the stairs. It seemed his sister thought I'd had a fall and was running to help. I'm not sure who looked more embarrassed as she stood in the doorway staring at us naked on the bed. It's fair to say the atmosphere in the house was a little bit awkward after that, but I reckon she was only jealous of all our sexual activity!

Ali, Canterbury

'I took him in my mouth'

I had to go on a work training course recently and the tutor was really fit. At one point, while I was leaning over a desk, I saw he had his eyes on me-he was looking down my top and I could tell that he liked what he saw! On the day before the final exam, we had practical tests, which meant a one-on-one session with him, so I wore a sexy short skirt, stockings and a low-cut top to make sure I got his full attention. As we went through the practical, his hand accidentally brushed over my hip. He apologised but I took his hand and placed it back on my hip. That was all the encouragement he needed and soon his hands were all over my body. As he ran his fingers up my thigh, his eyes lit up when he discovered the stockings and soon his fingers found their way into my knickers. I let out

a gasp of pleasure and my noises got louder when he went down on me. I returned the favour and took his big stiffy between my lips. It didn't take long until he filled my mouth. I left the training room with a smile on my face. A colleague asked how the test had gone and I told her it was a lot easier than I thought. If only she knew how much fun it was!

Sam, Kent

'He pinned me to the wall'

A really hot guy started working in my office a few weeks ago and we hit it off from day one. We were incessantly flirting and I found the constant attention a real turn-on. It soon got to the point where I couldn't resist him any longer, so one morning, I told him to meet me later in the disabled loo in the basement. He got there before me, and as soon as I walked in, he pinned me against the wall and kissed me. Our hands explored each other's body and we tore each other's clothes off. He whipped out a condom, slid it on and we were soon going for it standing up against the toilet wall. We meet about three times a week now!

Fiona, Birmingham

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4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 OSU Tel: 020 3148 5000 Fax: 020 3148 8107 Email us at: nutsmagazine@ipcmedia.com Website: www.nuts.co.uk

Editor Dominic Smith

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

TV Editor

Editor-At-Large Pete Cashmore 020 3148 6940 Sam Riley 020 3148 6921

Associate Editor - Features

Mark Spence 020 3148 6952

Art Director

Picture Editor

Simon Freeborough 020 3148 6934

Senior Designer James Jarman 020 3148 6931

John Gooch 020 3148 6937 **Senior Picture Researcher** Andy Seal 020 3148 6927

Online Editor Keith Walker 020 3148 6855

Production Editor Marc Gadian 020 3148 6915

Sub Editor Mark Coughlan 020 3148 6923 Danielle Graph 020 3148 6944 Associate Art Editor

Barney Hammond 020 3148 6933 Designer Nitish Mandalia 020 3148 6930

Deputy Picture Editor Daffydd Bynon 020 3148 6928 **Picture Researcher**

Colin Williams 020 3148 6938 **Deputy Online Editor** Craig Bloomfield 020 3148 6800

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Deputy Art Editor lain Fryer 020 3148 6935

Fashion Editor Steven Buchan 020 3148 6798

Financial Administrator Dan Brightmore 020 3148 6947

Executive Producer - Video Phil Wallis 020 3148 6850

Online Picture Editor Adrian Callaghan 020 3148 6851

Paul Dimery 020 3148 6922 Digital Marketing Manager Sam Wight 020 3148 6780

Sub Editor

Thanks to: Tim Bradley (Acting Sports Editor); Rich Jenkins, Rich Pelley, Graham Wray, Iain Spragg, Frank Tennyson (words); Neil Sweetman (design); Ellis O'Brien, Alan McFaden (photography); Tony Bullman (repro); Kirstie Eden, Jack Saleh (work experience)

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

Group Advertising Director Andy Goldsmith 020 3148 6700

Group Advertising Director's PA

Tribha Shukla 020 3148 6700

Digital Business Director Andrew Sanders 020 3148 6716 **ADVERTISING & PRODUCTION Head Of Agency Sales** Rob Freeman 020 3148 6708

Advertising Manager Chris Dicker 020 3148 6709

Head Of Insight Andrew Marrs 020 3148 3645

Commercial Dev Manager Neil McSteen 020 3148 6707

Regional Business Development Oliver Scull 0161 872 2152

Insight Manager Verity Amos-Piggott 020 3148 6732

Agency Sales Team Victoria Bell 020 3148 6703, Adam Bulleid 020 3148 6704. Hollie-Anne Shelley 020 3148 6725

Sponsorship & Brand Solutions

Peter Edwards 020 3148 6723

Sponsorship & Brand Solutions Project Co-ordinator Kylie Wallis 020 3148 6726

Sponsorship & Brand Solutions Managers

Jonathan Boakes 020 3148 6722. Jade Bousfield 020 3148 6706, Chris Dehaney 020 3148 6724, Rob Hunt 020 3148 6721

Advertisement Production Laurie King 020 3148 6729

Classified Team Leader Ashlyn English 020 3148 2558

Inserts - IPC Innovator John Firth 020 3148 3704

Group Production Manager Becky Goode 020 3148 5429

MARKETING

Head of PR Nicola Woods 020 3148 6779 **Syndication Sales Executive** Cerie McGee 020 3148 5484

Marketing Manager Mei-Ling Rider 020 3148 6777

Chief Executive Evelyn Webster

Managing Director Paul Williams

Publishing Director Jo Smalley

Publisher Clair Porteous

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"Can't a girl hose herself down in peace?"

BABES OF MYNUTS!

The hottest ladies from our website

"I wonder if my missing undies are under this quilt!"

"Every girl has a devilish side!"

THIS WEEK: Caitlin

20, Birmingham

Your three wishes? "For chocolate to have all of the flavour but none of the calories, world peace and success!"

Favourite tipple? "JD and Coke." Favourite music? "I mostly listen to electro and house."

Favourite boozer? "The Lyttleton Arms in Hagley."

Likes: "Wotsits, cats, sex, food, drink and make-up!"

Dislikes: "Spiders, the dark and chocolate ice cream."

Superpower you'd like to have? "To be able to time-travel!"

What else? "I love to party, laugh, dance and have fun! I love my little Princess Tinky-Pants (my cat!) and I'm a banterholic! I've worked in bars and pubs, so I'm used to a bit of friendly male banter – and I give as good as I get! You've been warned!"

See more of Caitlin at nuts. co.uk/mynuts/boxybaby



"Brunette, bikini, beer... 'Nuff said!"

ONLY IN



Nuts 73

Nuts Fashion

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Everyone loves a bit of Hugo Boss, so try out their latest smelly stuff – it's woody, bold and a winner! Stockist: boots.co.uk



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DIESEL ONLY THE BRAVE EDT £28

Grab your Diesel jeans and spritz on this woody smell. You're ready to go! **Stockist:** theperfumeshop.com

BURBERRY SPORT EDT £33

Famous for their check prints, now grab a piece of their sport range with this citrussy scent. **Stockist:** amazon.co.uk



Nuts REVIS



FIFA 11 ALL FORMATS



It's back! This year, the frontrunning footy sim has loads of awesome new features, including a revamped - and harder to master -

passing system, something called Personality Plus (basically, your Arshavin types now feel noticeably different from your Emile Heskeys), a more detailed career mode and more bonkers celebrations than you can shake a stick at! ★★★★



CIVILIZATION V



The daddy of realtime strategy games returns. New are more detailed worlds to conquer and larger-scale combat. ***

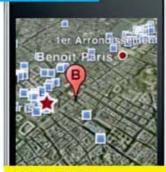


RED DEAD REDEMPTION: LIARS & CHEATS PS3, XBOX 360



This penultimate download mission pack takes you back

to the Wild West for an enhanced experience with 15 new characters, an exploding rifle and, awesomely, multiplayer horse races! ★★★



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SKY SPORTS NEWS



Keep up to date with the latest sports news, fixtures and results. NEWS This even offers access

to Sky Sports News Radio, in case you're bored of 5 Live! ★★★

DVDS/BLU-RAY!



AMERICAN: THE BILL HICKS STORY CERT 15 DVD & BLU-RAY



If you've never heard of Bill Hicks, here's your chance to acquaint yourself with arguably the finest stand-up comedian who ever

lived. Hicks died in 1994 aged just 33, but his stuff is as relevant today as it ever was. Darker than Frankie Boyle, angrier than Jim Jefferies, more outrageous than Russell Brand - and funnier than all of them. A comic genius. ****

BAD LIEUTENANT



Black comedy that sees Nicolas Cage playing a druggie detective out to solve the murders of immigrants in New Orleans, ****

HOUSE: SEASON SIX



The sixth series of the world's greatest TV medical drama, featuring the world's grumpiest medic. Roll on series seven!

THE IT CROWD: COMPLETE SERIES 1-4 BOX SET CERT 15 DVD



Every episode of the surreal, silly and - most importantly - hilarious comedy written by Graham "Father Ted" Linehan. ***



MARK RONSON



You know last week we said the Manics album was album of the year? We lied this probably is.

Track after track of classy, hip-hopflavoured weirdo-pop. ★★★★

ICE CUBE



Cube takes a break from his film career to release his umpteenth album of laid-back yet

sweary rap, helped out by his West Coast hip-hop chums. ★★★





Heat wannabe that sees cop Matt Dillon trying to shop a group of bank raiders, led by The Wire's Idris Elba. Also stars Chris Brown. ★★



Jackie Chan stars in a fighty road movie about a 17th-century soldier who kidnaps a general to buy his freedom from life as a grunt. ★★★

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> > AS YOU LIKE

Seven days of brilliant telly for blokes!



6.00am Breakfast 9.15 Helicopter Heroes 10.00 Homes Under the Hammer (R) 11.00 Filthy Rotten Scoundrels 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 Diagnosis Murder (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC 4.00 CBBC 5.15 Weakest Link: Quiz. (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebies 7.00 CBBC 8.30 CReebies 11.30 Car Booty (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Castle in the Country 1.30 Ready Steady Cook (R) 2.00 Animal Park (R) 3.00 Put Your Money Where Your Mouth Is 3.45 Flog It! 4.30 Pointless 5.15 Escape to the Country 6.00 Eggheads 6.30 Priceless Antiques Roadshow (R)

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 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 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 News

7.00 The One Show 7.30 Real Rescues

A lifeboat team makes over 50 approaches to rescue the crew of a listing cargo ship. As the saying goes, "If at first you don't succeed, try, try, try, try, try, try, try..." (R)

8.00 EastEnders

Max pretends to forget Vanessa's birthday. He's really original like that.

With four-eyed funnyman Sean Lock.

9.00 Strictly Come Dancing 10.00 BBC News, Weather

10.35 Would I Lie to You? With pedal-pusher Chris Hoy. (R)

11.05 The National **Lottery Draws**

11.15 Scary Movie 4

Horror spoof sequel starring Anna Faris and Regina Hall.

12.30am A Date with **Darkness**

FILM Legal drama starring Jason Gedrick and Marla Sokoloff.

2.00 Sign Zone: Gears and Tears (R) 2.30

Who Do You Think You Are? (R) 3.30 The

Private Life of Pigs: The habits of pigs. Er,

smoking?(R) 4.30-6.00am BBC News

7.00 Gardeners' World Special Joe Swift challenges himself to grow

some vegetables. Steady now, Joe. 8.00 Mastermind

John Humphrys asks questions on loads

of dull subjects, but also football!

8.30 Golf: The Ryder Cup

SPORT Day one of the 38th staging of the competition between Europe and the USA, held in Newport. "Woo-hoo! Get in the hole!" etc.

10.00 The Rob Brydon Show MUST-SEE With Stephen Fry and Daniel Sloss.

10.30 Newsnight

11.00 The Review Show An interview with some novelist.

11.50 Later with Jools Holland

With Jamiroquai, KT Tunstall, Everything Everything and Ray Lamontagne.

12.50-2.35am The Glass Shield

Thriller about the first black recruit to an LA police division.

7 00 Emmerdale

John is devastated. So are we! Have you seen how rubbish ITV1 looks tonight?

7.30 Coronation Street

More Manc-based misery.

8.00 Cheetah Kingdom

One-eyed cheetah Cyclops gets the allclear. He will be relieved.

8.30 Coronation Street

Watch the Ryder Cup highlights on BBC2!

9.00 Paul O'Grady Live

With Dannii Minogue and Russell Brand.

10.00 ITV News, Weather

10.35 American Pie: The Wedding

The old high-school friends rally round when two of the gang decide to get married.

12.20am The Zone

Shopping and interactive gaming.

2.25 Real Women Have Curves: Family drama starring America Ferrera. 3.55-5.30am ITV Nightscreen



BBC1 SCOTLAND: 7.30pm Bang Goes the Theory BBC1 NORTHERN IRELAND: 2.00am Sign Zone: Panorama BBC1 WALES: 7.30pm Bang Goes the Theory BBC2 NORTHERN IRELAND: 7.00pm 1001 Ulster Rugby: Ulster vs Glasgow Warriors, kick-off 7.05pm. 9.00 1001 Golf: The Ryder Cup STV: 8.00pm Postcode Challenge 10.30 STV Sports Centre: Friday Night Football 11.30 STV News, Weather 11.35 Celebrity Juice 12.20am Brain Box 1.00 Nightwatch with Steve Scott: Mystery 2.00-5.30am The Nightshift ULSTER: 10.30pm UTV Live, Weather 10.40 Swingtown 11.30 Dating

TODAY'S SPORT

6.00am Good Morning Sports Fans (HD) 7.00 Golf: The 38th staging of the Ryder Cup begins at the Celtic Manor Resort in Newport. It starts with the with the fourballs matches. Ace! (HD)

1.00pm Golf: More top-quality ballthwacking with the second part of today's Ryder Cup, featuring the foursomes matches in Newport, South Wales. (HD)

7.00 Golf (HD) 9.30 Rugby League (HD)

10.00 Take It Like a Fan 10.30 Premier League Preview (HD)

11.00 Football League Weekend (HD) 12.00m't Golf (HD)

2.30am Rugby League (HD) 3.00 Football League Weekend (HD)

4.00 Take It Like a Fan 4.30 Rugby League (HD)

5.00-6.00am Football League Weekend: Preview of the weekend's games. (HD)

sky SPORTS 2

6.00am Aerobics 6.30 Urban Ride 7.00 Transworld Sport 8.00 The Rugby Club 9.00 Ringside

10.00 Premier League Snooker

3.00pm Transworld Sport

4.00 Ringside (HD) 5.00 World Sport

5.30 Football League Weekend (HD)

6.30 Premier League Preview (HD)

7.00 Rugby League (HD)

7.30 IIII Football: The under-16 Victory Shield match between Scotland and Northern Ireland, kick-off 7.35pm.

9.30 NFL: Britain's Game

11.00 Golfing World

12.00m't Rugby League (HD)

12.30am World Sport

1.00 Rugby Union (HD)

2.00 Rugby Union

4.00 Rugby Union (HD)

5.00-6.00am WWE Special

ON DIGITAL,

FILM4 (315)

6.40pm The Day After Tomorrow: Disaster thriller starring Dennis Quaid. 9.00 Bulletproof Monk: Martial arts thriller starring Chow Yun-Fat and Seann William Scott. 11.00 The Omen: Horror starring Gregory Peck. 1.10-3.00am Double Take: Offbeat documentary.

