

Sunday 07th August 2011

08:00 am Pro Bull Riding

PG

Only the bravest dare to enter the bullring and hold on for dear life. Pro Bull Riding is one of the most popular and thrilling sporting spectacles in the USA and the new season continues here on ONE.

09:00 am World Of Free Sports

PG

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

09:30 am Snowboarding: TTR World Tour (Rpt)

PG

Ride the slopes with fresh snowboarding action as riders tear it up in the TTR World Tour.

10:00 am UFC Prelims 133

LIVE

U.F.C 133 Prelims

Featherweight star Chad Mendes fights Rani Yahya. Matt 'The Hammer' Hamill showcases his skills against Alexander Gustafsson - the man who beat Aussie James Te-Huna.

11:00 am WRC Access All Areas (Rpt)

G

Access All Areas - R8 Finland

Your Access All Areas pass for a complete 60 minute roundup of the Rally of Finland.

12:00 pm NASCR Sprint Cup Qualifying

R21 Pennsylvania 500 @ Pocono-Qualifying

The Sprint Cup rolls in to the Pocono International Raceway as drivers look to set the pace and take front row ahead of the green flag for the Pennsylvania 500. Qualifying coverage only on ONE.

01:00 pm Drag Racing: ANDRA Pro Series

G

Top Alcohol - Winternationals, Willowbank

The ANDRA Pro Series continues with the season as the Top Alcohol action takes to Willowbank Raceway in the Winternationals.

02:00 pm Motorsport: Isle Of Man TT

PG

Supersport Race 2

ONE takes you back to the Isle of Man to relive the world's most spectacular event on two wheels. This highlights hour features the second race in the Supersport Tourist Trophy.

03:00 pm Omnisport

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

03:30 pm Extreme Dreams (Rpt)

PG

Uganda Part 4

Having lost two of their team mates, the aspiring adventurers are tested to the limits of their endurance by deadly scree slopes, vertical cliff faces and the constant threat of altitude sickness.

04:00 pm Extreme Dreams (Rpt)

PG

Uganda Part 5

Sheer climbs and dangerous vertical gorges stand between the explorers and the summit, but tensions within the team threaten the expedition.

04:30 pm Airline (Rpt)

PG
Some Coarse
Language

It is a big day for EasyJet's Liverpool staff as the Queen is due to open John Lennon Airport. Socialite Tara Palmer-Tomkinson gets a taste of life as a stewardess.

Sunday 07th August 2011

05:00 pm **Airline** (Rpt)

PG
Some Coarse
Language

The ever expanding EasyJet has merged with rival airline Go. That means new planes, new staff, new passengers and new problems.

05:30 pm **I Fish**

G

A brand new season kicks off with stunning adventures on land and sea. Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm **I Fish Catch Of The Day** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:30 pm **Shark U**

PG
Mild Coarse
Language,
Adult Themes

Love Hurts

For over twenty years college students have come to Shark U to study the most feared and fascinating marine animals.

07:30 pm **Extreme Fishing With Robson Green** (Rpt)

PG
Some Coarse
Language

South And Western Australia

Robson Green takes to the shark infested oceans of southern Australia's coast to dive for abalone just south of Port Lincoln and he celebrates Australia Day in Perth with the blue manna crab.

08:30 pm **Van Helsing** (Rpt) (2004)

CC M
WS Stylised Violence,
Horror

MOVIE

During the late 19th century, famed monster hunter Dr. Gabriel Van Helsing travels to Eastern Europe to do battle with Count Dracula, the Wolf Man and Frankenstein's Monster.

Starring: Hugh Jackman, Kate Beckinsale, David Wenham, Richard Roxburgh

11:10 pm **Redline** (2007)

MOVIE

A gorgeous young automobile fanatic, and front to the hottest unsigned band on the West coast, finds herself caught up in illegal drag-racing competitions organized by exotic car fanatics.

Starring: Tim Matheson, Nadia Bjorlin, Angus Macfadyen, Eddie Griffin

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

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

01:30 am **FA Cup Classics**

G

Luton Town V Liverpool 3rd Round 05/06

Luton Town face Liverpool in an FA Cup Classic match from the third round of the 2005/06 season.

