



Weekly Highlights

Week 28/29 - Saturday 13th - Friday 19th July 2024



Changing Ends
Saturday, 9pm & 9.30pm



ITV Racing: Live from Newmarket
Saturday, 1.15pm
13th July
ITV1

Francesca Cumani and Ed Chamberlin present racing from Newmarket on the third day of its 2024 July festival and action from York and Ascot on a super day of racing.

Today's feature race is the Group One July Cup at Newmarket - one of the feature sprints of the whole year. Analysis comes from Adele Mulrennan and Jason Weaver, reporting from Oli Bell and Sally Ann Grassick, and commentary from Richard Hoiles.



Changing Ends
Saturday, 9pm & 9.30pm
13th July
ITV1

Series two of the comedy based on Alan Carr's life in Northampton in the 1980s, growing up as the son of a Fourth Division football manager in Thatcher's Britain.

As the series begins, peer pressure forces Alan to accept a challenge that leads him into the murky world of fake IDs. Then, Graham gets a rude awakening when he receives his company car, but it's not the only thing that's rude as it seems the close has a pervert..



Tom Allen: Completely
Saturday, 10pm
13th July
ITV1

A stand-up comedy special featuring the popular comedian Tom Allen. He's got plenty of things to get off his chest - and they'll all fantastically funny.

Tom has finally moved out of his parents' home - it's great news for him as he's eager to share his life updates, get opinions on his vegetable patch, and delve into the protocol of inviting friends with children for dinner. Prepare to laugh until your sides are hurting.



UEFA Euro 2024 Final
Sunday, 6.30pm
14th July
ITV1

We've reached the pinnacle of European football, as we're in Berlin for the final of Euro 2024. Just two teams remain, but which will be grabbing their spot in history?

Mark Pougatch presents the final of the competition as Olympiastadion in Berlin. We know at this stage that it will be either France or Spain going up against England or Netherlands. Ultimate glory awaits the winners. Who will be lifting the trophy tonight?



Long Lost Family
Monday, 9pm
15th July
ITV1

Davina McCall and Nicky Campbell present the documentary series which aims to reunite family members desperate to find long-lost relatives after many years apart.

Featuring Paula Beer - a mother searching for the son that she gave up as a teen and who remembers the day she told him 'to remember my voice, I will always love you' - and Sharon Thomas, a sister looking for the younger brother her mother had to give up.



UEFA Euro 2025 Qualifier:
Sweden v England
Tuesday, 5.30pm
16th July
ITV1

Laura Woods presents as England's Lionesses conclude their UEFA Euro 2025 qualifying campaign against Sweden in Gothenburg and both sides aim for victory.

It ended all level at Wembley when the teams last met back in April 2024, and now both nations will be aiming for a victory and to seal an automatic qualification spot in next summer's tournament in Switzerland. Karen Carney and Eni Aluko provide analysis.



Midsomer Murders
Tuesday, 8.15pm
16th July
ITV1

The popular detective series - based on novels by Caroline Graham - that sees Inspector Barnaby investigate murder mysteries in Middle England - continues.

When the latest resident of a police retirement community is found dead, the tight-knit group regard a murder on their doorstep as both an affront and a challenge. Can Barnaby unravel the available clues and get to the bottom of what happened?



Tom Kerridge Cooks Britain
Thursday, 8.30pm
18th July
ITV1

Tom Kerridge hits the road in his 1950s food truck to learn what it takes to produce the food on our plate and to cook the British ingredients that he finds along the way.

Tom heads to Newlyn in Cornwall - the largest fishing port in England - where he is searching for sardines, then journeys to the fertile pastures of inland Cornwall in search of creamy milk at a Jersey cow farm before creating his take on a school dinner classic.



Douglas Is Cancelled
Thursday, 9pm
18th July
ITV1

A modern-day comedy drama about a news anchor who is regarded as a national treasure before he makes an ill-advised joke that is then dissected on social media.

The practice interview is underway as Douglas is faced with a woman who understands him better than he ever suspected and a battle of wits and words starts veering off in directions he never anticipated. What will happen when his daughter Claudia turns up?



