



## Fríggjadagur 8. august

0.00 Bajourou Music of Malim  
0.30 Your Place or Mine ?  
1.00 Running the Community  
1.30 New Forms of Partnerships  
2.00 Lyn Marshalls Everyday Yoga  
4.00 A Vous La France  
5.00 The Small Business Programme  
5.30 20 Steps to better Management  
6.00 BBC Newsdesk  
6.25 Prime Weather  
6.30 Simon and the Witch  
6.45 Alfonso Bonzo  
7.10 Grange Hill  
7.45 Ready Steady Cook  
8.15 Kilroy  
9.00 Style Challenge  
9.30 Eastenders  
10.00 Pie in the Sky  
10.50 Prime Weather  
10.55 Good Living  
11.20 Ready Steady Cook  
11.50 Style Challenge  
12.15 Vets School  
12.45 Kilroy  
13.30 Eastenders  
14.00 Pie in the Sky  
14.50 Prime Weather  
15.00 Good Living  
15.25 Simon and the Witch  
15.45 Alfonso Bonzo  
16.05 Grange Hill  
16.30 Wildlife  
17.00 BBC World News  
17.25 Prime Weather  
17.30 Ready Steady Cook  
18.00 East Enders  
18.30 Vets School  
19.00 Goodnight Sweetheart  
19.30 Brittas Empire  
20.00 Casualty  
21.00 BBC World News  
21.25 Prime Weather  
21.30 Later with Jools Holland  
22.35 The Glam Metal Detectives  
23.10 First for fun  
23.35 Top of the Pops

## Leygardagur 9. august

0.05 Dr. Who  
0.30 El Escorial Palace  
1.00 Rabbits and Chalk Grasslands  
1.30 Regions Apart  
2.30 Managing for Biodiversity  
3.00 Ensembles in Performance  
3.30 Care in the Community  
4.00 The Church of Santa Maria  
4.30 A Tale of Two Cells  
5.00 The Golden Thread  
5.30 Empire and Nation  
6.00 BBC Newsdesk  
6.25 Prime Weather  
6.30 Noddy  
6.45 Jonny Briggs  
7.00 Bodger and Badger  
7.10 The Really Wild Show  
7.35 Just William  
8.05 Gruy  
8.30 Grange Hill Omnibus  
9.05 Dr. Who  
9.30 Style Challenge  
9.55 Ready Steady Cook  
10.25 Prime Weather  
10.30 Eastenders Omnibus  
11.50 Style Challenge  
12.15 Ready Steady Cook  
12.45 Kilroy  
13.30 Wildlife  
14.00 Love Hurts  
14.50 Prime Weather  
15.00 Monty the Dog  
15.05 Kevin's Cousins  
15.30 The Genie from Down Under  
15.55 Grange Hill Omnibus  
16.30 Wilderness Walks  
17.00 Top of the Pops  
17.30 Dr. Who  
18.00 Dads Army  
18.30 Are You being Served ?  
19.00 Pie in the Sky  
20.00 To Play the King  
20.55 Prime Weather  
21.00 Murder Most Horrid  
21.30 Ruby Wax Meets Goldie Hawn  
22.00 Shooting Stars  
22.30 French and Saunders  
23.00 The Stand Up Show  
23.30 Benny Hill

## Sunnudagur 10. august

0.20 Prime Weather  
0.30 Learning About Leadership  
1.00 The Magic Flute  
1.30 Spanning Materials  
2.00 Easing the Pain  
2.30 Ideal Sounds  
3.00 Scenes from Dr. Faustus  
3.30 Designer Rides  
4.00 A School for Our Times  
4.30 Earthquakes Seismology  
5.00 The Promised Land  
5.30 Vibrations  
6.00 BBC Newsdesk  
6.25 Prime Weather  
6.30 Simon and the Witch  
6.45 Wham Bam Strawberry Jam  
7.00 Monty the Dog  
7.05 Alfonso Bonzo  
7.30 Goggle Eyes  
7.55 The Genie from Down Under  
8.20 Grange Hill Omnibus  
8.55 Top of the Pops  
9.25 Style Challenge  
9.50 Ready Steady Cook  
10.20 Prime Weather  
10.25 All Creatures Great and Small  
11.15 Whatever Happened to the Likely Lads  
11.45 Style Challenge  
12.15 Ready Steady Cook  
12.45 Kilroy  
13.30 Wildlife  
14.00 All Creatures Great and Small  
14.50 Bodger and Badger  
15.05 The Really Wild Show  
15.30 Alfonso Bonzo  
15.55 Grange Hill Omnibus  
16.30 Wildlife  
17.00 BBC World News  
17.25 Prime Weather  
17.30 Antiques Roadshow  
18.00 Lovejoy  
19.00 999  
20.00 The Final Cut  
21.45 Black Daises for the Bride  
23.45 Songs of Praise  
23.20 A Woman Called Smith  
23.50 Prime Weather