02:00 am **Golf: WGC Bridgestone Invitational**

LIVE

W.G.C Bridgestone Invitational Round 4

The cut has been made and field narrowed at the Firestone Country Club. Will any of our Aussie golfers come out on top?

03:30 am **Omnisport** (Rpt)

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one

MELBOURNE PROGRAM GUIDE

Sunday 07th August 2011

LIVE

04:00 am Golf: WGC Bridgestone
Invitational

Monday 08th August 2011

08:00 am NASCAR Sprint Cup

R21 Pennsylvania 500 @ Pocono

Race 21 of the Sprint Cup series visits Pocono International Raceway, a unique triangle layout in Pennsylvania.

12:00 pm Tennis: ATP World Tour Uncovered (Rpt)

G

The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles.

12:30 pm Triathlon: ITU World Championship Series

R5 London - Womens Race

The leading contenders in womens triathlon come to the home of the 2012 Summer Olympic Games to take on Aussie frontrunners Emma Moffatt and Emma Snowsill.

03:00 pm Omnisport

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Sheer climbs and dangerous vertical gorges stand between the explorers and the summit, but tensions within the team threaten the expedition.

04:00 pm Airline (Rpt)

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Some Coarse
Language

The ever expanding Easy Jet has merged with rival airline Go. That means new planes, new staff, new passengers and new problems.

04:30 pm Extreme Dreams

PG

Sahara Part 1

Contestants battle it out to prove they have what it takes to cope with a gruelling trek through the Sahara desert. To earn a place they will have to complete a terrifying fire walk.

05:00 pm Guerrilla Gardeners

PG

Bourke Street

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

05:30 pm I Fish Catch Of The Day (Rpt)

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Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

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Some Coarse
Language

The afternoon flight to Malaga is delayed because of a cracked windscreen, and a passenger arrives at Liverpool without her passport.

06:30 pm Bondi Rescue (Rpt)

CC PG
WS Sexual References,
Mild Coarse
Language

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

07:00 pm COPS

PG
Drug References

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

Monday 08th August 2011

07:30 pm Fear Factor

PG
Some Coarse
Language

In each pulse-racing episode, contestants recruited from across America must decide if they have the guts and determination to face their most primal fears and confront a series of challenging stunts.

08:30 pm 24

M
Some Violence

Day 1: 4:00 A.M. - 5:00 A.M.

Teri and Alan track Janet down at St. Mark's Hospital. Kim's kidnappers deliver her to Gaines. Palmer confronts his son about the death of Lyle Gibson.

Starring: Kiefer Sutherland, Elisha Cuthbert, Dennis Haysbert, Carlos Bernard

09:30 pm One Week At A Time

AFL

The most respected name in footy analysis is back for a brand new season. Stephen Quartermain, Robert Walls and Luke Darcy tackle the big issues in AFL every Monday night only on ONE.

10:30 pm Sports Tonight

LIVE

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:00 pm One Week At A Time Late (Rpt)

NRL

NSW Coach Ricky Stuart shares his undeniable passion, knowledge and commitment for rugby league alongside Adam Hawse, Ben Ikin and Adam MacDougall every Monday night to dissect the big NRL issues.

12:00 am WRC Access All Areas (Rpt)

G

Access All Areas - R8 Finland

Your Access All Areas pass for a complete 60 minute roundup of the Rally of Finland.

01:00 am World Of Free Sports (Rpt)

PG

World of Free Sports brings you the world - a world of action, adventure and extreme sports. Get your thirty minute dose of adrenalin with an assortment of unbelievable action.

01:30 am Tennis: ATP World Tour Uncovered (Rpt)

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The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles.

02:00 am Omnisport (Rpt)

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

02:30 am Football: Arsenal TV

05:30 am FA Cup Classics (Rpt)

G

Newcastle United V Tottenham Hotspur 3rd Round Replay 99/00

Spurs and Newcastle are two of the most storied English football clubs. Share the passion of their supporters as ONE presents the 1999/2000 Third Round classic between Newcastle and Tottenham.