COMEDY CENTRAL (126)

7.00pm The King of Queens: Carrie and Doug fall out. 8.00 Scrubs 9.00 South Park 10.00 Lee Evans Live in Scotland 11.30 MUSISSEE Comedy Central at the Comedy Store: Laughs with Kevin Bridges.



7.00pm Goal! 7.30 Football 9.30 Premier League

Preview 10.00 Basketball 11.00 Rugby Union 12.45am Poker 1.45 Football 2.15 MMA 3.00 This Week in Baseball 3.30 30 for 30 4.30-5.30am NHRA Drag Racing

6.10am The Hoobs (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.30 Lakes on a Plate (R) 10.00 The Good Wife (R) 11.00 Desperate Housewives (R) 12.00noon Channel 4 News Summary 12.05pm River Cottage Bites 12.10 Jamie at Home: Dishes using rhubarb. (R) 12.40 Lakes on a Plate 1.15 Channel 4 Racing: From Newmarket. 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.45 House (R) 12.40pm Five News 12.45 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.50 Meals in Moments 3.00 The Family Recipe (R) 3.05 FILM Accidental Friendship: Urban drama starring Chandra Wilson. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

6.00am Fat Families (R)(HD) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Kimberley Walsh: Blue Jean Girl (R)(HD) 10.00 Bones (R) 11.00 Wedding SOS (R)(HD) 11.30 New Parent Nightmares (R)(HD) 12.00noon Fat Families (R)(HD) 1.00pm Project Runway (R) 2.00 Bones (R)(HD) 3.00 Stargate SG-1 (R)(HD) 4.00 Stargate SG-1 (R)(HD) 5.00 SPORT WWE Superstars 6.00 Oops TV (R) 6.30 The Simpsons (R)

ODAY'S MUST-SEES



laughs from young Scottish comic Daniel Sloss.

Seasick Steve provides the tunes. Top TV! ★★★

The Welsh host chats to brainy QI

bloke Stephen Fry and introduces

"No, you idiot, I said we need

a new axle!"

Lionel Richie guest-stars. (R) 7.30 The Simpsons The Rob Brydon Show

Homer forgets his anniversary. (R)

8.00 The Middle Axl breaks the front door. (R)(HD)

7.00 The Simpsons

8.30 The Middle Brick is accidentally hit on the head by a beer bottle. Ouch! (R)(HD)

9.00 Best Of Must

Be the Music Highlights of the talent contest. (R)(HD)

10.00 Westlife Live at the O2 Aaaargh! (R)(HD)

12.00m't Football's Greatest SPORT The career of wonky-toothed Brazil and AC

Milan star Ronaldinho. (R)

12.30am Road Wars The Road Crime Unit makes a surprise discovery after pulling over a car. (R)(HD)

1.25 Night Cops (R)(HD) 2.15 Street Wars (R) 3.05 Oops TV (R)(HD) 3.30 The 4400 (R)(HD) 4.20 Vroom Vroom (R) 5.10-6.00am Sell Me the Answer (R)(HD)

7.00 News

7.25 4thought.tv

7.30 Unreported World

NEW Oliver Steeds travels to northern Uganda.

8.00 Come Dine with Me 9.00 Embarrassing Bodies: **Back to the Clinic**

A former patient who suffered night terrors. Presumably from watching back to-back shows on ITV1.

10.00 8 Out of 10 Cats Top topical panel show.

10.50 The Inbetweeners Will considers the idea of spending time with a girl he finds boring for the prospect

of physical reward. And why not? 11.25 Lee Evans: Big - Live at the O2 Jug-eared laughs in London. (R)

12.30am Music on 4: 4Play: Tinie Tempah 12.50 The Album Chart Show Introduces: Hurts (R)

1.05 Faithless (R) 1.30 On Track (R) 1.45 Hung (R) 2.15 Studio 60 on the Sunset Strip (R) 3.00 Afterworld (R) 3.25 4Music Top 20 5.25-6.10am Countdown (R)

7.00 Five News at 7

7.30 Jaguar Adventure with Nigel Marven

The naturalist finds some spectacled caiman crocodiles. Run, man - run! (R)

8.00 Eddie Stobart: **Trucks and Trailers**

A driver takes on a delicate load of cream cakes, which she has to deliver intact to one of the company's most important customers. Who's that? Homer Simpson?

9.00 The Mentalist

Jane helps an old acquaintance accused of killing her ex-husband. (R)

10.00 Law & Order: **Special Victims Unit**

The detectives struggle to identify the cause of a woman's death, which is a bit poor, seeing as it's their job. (ER).

11.00 CSI: Miami Horatio questions a man's confession, (R)

11.55 Cops in Crisis 12.10am SuperCasino

Live interactive gaming.

4.05 Motorsport Mundial 4.30 How to Take Stunning Pictures 4.55 Animal Rescue Squad 5.10-6.00am Michaela's Wild Challenge (R)

the Enemy 12.00m't Brain Box 2.45-5.30am Ray: Biopic starring Jamie Foxx as soul music legend Ray Charles

Dexter FX/HD, 10pm

DRAMA With Miami Metro in Congression a string of murders, Dexter wants

to get back to his killing ways with a vengeance. But with Quinn on his case and the Trinity Killer at large, life's tough for the serial killer. Boo! ★★★★



Comedy Central At The Comedy Store

Comedy Central, 11.30pm

Top stand-up laughs from Kevin Bridges and Russell Kane. ★★★

LITE AND CABLE TV TONIGHT

12.00m't South Park 1.00am Michael McIntyre at the Comedy Store 1.30 Stewart Lee 41st Best Stand Up Ever 3.10 Grouchy Young Men 3.40 Two and a Half Men 4.05 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 Weird or What?: The possibility of mind control. 10.00 | Shouldn't Be Alive 11.00 Trawler Wars 12.00m't Bear Grylls: Born Survivor 1.00am Deadliest Catch 2.00 Rory McGrath's Best of British Engineering 3.00 World War Two in HD Colour 3.50 Raging Planet 4.40 Unsolved History 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Doctor Who 8.30 Great TV Mistakes 9.05 Little Britain 9.30 The King Is Dead 10.00 EastEnders 10.30 Don't Tell the Bride 11.30 Family Guy: Double-bill of the best cartoon on telly 12.20am Little Britain 12.50 Ideal 1.20 Him and Her 1.50 The King Is Dead 2.20 Are You Fitter Than a Pensioner? 3.20 Don't Tell the Bride 4.20-5.20am EastEnders: Kat and Alfie's Return

7.00pm Hollyoaks 7.30 Friends 9.00 Rude Tube 10.00 Tim Minchin: Live: The comedian presents his touring show. 12.15am Scrubs 1.10 Rude Tube 2.05 Tim Minchin: Live 4.00 Samantha Who? 4.20 The Hills 4.40-6.00am Switched

DAVE (111)

6.40pm Have I Got News for You 7.20 QI 8.00 Top Gear Winter Olympics Special 9.00 QI XL: Back-to-back editions of the comedy quiz show. 1.55am Louis Theroux's African Hunting Holiday 2.45-3.00am Radical Highs

MTV (350)

7.00pm My Life as Liz 8.00 Celebrity Bites 8.30 On Set with Cheryl Cole 9.00 Fist Pumpin' Top 20 with Jersey Shore 10.00 Behind the Music 11.00 World Stage 12.00m't South Park 2.00am Jersey Shore 3.00-6.00am All the Hits

7.00pm A Town Called Eureka 8.00 Warehouse 13 9.00 Derailed: Action adventure with Jean-Claude Van Damme. 10.40 Mega Shark vs Giant Octopus: Monster thriller. 12.20am Fire Serpent: Horror starring Nicholas Brendon. 2.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

7.00pm NCIS 10.00 MUSISSEE Dexter 11.10 Burn Notice: Ace spy drama. 12.10am Farscape 1.10 Babylon 5 2.10 ReGenesis 3.10-4.10am Water Rats

6.00am Breakfast 10.00 Saturday Kitchen Live 11.30 Nigella Kitchen (R) 12.00noon BBC News, Regional News, Weather 12.15pm Sport Football Focus 1.00 SPORT Inside Sport (R) 1.30 SPORT Commonwealth Games: A look ahead to the event in India. 2.15 SPORT Cycling 4.30 SPORT Final Score 5.10 BBC News, Regional News, Weather 5.30 Walk on the Wild Side 6.00 Strictly Come Dancing

6.00am CBeebies 7.00 CBBC 12.00noon BBC Switch: The Cut 12.25pm No Hats, No Trainers 12.50 Shelfstackers 1.15 The 5:19 Show 1.35 Single, Together, Whatever (R) 2.05 Revealed 2.25 Put Your Money Where Your Mouth Is (R) 3.10 Five Children and It: Fantasy. 4.30 Carry On at Your Convenience 6.00 Dad's Army (R) 6.30 The RIBA Stirling Prize 2010 - A Culture Show Special

itv 1

5.30am ITV News 6.00 CITV 10.00 Columbo: A Case of Immunity 11.30 This Morning: Saturday 12.30pm News, Weather 12.39 London Weather 12.40 The X Factor (R) 1.55 MILL Never Say Never Again: James Bond adventure starring Sean Connery and Kim Basinger.

4.20 The Unforgettable Mollie Sugden (R) 4.50 Regional News, Weather 5.05 ITV News 5.20 New Britain Does the Funniest Things 6.20 All Star Family Fortunes

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Sport World Sport 7.25 SPORT Superbike World Championship 2010 (R) 7.55 SPORT The Morning Line 8.55 T4: One Tree Hill (R) 9.50 Ugly Betty (R) 10.50 The Hollyoaks Music Show Playlist 11.20 Album Chart Show Special: Mark Ronson 11.50 Friends (R) 12.50pm Scrubs (R) 1.20 SPORT That Paralympic Show 1.50 WE Channel 4 Racing: From Newmarket and Redcar. 3.55 Come Dine with Me (R) 6.30 News 6.55 4thought.tv

6.00am Milkshake! 10.00 SPORT UEFA Europa League Highlights 11.05 How Do They Do It? (R) 11.35 The Gadget Show (R) 12.35pm Rory and Paddy's Even Greater British Adventure (R) 1.35 TILM The Sea Wolves: World adventure with Gregory Peck. 3.55 FILM Operation Pacific: War drama starring John Wayne and Patricia Neal. 6.00 Jackie Chan's First Strike: Action thriller starring Jackie Chan.

7.05 Merlin

Arthur and Merlin find themselves outnumbered in a tayern brawl.

7.50 The National Lottery: In It to Win It

8.40 CasualtyThe staff prepare for the cleanliness inspection. Sounds exciting, eh?

9.30 Michael McIntyre's **Comedy Roadshow**

MUST-SEE Another load of stand up chuckles with John Bishop, Justin Moorhouse, Miles Jupp and Terry Alderton, Brilliant stuff!

10.15 BBC News, Weather 10.30 Match of the Day

SPORT Including highlights of Man United's trip to Sunderland and Spurs' clash with Villa.

11.50 The Football League Show

1.15-6.00am BBC News

SPORT All the goals and gaffes from today's fixtures in the Championship and beyond.

7.30 Blitz: The Bombing of Coventry

The repercussions of the Second World War bombing raid.

8.30 Golf: The Ryder Cup

SPORT All the day's ball-battering action from the second day's play at the Celtic Manor Resort.

10.30 QI XL

With Sean Lock and David Mitchell.

11.15 The Rob Brydon Show

The host interviews QI brainbox Stephen Fry, while 19-year-old funnyman Daniel Sloss brings the gags. (R)

11.45 Genius with **Dave Gorman**

Dave Gorman discusses daft inventions from the general public, with top laughtermerchant Russell Howard. And, er, Hazel Irvine. What a double act! (R)

12.15am The Station Agent

FILM Comedy drama about a reclusive dwarf who moves to a small town. Odd, but quite good.

1.40-3.25am Wise Blood: Black

comedy starring Ned Beatty.

7.05 The X Factor

The judges invite the remaining 32 acts to their homes. Pity the luckless souls who end up at mad old Louis Walsh's gaff.

9.00 When Piers **Met Lord Sugar**

MUST-SEE The beardy moneyman opens up his massive waterside Florida mansion to Piers Morgan for a bit of a chinwag.

10.15 Hot Fuzz

MUST-SEE Ace copper comedy starring Simon Pegg and Nick Frost as a pair of bobbies faced by a string of bizarre murders.

11.15 ITV News, Weather

11.30 Hot Fuzz

MUST-SEE That's the pesky news break out of the way. Sit back and enjoy the rest of the film!

12.45am The Zone

Shopping and interactive gaming.

