



Weekly Highlights

Week 39/40 - Saturday 1st - Friday 7th October 2022



The Walk-In
Monday, 9pm



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Weekly highlights



Ninja Warrior UK: Race for Glory
Saturday, 5.30pm
1st October
ITV

Ben Shephard, Rochelle Humes, and Chris Kamara are back for another edition of arguably the toughest test of physical strength, prowess, and endurance on TV.

There'll be more races, more obstacles, and more elite ninjas for this episode's plucky band of contestants to tackle as they aim to reach the finals and get the chance to conquer the mighty Mount Midoriyama. Who has what it takes to succeed this time?



The Masked Dancer
Saturday, 6.30pm
1st October
ITV

Joel Dommett and his panel of famous faces return to see if they are any closer to working out the identities of the eight remaining performers in the current series.

Oti Mabuse, Jonathan Ross, Davina McCall and Peter Crouch will see all of the surviving participants take to the stage in this edition... and there's a surprise twist that no-one will have seen coming. Which of the acts will be unmasked at the end of the show?





Weekly highlights



The Voice UK
Saturday, 8pm
1st October
ITV

Emma Willis introduces another set of performers who think that they have what it takes to impress the star coaches and become the UK's next big singing talent.

It's the fifth round of the Blind Auditions, and if will.i.am, Anne-Marie, Sir Tom Jones and Olly Murs thought that they had seen the best of this series' contenders before, they may be proven wrong again this time. Who will get those coach chairs swivelling?



Who Wants To Be A Millionaire?
Saturday, 9.30pm
1st October
ITV

Jeremy Clarkson invites more challengers to take on a possible 15 questions and try to win one of TV's most famous prizes - a life-changing one million pounds.

The lifelines that the contestants can use when they're caught out by a question can only help them so far - what matters most is having the right knowledge to reach the high-stakes questions. Will any contestant reach that crucial million-pound position?





Weekly highlights



**ITV Racing Live:
Prix de l'Arc de Triomphe
Sunday, from 1pm
2nd October
ITV**

Ed Chamberlin presents coverage of the historic horse race from the Longchamp racecourse in Paris, with competitors from across Europe bidding to win the event.

The 2021 edition saw German horse Torquator Tasso cause a huge upset in winning one of the most prestigious prizes on the calendar - and he's back to defend his title in 2022. Jason Weaver, Adele Mulrennan, and Matt Chapman provide analysis of the race.



**Celebrity Lingo
Sunday, 6.30pm
2nd October
ITV**

The legendary RuPaul sashays back onto our screens as he invites three more pairs of celebrity wordsmiths to test themselves on the language-based guessing game.

This episode of the programme sees Charlotte Church and Carys Eleri square off against Clare Balding, Alice Arnold, Rickie Haywood-Williams and Melvin Odoom, but will it be Wales, broadcasters, or DJs making it to the final and winning big for charity?





Weekly highlights



**Gino's Italy:
Like Mamma Used to Make
Sunday, 7.30pm
2nd October
ITV**

Gino D'Acampo continues his culinary odyssey around Italy in the series that sees him celebrate his family heritage and the women who have kept his country fed.

Gino is off to the Emilia Romagna region of Italy this time - he gets behind the wheel of a Ferrari in the birthplace of the world-renowned sportscar marque, and he also learns why balsamic vinegar is known as black gold in the 'food basket' of the country.



**Karen Pirie
Sunday, 8pm
2nd October
ITV**

The cold case drama series, adapted from best-selling author Val McDermid's acclaimed novel The Distant Echo, continues with the pressure building on Karen.

Suspects in Karen's case are coming under attack, and what started as a simple review of Rosie Duff's murder has now become a live investigation. It looks as though someone is out to avenge Rosie's death... but could it also be a bid to hide the truth?





Sorry, I Didn't Know
Sunday, 10.20pm
2nd October
ITV

As the nation comes to recognise Black History Month once more, Jimmy Akingbola returns with the panel show that celebrates Black British history.

Jimmy is joined by Chizzy Akudolu, Eddie Kadi, White Yardie, Athena Kugblenu, Verona Rose and Babatunde Aleshe in this episode of the programme - the panellists will be demonstrating their knowledge and sharing some informative fun along the way too.



Fresh Cuts
Sunday, 10.45pm
2nd October
ITV

As part of the celebration of Black History Month, ITV presents a series of thought-provoking new documentary films produced by rising Black filmmakers.

This programme features innovative and contemporary takes on Black British culture and attempt to capture what it means to be Black in Britain today - in the first film of the series, rapper Youngs Teflon helps three people express themselves through rap.