Tuesday 09th August 2011

06:00 am Kitesurfing: PKRA World Tour (Rpt)

G

Kitesurfing: P.K.R.A World Tour, Dominican Republic

The Dominican Republic Cabarete has been a classic event on the PKRA World Tour for the past seven years. You will be amazed by the kitesurfing action here on ONE.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R10 Showtime Southern 500 @ Darlington-Highlights

Marcos Ambrose has new found speed and consistency this season after joining Richard Petty Motorsport's Ford team. Can he break through for his first win in NASCAR's premium Sprint Cup category?

07:30 am Pro Bull Riding (Rpt)

PG

Only the bravest dare to enter the bullring and hold on for dear life. Pro Bull Riding is one of the most popular and thrilling sporting spectacles in the USA and the new season continues here on ONE.

08:30 am Cliff Diving (Rpt)

G

Cliff Diving Series, France & Mexico

Experience the tension, the bravery and aesthetics of Cliff Diving as twelve men dare to jump 26 metres into the ocean. La Rochelle in France and Yucatan in Mexico provide a stunning natural backdrop.

09:00 am WNBA Action

G

The Tulsa Shock selected Australia's Liz Cambage as Number 2 pick in the WNBA Draft. She joins Lauren Jackson and a growing number of Opals playing in the world's premier womens basketball league.

09:30 am AFL Premiership Season 2011 (Rpt)

CC

Round 20 - Carlton V Melbourne

12:00 pm One Week At A Time (AFL) (Rpt)

AFL

The most respected name in footy analysis is back for a brand new season. Stephen Quartermain, Robert Walls and Luke Darcy tackle the big issues in AFL every Monday night only on ONE.

01:00 pm One Week At A Time (NRL) (Rpt)

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NSW Coach Ricky Stuart shares his undeniable passion, knowledge and commitment for rugby league alongside Adam Hawse, Ben Ikin and Adam MacDougall every Monday night to dissect the big NRL issues.

02:00 pm 24 (Rpt)

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Some Violence

Day 1: 4:00 A.M. - 5:00 A.M.

Teri and Alan track Janet down at St. Mark's Hospital. Kim's kidnappers deliver her to Gaines. Palmer confronts his son about the death of Lyle Gibson.

Starring: Kiefer Sutherland, Elisha Cuthbert, Dennis Haysbert, Carlos Bernard

03:00 pm Omnisport

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

03:30 pm Bondi Rescue (Rpt)

CC PG
WS Sexual References,
Mild Coarse
Language

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

Tuesday 09th August 2011

04:00 pm **Airline** (Rpt)

PG
Some Coarse
Language

The afternoon flight to Malaga is delayed because of a cracked windscreen, and a passenger arrives at Liverpool without her passport.

04:30 pm **Extreme Dreams**

PG

Sahara Part 2

The team face a 500 foot slope climb to reach a waterhole high in the Acacus Mountains. After that they have to abseil the 150 foot sheer cliff face to return to the base.

05:00 pm **Guerrilla Gardeners**

PG

Arncliffe

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

05:30 pm **I Fish Catch Of The Day** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm **Airline**

PG

A passenger at John Lennon Airport is caught smuggling a cat in her handbag and a Tina Turner impersonator is diverted from Luton to Stansted Airport in a desperate effort to get to Belfast.

06:30 pm **Bondi Rescue** (Rpt)

CC PG
WS Medical Procedures

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

07:00 pm **COPS**

07:30 pm **Black Gold**

PG
Some Coarse
Language

Head back to west Texas and Bigdog 28 for the second season of Black Gold. Tensions are high on the oil rig as the company demands four wells within 50 days or the roughnecks will lose their jobs.

08:30 pm **COPS: Adults Only**

M

Chase down the bad boys and girls caught in the net of law enforcement agents. COPS is on the streets and on patrol to serve and protect law-abiding citizen and make the mean streets safer.