2.45 Raines: Sarah's husband is found

dead. (R) 3.35-5.30am ITV Nightscreen

7.00 Stephen Hawking's Universe

The renowned physicist sets out the entire history of the universe. Make sure you've been to the loo first.

9.00 Die Hard 2

FILM Action-packed sequel as Bruce Willis heads to Washington airport to take on some more Eurobaddies! Not as good as the original, but still top explodey fun. Yippee ki-yay!

11.15 Phone Booth

Mega-tense thriller starring Colin Farrell as a New York playboy trapped inside a phone booth by a sniper at the other end of the line.

12.45am Oye Lucky! Lucky Oye!

Indian crime film following a young hustler whp becomes Delhi's most notorious thief and con-man.

3.00 Studio 60 on the Sunset Strip (R)

3.50 TIM The Eve of St Mark: War drama

starring William Eythe and Anne Baxter. 5.25-6.10am Countdown (R)

7.35 Five News 7.40 NCIS

DiNozzo goes undercover to help a military prisoner escape. (R)

8.35 NCIS

The team bring a private investigator on board. Losing their touch, eh? (R)

9.30 CSI: Crime Scene Investigation

A speeding rubbish truck leads the team to two bodies. (R)

10.30 CSI: Crime Scene Investigation

A former pro golfer is found dead. (R)

11.30 CSI: Miami

The team investigate the case of a film star who died after a spell in rehab. (R)

12.30am SuperCasino

Interactive gambling gubbins.

4.05 Police Interceptors 4.55 The Family Recipe 5.05 Hana's Helpline 5.15 The Milkshake! Show 5.35 Thomas & Friends

BBC1 NORTHERN IRELAND: 1.15am Sign Zone: NORTHERN IRELAND: 7.30-8.30pm Michael

12.15am QI XL BBC2 WALES: 7.30-8.30pm Spitfire Biggs, Chris Klein and Natasha Lyonne. 11.30 Women 10.30 Michael Wood's Story of England 11.30 The Rob Brydon Show 12.00m't-12.15am

American Pie: Bawdy sex comedy starring Jason Brain Box 2.30-2.45am UTV Rewind

When Wales Shook the World STV: 10.15-11.15pm

American Pie: Continued. 12.15am Brain Box 1.00 Alien Siege: Sci-fi thriller starring Brad Johnson. 2.45-5.30am The Nightshift ULSTER: 12.45am

5.50-6.00am Roary the Racing Car

Gears and Tears 1.45-6.00am BBC News BBC2 Wood's Story of England 10.30 The Rob Brydon Show 11.00 Genius with Dave Gorman 11.30-

TODAY'S SPORT

6.00am Aerobics

6.30 Rugby League (HD) 7.00 WE Golf: More inter-continental club-swinging with coverage of the second

round of Ryder Cup fourballs. (HD) 1.00pm Golf: The second day's Ryder Cup pitching and putting draws to a close at Celtic Manor Resort in Newport, South Wales. Get in the hole! (HD)

7.00 Golf: Highlights of the second day of the Ryder Cup in South Wales. (HD)

9.30 W Boxing: Face-mangling galore as Leva Kirakosyan takes on Stephen Foster Jr for the European super featherweight title in Bolton. (HD)

11.30 Rugby League (HD)

12.30am Golf (HD)

3.00 Boxing: Another chance to catch tonight's scrap in Bolton. (HD)

5.00 Take It Like a Fan 5.30-6.00am Football (HD)

sky SPORTS 1 sky SPORTS 2

6.00am Rugby Union (HD) 7.00 Take It Like a Fan

7.30 Football League Weekend (HD) 8.30 Champions League Weekly (HD)

9.00 Premier League Preview (HD)

9.30 Take It Like a Fan 10.00 Soccer AM

12.00noon Take It Like a Fan 12.30pm MUSISSEE Football: Wigan vs

Wolves, kick-off 12.45pm. (HD) 3.15 Champions League Weekly (HD)

3.45 World Sport

4.15 Sky Sports Classics: Highlights of the Champions League group game between Liverpool and Olympiakos in 2004.

4.30 Time of Our Lives 5.30 Rugby League: The showpiece match, kick-off 6pm. (HD)

8.25 Football: Delayed coverage of today's Premier League games. (HD) 5.45-6.00am Sky Sports Classics

FILM4 (315)

6.55pm Behind Enemy Lines: Bosnian War drama starring Gene Hackman. 9.00 Eragon: Adventure. 11.00 Damien -Omen II: Horror sequel. 1.05-3.05am Ashes of Time Redux: Drama

COMEDY CENTRAL (126)

5.25pm The Mask of Zorro: Swashbuckling adventure starring Antonio Banderas. 8.00 Two and a Half Men 9.00 Dara O Briain Talks Funny: Live in London 10.20 Peter Kay at the Comedy Store 10.50 Lee Evans: A Different Planet 12.20am Dara O Briain



7.45 WE Serie A: Parma vs AC Milan, kickoff 7.45pm. 9.45 Bundesliga 11.30 NBA Basketball 12.30am Major League Soccer 2.30-5.30am College Football

7.00pm ESPN Kicks

Week in Baseball

Talks Funny: Live in London 1.40 Comedy Central at the Comedy Store 2.10 South Park 3.10 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

DISCOVERY (520)

7.00pm Bear Grylls: Born Survivor 8.00 How It's Made 9.00 Greatest Tank Battles 10.00 River Monsters 11.00 How the Universe Works 12.00m't | Shouldn't Be Alive 1.00am Bear Grylls: Born Survivor 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm The Real Hustle: Celebrity Scammers 8.00 Top Gear 9.00 Time The Guardian: Drama starring Kevin Costner and Ashton Kutcher. 11.15 Live at the Apollo 12.00m't Family Guy 12.45am Young, Dumb and Living Off Mum 3.45 Live at the Apollo 4.30-5.30am The Real Hustle: Celebrity Scammers

7.00pm The Big Bang Theory 8.00 How I Met Your Mother 8.30 Friends 10.00 The 100 Greatest Stand Ups 2010 12.05am Friends 12.35 Wife Swap USA 1.30 How to Look Good Naked 2.25 Jo Frost: Extreme Parental Guidance 3.20-6.00am Hollyoaks

DAVE (111)

7.00pm The Gadget Show 8.00 James May: My Sisters' Top Toys 9.00 Billy Connolly's World Tour of Scotland 1.00am Never Mind the Buzzcocks 2.10 And Then You Die 2.35-3.00am Whose Line Is It Anyway?

MTV (350)

7.00pm Celebrity Bites 7.30 Diddy Crashes Glasgow 8.00 40 Most Shocking Celebrity Divorces 10.00 Randy Jackson's America's Best Dance Crew 11.00 Celebrity Bites 11.30 Making the Video 12.00m't

2 OCTOBER SATURDAY

FULL 7 DAY TV

FILM A brilliantly British take on the classic

6.00am Brainiac: Science Abuse (R)(HD) 7.00 Crash Test Dummies (R)(HD) 8.00 Oops TV (R)(HD) 9.00 Football's Next Star (R)(HD) 10.00 Soccer AM 12.00noon Oops TV (R) 1.00pm Malcolm in the Middle (R)(HD) 2.00 Bill Bailey's Birdwatching Bonanza (R)(HD) 3.00 Liza and Huey's Pet Nation (R)(HD) 4.00 My Pet Shame (R)(HD) 5.00 Fat Families: Second Helpings (R)(HD) 6.00 Futurama: Top cartoon. (R) 6.30 Simpsons - Mischief & Mayhem (R)(HD)

7.00 The Simpsons

Homer enlists Professor Frink's help in recovering his memory. (R)(HD)

7.30 The Simpsons

Bart and Lisa help some extraterrestrials phone home. As you do. (R)(HD)

8.00 My Son, Drugs and Me Docu about drug addiction. Grim. (R)

9.00 Madonna: Sticky and Sweet - Live from **Buenos Aires**

The wrinkly pop star performs live in the Argentine capital. Let's hope they don't cry for her. She hates that. (R)(HD)

11.30 The Ryder Cup Concert

Highlights of the event at the Millennium Stadium celebrating the start of the Ryder Cup, featuring warbling from Shirley Bassey and Katherine Jenkins. (R)(HD)

12.30am Classic Albums

Documentary charting the making of Metallica's 1991 self-titled record, often known as the Black Album. (R)

1.35 Football Behind Bars (R)(HD) 2.35 Road Wars (R) 3.30 Ross Kemp on Gangs (R)(HD) 4.20 Don't Forget the Lyrics (R)(HD) 5.10-6.00am Sell Me the Answer (R)(HD)

Diddy Crashes Glasgow 12.30am MTV Presents Mark Ronson and The Business International 1.30 Making the Video 2.00 Randy Jackson's America's Best Dance Crew 3.00-6.00am All the Hits

SYFY (129)

6.30pm Mega Shark vs. Giant Octopus 8.10 30,000 Leagues Under the Sea: Underwater thriller. 10.00 Triangle: Horror. 12.00m't Derailed: Action. 1.40am Thirst: Drama, 3,20 3rd Rock from the Sun 3.50-6.00am Thunderbirds

6.00pm The Listener 8.00 American Dad! 9.00 Better Off Ted 10.00 Robot Chicken 10.15 Family Guy: Chris runs away. 11.15 Metalocalypse 11.30 Family Guy 12.30am The Venture Brothers 1.00 American Dad! 2.00 Family Guy 3.00-4.00am Better Off Ted

ODAY'S MUST-SEES



where he's partnered with dopey Nick Frost and tasked with investigating a string of bizarre murders. It's even funnier and more quote-filled than 2005's Shaun Of The Dead, so if you haven't seen it, plonk yourself on the sofa and any chances prepare for a treat! ****



Wigan vs Wolves

Sky Sports 2/HD, 12.30pm

The mighty Wolves head to the DW SPORT Stadium to dole out a thrashing to the hapless headless chickens of Wigan. And yes, this preview was written by a Wolves fan. *



Michael McIntyre's **Comedy Roadshow**

BBC1, 9.30pm

COMEDY

John Bishop headlines as the standup tour arrives in Blackpool. ★★★



When Piers Met Lord Sugar ITV1, 9pm

Piers meets the tycoon in Florida before they visit the London estate where Sugar grew up. Back to Earth with a bump, eh? ***



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6.00am Breakfast 7.40 SPORT Match of the Day (R) 9.00 The Andrew Marr Show 10.00 Sunday Morning Live 11.00 Country Tracks 12.00noon Regional Programme 1.00pm EastEnders 2.00 Commonwealth Games Opening Ceremony: Coverage from Delhi, India. 5.30 Songs of Praise 6.05 BBC News, Regional News, Weather 6.30 Countryfile

6.00am CBeebies 6.25 SPORT CBBC 6.40 MotoGP: The Japanese Grand Prix. 8.00 CBBC 10.00 Something for the Weekend 11.30 Animal Park (R) 12.00noon EastEnders 1.00pm STORIE
Cycling 2.00 Live Racing: Including the Prix de l'Arc de Triomphe. 3.25 Alvarez Kelly: Western starring William Holden. 5.15 SPORT Rugby League 6.00 The Coral Gardener (R) 6.10 FILM Gun Fury: Western starring Rock Hudson.

5.30am ITV News 6.00 CITV 9.25 Coronation Street 11.45 This Morning Sunday 12.40pm Dinner Date (R) 1.40 News, Weather 1.55 The X Factor: The remaining 32 acts compete for a place in the live studio rounds. (R) 3.50 Torvill and Dean's Dancing on Ice Tour 2010 4.50 Downton Abbey (R) 6.20 Regional News, Weather 6.30 ITV News 6.45 The Cube

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Sport British Formula 3 International Series 7.30 SPORT Triathlon 8.00 GT Academy 8.25 T4: Friends (R) 9.20 Hollyoaks 11.55 Nadine Coyle: Video Exclusive 12.05pm Ugly Betty 1.05 The Simpsons (R) 2.05 Friends (R) 2.35 FILM The Wedding Planner: Romantic comedy. 4.35 Deal or No Deal 5.25 NEW Time Team 6.30 News 6.55 4thought.tv

6.00am Milkshake! 10.00 Shake! 11.10 How to Take Stunning Pictures (R) 11.40 Eddie Stobart: Trucks and Trailers (R) 12.40pm Cowboy Builders (R) 1.45 I Dream of Murder: Suspense thriller. 3.20 ELM Calamity Jane: Musical Western starring Doris Day and Howard Keel. 5.20 The Emperor's New Groove: Animated musical comedy. 6.50 Five News 6.55 FILM Charlie's Angels: Full Throttle: Action adventure seguel starring Drew Barrymore and Cameron Diaz.

7.30 Antiques Roadshow Dusty old bric-a-brac. No thanks.

8.30 Inspector George Gently Gently and Bacchus head for a university campus. The dirty old beggars...

10.00 BBC News, Weather 10.25 Who Do You Think You Are?

Ferris Bueller himself, Matthew Broderick, traces his paternal roots.

11.10 Spooks

More spy-based sneaking. (R)

12.10am The Sky at Night Patrick Moore casts his eye over the stars for the umpteenth time.

12.35 Sign Zone: The Secrets of Scientology

Docu exploring the crackpot cult, sorry religion, of Scientology. (R)

7.30 Golf: The Ryder Cup

SPORT Highlights of today's best action, as the Euro-Yank face-off drew to a conclusion.

9.30 Can England Win the Next World Cup?

MUST-SEE Do you really want us to answer that? Gary Lineker tries to stay positive with this look at the state of English football, with input from some of the game's top gaffers.

10.10 Match of the Day 2

SPORT Highlights of today's Premier League action, including Man City vs Newcastle and the big one between Chelsea vs Arsenal.

11.20 Mock the Week

Jack Whitehall and Chris Addison join the regulars for more topical laughs. (R)

11.50 MotoGP

SPORT Highlights of the Japanese Grand Prix from Motegi.

7.45 The X Factor

The judges whittle down the contenders from the also-rans as the line-up for the final 12 is completed.