Weekly highlights



The Walk-In
Monday, 9pm
3rd October
ITV

Stephen Graham stars in this new drama, which is based on real events and takes an uncompromising look at the terrifying rise of far-right extremism in Britain.

When the UK votes to leave the European Union, the political far-right - previously agitated by Muslim terrorist attacks - seeks to take advantage. The murder of the MP Jo Cox is linked to a fanatic of the cause, but it soon emerges that worse may follow.



Paxman:
Putting Up with Parkinson's
Tuesday, 9pm
4th October
ITV

Broadcaster Jeremy Paxman opens up about his diagnosis with Parkinson's disease in this candid documentary about the condition and his personal experience of it.

As Jeremy allows cameras to document his battle for the first time, he meets experts at the leading edge of research into Parkinson's, attends a ballet class, learns to play bowls and observes a brain dissection to come to terms with what Parkinson's means.





Weekly highlights



Doc Martin
Wednesday, 9pm
5th October
ITV

Martin Clunes stars as the lovably grumpy GP as the final series of the much-loved medical comedy-drama continues with the surprise return of a familiar relative.

When Louisa's father makes a sudden visit to Portwenn, Martin becomes suspicious of the reasons for his dropping by - meanwhile, Ruth soldiers on with her efforts to help Martin overcome his blood phobia, and Bert's latest scheme is thwarted by a squatter.



DNA Journey
Thursday, 9pm
6th October
ITV

Two of Britain's most popular TV presenters explore their heritage in the latest episode of the genealogy series that reveals the surprising history of celebrities.

Alison Hammond and Kate Garraway have been mainstays of our daytime television for years, but now they learn about the family members they never knew existed in a voyage of discovery that goes from Bristol to London before winding up in Jamaica.





**International Football:
England v USA
Friday, from 7.30pm
7th October
ITV**

Laura Woods presents coverage of the highly-anticipated friendly clash between the Euro 2021 champions and the 2019 World Cup winners at Wembley Stadium.

England's Euro win has propelled women's football into the stratosphere of British sport, but they face a stiff challenge from the USA, who remain at the forefront of the women's game - Ian Wright, Karen Carney, and Eni Aluko join Laura for the big event.



**Rugby World Cup 2021:
Fiji v England
Friday, from 4am
7th October
ITV**

Jill Douglas introduces coverage of England's first game in the long-awaited 2021 Rugby World Cup, which is against Fiji at the Eden Park stadium in New Zealand.

The Red Roses are trying to atone for a heartbreaking defeat by the hosts in the 2017 final of the event, but they start the tournament as the number one team in the world - David Flatman, Maggie Alphonsi, and Nolli Waterman provide analysis of the match.



Bad Chefs
Monday-Friday, 9pm
3rd-7th October
ITV2

This cooking competition, hosted by social media star Chunkz, sees a group of takeaway food addicts live together as they learn how to cook for themselves.

We're into the second and final week of the culinary contest, but have our takeaway lovers got any better at cooking? There are challenges across the week before the final four cook a roast for special guests on Friday. Who's taking home the cash prize?



The Emily Atack Show
Tuesday, 10pm
4th October
ITV2

The multi-talented Emily Atack is back with another series of her hit programme combining stand-up observation with cutting-edge sketches and impersonations.

Sketches include Emily on the pull in Bridgerton times, trying to run a hospital as Gemma Collins and putting on a performance for a sexy neighbour. Plus, impressions of Olivia Colman and Holly Willoughby, and stand-up about showing off.

itvBe. Weekly highlights



The Real Housewives of Cheshire
Monday, 9pm
3rd October
ITVBe

The 15th series following a group of women residing in one of the UK's most affluent areas, the glamorous Golden Triangle of Cheshire, continues.

The Housewives arrive in Valletta for Nicole's drinks launch - as Rachel lets her hair down and enjoys a break from her responsibilities in Cheshire, Lystra arrives in style by private jet with an old friend. Will it be fun in the Maltese sun, or handbags at dawn?



Tanya Bardsley: Me and ADHD
Thursday, 9pm
6th October
ITVBe

In this revealing and personal documentary, Tanya Bardsley talks about her problems with ADHD and how her life has changed since being diagnosed with it.

Tanya Bardsley was diagnosed six weeks before her 40th birthday with ADHD. Tanya has suffered from feeling different to everyone else, and here she talks about her struggles, and how she learning to be a mum to a child with the condition too.

itv3 Weekly highlights



Van Der Valk
Monday-Wednesday, 10pm
3rd-5th October
ITV3

Hustle star Marc Warren takes on the role of the Dutch detective, originally created by Nicolas Freeling, in a modern-day reboot of the mystery drama series.