09:00 pm **COPS: Adults Only**

M

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

09:30 pm **12 Rounds** (2009)

MOVIE

Detective Danny Fisher discovers his girlfriend has been kidnapped by an ex-con tied to his past and he'll have to successfully complete 12 challenges in order to secure her safe release.

Starring: John Cena, Ashley Scott, Aidan Gillen, Steve Harris, Brian J. White

Tuesday 09th August 2011

11:45 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

12:15 am NASCAR Sprint Cup Highlights

R21 Pennsylvania 500 @ Pocono-Highlights

Non-stop motorsport action highlights from the Pocono International Raceway. The high octane NASCAR racing continues with the 21st round of the Sprint Cup Series.

01:15 am World Of Free Sports (Rpt)

PG

World of Free Sports brings you the world - a world of action, adventure and extreme sports. Get your thirty minute dose of adrenalin with an assortment of unbelievable action.

01:45 am Omnisport (Rpt)

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

02:00 am Golf: WGC Bridgestone Invitational (Rpt)

W.G.C Bridgestone Invitational Round 4

The cut has been made and field narrowed at the Firestone Country Club. Will any of our Aussie golfers come out on top?

05:30 am FA Cup Classics (Rpt)

G

Middlesbrough V Chesterfield Semi Final 96/97

Dip into the FA Cup archive with another classic match and relive the semi final between Middlesbrough and Chesterfield from the 1996/97 season.

Wednesday 10th August 2011

06:00 am Kitesurfing: PKRA World Tour (Rpt)

G

Kitesurfing: P.K.R.A World Tour, Morocco

Experience the beauty of northern Africa as the next round of the PKRA Kitesurfing World Tour takes the action to Morocco.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

R11 Fed-Ex 400 @ Dover-Highlights

400 miles in one action packed hour of highlights as ONE relives all the on track action and close overtaking manoeuvres from the Dover round of the 2011 Sprint Cup.

07:30 am Pro Bull Riding (Rpt)

PG

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08:30 am Cliff Diving (Rpt)

G

Cliff Diving Series, Norway

Viking courage will be put to the test at the Kragerø archipelago. The popular Scandinavian summer holiday destination is the halfway mark of the cliff diving world championship.

09:00 am Major League Baseball

LIVE

Cincinnati Reds V Colorado Rockies

12:00 pm This Week In Baseball

PG

Throughout the Major League season, This Week in Baseball is your one stop magazine show for all the most interesting MLB stories, with profiles, news, highlights and features beyond the ballpark.

12:30 pm Surfing: Cold Water Classic (Rpt)

PG
Some Coarse
Language

Surfing: O' Neill Cold Water Classic, Scotland

One of surfing's most spectacular events the Cold Water Classic sees pro surfers venture to their most northern competition spot. Thurso in Scotland hosts cold wave riding for the fifth year in a row.

01:00 pm NASCAR Nationwide Series Highlights

R22 U.S Cellular 250 @ Iowa

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 22 of full throttle NASCAR excitement is hosted at Iowa Speedway.

02:00 pm NASCAR Sprint Cup Highlights (Rpt)

R21 Pennsylvania 500 @ Pocono-Highlights

Non-stop motorsport action highlights from the Pocono International Raceway. The high octane NASCAR racing continues with the 21st round of the Sprint Cup Series.

03:00 pm Omnisport

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

03:30 pm Bondi Rescue (Rpt)

CC PG
WS Medical Procedures

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

04:00 pm Airline (Rpt)

PG

A passenger at John Lennon Airport is caught smuggling a cat in her handbag and a Tina Turner impersonator is diverted from Luton to Stansted Airport in a desperate effort to get to Belfast.

Wednesday 10th August 2011

04:30 pm Extreme Dreams

PG

Sahara Part 3

Ben Fogle catches up with the would-be explorers as they attempt to negotiate the notorious 'snake valley' and one of the support team is bitten.

05:00 pm Guerrilla Gardeners

PG

Kent Street

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

05:30 pm I Fish Catch Of The Day (Rpt)

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Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

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Some Coarse
Language

A freak blizzard brings EasyJet to a stand still, and tempers become heated as passengers begin to realise they are trapped for an extra night.