9.00 Downton Abbey Period costume drama. Avoid.

10.05 ITV News, Weather 10.15 DCI Banks: Aftermath

Gritty police drama with Stephen Tompkinson investigating the case of five missing girls. (R)

11.15 Drama Trails

James Nesbitt sifts through some ropey ITV dramas, and tries to link them all together. As pointless as it sounds.

12.10am Premiership Rugby Union

SPORT All the latest egg-chasing, including Bath vs Gloucester and Sale vs Wasps

12.55 The Zone Shopping and interactive gaming. 7.00 The Genius of British Art

NEW The role art has played in British history.

8.00 27 Dresses

God-awful romcom starring Katherine Heigl as a serial bridesmaid who finally finds someone to marry her. Terrible. Watch Sky Sports 2!

10.05 My Big Fat **Gypsy Wedding**

Docu exposing gypsy and traveller weddings, where ancient traditions meet modern fashions. Very weird. (R)

11.10 The Accused

FILM Oscar-winning drama starring Jodie Foster as a woman fighting for justice after being raped.

9.00 Ghost Rider

FILM Iffy comic book adventure starring Nicolas Cage as a motorcycle stuntman who becomes a vigilante after selling his soul to the Devil. Not Cage's finest hour, to be honest.

11.10 Poltergeist II: The Other Side

Horror fantasy sequel in which the hapless family from the first film have all their furniture chucked around again. JoBeth Williams stars.

12.55am SuperCasino

Interactive wallet-emptying service.

1.35 Holby City: Medical nonsense. (R) 2.35 Victorian Pharmacy (R) 3.35 Domesday (R) 4.35-6.00am BBC News

1.10am Searchers 2.0: Road movie comedy starring Del Zamora, Ed Pansullo and Jaclyn Jonet. 2.50-4.35 BBC News

2.30 British Superbike Championship Highlights: Action from Silverstone. 3.25 Soul Motorsport UK 4.10-5.30am ITV Nightscreen

1.15am W American Football: New York Giants vs Chicago Bears, kick-off 1.20am. 4.45 SPORT Boardmasters (R) 5.10-5.55am Countdown (R)

4.05 Police Interceptors 4.55 The Family Recipe 5.00 Hana's Helpline 5.15 The Milkshake! Show 5.35 Thomas & Friends 5.50-6.00am Roary the Racing Car

BBC1 NORTHERN IRELAND: 10.25pm The Politics Show 10.45 Who Do You Think You Are? 11.30 Spooks 12.30am The Sky at Night 12.50 Off the Beaten Track 1.05-1.35am Sign Zone: Bang Goes the Theory BBC1 WALES: 10.30pm Who Do You

Think You Are? 11.15 Spooks 12.15-12.35am The Sky at Night BBC2 SCOTLAND: 10.00pm STORIE Sportscene 10.45 Match of the Day 2 11.45 Mock the Week 12.15am SPORT MotoGP BBC2 WALES: 6.50pm Dad's Army 7.20-7.30 The Coral

Gardener 11.20 SPORT Scrum V 12.10am SPORT MotoGP 1.30 Mock the Week 2.00-4.35am BBC News STV: 9.00-10.05pm Taggart 10.15 S2011 STV Sports Centre: Rugby 11.00 Total Emergency 12.00m't Brain Box 1.00am Raines 2.00-5.30am

The Nightshift ULSTER: 6.45-7.45pm Lesser Spotted Ulster 10.15 Bouquet of Barbed Wire 11.15 All Star Family Fortunes: With Colin Jackson. 12.00m't Brain Box 2.30am UTV Rewind 2.35-3.25am Premiership Rugby Union

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics 6.30 Football First (HD)

9.30 Champions League Weekly: Action from Chelsea vs Marseille. (HD)

10.00 MUSTSEE Golf: It's the final day's play in the Ryder Cup at the Celtic Manor Resort. Will the trophy be winging its way Stateside? Let's hope not... (HD)

7.00pm Golf: Highlights from the final day's play. Just in case you missed it earlier. Or indeed if you fancy a bit of a gloat over our Trans-Atlantic chums! Provided they've lost... (HD)

9.30 Champions League Weekly (HD) 10.00 Football: Extended highlights from today's Premier League tussle between Chelsea and Arsenal at Stamford Bridge.

11.30 Golf (HD) 2.00am Football

3.30 Super Sunday: The Last Word (HD)

4.00-6.00am Spanish Football (HD)

sky SPORTS 2

6.00am Rugby League (HD) 7.00 Golf (HD)

9.30 The Sunday Supplement 11.00 Goals on Sunday (HD)

1.00pm Champions League Weekly (HD) 1.30 Boxing (HD)

3.30 MUSTISEE Football: It's a top-of-thetable clash at Stamford Bridge, as Chelsea take on Arsenal. After getting spanked home and away last time round, Arsene Wenger's men will be looking for payback today. Kick-off 4pm. (HD)

6.30 Super Sunday: The Last Word (HD) 7.00 Spanish Football: Coverage of the second-half of a La Liga match. (HD) 8.00 W Spanish Football: Another helping of footy. Ace! (HD)

10.00 Rugby League

11.00 IAAF Athletix Weekly

11.30 Super Sunday: The Last Word (HD) 12.00m't-2.00am Spanish Football (HD)

FILM4 (315)

6.50pm Night at the Museum: Fantasy comedy starring Ben Stiller. 9.00 Keeping Mum: British comedy starring Rowan Atkinson. 11.00 Omen III - The Final Conflict: Supernatural horror starring Sam Neill. 1.10-3.45am C.R.A.Z.Y: Comedy drama starring Marc-Andre Grondin.

COMEDY CENTRAL (126)

5.35pm Two and a Half Men 9.00 Peter Kay at the Comedy Store 9.30 Story Movie 2: Spoof horror sequel starring Anna Faris. 11.05 Sean Lock: Live at Hammersmith Apollo 12.15am Grouchy



6.45pm Serie A 7.45 UNE Serie A 9.45 Bundesliga:

German action. 10.30 NHRA Drag Racing 12.30am Press Pass 2010 1.00 Major League Soccer 3.00 Superleague Formula 4.45-5.45am NHRA Drag Racing Young Men 12.45 Comedy Central at the Comedy Store 1.15 Two and a Half Men 2.15 South Park 3.15 Scrubs 4.10 Shortcuts Shuffle 4.20 Everybody Loves Raymond 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

DISCOVERY (520)

7.00pm How Do They Do It? 8.00 How the Universe Works 9.00 Trawler Wars 10.00 Bear Grylls: Born Survivor 11.00 The 9/11 Faker 12.00m't Greatest Tank Battles 1.00am Mythbusters 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Doctor Who 7.50 Doctor Who Confidential 8.00 Are You Fitter Than a Pensioner? 9.00 Gavin & Stacey 9.30 Him and Her 10.00 American Dad! 10.45 Family Guy 11.30 Gavin & Stacey 12.00m't Ideal 12.30am Him and Her 1.00 The King Is Dead: With George Lamb 1.30 Five Really Disgusting Foods

2.30 Greatest TV Mistakes 3.00 Ideal 3.30 The King Is Dead 4.00-5.00am Are You Fitter Than a Pensioner?

7.00pm Life Unexpected 8.00 Friends 9.00 Snakes on a Plane: Thriller starring Samuel L Jackson and Julianna Margulies. 11.05 Skins 1.10am Wife Swap USA 2.10 Supernanny USA 2.55 Scrubs 3.20-6.00am Hollyoaks

7.00pm Trawlermen: A maiden voyage runs into trouble. 7.40 Have I Got News for You 8.20 I'm Alan Partridge 9.00 Red Dwarf 1.35am Never Mind the Buzzcocks 2.35-3.00am Whose Line Is It Anyway?

MTV (350)

7.00pm Randy Jackson's America's Best Dance Crew 8.00 16 and Pregnant 9.00 Jersey Shore 10.00 The Hard Times of RJ

3 OCTOBER SUNDAY



6.00am Hour of Power (HD) 7.00 Crash Test Dummies (R)(HD) 8.00 Malcolm in the Middle (R)(HD) 9.00 Road Wars (R) 10.00 Swall WWE Superstars (R) 11.00 SPORT WWE: Experience (R) 12.00noon Best Of Must Be the Music (R)(HD) 1.00pm Pineapple Dance Studios: Best Of - Volume One (R)(HD) 2.00 Pineapple Dance Studios: Best Of - Volume Two (R) (HD) 3.00 Emergency Animal Rescue (R) (HD) 4.00 Futurama (R)(HD) 6.00 The

Simpsons (R)(HD) 6.30 The Middle (HD)

7.00 The Middle

Frankie discovers the perfect pair of children. Sounds a bit odd. (HD)

7.30 The Simpsons

Mayor Quimby is forced to shut the Springfield borders. (R)(HD)

8.00 The Simpsons

Homer is jealous when an old classmate is inducted into the Walk of Fame. (R)(HD)

8.30 Modern Family

Claire's plans for a family portrait do not go smoothly. (R)(HD)

9.00 An Idiot Abroad

Karl Pilkington arrives in India. Naturally, it confuses him! Brilliant, as ever. (R)(HD)

MUST-SEE Cuddy and House take a sick day to work on their relationship. Nice!

11.00 George Michael Live in London

Crooning at Earls Court. (R)

12.00m't Inside: **Gangs Behind Bars**

Keep hold of that soap... (R)

1.00am Law & Order 1.50 Ross Kemp on Gangs 2.40 Road Wars 3.30 Family Court: Judge Penny 4.20 Don't Forget the Lyrics 5.10-6.00am Sell Me the Answer

Berger 10.30 Valemont 11.00 The Dudesons in America: Stunts and pranks by four childhood friends from Finland. 11.30 South Park: Chef returns. 1.00am Jersey Shore 2.00 The Hard Times of RJ Berger 3.00-6.00am All the Hits

SYFY (129)

7.00pm Warehouse 13 8.10 MM Out for a Kill: Action adventure starring Steven Seagal. 9.45 PREMIERE Open Graves: Horror. 11.25 FILM Airline Disaster: Thriller starring Lindsey McKeon. 1.15am Thunderbirds 2.20 3rd Rock from the Sun 3.00 Painkiller Jane 4.00-6.00am Thunderbirds

FX (164)

6.00pm Burn Notice 8.00 NCIS 10.00 Dexter 11.10 Life 12.10am Burn Notice 1.10 To Catch a Predator 2.10 Cops 3.10 Robot Chicken 3.25 Metalocalypse 3.40-4.10am The Venture Brothers

TODAY'S MUST-S



Chelsea vs Arsenal

Sky Sports 2/HD, 3.30pm

SPORT This game should as to whether this season's title race will be an interesting, several-horse-race affair, or whether we can pack up now and give the trophy to Chelsea. Last season, the Blues stuck five past the Gunners over two easy Premier League victories. Arsene's boys are playing beautiful football this term but the question remains, can they turn it into wins against the big boys? Kick-off 4pm. ★★★★



Ryder Cup Golf Sky Sports 1, 10am The final day of Europe vs USA ball-

pinging in Wales gets under way with the singles matches that'll decide the destination of the trophy. In 2008, the Americans wrapped up an easy victory at this stage. Time for revenge! ***



House Sky1/HD, 10pm

Dr House doesn't do sentimental but DRAMA as the new series kicks off tonight

(woo-hoo!), we see a whole new side to the angry medic as he and his boss, Cuddy, finally get it on. But what effect does it have on the hospital? ★★★



Can England Win The Next World Cup? BBC2, 9.30pm

Gary Lineker sifts through the wreckage of England's World Cup, and asks what must change if they're ever to win it again. ****



6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 UVE Commonwealth Games: The finals of five swimming disciplines. 1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games: Women's hockey, netball and men's artistic gymnastics. 5.00 Commonwealth Games: The final events on day one in Delhi. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebies 7.00 CBBC 9.00 LWE Commonwealth Games: The opening swimming heats at the Dr SP Mukherjee Swimming Stadium. 11.00 Daily Politics Conference Special 1.00pm SPORT Equestrian: The World Equestrian Games at the Kentucky Horse Park. 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 NEW Strictly Come Dancing - It Takes Two

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

5.55am Sali Mali (R) 6.00 The Treacle People (R) 6.15 Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 9.30 Lakes on a Plate (R) 10.00 The Good Wife (R) 11.00 Desperate Housewives (R) 12.00noon News 12.05pm River Cottage Bites 12.15 Meet Me in St Louis 2.20 Lakes on a Plate 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.45 Meals in Moments 2.55 The Family Recipe (R) 3.00 ELL Snowman's Pass: Mountaineering thriller starring Nicole Eggert and Marc Singer, 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show

7.30 Saints and Scroungers Dominic Littlewood exposes some dodgy

boxing promoters. (R)

8.00 EastEnders More Cockney squawking.

8.30 Panorama 9.00 Spooks

The team have to get their spy on when London comes under threat from a massive biological weapon.

10.00 BBC News, Weather

10.35 Ask Rhod Gilbert MUST-SEE The Welsh gag man answers questions

from the general public. Funny stuff. 11.15 Damages

Patty receives a bomb threat that threatens her case. Yikes! (R)

12.00m't Damages Katie prepares for her deposition. (R)

12.50am Sign Zone: My Story Feelgood yarns from people who've triumphed over adversity. (R)

1.20 The Great British Bake Off (R) 2.20 Out of the Frying Pan (R) 3.20 Penguin Island 3.50 Gears and Tears 4.20 Britain's Empty Homes 4.50-6.00am BBC News

7.00 Games Today

SPORT A round-up of action from the opening day of the Commonwealth Games in Delhi, India.

8.00 University Challenge More brainy head-scratching.

8.30 MasterChef: The Professionals

Competitive pan-wielding.

9.00 Horizon: The Death of the Oceans?

David Attenborough wags his finger at how the human race are destroying marine life. Sorry, Dave.

10.00 Genius with **Dave Gorman**

The Hairy Bikers help to judge some more rubbish inventions.