## Mánadagur 11. august

0.00 English only in America ?  
0.30 Putting Training to Work  
1.00 The Three Degrees  
1.30 Windows on the Mind  
2.00 Sporting Chance Essentials  
4.00 Espania Viva  
5.00 The Small Business Programme  
5.30 20 Steps to Better Management  
6.00 BBC Newsdesk  
6.25 Prime Weather  
6.30 Noddy  
6.40 Gruy  
7.05 Grange Hill  
7.30 Holiday Outings  
7.45 Ready Steady Cook  
8.15 Kilroy  
9.00 Style Challenge  
9.30 Wildlife  
10.00 Strathblair  
10.50 Prime Weather  
10.55 Good Living  
11.20 Ready Steady Cook  
11.50 Style Challenge  
12.15 Animal Hospital  
12.45 Kilroy  
13.30 Wildlife  
14.00 Strathblair  
14.50 Prime Weather  
15.00 Good Living  
15.25 Noddy  
15.35 Gruy  
16.00 Grange Hill  
16.25 Songs of Praise  
17.00 BBC World News  
17.25 Prime Weather  
17.30 Ready Steady Cook  
18.00 Wildlife  
18.30 Masterchef  
19.00 Are You Being Served ?  
19.30 Birds of a Feather  
20.00 The Final Cut  
20.00 BBC World News  
21.25 Prime Weather  
21.30 The Final Cut  
22.20 One Man and His Dog  
23.00 Westbeach  
23.55 Prime Weather

## Týsdagur 12. august

0.00 Melodrama  
0.30 The Rinnucini Chapel  
1.00 The Gentle Sex  
1.30 On Pictures and Painting  
2.00 Sporting Chance  
4.00 Espania Viva

## 5.30 RCN Update Unit

6.00 BBC Newsdesk  
6.25 Prime Weather  
6.30 Jonny Briggs  
6.45 Uncle Jack and the Dark side of the Moon  
7.10 Just William  
7.45 Ready Steady Cook  
8.15 Kilroy  
9.00 Style Challenge  
9.30 Eastenders  
10.00 The Duchess of Duke Street  
10.50 Prime Weather  
10.55 Real Rooms  
11.20 Ready Steady Cook  
11.50 Style Challenge  
12.15 Masterchef  
12.45 Kilroy  
13.30 Eastenders  
14.00 The Duchess of Duke Street  
14.50 Prime Weather  
14.55 Real Rooms  
15.20 Jonny Briggs  
15.35 Maid Marian and Her Merry Men  
16.00 Just William  
16.30 Top of the Pops  
17.00 BBC World News  
17.25 Prime Weather  
17.30 Ready Steady Cook  
18.00 Eastenders  
18.30 The English Country Garden  
19.00 Benny Hill  
20.00 A Very Peculiar Practice  
21.00 BBC World News  
21.25 Prime Weather  
21.30 HMS Brilliant  
22.30 The Murder Squad  
23.00 Casualty  
23.50 Prime Weather

## Mikudagur 13. august

0.00 Noise Annoys  
0.30 Writing a Report  
1.30 Vibrations  
2.00 Sporting Chance  
4.00 Espania Viva  
6.00 BBC Newsdesk  
6.25 Prime Weather  
6.30 Monty the Dog  
6.35 The Genie from Down Under  
7.00 Grange Hill  
7.25 The Ozone  
7.45 Ready Steady Cook  
8.15 Kilroy  
9.00 Style Challenge  
9.30 Eastenders  
10.00 Campion  
10.50 Prime Weather  
11.00 Real Rooms  
11.20 Style Challenge  
11.50 Ready Steady Cook  
12.20 The English Country Garden  
12.45 Kilroy  
13.30 Eastenders  
14.00 Campion  
14.50 Prime Weather  
15.00 Real Rooms  
15.30 Monty the Dog  
15.35 The Genie from Down Under  
16.00 Grange Hill  
16.30 Wildlife  
17.00 BBC World News  
17.25 Prime Weather  
17.30 Ready Steady Cook  
18.00 Eastenders  
18.30 Wilderness Walks  
19.00 Next of Kin  
19.30 Goodnight Sweetheart  
20.00 I Claudius  
21.00 BBC World News  
21.25 Prime Weather  
21.30 Robert Burns: The Plough Boy of the West  
22.30 One Foot in the Past  
23.00 A Mug's Game  
23.50 Prime Weather