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07:00 pm COPS

07:30 pm Twister Sisters (Rpt)

WS PG
Some Coarse
Language

Peggy Willenberg and Melanie Metz are partners in a touring company in Minneapolis. Every Spring, they rove Tornado Alley in a quest to find the most terrifying and spectacular sights nature has to offer.

08:30 pm COPS: Adults Only

M

Accept no substitute: COPS is the original and still the best in the observational documentary-style reality genre. Ride along with officers on patrol in Las Vegas.

09:00 pm COPS: Adults Only

M
Adult Themes

COPS is the definitive real-life observational documentary series that follows the personal and professional lives of police officers enforcing the troubled streets of America.

09:30 pm Sons Of Anarchy

AV15+
Strong Violence,
Sexual References

Small Tears

Guest Starring: Adam Arkin, Tom Arnold, Henry Rollins

Gemma goes through a traumatic event and is unable to tell either Clay or Jax, and a new producer moves to town to put Luanne out of porn business, Clay takes exception to Jax's hasty decision making.

Starring: Charlie Hunnam, Ron Perlman, Katey Sagal, Mark Boone Junior, Kim Coates, Tommy Flanagan

10:30 pm RPM

Greg Rust, Daryl Beattie and Craig Baird kick the tyres of world motorsport as they take a light-hearted look at all forms of racing. Hear first hand from the drivers and riders making headlines.

Wednesday 10th August 2011

11:30 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

12:00 am Drag Racing: ANDRA Pro Series (Rpt) G

Top Alcohol - Winternationals, Willowbank

The ANDRA Pro Series continues with the season as the Top Alcohol action takes to Willowbank Raceway in the Winternationals.

01:00 am World Of Free Sports (Rpt) PG

World of Free Sports brings you the world - a world of action, adventure and extreme sports. Get your thirty minute dose of adrenalin with an assortment of unbelievable action.

01:30 am Omnisport (Rpt)

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02:00 am Football: Bundesliga

04:00 am Football: Bundesliga Weekly Highlights

05:00 am Major League Baseball

LIVE

L.A.Dodgers V Philadelphia Phillies

Thursday 11th August 2011

08:00 am Tennis: ATP World Tour Uncovered

G

The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles.

08:30 am Cliff Diving (Rpt)

G

Cliff Diving Series, Italy & Switzerland

You need nerves of steel to look down from this 26 metre platform constructed on a huge rock off the shores of Lake Uri in Switzerland. Highlights also from the Italian round of the cliff diving.

09:00 am WRC Access All Areas (Rpt)

G

Access All Areas - R8 Finland

Your Access All Areas pass for a complete 60 minute roundup of the Rally of Finland.

10:00 am Triathlon: ITU World Championship Series (Rpt)

R5 London - Mens Race

The Dextro Energy ITU Championship Series comes to the home of the 2012 Summer Olympic Games . Follow the elite male triathletes as they swim, cycle and run through the city .

12:30 pm Surfing: Cold Water Classic (Rpt)

PG
Some Coarse
Language

Surfing: O' Neill Cold Water Classic, South Africa

Surfers don't join the Cold Water Classic for a leisurely wave. They are here for a man vs wild experience, to battle the elements. Cape Town in South Africa has the biggest swell window in the world.

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G

Top Alcohol - Winternationals, Willowbank

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04:00 pm Airline (Rpt)

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Some Coarse
Language

A freak blizzard brings EasyJet to a stand still, and tempers become heated as passengers begin to realise they are trapped for an extra night.

04:30 pm Extreme Dreams

PG

Sahara Part 4

The team continues its journey across the Sahara Desert. As dehydration and delirium set in, they finally make it to a waterhole but are hit by a sudden sandstorm that separates them from their camels

05:00 pm Guerrilla Gardeners

PG

Balmain Park

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

Thursday 11th August 2011

05:30 pm I Fish Catch Of The Day (Rpt) WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline PG

As former Go staff get used to the new EasyJet colour scheme, the recent introduction of a 40-minute check-in causes a few headaches for passengers at Liverpool.