As series two begins, the Dutch detective is called in to investigate the gruesome murder of a solicitor, looks into the case of an employee of a diamond company who is killed, and springs into action when a promising cellist dies following an acid attack.



DI Ray
Thursday & Friday, 10pm & 11pm
6th & 7th October
ITV3

Parminda Nagra heads the cast of DI Ray, a gripping crime series that tracks a compelling murder investigation whilst exploring the emotive subject of identity.

With all four episodes shown over two days, DI Rachita Ray is promoted to homicide, but realises instantly she is a token hire and that the so-called 'culturally-specific homicide' she is assigned to, is anything but. Can she crack a difficult case?

itv4 Weekly highlights



The Motorbike Show
Wednesday, 9pm
5th October
ITV4

Presenter, motorcycle adventurer and writer Henry Cole begins a new series in which he takes more in-depth looks at the fascinating world of motorcycling.

Henry Cole rides the Wiltshire Downs on a new BSA Goldstar - he sets off from Royal Wootton Bassett to historic Avebury, which is famous for its Neolithic stone rings, and the market town of Marlborough. Plus, a visit to the Goodwood Festival of Speed.



The Grand Fishing Adventure
Monday, 9pm
3rd October
ITV4

Ali Hamidi is joined by former Premier League football star and fishing lover Bobby Zamora as they set off on a bucket list fishing tour of Great Britain.

The duo's fishing tour begins in Shropshire. Their first mission is to catch a specimen crucian of over 2lbs. Next, the boys head to a top syndicate water called The Avenue, where the carp can reach up to 60lbs. Plus, Daniel Clifford cooks on the river bank.



Weekly highlights



Lloyd of the Flies
Monday-Friday, 5pm
3rd-7th October
CITV

Lloyd is a young fly with a lot to prove - it's not easy being the middle child of 453 - but it often gets worse when Lloyd ends up in situations of his own making.

Over the week, Lloyd, Catastrophe Jim, Abacus and PB are sucked into a howling void, Lloyd is incensed when Berry brings his parents fruit from the fridge, a has heard of a spooky new attraction - the realm of Backov Zofar, and much, much more.



Jurassic World: Camp Cretaceous
Monday-Friday, 6pm
3rd-7th October
CITV

The animated series following six teenagers exploring the world's most incredible adventure camp continues its third run of excitement - and it's all new to CITV.

Sammy and Brooklynn rush to warn the others about a sinister new threat, Yaz searches for an antidote when a camper is poisoned, it's crunch time for the campers to get to the boat, and Darius must put his feelings aside and make a decision.





The Hub Top 10



01 | John & Joe Bishop: Life After Death Broadcast - 26th September, ITV. Documentary about John Bishop and his son Joe, who lost most of his hearing by the age of 15.



02 | Karen Pirie Broadcast - 25th September, ITV. Detective Karen Pirie takes up a cold case when it becomes the subject of a true crime podcast.



03 | Celebrity Lingo Broadcast - 25th September, ITV. With Michelle Visage, Vernon Kay, Dr Ranj, Jenny Ryan, Axel Blake and Ellie Taylor.

04 | Coronation Street Broadcast - 23rd September, ITV. A frantic dash to save Kelly from danger culminates in a devastating shooting, Stephen's heart sinks when Gabrielle visits the Platts, and Evelyn triumphantly returns Hayley's coat to Roy.

05 | Emmerdale Broadcast - 23rd September, ITV. Chas feels guilty, Dawn lets Harriet help her, and tension simmers with Cain and Chas.

06 | Gino's Italy: Like Mamma Used to Make Broadcast - 25th September, ITV. Gino visits Tuscany and reveals a different side to the region.

07 | The Voice UK Broadcast - 24th September, ITV. Can the auditioning singers give the performance of their lives and win a place on a team?

08 | The Masked Dancer Broadcast - 24th September, ITV. Five Masked Dancers compete to remain anonymous and the fourth celebrity is eliminated and unmasked.

09 | James Martin's Saturday Morning Broadcast - 24th September, ITV. James serves up a feast of food with singer and producer Example, and chefs Paul Rankin and Romy Gill sharing some of their recipes.

10 | Professor T Broadcast - 23rd September, ITV. A barrister and his second wife are shot in a crime that has parallels to a double murder that he prosecuted 15 years ago.