



# what's on this week?

12noon

2pm

4pm

6pm

8pm

10pm

Mon 1  
Sep

Tue 2  
Sep

Wed 3  
Sep

Thur 4  
Sep

Fri 5  
Sep

Sat 6  
Sep

Sun 7  
Sep

Cycling: Tour of Britain Live  
12noon - 3:40pm

England v India:  
A Series to  
Remember  
4pm - 5pm

Women's Rugby World Cup Replay:  
England v USA  
5:15pm - 8:45pm

Cycling: Tour of Britain Live  
12noon - 3:40pm

Athletics: Diamond League  
Lausanne Replay  
4pm - 6pm

Women's Rugby World  
Cup Replay:  
Scotland v Wales  
76:15pm - 9pm

Cycling: Tour of Britain Live  
12noon - 2.30pm

Live Football:  
Kazakhstan v Wales  
2:45pm - 5:15pm

Athletics: Diamond League Brus-  
sels Replay  
5:20pm - 7:20pm

Live Football:  
Luxembourg v Northern Ireland  
7:30pm - 10pm

Cycling: Tour of Britain Live  
12noon - 3:40pm

Women's Rugby World  
Cup Replay:  
New Zealand v Spain  
4pm - 6:20pm

Scrum Queens:  
Founders of  
the WRWC  
6:30pm - 7:15pm

Live Football:  
Denmark v Scotlan  
7:30pm - 10pm

Live Women's Rugby World Cup:  
Canada v Scotland  
11:45am - 2:15pm

Live Women's Rugby World Cup:  
Wales v Fiji  
2:15pm - 4:35pm

Live Women's Rugby World  
Cup:  
England v Australia  
4:35pm - 7:20pm

F1 Italian GP  
Qualifying  
Highlights  
7:20pm - 8:10pm

Great North Run 2025  
12noon - 2pm

Live Women's Rugby World Cup:  
New Zealand v Ireland  
2:30pm - 5pm

Live NFL:  
Washington Commanders v New York Giant  
5:30pm - 9:30pm

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