06:30 pm Bondi Rescue (Rpt) CC PG
WS Some Coarse Language, Medical Procedures

Our trusty Bondi Lifeguards certainly have their work cut out for them. With temperatures soaring into the mid 30s there are tens of thousands of people on the beach and plenty of dramas in store.

07:00 pm COPS

07:30 pm America's Port (Rpt) WS PG

Csi On The Water

America's Port provides an unblinking view of a vibrant and colourful nerve centre for global trade - the Port of Los Angeles. Get a look inside this dynamic and dangerous 24/7 operation.

08:30 pm The Game Plan

LIVE
AFL

The Game Plan is your detailed preview of the upcoming AFL round. Anthony Hudson, Matthew Lloyd and Scott Cummings dissect the week in footy and bring you the all important selection ins and outs.

09:30 pm Breakout Kings M
Some Violence

Queen Of Hearts

Lloyd's gambling with his fellow inmates puts him in debt and one of the inmates threatens to harm him if he refuses to pay up.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

10:30 pm Sports Tonight

LIVE

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:00 pm The Ultimate Fighter M
Realistic Violence, Some Coarse Language

Coached by Chuck Liddell and Tito Ortiz, two teams of MMA hopefuls compete for a 6 figure contract to fight in the UFC. Season 11 is middleweights, featuring Steve Irwin's former bodyguard Kyle Noke.

12:00 am The Game Plan Late (Rpt)

NRL

Your weekend begins here on ONE as Andrew Moore and Steve 'Blocker' Roach preview the weekend's rugby league and bring you the latest team selection and injury news.

Thursday 11th August 2011

01:00 am World Of Free Sports (Rpt)

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World of Free Sports brings you the world - a world of action, adventure and extreme sports. Get your thirty minute dose of adrenalin with an assortment of unbelievable action.

01:30 am Omnisport (Rpt)

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02:00 am Golf: OneAsia Tour

Thailand Open Round 1

Up and coming Australian golfers including Ashley Hall, Andre Stolz, Stephen Allan, Matthew Griffin, Terry Pilkadaris and Stephen Dartnall take on Asia's best at the Suwan Golf & Country Club.

05:00 am 500 Great Goals (Rpt)

G

Football is a worldwide favourite. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

05:30 am FA Cup Classics (Rpt)

G

Southampton V Tottenham Hotspur 5th Round Replay 94/95

Relive another football classic as the Southampton 'Saints' take on Tottenham Hotspur. Their fifth round clash from the 1994/95 season comes straight from ONE's FA Cup archives.

Friday 12th August 2011

06:00 am Kitesurfing: PKRA World Tour (Rpt)

G

Kitesurfing: P.K.R.A World Tour, Tenerife

The Professional Kitesurf Riders Association (PKRA) continues to shoot the breeze as they travel the globe on their World Tour. The next exotic stop in the competition is Tenerife.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R12 Coca-Cola 600 @ Charlotte-Highlights

Marcos Ambrose is moving closer to his first stock car win in the premier Sprint Cup series. The Tasmanian was in the thick of the action among the leaders in North Carolina, the home of the NASCAR.

07:30 am Pro Bull Riding (Rpt)

PG

Only the bravest dare to enter the bullring and hold on for dear life. Pro Bull Riding is one of the most popular and thrilling sporting spectacles in the USA and the new season continues here on ONE.

08:30 am Cliff Diving (Rpt)

G

Cliff Diving Series, U.S.A

The 2010 Cliff Diving Series visits the birthplace of the sport, Hawaii. It will be make or break for the divers as they take to the precipice at Hilo's Kawainui Falls.

09:00 am NASCAR Sprint Cup Highlights (Rpt)

R21 Pennsylvania 500 @ Pocono-Highlights

Non-stop motorsport action highlights from the Pocono International Raceway. The high octane NASCAR racing continues with the 21st round of the Sprint Cup Series.