Champions: Full Gallop
Friday, 9pm
19th July
ITV1

This series gets a backstage pass into the lives of jockeys and trainers at UK Jumps fixtures in a journey into racing that provides a unique insight into the sport.

It's Boxing Day at Kempton as the field lines up for the prestigious and historic King George VI Chase. Will superhorse Shishkin refuse to start, can reigning 14-time trainers' champion Paul Nicholls win again, or will top female jockey Bryony Frost triumph?



Love Island
Sunday-Friday, 9pm
Love Island: Unseen Bits
Saturday, 9pm
Love Island: Aftersun
Sunday, 10pm
13th-19th July

The reality show where glamorous singles live in a beautiful villa under the watchful gaze of an audience at home who have the power to decide who will ultimately win.

The Islanders are having the time of their lives, but the end is in sight and they need to be prepared... as always, there's a chance to catch up with Unseen Bits on Saturday at 9pm and for viewers to have their say with Love Island: Aftersun on Sunday at 10pm.



Extraordinary
Tuesday, 10.05pm
16th July
ITV2

A vibrant and very down-to-earth comedy series following Jen, a self-aware young woman who lives in a world where everybody has a superpower... except her, that is.

In this episode of the show, Jen makes a new acquaintance who also lacks a superpower, Jizzlord tries to mediate the fallout between Carrie and Jen in order to heal the rift between the former best friends, and Kash apologises to his fellow vigilantes.

itvBe Weekly highlights



**The Real Housewives
of Salt Lake City**
Monday-Friday, 5pm
15th-19th July
ITVBe

US reality series following the unconventional lives of six successful women whose lives revolve around Salt Lake City in Utah and who navigate an elite social circle.

This week's episodes include the women throwing Monica a birthday bash on their second day in Bermuda and things going wrong when she receives bad news, Heather receiving an incriminating phone call, and the first two parts of the fourth series reunion.



**The Real Housewives
Ultimate Girls Trip**
Sunday, 10pm
14th July
ITVBe

Pack your bags for this Housewives experience as iconic franchise favourites from across the megahit show embark on some fabulously luxurious global holidays.

The Housewives' stay at the Blue Stone Manor in New England continues with Dorinda refereeing field day games after shopping in town and visiting a marijuana dispensary, Vicki's medical woes continuing, and Dorinda and Brandi battling in a lasagne bake-off.



Van Der Valk
Sunday, 10.05pm
14th July
ITV3

This thrilling crime drama series follows a Dutch detective as he takes on cases in Amsterdam using insightful human observation along with his natural street smarts.

Van Der Valk's team are soon on the case when an ambitious young freerunner is murdered by a mystery sniper just as he and his girlfriend attempt to run off to a bright future, but the jury is out on two new team members as far as Van Der Valk is concerned.



Unforgotten
Monday-Wednesday,
10pm & 11pm
15th-17th July
ITV3

A British crime drama centred around historical crimes left buried for years as two London detectives work to solve cases that involve disappearances and murders.

Detectives Cassie and Sunny reunite as they take on a case concerning the remains of a body found locked in a suitcase in the River Lea - as the pair begin the complicated task of trying to identify the body, the stories of four people with links to the victim unfold.



Tour de France
Saturday, 12pm
Sunday, 10.45am
Tuesday-Thursday, 2pm
Friday, 11.15am
13th-19th July
ITV4

Gary Imlach presents coverage of the third week of the 2024 Tour de France as the 111th edition of the world's most prestigious cycling race continues to play out.

The end of the tour is fast approaching for the peloton, but not before they tackle stages set in the Pyrenean mountains that contain countless metres of vertical gain - and the meddlesome mistral - and Stage 18 provides one final chance for the sprinters to shine.



World Superbike Highlights
Tuesday, 8pm
16th July
ITV4

Highlights from each of the rounds of the Superbike World Championship as the riders are pushed to their limits while competing for victories and the historic title.

The highlights this time come from the Prosecco DOC UK Round at the famous Donington Park circuit, the place where it all began for WorldSBK - set in the gorgeous Leicestershire countryside, it has hosted memorable World Superbike races since 1988.