10.30 Newsnight

11.20 Today at Conference Political claptrap. Zzzzzzzzzzzzz.

11.50 Gareth Malone's **Extraordinary School for Boys**

4.00-6.00am BBC Learning Zone

12.50am BBC News

7.00 Emmerdale

The TV equivalent of stepping in a cowpat.

7.30 Coronation Street

8.00 Countrywise Wellie-based boredom (R)

8.30 Coronation Street Carla tries to hide her drink problem.

9.00 DCI Banks: Aftermath Payne's wife is taken in for questioning.

10.00 ITV News

10.35 Real Crime with Mark Austin: Britain's Biggest Heist

The story behind the Securitas depot robbery in February 2006. It was a bit of a palaver, apparently.

11.35 Stephen Tompkinson's Australian Balloon Adventure

The actor mucks about in a balloon for a bit before collecting his pay cheque. (R)

12.30am The Zone

Shopping and interactive gaming.

2.30 SPORT UEFA Champions League

Weekly 3.00 The Jeremy Kyle Show (R) 3.50-5.30am ITV Nightscreen

7.00 News 7.55 4thought.tv

powered the Titanic.

8.00 Dispatches Profile of the advisors to the coalition Government. A fun bunch, naturally.

9.00 Titanic: The Mission A look at the coal industry that built and

10.00 Jamie's American Food Revolution

The chef tries to convince some tubby Americans to ditch the pizza and chips. Good luck with that one, mate.

11.00 3 Minute Wonder: **New Sensations 2010**

NEW Profiling the shortlisted artists for this year's filmmaking prize.

11.05 This Is England '86 Woody and Lol get back together. (R) 12.10am Music on 4: 360

Sessions: Linkin Park

12.45 Premier League Poker

SPORT Highlights of the opening heat in the tournament.

1.40 Bobby: Subtitled Indian drama. 4.35-6.10am The Private Life of Henry VIII: Classic biopic starring Charles Laughton and Elsa Lanchester.

7.00 Five News at 7 7.30 How Do They Do It?

Robert Llewellyn explores the science behind the sat-nav.

8.00 The Gadget Show

Jon Bentley debates the pros and cons of 3D TVs. Gimmick, or the future?

9.00 Rory and Paddy's Even **Greater British Adventure**

The comedians take part in a spot of chainsaw sculpting. As you do.

10.00 Assassins

FILM Crash-bang-wallop action thriller starring Sly Stallone as a world-weary hitman who finds himself up against Antonio Banderas' young pretender to his crown.

12.40am Cops in Crisis

Documentary following hairy situations through the eyes of the police officers who survived them. Phew!

1.00 SuperCasino: Gambling gubbins. 4.05 Police Interceptors (R) 4.55 Animal Rescue Squad (R) 5.10-6.00am Michaela's Wild Challenge (R)

BBC1 SCOTLAND: 7.30-8.00pm Scotland's First First Minister 11.15 Sportscene BBC1 NORTHERN IRELAND: 7.30-8.00pm III In Your Corner 10.35 Special Deliveries 11.05 Ask Rhod Gilbert 11.45-1.20am Damages BBC1 WALES:

7.30-8.00pm X-Ray BBC2 SCOTLAND: 11.00-11.20pm Newsnight Scotland, Weather BBC2 NORTHERN IRELAND: 10.00pm Seacht 10.25-10.30 Seinn Liom 11.20 Stormont Today 11.50 Today at Conference 12.20am Genius with Dave Gorman 12.50 Gareth Malone's Extraordinary School for Boys 1.50-4.00am BBC News STV: 10.40pm Vet School Bites 11.00 Oran na Mna 11.35 Cocairean 12.10am Brain Box 1.00 The Jeremy Kyle Show 2.00-2.30am The Nightshift ULSTER: 11.00 Ladette to Lady 12.00m't-2.30am Brain Box ITV1 WALES: 8.00-8.30pm The Ferret

TODAY'S SPORT

sky SPORTS 1 sky SPORTS 2

- 6.00am Good Morning Sports Fans (HD)
- 9.00 Football 10.30 Golf (HD)
- 1.00pm Football
- 2.30 Spanish Football (HD)
- 4.30 Super Sunday: The Last Word: Andy Gray looks at the weekend's games. (HD) 5.00 Soccer AM: The Best Bits: A look
- back at the highlights of Saturday's show. 6.00 MUSISSEE Darts: Arrow-chucking action from the opening day of the World Grand Prix where Phil "The Power" Taylor defends the title he won last year. (HD)
- 12.00m't How The 2010 Ryder Cup Was Won: Action from Wales. (HD)
- 2.00am FIFA Futbol Mundial
- 2.30 Sports Unlimited
- 3.30 Watersports World: Round-up of Aquatic activities from across the globe.
- 4.30 Max Power
- 5.30-6.00am FIFA Futbol Mundial

- 6.00am Aerobics 6.30 Ryder Cup Golf (HD)
- 9.00 Australian Rugby League
- 10.00 Rugby League (HD)
- 11.00 Spanish Football (HD)
- 1.00pm Boxing (HD) 3.00 Rugby Union (HD)
- 4.00 Rugby League (HD)
- 5.00 Wild Spirits
- 5.30 Angling
- 6.00 Motorsport (HD) 7.00 Netbusters
- 7.30 Speedway (HD)
- 10.00 Netbusters 10.30 SPL Round-Up (HD)
- 11.00 Premier League Review (HD)
- 12.00m't Soccer AM: The Best Bits 1.00am 15 Years of the European Cup
- 2.00 Golfing World
- 3.00-5.00am How the 2010 Ryder Cup Was Won: Highlights package. (HD)

FILM4 (315)

6.40pm Ever After: A Cinderella Story: Romantic drama. 9.00 Mean Machine: Prison comedy drama starring Vinnie Jones. 10.55 Peggy Sue Got Married: Comedy. 1.00-3.30am Lantana: Thriller.

COMEDY CENTRAL (126)

6.00pm Two and a Half Men 9.30 Mike and Molly: Sitcom follo a pair of fatties! 10.00 Sex and the City 11.10 Peter Kay: The Early Days 12.10am Two and a Half Men 1.10 South Park: The boys go to a county fair. 2.10 Grouchy Young Men 2.40 Scrubs 3.10 Two and a



6.30pm Talk of the Terrace 7.45 LIVE NBA 10.45 Between The Lines 11.15 ESPN Kicks

11.30 ESPN Game of the Week 12.00m't NFL1.30am WE NFL: Monday Night Football 4.30-5.00am Press Pass 2010

Half Men 4.05 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 Mythbusters: Adam and Jamie build a bridge. 10.00 Is It Possible? 11.00 How the Universe Works 12.00m't Bear Grylls: Born Survivor 1.00am Deadliest Catch 2.00 Rory McGrath's Best of British Engineering 3.00 Weaponology 3.50 Raging Planet 4.40 Unsolved History 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Merlin 7.45 Doctor Who 8.30 E20 9.00 Cherry Goes Drinking: Documentary. 10.00 EastEnders 10.30 Him and Her 11.00 Family Guy: Brian becomes a sniffer dog. 11.45 Cherry Goes Drinking 12.45am Him and Her 1.15 E20 1.45 My School Prom 2.45

Cherry Gets Married 3.40 Snog Marry Avoid? 4.10-5.10am My School Prom

7.00pm Hollyoaks 7.30 Friends 9.00 One Tree Hill 10.00 MUST SEE The Inbetweeners: The gang visits a univ where Will makes an idiot of himself. Just for a change. 10.35 School of Comedy 11.05 Shameless 12.20am A Shot at Love with Tila Tequila 1.15 Scrubs 2.05 Shameless 3.05 A Shot at Love with Tila Tequila 3.50 Samantha Who? 4.10 The Hills 4.35-6.00am Switched

DAVE (111)

7.00pm SPORT World Rally 8.00 Top Gear 9.00 Would I Lie to You? 9.40 QI 10.20 Argumental 11.00 Mock the Week 11.40 QI 12.20am Argumental 1.00 Never Mind the Buzzcocks 1.40 Lead Balloon 2.10 And Then You Die 2.35-3.00am Whose Line Is It Anyway?

4 OCTOBER MONDAY

FULL 7 DAY TV GUIDE!



6.00am Fat Families (R)(HD) 7.00
Brainiac: Science Abuse (R)(HD) 8.00
Oops TV (R) 9.00 Lion Man (R) 10.00
Bones (R)(HD) 11.00 Wedding SOS (R)
(HD) 11.30 The Secret Guide to Women's
Health (R) 12.00noon The Biggest Loser
US (R) 1.00pm Project Runway (R)
2.00 Bones (R)(HD) 3.00 Stargate SG-1
(R)(HD) 5.00 Malcolm in the Middle
(R)(HD) 5.30 Futurama (R) 6.00 Oops TV:
Home videos. (R) 6.30 The Simpsons (R)

7.00 The Simpsons

Marge is stalked by an escaped crook. (R)

7.30 The Simpsons
Homer becomes a tow-truck driver. (R)

8.00 Best of Oops TV People falling over. Wooo!

9.00 NCIS: Los Angeles

NEW A special agent disappears during an undercover assignment. Uh-oh. (HD)

10.00 NCIS: Los Angeles

The officers face a race against time to track down a dangerous and highly specialised hit squad. (HD)

11.00 Alex Zane's Guest List

An interview with rapper, actor and consonant fan LL Cool J. (R)

11.30 Law & Order

Bernard and Lupo investigate a suspected hit-and-run. (HD)

12.30am Road Wars

Tarmac-based tear-ups. (R)(HD)

1.30 Road Wars (R)(HD) 2.25 Street Wars (R) 3.20 The 4400 (R)(HD) 4.15 Vroom Vroom (R) 5.10-6.00am Sell Me the Answer (R)(HD)

MTV (350)

7.00pm 16 and Pregnant 8.00 Celebrity Bites 8.30 The Hills 9.00 The Hard Times of RJ Berger 10.00 Jersey Shore 11.00 The Dudesons in America 12.00m't South Park 1.00am Dirty Sanchez 2.00 The Dudesons in America: Mad stunts. 3.00-6.00am All the Hits

SYFY (129)

7.00pm Buffy the Vampire Slayer 8.05
Titanic 2: Disaster movie. 10.00
Medium 11.00 Warehouse 13
12.00m't IIII Out for a Kill 1.40am
Medium 2.50 Fact Checkers Unit
3.00 Mysterious Ways 4.00 Quantum
Leap 5.00-6.00am Smallville

FX (164)

7.00pm NCIS 9.00 Family Guy 10.00 To Catch a Predator 11.00 Dexter 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Water Rats

TODAY'S MUST-SEES



Live Darts

Sky Sports 1/HD, 6pm

SPORT Yay, darts! We welcome pretty much any darts tournament with a whoop of glee and the opening of several cans of beer, and this time we're off to Dublin for the World Grand Prix, where - surprise, surprise! - Phil Taylor's defending the title. It's a title he's won nine times in his career, with last year's victory achieved with the loss of just five sets. For the past two years - surprise, surprise again! - Raymond van Barneveld was the runner-up. We expect the same! ★★★★



Mike & Molly Comedy Central, 9.30pm From the writers of The Big Bang

Theory, this decent new US sitcom follows fat cop Mike as he goes to OA (Overeaters Anonymous) and ends up meeting Molly, a fellow salad-dodger. Expect lardy jokes galore. **



Ask Rhod Gilbert BBC1, 10.35pm

This new "comedian on TV" show is good because it gives us, the public, the chance to get questions answered via live link-up! Also, one of the panellists is Rhod's flatmate Lloyd, who's almost as funny as Gilbert himself! ****



The Inbetweeners E4, 10pm

Simon and his new girlfriend Tara (beep be-deep beep beep!) visit her sister at Uni. Obviously, the other lads invite themselves along in search of one thing – clunge by the bucketload. Expect them to fail. Badly!

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NutsTV

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 UVE Commonwealth Games: Five finals on the second day of swimming in Delhi. 1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games: The women's artistic gymnastics team final. 5.00 Commonwealth Games: The remaining events on day two in Delhi. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebies 7.00 CBBC 8.00 [INT Commonwealth Games: The first three cycling finals. 11.00 To Buy or Not to Buy (R) 11.30 Daily Politics Conference Special 1.00pm WE Commonwealth Games: Even more from day two in Delhi. 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Strictly Come Dancing - It Takes Two

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.30 Lakes on a Plate (R) 10.00 The Good Wife (R) 11.00 Desperate Housewives (R) 12.00noon Channel 4 News Summary 12.05pm FLM The Quiet Man: Drama. 2.25 Lakes on a Plate 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.45 Meals in Moments 2.55 The Family Recipe (R) 3.05 ELL Living Proof: Factbased drama. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show 7.30 EastEnders

Feeling a bit too cheery? Watch this.

8.00 Holby City More hospital-based moping.

9.00 Kids in Care Behind the scenes at social services.

10.00 BBC News. Weather

10.35 My StoryAmazing survival stories, including the memories of a Congolese former childsoldier. Stirring stuff.

11.05 House of Sand and Fog

Melograma appear Melodrama about a recovering immigrant who get involved in a squabble over ownership of a bungalow in northern California, Better than it sounds.

7.00 Games Today

SPORT All the running, throwing and grappling from day two of the Commonwealth games.

8.00 MasterChef: The Professionals

High-stakes egg-boiling.

9.00 Whites A celebrity chef visits the hotel.

9.30 Harry & Paul MUST-SEE More sketch-based buffoonery with Harry Enfield and Paul Whitehouse.

10.00 Later Live with Jools Holland

MUST-SEE The pocket-sized presenter hosts guests including the Steve Miller Band, Janelle Monae and Cee-Lo Green

10.30 Newsnight

11.20 Today at Conference

11.50 Gareth Malone's **Extraordinary School for Boys**

12.50am BBC News

7.00 Emmerdale

Holly breaks down and admits she's an addict. No more sheep dip for her.

7.30 Grimefighters Cleaning. On telly. Great! (R)

8.00 New Who Wants to Be a Millionaire?

Chris Tarrant chuckles his way through more big-money questions.