10:00 am Major League Baseball

LIVE

St Louis Cardinals V Milwaukee Brewers

01:00 pm The Game Plan (NRL) (Rpt)

NRL

Your weekend begins here on ONE as Andrew Moore and Steve 'Blocker' Roach preview the weekend's rugby league and bring you the latest team selection and injury news.

02:00 pm The Game Plan (AFL) (Rpt)

AFL

The Game Plan is your detailed preview of the upcoming AFL round. Anthony Hudson, Matthew Lloyd and Scott Cummings dissect the week in footy and bring you the all important selection ins and outs.

03:00 pm Omnisport

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

03:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language,
Medical Procedures

Our trusty Bondi Lifeguards certainly have their work cut out for them. With temperatures soaring into the mid 30s there are tens of thousands of people on the beach and plenty of dramas in store.

04:00 pm Airline (Rpt)

PG

As former Go staff get used to the new EasyJet colour scheme, the recent introduction of a 40-minute check-in causes a few headaches for passengers at Liverpool.

Friday 12th August 2011

04:30 pm Extreme Dreams

PG

Sahara Part 5

The team reach the final stage of their Libyan trek through the desert where they face their most daunting challenge. They must make it over the dunes before their provisions run out.

05:00 pm Guerrilla Gardeners

CC PG
WS Some Coarse
Language

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

05:30 pm I Fish Catch Of The Day (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

PG
Some Coarse
Language

A family flying to scatter their father's ashes in his beloved France discover they've brought the wrong passport and face a hectic dash to make the check-in with the right documents.

06:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language,
Nudity

After a tough day at the office, come home to the best workplace in the country as we follow our trusty Bondi Lifeguards patrolling the sands and keeping tourists, backpackers and locals safe.

07:00 pm COPS

07:30 pm Mighty Movers (Rpt)

G

Mighty Movers: Rock Eaters Of Iceland

Mighty Movers are machines that work some of the largest and most sophisticated operations in the world, fulfilling our desire to work faster, build bigger and move more.

08:30 pm Wall Street (Rpt) (1987)

CC

MOVIE

A young and impatient stockbroker is willing to do anything to get to the top, including trading illegal inside information.

Starring: Michael Douglas, Charlie Sheen, Martin Sheen, John C McGinley, Daryl Hannah, Sean Young, Terence Stamp, Hal Holbrook, James Spader

11:10 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:40 pm Black Gold (Rpt)

PG
Some Coarse
Language

Head back to west Texas and Bigdog 28 for the second season of Black Gold. Tensions are high on the oil rig as the company demands four wells within 50 days or the roughnecks will lose their jobs.

Friday 12th August 2011

12:40 am Shark U (Rpt)

PG
Mild Coarse
Language,
Adult Themes

Love Hurts

For over twenty years college students have come to Shark U to study the most feared and fascinating marine animals.

01:40 am Omnisport (Rpt)

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

02:00 am Golf: OneAsia Tour

Thailand Open Round 2

Up and coming Australian golfers including Ashley Hall, Andre Stolz, Stephen Allan, Matthew Griffin, Terry Pilkadaris and Stephen Dartnall take on Asia's best at the Suwan Golf & Country Club.

05:00 am 500 Great Goals (Rpt)

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

05:30 am FA Cup Classics (Rpt)

G

Gillingham V Chelsea 4th Round 00/01

Revisit another classic English Football match from the FA Cup archives. Gillingham line up against the powerhouse Chelsea Blues in a fourth round match from the 2000/01 season.