## Hósdagur 14. august

0.00 Stress  
0.30 Synthesis of a Drug  
1.00 Molecular Engineers  
1.30 The Cretaceous Greenhouse  
2.00 Sporting Chance  
4.00 Espania Viva  
6.00 BBC Newsdesk  
6.25 Prime Weather  
6.30 Wham Bam Strawberry Jam  
6.45 The Really Wild Show  
7.10 Goggle Eyes  
7.45 Ready Steady Cook  
8.15 Kilroy  
9.00 Style Challenge  
9.30 Wildlife  
10.00 Lovejoy  
10.50 Prime Weather

10.55 Real Rooms  
11.20 Ready Steady Cook  
11.50 Style Challenge  
12.15 Wilderness Walks  
12.45 Kilroy  
13.30 Wildlife  
14.00 Lovejoy  
14.50 Prime Weather  
15.00 Real Rooms  
15.25 Wham Bam Strawberry Jam  
15.40 The Really Wild Show  
16.00 Goggle Eyes  
16.30 Dr. Who  
17.00 BBC World News  
17.25 Prime Weather  
17.30 Ready Steady Cook  
18.00 Wildlife  
18.30 Antiques Roadshow  
19.00 Dad's Army  
19.30 Yes Prime Minister  
20.00 Pie in the Sky  
21.00 BBC World News  
21.25 Prime Weather  
21.30 In Pursuit of Don Juan  
22.30 A Woman Called Smith  
23.15 Minder



## Fríggjadagur 8. august

7.30 Athletics  
9.00 Sailing  
9.30 Water Skiing  
10.00 Motorsports  
11.00 Athletics  
12.30 Mountain Bike  
13.00 Mountain Bike  
13.30 Tennis  
15.00 Athletics  
15.30 Athletics - Live  
19.00 Tennis - Live  
21.30 Athletics  
23.00 Mountain Bike  
23.30 Boxing  
0.30 Close

## Leygardagur 9. august

6.00 Athletics - Live  
9.00 Mountain Bike  
9.30 Free Climbing  
10.00 Strongest Man '97  
11.00 Athletics  
13.00 Touring Car - Live  
14.00 Golf Live  
15.30 Athletics  
16.00 Athletics - Live  
19.15 Tennis - Live  
21.00 Boxing  
21.30 Athletics  
23.00 Touring Car  
23.30 Cart  
0.30 Mountain Bike  
2.00 Close

## Sunnudagur 10. august

6.00 Athletics - Live  
8.30 Tennis  
10.00 Cart  
11.00 Motorcycling - Live  
13.00 Athletics  
14.00 Golf Live  
15.30 Athletics - Live  
19.00 Touring Car  
19.30 Cart  
20.00 Cart - Live  
22.00 Athletics  
23.00 Tennis  
2.00 Close

## Mánadagur 11. august

8.30 Motorcycling  
9.00 Athletics  
11.00 Cart  
13.00 Mountain Bike  
13.30 Duathlon  
14.30 Tennis  
16.30 Football  
17.30 Motorcycling  
18.00 Strongest Man '97  
19.00 Motorsports  
21.00 Boxing  
22.00 Football  
23.00 Snooker  
0.30 Close

## Týsdagur 12. august

7.30 Tennis  
9.00 Motorsports  
11.00 Cart  
12.00 Touring Car  
12.30 Motorcycling  
13.00 Water Skiing  
13.30 Triathlon  
14.30 Athletics  
16.30 Tractor Pulling  
17.30 Four Wheels Drive

18.00 Monster Truck  
18.30 Fun Sports  
19.00 Touring Car  
20.00 Boxing  
21.00 Football  
23.00 Equestrianism  
0.00 Sailing  
0.30 Close

## Mikudagur 13. august

7.30 Football  
9.00 Swimming - Live  
10.30 Football  
11.00 Football - Live  
13.00 Fun Sports  
13.30 Swimming  
15.00 Football  
17.00 Motorsports  
18.00 Tennis - Live  
20.00 Truck Racing  
21.00 Football  
22.00 Strongest Man '97  
23.00 Golf  
0.00 Monster Truck  
0.30 Close