9.00 71 Degrees North

The remaining six celebrities try to fend off hypothermia for another week.

10.00 ITV News

10.35 Swingtown

Susan attends a fundraising event at the Deckers' home.

11.30 Ladette to Lady
The girls are down to the final three. A return to vomiting blue WKD all over themselves is tantalisingly close. (R)

12.25am The Zone

Shopping and interactive gaming.

7.00 News 7.55 4thought.tv

8.00 Wedding House NEW Bride-based flapping as some wedding experts set about showing off with OTT ceremonies.

9.00 Ramsay's Best Restaurant

Old Man Shouty stomps around another kitchen offering "constructive" abuse and generally making a nuisance of himself.

10.00 Rude Tube

NEW Alex Zane presents some more daft clips from the web.

11.05 3 Minute Wonder:

New Sensations 2010 The shortlisted artists for this year's award.

11.10 Seven Days

Reality show from London's trendy Notting Hill. (R)

12.10am Late Night Poker

SPORT Another round of big-money bluffing.

7.00 Five News at 7

7.30 How to Take **Stunning Pictures**

A masterclass in sports photography.

8.00 There's a Hippo in My House

The bond between a couple and the hippo they raised from infancy. Yes, really.

9.00 CSI: Miami

The body of a high-school teacher is found sliced in half by a samurai sword.

10.00 CSI: NY

A female football player is found murdered. (R)

11.00 CSI: Crime Scene Investigation (R)

Grissom becomes obsessed with finding a nurse's killer. It is his job, to be fair. (R)

12.00m't NCIS

Gibbs and the team set up a stakeout to catch a thief suspected of selling hi-tech Navy equipment on the black market. (R)

12.55am SuperCasino

1.10am Sign Zone: See Hear (R) 1.40 Digging for Britain: History show. (R) 2.40 Natural World (R) 3.40 Britain's Empty Homes (R) 4.10-6.00am BBC News

4.00-6.00am BBC Learning Zone

2.25 The Rockford Files (R) 3.20 Jeremy Kyle Show (R) 4.15-5.30am Nightscreen 1.10 Volleyball 2.05 Boxing 2.30 Superbike 2.55 Formula 3 3.25 World Sport 3.50 GT Academy 4.20 Triathlon (R) 4.50-6.10am Hercules (R)

4.05 Police Interceptors (R) 4.55 Animal Rescue Squad: Highlights of the series. (R) 5.10 Michaela's Wild Challenge (R) 5.35-6.00am Michaela's Wild Challenge (R)

BBC1 SCOTLAND: 8.00-9.00pm River City BBC1 NORTHERN IRELAND: 10.35pm In Cold Blood 11.05 My Story 11.35-1.10am The Breakfast Club: Comedy drama starring Emilio Estevez, Molly Ringwald and Ally Sheedy. BBC1 WALES: 10.35pm

New Hotel Stephanie 11.05 My Story 11.35-1.40am House of Sand and Fog: Melodrama starring Jennifer Connolly and Ben Kingsley. BBC2 SCOTLAND: 11.00pm Newsnight Scotland 11.20 Talking Music 11.50 Today at Conference 12.20am Gareth Malone's Extraordinary School for Boys 1.20-4.00am BBC News BBC2 NORTHERN IRELAND: 11.20pm Stormont Today 11.50 Today at Conference 12.20am Gareth Malone's

Extraordinary School for Boys 1.20-4.00am BBC

News STV: 7.30pm Being Victor 8.00-9.00 New Who Wants to Be a Millionaire? 10.40 Ladette to Lady 11.40 Made in Scotland 12.00m't Brain Box 1.00am The Jeremy Kyle Show 2.00-5.30am The Nightshift ULSTER: 10.30pm UTV Live Tonight

TODAY'S SPORT

sky SPORTS 1 sky SPORTS 2

- 6.00am Good Morning Sports Fans (HD) 9.00 Darts (HD)
- 3.00pm Netbusters
- 3.30 SPL Round-Up (HD)
- 4.00 Soccer AM: The Best Bits: A look back at highlights of Saturday's show.
- 5.00 Premier League Review: Recent
- action from the top flight. Huzzah! (HD) 6.00 Darts: The second day of the
- World Grand Prix in Dublin. (HD) 12.00m't Football: Highlights of the big
- one yep, it's the Johnstone's Paint Trophy, featuring MK Dons vs Charlton.
- 1.30am 15 Years of the European Cup: Action from the top rugby union competitions between 2001 and 2005.
- 2.30 Spanish Football: Highlights of the latest La Liga matches. 3.30 15 Years of the European Cup
- 4.30 A-League
- 5.00-6.00am Spanish Football

- 6.00am Aerobics 6.30 Urban Ride
- 7.00 WWE: Afterburn (HD)
- 8.00 Premier League Review (HD)
- 9.00 How the Ryder Cup Was Won (HD) 11.00 Wonderful World of Golf
- 1.00pm How the 2010 Ryder Cup Was Won: A review of the event. (HD) 3.00 Golf
- 3.30 Speedway: The second leg of the Elite League Grand Final. (HD) 6.00 Spanish Football
- 7.00 Football: The Johnstone's Paint Trophy match between MK Dons and Charlton, kick-off 7.15pm.
- 9.30 Spanish Football 10.30 Poker Million: The third heat of the Poker Million in London. (HD)
- 12.30am Golfing World 1.30 Golf
- 2.30-3.30am Sports Unlimited

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.45pm Cocoon: Sci-fi comedy fantasy. 9.00 The Client: Thriller starring Susan Sarandon. 11.20 Natural Born Killers: Crime thriller with Woody Harrelson. 1.40-3.55am Damien - Omen II

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Two and a Half Men 10.00 Peter Kay at the Comedy Store 10.30 Mike and Molly 11.00 Grouchy Young Men 11.30 Sex and the City 12.40am Two and a Half Men 1.40 Samantha Who? 2.40 South Park 3.40 Two and a Half



7.45 Rugby Union 9.15 ESPN Kicks 10.00 Pardon

the Interruption 10.30 Premier League 11.30 Eredivisie 12.30am Press Pass 1.00 RPL 1.30 Rugby 3.00 Eredivisie 4.00-5.15am Bundesliga Review Show Men 4.05 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 Trawler Wars 10.00 Deadliest Catch 11.00 Building the Future 12.00m't Bear Grylls: Born Survivor 1.00am Deadliest Catch 2.00 Rory McGrath's Best of British Engineering 3.00 Weaponology 3.50 Raging Planet 4.40 Unsolved History 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Total Wipeout 8.00 The Real Hustle: Celebrity Scammers 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Ideal 11.00 Ideal Outtakes: With Johnny Vegas. 11.30 Family Guy 12.15am Don't Tell the Bride 1.20 Bizarre ER 2.20 Ideal 2.50 Ideal Outtakes 3.20 Total Wipeout 4.20-5.20am Cherry Goes Drinking

7.00pm Hollyoaks 7.30 Friends 9.00 Smallville 10.00 The Cleveland Show: Cleveland and Donna are mugged. 11.00 The Ricky Gervais Show 11.35 King of the Hill 12.00m't Scrubs 1.00am The Cleveland Show 1.50 The Ricky Gervais Show 2.20 King of the Hill 2.40 What About Brian 3.20 Samantha Who? 4.05 The Hills 4.25-6.00am Switched

DAVE (111)

7.00pm Ray Mears' Extreme Survival 8.00 Top Gear 9.00 QI 10.00 Argumental 10.40 Mock the Week 11.20 Have I Got News for You 12.00m't QI 1.00am Argumental 1.40 Mock the Week 2.10-3.00am Never Mind the Buzzcocks

7.00pm 16 and Pregnant 8.00 Randy Jackson's America's Best Dance Crew 9.00 Jersey Shore 10.00 The Hard Times

5 OCTOBER TUESDAY

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Lion Man (R) 9.30 Lion Man (R) 10.00 Bones (R) 11.00 Wedding SOS (R)(HD) 11.30 The Real A&E (R)(HD) 12.00 noon The Biggest Loser US 1.00pm Project Runway (R) 2.00 Bones (R) 3.00 Stargate SG-1 (R)(HD) 4.00 Stargate SG-1 (R)(HD) 5.00 Malcolm in the Middle (R)(HD) 5.30 Futurama (R) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons

Bart trades lives with a lookalike. (R)

7.30 The Simpsons Homer and Marge get married for a second time. Aaaaaah! (R)

8.00 The Little Couple Following a pair of 4ft newlyweds. (R)

8.30 Super Nurses

Behind the scenes on the wards. (HD)

9.00 Stargate Universe NEW Sci-fi antics as the crew of the Destiny find themselves lacking both supplies and knowledge of their final destination, Uh-oh! (HD)

10.00 Fringe MUST-SEE Olivia fights to return home. (HD)

11.00 Bitten

FILM Ropey vampire comedy starring Jason Mewes as a paramedic who begins a relationship with a new girl, only to realise she's a vampire. Nightmare, mate.

12.45am Road Wars

Motor-based mayhem. (R)

1.45 Road Wars (R) 2.40 Lost (R)(HD) 3.30 Street Wars (R) 4.20 Vroom Vroom (R) 5.10-6.00am Sell Me the Answer (HD)

11.00 The Cube 12.00m't Brain Box 2.35am The Rockford Files 3.30 Jeremy Kyle Show 4.25-5.30am ITV Nightscreen

of RJ Berger 11.00 The Dudesons in America 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 The Dudesons in America 3.00-6.00am All the Hits

SYFY (129)

7.00pm Buffy the Vampire Slayer 8.00 A Town Called Eureka 9.00 Waterworld: Action adventure starring Kevin Costner. 11.30 FLM 30,000 Leagues Under the Sea: Sci-fi adventure, starring Sean Lawlor, 1.10am Mega Shark vs. Giant Octopus: Monster movie starring Deborah Gibson and Lorenzo Lamas. 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

7.00pm NCIS 9.00 Better Off Ted 10.00 Family Guy 11.00 Life 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Water Rats



Harry & Paul

Is there no limit to COMEDY the imagination

of comic writers Harry Enfield and Paul Whitehouse? Not on the evidence of the third series of their top sketch show, which showcases loads of characters along the way including a South London dysfunctional family, a '40s drunk and a corrupt Italian politician. In this second episode, Parking Pataweyo issues a mind-boggling number of tickets, and the Silver-Haired Beatles perform a single

for the charity Prost Aid among many, many other brilliant sketches! Top stuff! ★★★★

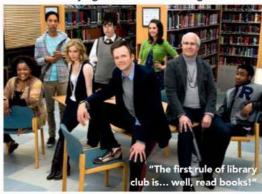


Fringe

Sky1/HD, 10pm

The new series of the weirdy drama kicks off where the last one ended -

Olivia's doppelganger had escaped the parallel world and was living in the real world, unknown to Peter and Walter. Will they figure out it's not their girl? ★★★



Community Viva, 10pm

A US import, Community is a comedy about a group of misfits who all attend the same rubbish college. Oddly, Chevy Chase stars in it. Brilliantly, so does Mad Men hottie Alison Brie! Definitely worth a look. ★★★



Later Live - with Jools Holland BBC2, 10pm

Joining Jools tonight are the Steve Miller Band, R&B singer Janelle Monae and Cee-lo Green out of Gnarls Barkley. ★★★



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facebook.com/nuts.magazine

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 UVE Commonwealth Games: More

splashing around in the swimming events. 1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games: The opening day of athletics in Delhi. 5.00 LIVE Commonwealth Games: Day three in Delhi concludes. 6.00 BBC News, Weather 6.30 Regional News Programmes,

Weather 6.55 Party Political Broadcast (R)

6.00am CBeebies 7.00 CBBC 8.00 [IN] Commonwealth Games: Four cycling finals from Delhi. 11.00 To Buy or Not to Buy (R) 11.30 See Hear 12.00noon Daily Politics Conference Special 1.00pm LIVE Commonwealth Games: Swimming and athletics coverage from India. 2.00 Daily Politics Conference Special 4.00 CBBC 5.10 Escape to the Country (R) 5.55 Party Political Broadcast 6.00 Eggheads 6.30 Strictly Come Dancing - It Takes Two

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 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 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News 6.55 Party Political Broadcast

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.30 Lakes on a Plate (R) 10.00 The Good Wife (R) 11.00 Desperate Housewives (R) 12.00noon Channel 4 News Summary 12.05pm [ILM] K-19: The Widowmaker: Cold War thriller starring Harrison Ford. 2.25 Lakes on a Plate 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.45 Meals in Moments 2.55 Zoo Days (R) 3.10 FLM Love's Unfolding Dream: Family Western sequel starring Scout Taylor-Compton. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show Topical stories

7.30 Bang Goes the Theory Liz Bonnin visits that pesky Icelandic volcano that caused much fist-shaking among air travellers earlier on in the year.

8.00 Waterloo Road

Ruth becomes a celebrity... in the school. Blimey, talk about Z-list.

9.00 The Apprentice

MUST-SEE The beardy bloke's back to shout at a new batch of deluded wannabe billionaires!

10.00 BBC News, Weather 10.35 The National **Lottery Draws** Jodie Prenger presents.

10.45 Reggie Perrin Reggie's crisis reaches a head. (R)

11.15 Hope Springs Romantic comedy with Colin Firth and Heather Graham.

12.45am Sign Zone: Dragons' Den

Loons try to bag a load of cash. (R)

1.45 Country Tracks (R) 2.40 Bang Goes

the Theory: Mad experiments. (R) 3.10

7.00 Games Today

SPORT Running, jumping and chucking fun in the third day of the Commonwealth Games.

8.00 MasterChef: The Professionals More pro pan-clutching.

9.00 Secret Iraq MUST-SEE The final part of the ace docu, and how the insurgents turned against al-Qaeda.

10.00 The Apprentice: You're Fired!

NEW Dara O'Briain steps into Adrian Chiles' shoes to catch up with the loser who's just been fired.

10.30 Newsnight

11.20 Today at Conference Political plop

11.50 Wonders of the Solar System Stars and things. (R)

12.50am BBC News

4.00-6.00am BBC Learning Zone

7.00 Emmerdale

Hour-long episode. Groan.