Saturday 13th August 2011

06:00 am	Kitesurfing: PKRA World Tour (Rpt)	G	<u>Kitesurfing: P.K.R.A World Tour, Germany</u> Action Sports Afternoon continues to follow the PKRA World Tour as the leading kitesurfers take to the skies above Germany.
06:30 am	Major League Baseball (Rpt)		<u>St Louis Cardinals V Milwaukee Brewers</u>
09:00 am	Motorsport: Isle Of Man TT (Rpt)	PG	<u>Supersport Race 2</u> ONE takes you back to the Isle of Man to relive the world's most spectacular event on two wheels. This highlights hour features the second race in the Supersport Tourist Trophy.
10:00 am	Pro Bull Riding		
11:00 am	World Of Free Sports	PG	Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.
11:30 am	Drive		<u>Israel (Part 1)</u> The second season of this stunningly filmed skateboarding series takes you into the streets, carparks and makeshift jumps where skate culture develops and enthusiasts chase the dream of turning pro.
12:00 pm	The WWE Experience (Rpt)	PG Some Violence	Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE covering the most hardcore action from Raw, SmackDown and NXT.
01:00 pm	Triathlon: ITU World Championship Highlights	G	<u>R5 London - Highlights</u> Tune in for all the round five highlights of the Dextro ITU World Championship Series as triathletes build towards the London Olympics.
02:00 pm	Extreme Dreams (Rpt)	PG	<u>Sahara Part 1</u> Contestants battle it out to prove they have what it takes to cope with a gruelling trek through the Sahara desert. To earn a place they will have to complete a terrifying fire walk.
02:30 pm	Extreme Dreams (Rpt)	PG	<u>Sahara Part 2</u> The team face a 500 foot slope climb to reach a waterhole high in the Acacus Mountains. After that they have to abseil the 150 foot sheer cliff face to return to the base.
03:00 pm	Extreme Dreams (Rpt)	PG	<u>Sahara Part 3</u> Ben Fogle catches up with the would-be explorers as they attempt to negotiate the notorious 'snake valley' and one of the support team is bitten.
03:30 pm	Bondi Rescue (Rpt)	CC PG WS Some Coarse Language, Nudity	After a tough day at the office, come home to the best workplace in the country as we follow our trusty Bondi Lifeguards patrolling the sands and keeping tourists, backpackers and locals safe.
04:00 pm	Airline (Rpt)	PG Some Coarse Language	The afternoon flight to Malaga is delayed because of a cracked windscreen, and a passenger arrives at Liverpool without her passport.

A passenger at John Lennon Airport is caught smuggling a cat in her handbag and a Tina Turner impersonator is diverted from Luton to Stansted Airport in a desperate effort to get to Belfast.

Saturday 13th August 2011

05:00 pm **Guerrilla Gardeners**

CC PG
WS

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

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

G

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

06:00 pm **I Fish Catch Of The Day (Rpt)**

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:30 pm **The WWE Experience**

PG
Some Violence

Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE covering the most hardcore action from Raw, SmackDown and NXT.

07:30 pm **Everest: Beyond The Limit**

PG
Some Coarse
Language,
Adult Themes

SERIES FINAL

Join the breathtaking odyssey to Earth's highest summit. Follow the extraordinary journey as 11 climbers, three guides and a team of sherpas scale the heights of Everest on a life changing expedition.

08:30 pm **An Idiot Abroad (Rpt)**

M
Some Coarse
Language

Egypt

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

09:30 pm **MotoGP Qualifying**

LIVE

R11 Czech - Qualifying

11:10 pm **UFC 129**

U.F.C 129 St Pierre V Shields

The UFC returns to Canada and features two championship fights. Georges St-Pierre faces Jake Shields for the welterweight title. José Aldo fights Mark Hominick for the featherweight belt.

01:10 am **Rally World (Rpt)**

G

Rally World 9

In one hour, Rally World will bring you completely up to date with the latest from the World Rally Championship.

02:10 am **Golf: OneAsia Tour**

Thailand Open Round 3

Up and coming Australian golfers including Ashley Hall, Andre Stolz, Stephen Allan, Matthew Griffin, Terry Pilkadaris and Stephen Dartnall take on Asia's best at the Suwan Golf & Country Club.

05:00 am **Omnisport (Rpt)**

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

MELBOURNE PROGRAM GUIDE

Saturday 13th August 2011

05:30 am FA Cup Classics (Rpt)

G

Chelsea V Liverpool Semi Final 05/06

The Liverpool Reds v Chelsea Blues in the classic 2005/06 FA Cup Semi Final. With less than a week until the new season kicks off, ONE presents weekly football action from both Liverpool and Arsenal.