8.00 Midsomer Murders

More from the village that's about as safe to live in as Skid Row in LA. A music prodigy witnesses a woman drowning.

10.00 ITV News, Weather

10.35 The Bodyguard

Romantic thriller starring
Kevin Costner and a warbling Whitney Houston. A professional bodyquard falls in love with the superstar singer he has been assigned to protect.

12.55am The Zone

Shopping and interactive gaming.

2.55 III In the Name of the Father:

Fact-based drama starring Daniel Day-

Lewis. 5.10-5.30am ITV Nightscreen

7.00 News

7.55 4thought.tv 8.00 Food: What Goes

in Your Basket? The team indulge in some food-prodding,

including bananas and beef.

9.00 Grand Designs Restoring two barns in Suffolk.

10.00 Seven Days Documentary following people living or working in posh Notting Hill.

11.05 3 Minute Wonder: **New Sensations 2010** The shortlisted artists for this year's award.

11.10 Ramsay's Best Restaurant

The wrinkly-faced chef checks out some top restaurants in Kent and Sheffield. (R)

12.15am Music on 4: On Track With Bombay Bicycle Club.

12.30 The Album Chart Show Spotlight

12.45 4Play: Badly Drawn Boy A profile of the perpetual hat-wearer. 1.00 The Crush 1.25 Astronomer's Sun

1.35 Hung 2.05 Studio 60 on the Sunset

Strip 2.50 She Creature 4.20 Hill

"Help! We're stuck!" etc.

7.00 Five News at 7

7.30 Highland Emergency

8.00 Cowboy Builders

A family who employed the building equivalent of Homer Simpson to work on their house get help before it falls down.

9.00 NCIS

A suspected drug-smuggler is apparently killed by his own dog. (R)

10.00 Law & Order: Criminal Intent

Goren goes undercover to take down a high-profile drug dealer.

10.55 Law & Order

The detectives investigate a fire. (R)

11.55 Poker

SPORT Highlights of the Big Game

12.50am SuperCasino Ball-bearing bouncing bobbins.

4.05 Police Interceptors (R) 4.55 Animal Rescue Squad: Highlights of the series. (R) 5.10 Michaela's Wild Challenge (R) 5.35-6.00am Michaela's Wild Challenge (R)

Watchdog (R) 4.10 Britain's Empty Homes (R) 4.40-6.00am BBC News

BBC1 SCOTLAND: 7.30-8.00pm Scotland's Grand Tours BBC1 NORTHERN IRELAND: 10.45pm Tim McGarry's Irish History Lesson 11.30 Reggie Perrin 12.00m't Off the Beaten Track 12.15am Sign Zone: My Story 12.45-1.45am Sign Zone: The

Secrets of Scientology BBC1 WALES: 7.30-8.00pm Rhys to the Rescue BBC2 SCOTLAND: 11.00-

11.20pm Newsnight Scotland, Weather STV: 8.00pm Animals Are Amazing 9.00-10.00pm Law & Order: UK 10.30 STV News and Weather 10.40

Street Blues 5.10-5.55am Countdown 12.25am Brain Box 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift ULSTER: 10.30pm

UTV Live Tonight 11.00 Real Crime With Mark

Austin: The Securitas Robbery 12.00m't Brain Box

October Road 11.35 iTunes Festival Highlights 2010 2.30-2.55am Countrywise: Yomping yawns. ITV1 WALES: 10.30-10.35pm Wales Tonight, Weather

TODAY'S SPORT

6.00am Good Morning Sports Fans (HD) 9.00 Darts (HD)

3.00pm Poker: The third heat of the Poker Million in London. (HD)

5.00 FIFA Futbol Mundial

5.30 European Tour Weekly: The latest news from the golf circuit.

6.00 Darts: The third day of the World Grand Prix in Dublin, featuring the opening second-round matches. (HD) 12.00m't Football: Extended highlights

of Sheff Wednesday vs Chesterfield in the Johnstone's Paint Trophy. 1.30am Boxing: A review of the first two

seasons of the Prizefighter Series. (HD) 3.00 15 Years of the European Cup: A chance to look back at the egg-chasing competitions between 2006 and 2010.

4.00 FIFA Futbol Mundial

4.30 Total Rugby

5.00-6.00am Transworld Sport

sky SPORTS 1 sky SPORTS 2

6.00am Aerobics 6.30 Urban Ride 7.00 WWE: Vintage Collection 8.00 Spanish Football 9.00 Football Asia 9.30 Football

11.00 Spanish Football 12.00noon Polocrosse

1.00pm Football

2.30 A-League 3.00 Polo 4.00 Spanish Football

5.00 Watersports World 6.00 Inside the PGA Tour (HD)

6.30 FIFA Futbol Mundial 7.00 INT Football: The Johnstone's Paint Trophy match between Sheff Wednesday and Chesterfield, kick-off 7.15pm.

9.30 Boxing (HD)

11.00 ICC Awards 2010

12.00m't European Tour Weekly 12.30am Inside the PGA Tour (HD)

2.00 Golf

3.00-4.00am ICC Awards 2010

FILM4 (315)

5.20pm Springfield Rifle 7.10 Baby's Day Out 9.00 The Full Monty: Comedy starring Robert Carlyle. 10.45 Big Trouble in Little China 12.40am Alexandra: Drama starring Galina Vishnevskaya. 2.30 Small Time 3.40-3.55am Where's the Money, Ronnie?

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Two and a Half Men 10.00 Sex and the City 11.40 Samantha Who? 12.40am Two and a Half Men 1.40 South Park 2.40 Sex and the City 3.50 Two and aHalf

7.00pm WE NBA Basketball 9.30 **NHL Ice Hockey**

10.30 30 for 30 11.30 Premier League World 12.00m't Poker 1.00am Press Pass 1.30 Kicks 2.00 30 for 30 3.00 NHL Ice Hockey 4.00-5.30am Rugby Union

Men 4.15 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 The End of the World Cult 10.00 Trawler Wars 11.00 Is It Possible? 12.00m't Bear Grylls: Born Survivor 1.00am Deadliest Catch 2.00 Rory McGrath's Best of British Engineering 3.00 Weaponology 3.50 Raging Planet 4.40 Unsolved History 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm The Real Hustle: Celebrity Scammers 7.30 The Real Hustle Undercover 8.00 Don't Tell the Bride 9.00 The Guardian: Drama starring Kevin Costner. 11.15 Family Guy 12.00m't One Non Blonde Down Under 12.30am Ideal 1.00 Him and Her 1.30 The Real Hustle: Celebrity Scammers 2.00 The Real Hustle Undercover 2.30 One Non Blonde Down Under 3.00 Ideal 3.30 Him and Her 4.00-5.00am Don't Tell the Bride

7.00pm Hollyoaks 7.30 Friends 9.00 Ugly Betty 10.00 Film Ferris Bueller's Day Off: Comedy with Matthew Broderick. 12.05am RuPaul's Drag Race 1.05 Scrubs 2.00 RuPaul's Drag Race 2.45 What About Brian 3.25 Life Unexpected 4.10 The Hills 4.30-6.00am Switched

DAVE (111)

6.40pm Have I Got News for You 7.20 Everest ER 8.00 Top Gear 9.00 Have I Got News for You 9.40 Mock the Week: With Rhod Gilbert and Tom Stade. 11.00 Would I Lie to You?: With Danny Baker and Michael Buerk. 11.40 Mock the Week 1.00 Argumental: With Chris Addison.

1.35 Never Mind the Buzzcocks

2.35-3.00am Whose Line Is It Anyway?

6 OCTOBER 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 Lion Man (R) 10.00 Bones (R) 11.00 Wedding SOS (R)(HD) 11.30 Babies at Risk (R) 12.00noon The Biggest Loser US (R) 1.00pm Project Runway (R) 2.00 Bones (R) 3.00 Stargate Atlantis (R)(HD) 5.00 Malcolm in the Middle (R)(HD) 5.30 Futurama (R) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons

A series of flashbacks charts Homer and Marge's rocky marriage. (R)

7.30 The Simpsons

Lisa disguises herself as a nun to infiltrate a convent when Maggie goes missing. (R)

8.00 Emergency **Animal Rescue**

Ill-treated furries get help. (HD)

8.30 Emergency Animal

More following the work of the RSPCA as they tackle cases of critter cruelty. (HD)

9.00 Madonna: Sticky and Sweet -**Live from Buenos Aires**

The singer performs in Argentina capital while up to her eyeballs in botox. (R)

11.30 Ross Kemp on Gangs

Football hooligans in Poland. (R)(HD)

12.30am Road Wars

Cops crack car crime. Blimey - try saying that after a night on the Stella. (R)

1.30 Road Wars (R) 2.20 Street Wars (R) 3.10 Bite Size Brainiac (R) 3.30 Lost (R) (HD) 4.20 Vroom Vroom (R) 5.10-6.00am Sell Me the Answer (R)(HD)

MTV (350)

7.00pm 16 and Pregnant 8.00 Celebrity Bites 8.30 The Hills 9.00 The Hard Times of RJ Berger 10.00 Jersey Shore 11.00 The Dudesons in America 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 The Dudesons in America: Stunts and pranks. 3.00-6.00am All the Hits

7.00pm FILM Waterworld 9.30 FILM Jurassic Park III: Action adventure. 11.20 Lost City Raiders 1.20am FILM Swarm 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

FX (164)

7.00pm NCIS: A murder suspect is killed. 9.00 American Dad! 10.00 MUSTASEE Burn Notice 11.00 Dexter 12.00m't Farscape 1.00am Babylon 5 2.00 ReGenesis 3.00-4.00am Water Rats

TODAY'S MUST-SEES



The Apprentice BBC1, 9pm

REALITY Fully 16 months after series five of the

money-making reality show ended with Yasmina Siadatan crowned the winner, Alan Sugar's back to find a new apprentice from 16 wannabes! We're barely introduced to the latest lot before Sural... er, Lord Sugar packs them off in the dead of night to make sausages, which they have to flog the following day. All of which leads to three of the losing team facing the bristly businessman in the boardroom and arguing with each other. About sausages! Now, what could be more entertaining than that? Nothing. That's what! ★★★★



Secret Iraq BBC2, 9pm

The final part of the heavy-hitting docu looking at the realities of the Iraq War focuses on what led the insurgents to turn against al-Qaeda at a time when the organisation controlled large areas of the country. Compelling. ****



Burn Notice FX, 10pm

Agent to the spies Tom Strickler DRAMA Agent to trie spies some tells Michael he's being hunted by a Ukrainian operative with a grudge, so he turns to Miami gangster John Beck for help. Not that it does either much good - they're both captured! ★★★



Richard Bacon's Beer And Pizza Club ITV4, 10pm

This is quite good! Bacon and a guest discuss issues that matter to men, with the funniest answers winning points. ★★★



6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 UVE Commonwealth Games: Cycling and swimming finals from Delhi. 1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 LIVE Commonwealth Games: The men's and women's 100m finals from Delhi. 5.00 [WE] Commonwealth Games: The concluding events on day four in Delhi. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebies 7.00 CBBC 8.00 LIVE Commonwealth Games: Four cycling finals, among other tiring-looking stuff. 11.00 To Buy or Not to Buy (R) 11.30 Cash in the Attic (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 LIVE Commonwealth Games: Swimming and athletics coverage from Delhi. 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 Strictly Come Dancing - It Takes Two

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women: With Jake Roche and music by A-ha. 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

6.00am The Treacle People (R) 6.15 Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.30 Lakes on a Plate (R) 10.00 Wife Swap USA 11.00 Supernanny USA (R) 11.50 My Eden (R) 12.00noon Channel 4 News Summary 12.05pm Monte Carlo or Bust 2.20 Lakes on a Plate 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.45 Meals in Moments 2.55 Zoo Days (R) 3.10 ELM Stone Cold: Crime drama starring Mimi Rogers, Tom Selleck, and his moustache . 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7.00 The One Show Topical stories

7.30 EastEnders

Michael begs Kat to leave with him. Why stop there? Can't he persuade everyone else to go with him too?

8.00 Watchdog

Anne Robinson scowls as she discovers why drivers are at risk of having their cars seized for no apparent reason.

9.00 Traffic Cops

An undercover motorbike equipped with video cameras. Hmm, sneaky.

10.00 BBC News, Weather

10.35 Question Time

Boring blather from Birmingham.

11.35 This Week

12.25am Sign Zone: Panorama

In-depth/dull current affairs reports. (R)

12.55 Countryfile

John Craven assesses the dangers presented by foxes in urban areas. Er, urban areas? This is Countryfile? The clue's in the title, surely! (R)

1.55 Wild Wales (R) 2.55 Antiques

Roadshow (R) 3.55 Britain's Empty

7.00 Games Today

SPORT Action from the men's and women's 100m finals.

8.00 Nigella Kitchen

Roast lamb with rosemary and port, and pizza. Now we're talking.

8.30 Autumnwatch

NEW Cameraman Charlie Hamilton-James points his lens at an otter and her cubs in Shetland.

9.30 Autumnwatch Unsprung

NEW Martin Hughes-Games chairs a chat about the previous show. Persumably to do with the need for so many double-barrelled names.

10.00 Mock the Week

With Ed Byrne and Jack Whitehall.

10.30 Newsnight

11.20 Whites

A celebrity chef visits the hotel. (R)

11.50 Harry & Paul

Ace sketch show. Parking Pataweyo finds a way into the record books. (R)

12.20am The Apprentice: You're Fired! (R)

1.05 BBC News: The day's headlines.

4.00-6.00am BBC Learning Zone

7.00 Emmerdale Wool-related woes

7.30 The Cuts Are Coming: Tonight

Cuts in public spending. We're doomed!

8.00 Emmerdale

8.30 Coronation Street Watch Sky1!

9.00 Law & Order: UK

A prison officer is murdered.

10.00 ITV News, Weather

10.35 The Matrix Revolutions The last of the brill Wachowski Brothers' trilogy with Keanu

Reeves. This time, freedom fighters Neo and Trinity battle to bring the war between man and machine to an end.

12.50am The Zone

It's the dream combination - shopping and interactive gaming, Er...

2.50 The Jeremy Kyle Show: Shouty

antics. (R) 3.45 The Cuts Are Coming:

Tonight (R) 4.10-5.30am ITV Nightscreen

7.00 News

7.55 4thought.tv Religious ramblings.

8.00 River Cottage Every Day Hugh Fearnley-Whittingstall indulges in some broad bean bothering.

9.00 Dispatches: Bravo's Deadly Mission

A US operation to liberate the town of Marjah in Afghanistan.

10.30 True Blood

The brilliant vampire drama continues as Sookie and Bill try to find the leader of a vampire community in Dallas.

11.40 3 Minute Wonder: **New Sensations 2010**

11.45 Reaper

The Devil introduces Sam to his other son - and orders the pair to team up.

12.45am A Family Portrait Short film starring Robert Bathhurst.

1.00 King of the Hill 1.45 Who Knows

Unreported World (R) 4.00 Hercules (R)

Best (R) 2.40 The Hospital (R) 3.35

5.25-6.10am Countdown (R)

12.50 Mother of Many Another short film. (R)

7.00 Five News at 7

7.30 Jaguar Adventure with Nigel Marven

The naturalist struggles to catch a sighting of the big cats. So, not the most exciting episode in prospect, then. (R)

8.00 Delta Divers

NEW Docu about the divers who maintain gas and oil platforms in the Gulf of Mexico.

9.00 Kiss of the Dragon

Action thriller starring Jet Li and Bridget Fonda.

10.55 Police Interceptors

Officers join forces with Ofcom to raid an illegal pirate radio station. (R)

11.55 Cops in Crisis

Bobbies in bother, (R)

12.10am SuperCasino

Live interactive cash-draining.

4.05 Police Interceptors (R) 4.55 Animal Rescue Squad: Highlights of the series. (R) 5.10 Michaela's Wild Challenge (R) 5.35-6.00am Michaela's Wild Challenge (R)

Homes (R) 4.25-6.00am BBC News

BBC1 SCOTLAND: 9.00-10.00pm New Tricks BBC1 NORTHERN IRELAND: 10.35pm Hearts and Minds 11.05 Question Time 12.05-12.55 This Week BBC1 WALES: 11.35pm Dragon's Eye 12.05-12.55am This Week BBC2 SCOTLAND

11.00-11.20pm Newsnight Scotland, Weather BBC2 NORTHERN IRELAND: 10.00-10.30pm Our William 11.20 Mock the Week 11.50 Whites

12.20am Harry & Paul 12.50 The Apprentice: You're Fired! 1.30-4.00am BBC News STV: 9.00-10.00pm ULSTER: 7.30-8.00pm The Seven Thirty Show

Underbelly: A Tale of Two Cities 10.40 Being Victor 11.10 Comedy Classics: The New Statesman 11.40 Politics Now 12.10am Brain Box 1.00 Nightwatch with Steve Scott: Crime 2.00-5.30am The Nightshift

11.00 The Cuts Are Coming: Tonight 11.30 Sport RPM 12.00m't Brain Box 2.30am The Day of the Jackal: Thriller starring Edward Fox. 5.05-5.30am ITV Nightscreen ITV1 WALES:

7.30-8.00pm Wales This Week 10.35 Sharp End

TODAY'S SPORT

sky SPORTS 1 sky SPORTS 2

- 6.00am Good Morning Sports Fans (HD) 9.00 Darts (HD)
- 3.00pm Boxing (HD) 4.30 FIFA Futbol Mundial
- 5.00 Transworld Sport: Action and features, focusing on mainstream activities and minority interest events.
- 6.00 Darts: Top arrow-chucking with the remaining second-round games in the World Grand Prix in Dublin. (HD)
- 12.00m't Ringside: Boxing magazine, including highlights of recent bouts and interviews with the stars. (HD)
- 1.00am Premier League World (HD)
- 1.30 Time of Our Lives: Programme recalling Great Britain's hockey gold medal in the 1988 Seoul Olympics.
- 2.30 Ringside (HD)
- 3.30 Premier League World (HD)
- 4.00 Time of Our Lives
- 5.00-6.00am Ringside (HD)

- 6.00am Aerobics 6.30 Urban Ride
- 7.00 WWE: Experience (HD)
- 8.00 Boxing (HD) 9.30 Football
- 11.00 ICC Awards 2010
- 12.00noon Watersports World
- 1.00pm Football 2.30 Total Rugby
- 3.00 ICC Awards 2010
- 4.00 Motorsport 5.00 WWE: Vintage Collection
- 6.00 Ringside (HD) 7.00 Rugby Union: Newcastle Falcons vs Bourgoin, kick-off 7.45pm. (HD)
- 10.00 Ringside (HD)
- 11.00 Time of Our Lives 12.00m't Rugby Union (HD)
- 3.00am IAAF Athletix Weekly 3.30 Athletics
- 4.30-5.30am Race World

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

7.00pm Eragon: Fantasy adventure. 9.00 Braveheart: Historical epic starring Mel Gibson. 12.20-4.00am Comrades: Historical drama starring Robin Soans.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Two and a Half Men 10.00 Scary Movie 2: Spoof horror sequel starring Anna Faris. 11.35 Sex and the City 1.15am Two and a Half Men 2.15 South Park 3.15 Scrubs 3.45 Two and a Half Men 4.10 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier



7.00pm Premier League World 7.30 MBA Basketball

10.00 MMA Live 10.45 UFC Unleashed 11.45 Game of the Week 12.15am Kicks 12.30 Press Pass 1.00 Major League Soccer 3.00-5.30am IVE Ice Hockey

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 I Shouldn't Be Alive 10.00 Deadliest Catch 11.00 Greatest Tank Battles 12.00m't Bear Grylls: Born Survivor 1.00am Deadliest Catch 2.00 Rory McGrath's Best of British Engineering 3.00 Weaponology 3.50 Raging Planet 4.40 Days That Shook the World 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm Top Gear 8.00 Are You Fitter Than a Pensioner? 9.00 Kids with Guns -Stacey Dooley Investigates 10.00 EastEnders 10.30 The King Is Dead 11.00 Family Guy 11.45 Him and Her 12.15am Are You Fitter Than a Pensioner? 1.15 Kids with Guns - Stacey Dooley Investigates 2.15 The King Is Dead 2.45 E20 3.10 Britain's Really Disgusting Drinks 4.10-4.40am Him and Her

7.00pm Hollyoaks 7.30 Friends 9.00 The Big Bang Theory 9.30 How I Met Your Mother 10.00 MUSISSEE PhoneShop: Comedy. 10.30 The Inbetweeners: The gang visit a university. 11.05 School of Comedy 11.35 Misfits 12.40am Scrubs 1.35 Glee 2.15 Misfits 3.10 What About Brian 3.50 Samantha Who? 4.15 The Hills 4.35-6.00am Switched

DAVE (111)

7.00pm Louis Theroux's Weird Weekends 8.00 Top Gear 9.00 Mock the Week 9.40 QI: With comedian Arthur Smith. 11.00 Mock the Week 11.40 Bottom Live: Weapons Grade Y-Fronts Tour 1.30am Louis Theroux: Under the Knife 2.30-3.00am And Then You Die

MTV (350)

7.00pm 16 and Pregnant 8.00 Randy Jackson's America's Best Dance Crew

6.00am The Biggest Loser US (R) 7.00 Brainiac: Science Abuse (R)(HD) 8.00 Oops TV (R) 9.00 Lion Man (R) 9.30 Lion Man (R) 10.00 Bones (R) 11.00 Wedding SOS (R) 11.30 Medical Emergency (R) 12.00noon The Biggest Loser US (R) 1.00pm Project Runway (R) 2.00 Bones (R) 3.00 Stargate Atlantis (R)(HD) 4.00 Stargate Atlantis (R)(HD) 5.00 Malcolm in the Middle (R)(HD) 5.30 Futurama (R) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons (R) 7.30 The Simpsons

Lisa embraces her creative side at a performing arts camp.

8.00 Modern Family

MUST-SEE New series of the ace mockumentary. (HD)

8.30 Modern Family

MUST-SEE Claire and Mitchell agree to be brutally honest with each other's partners.

9.00 An Idiot Abroad

MUST-SEE Karl Pilkington has a thoroughly rubbish time on his travels. Hilarious! (HD)

10.00 A League of Their Own

MUST-SEE The sport-based comedy quiz show hosted by James Corden returns! (HD)

10.30 Football's a Funny Old Game (R)

11.00 NCIS: Los Angeles A special agent disappears. (R)(HD)

12.00m't NCIS: Los Angeles The team track a hit squad. (R)(HD)

1.00 Road Wars (R) 1.50 500 50 Greatest Goals (R) 2.40 Oops TV (R)(HD) 3.30 Lost (R)(HD) 4.20 Vroom Vroom (R) 5.10-6.00am Sell Me the Answer (R)(HD)

11.05 The Wales Show 11.35 The Cuts Are Coming: Tonight 12.05am Countrywise 12.35-12.50am The Lakes

9.00 Jersey Shore 10.00 The Hard Times of RJ Berger 11.00 The Dudesons in America 12.00m't South Park 1.00am Dirty Sanchez: Behind the Seven Sins 2.00 The Dudesons in America 3.00-6.00am All the Hits

SYFY (129)

6.00pm Smallville 7.10 Jurassic Park III: Action adventure sequel starring Sam Neill. 9.00 Warehouse 13 10.00 Haven 11.00 A Town Called Eureka 12.00m't Haven 1.00am TIM The Terminators: Sci-fi thriller starring Jeremy London. 3.00 Mysterious Ways 4.00 Quantum Leap 5.00-6.00am Smallville

FX (164)

7.00pm NCIS 9.00 Family Guy 10.00 American Dad! 11.00 Better Off Ted 12.00m't Farscape 1.00am Babylon 5: The Vorlons adopt a new tactic. 2.00 ReGenesis 3.00-4.00am Water Rats

TODAY'S MUST-SEES





Modern Family Sky1/HD, 8pm The US sitcom, shot mockumentary

style, about a 21st-century American family is back for a brand-new second series and kicks off with a double bill. Brilliantly written, super comic timing and lady friendly. Try Modern Family! ****



An Idiot Abroad Sky1/HD, 9pm

Reluctant traveller Karl Pilkington visits Israel on his way to Jordan and along the way is subjected to a mock kidnapping, eats lambs' eyes, visits Bethlehem, swims in the Dead Sea and pretty much hates the lot! Brilliant! ****

A League Of Their Own

Sky1/HD, 10pm

OUIZ All-round legend James All-round Nuts

Corden leads the teams out for a new series of the sports panel show. It's on a bit later than before, so they're allowed to be a bit ruder, which is sure to make it funnier! For the opener, the regular guests including Jamie Redknapp and John Bishop are joined by lovely Lily Allen, while on the other side, Georgie Thompson and Freddie Flintoff are joined by Jimmy Carr. ★★★



Nikita Living, 9pm

In a new take on the Nikita franchise, Division is a secret government agency that takes criminals, cuts their ties with the world and retrains them into assassins. Maggie Q (hot) is Nikita,



Phone Shop E4, 10pm

2009's Comedy Showcase winner 2009's Comedy Showcase is rewarded with its own series. The employees of Phone Shop are under pressure to meet their sales targets, but their position as number one shop on the high street is wavering. ***

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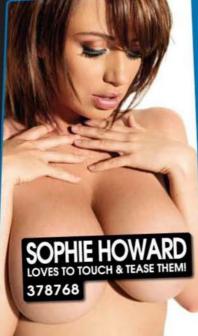
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Churchill Dog - Oh Yes-	-375625
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Wolf Howl	-378084
Darth Vader Breathing	-379705
Good Morning Vietnam	-378042
Muttley laugh	-373493

Step Brothers - Boats N Hoes -	-377007
The Inbetweeners	-376869
Dueling Banjos	373290
Only Fools and Horses	-373188
True Blood-	-376667
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98 Nuts

The world's hottest curry, a phar served at the Brick Lane Curry House in Manhattan, is so hot that chefs preparing it wear gas masks.

Jaguars are so strong, they can carry cows up trees to avoid flood waters.

Johnny Vegas' TV debut was as a contestant on the art-based game show Win, Lose Or Draw in 1996.

There are around 500 active and 1,500 potentially active volcanoes in the world.

Usain Bolt owns a three-tonne section of the Berlin Wall, presented to him after the World Athletics Championships in Berlin in 2009

The electric eel isn't an eel at all - it belongs to the knifefish family.

The world's smallest man, Edward Nino Hernandez of Colombia, who stands just 27 inches tall, will only hold the title until 14 October, when 22in-tall Khagendra Thapa Magar of Nepal turns 18.

Over 10,000 Premier League goals have now been scored using Nike balls. To celebrate, Nike has made a limited-edition gold Tracer ball (£100 nikefootball.com).

The record for the longest captivity of a live great white shark stands at 198 days, achieved by Monterey Bay Aquarium, California, in 2004.

Phil "The Power" Taylor has won 161 professional darts tournaments - more than twice as many as any other player.

Ministry of Information, during his first attempt at playing golf, Kim Jong-il shot a round of 38 under par, including five holes in one

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- Back To The
 Future is the
 138th-highestgrossing film of
 all time, before
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 into account.
- Former US
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 Ronald Reagan
 and George
 Bush Sr both
 referenced the
 film in speeches.
- Flea, the bassist from Red Hot Chili Peppers, appeared in the film's two sequels.
- Around 6,500
 DeLorean DMC 12 cars like the
 one featured in
 the film are still
 in existence.

HS unveiled its

new catalogue

 Back To The Future marks its 25th anniversary with a return to UK cinemas on 1 October.



MORDS: PETE CASHMORE PHOTOS: GETTY, ALLSTAR, AP, BARCROFT MEDIA