## Hósdagur 14. august

7.30 Golf  
8.30 Swimming - Live  
9.45 Swimming  
10.15 Swimming - Live  
11.30 Mountain Bike  
12.00 Mountain Bike  
12.30 Athletics  
14.30 Swimming  
15.00 Swimming - Live  
16.00 Swimming - Live  
17.00 Swimming - Live  
18.00 Tennis - Live  
20.00 Body Building  
21.00 Swimming  
22.00 Athletics  
23.30 Tennis  
0.00 Sailing  
0.30 Close



## Fríggjadagur 8. august

4.55 The City  
5.20 Goðan morgun börn  
6.50 Goðan morgun  
9.30 Goðan morgun (e)  
11.00 TV-Shop  
11.50 Pacific Drive  
12.15 Grannar  
12.45 All American Girl  
13.15 Paradise Beach  
13.45 Heartbreak High  
14.40 Pacific Drive  
15.05 Grannar  
15.35 The City  
16.05 Baywatch  
17.00 TV3 beinleiðis  
17.05 Í góðum og ringum tíðum  
18.30 Pyramidan  
19.00 Filmur: Clean Slate  
21.00 Adrenalin Junkies  
21.55 TV3 beinleiðis  
22.10 Gamal drongur í New York  
22.40 Ein rædd í náttini  
23.40 Stuttroð: Eitt spæl um vald 2.2  
1.35 Diana  
2.25 Liðugt

## Leygardagur 9. august

7.00 Fyrir börn  
9.05 Biker Mice from Mars  
9.30 Weekend-Shop  
10.30 TV-Shop  
11.30 Ein leigin heimur  
12.00 Fangarnir á fortínum  
13.25 The Extraordinary  
14.20 All American Girl  
14.50 Flintstones  
15.20 Filmur: Paradís á Hawaii  
17.05 Tarzan  
18.00 Sabrina 1:22  
18.30 Suddenly Susan  
19.00 Filmur: Passer passer piger  
20.35 TV3 í heyst  
20.50 Filmur: Magnum Force  
23.10 Ruby Wax vitjar Zsa Zsa Gabor  
23.55 Filmur: Zelig  
1.15 Ace in the Hole  
2.15 Liðugt

## Sunnudagur 10. august

7.00 Fyrir börn  
9.00 Biker Mice from Mars  
9.25 Name Your Adventures  
9.50 Ein leigin heimur

10.20 Fangarnir á fortínum  
11.45 Our Gang  
11.55 Flintstones  
12.25 The Extraordinary  
13.20 All American Girl  
13.50 Maybe This Time  
14.20 Filmur: The Rainmaker  
16.35 Home Improvement  
17.05 Murder She Wrote  
18.00 Náttúrufræðingur  
19.00 Eg og framtíðin  
20.00 Filmur: Groundhog Day  
21.55 Married With Children  
22.25 Ellen  
22.55 Filmur: Schatjes  
0.55 Liðugt

## Mánadagur 11. august

4.55 The City  
5.20 Goðan morgun börn  
6.50 Goðan morgun  
9.30 Goðan morgun (e)  
11.00 TV-Shop  
11.50 Pacific Drive  
12.15 Grannar  
12.45 All American Girl  
13.15 Paradise Beach  
13.45 Heartbreak High  
14.40 Pacific Drive  
15.05 Grannar  
15.35 The City  
16.05 Baywatch  
17.00 TV3 beinleiðis  
17.05 Í góðum og ringum tíðum  
17.35 Nightingales  
18.30 Pyramidan  
19.00 World Music Award 2:2  
20.00 Melrose Place  
20.55 J.A.G.  
21.55 TV3 beinleiðis  
22.10 Party Uartig  
22.40 Ein rædd í náttini  
23.40 Stuttroð: Eitt spæl um vald 1.2  
1.35 Diana  
2.25 Liðugt

## Týsdagur 12. august

4.55 The City  
5.20 Goðan morgun börn  
6.50 Goðan morgun  
9.30 Goðan morgun (e)  
11.00 TV-Shop  
11.50 Pacific Drive  
12.15 Grannar  
12.45 All American Girl  
13.15 Paradise Beach  
13.45 Heartbreak High  
14.40 Pacific Drive  
15.05 Grannar  
15.35 The City  
16.05 Baywatch  
17.00 TV3 beinleiðis  
17.05 Í góðum og ringum tíðum  
17.35 Nightingales  
18.30 Pyramidan  
19.00 Filmur: Clean Slate  
21.00 Adrenalin Junkies  
21.55 TV3 beinleiðis  
22.10 Gamal drongur í New York  
22.40 Ein rædd í náttini  
23.40 Stuttroð: Eitt spæl um vald 2.2  
1.35 Diana  
2.25 Liðugt

## Mikudagur 13. august

4.55 The City  
5.20 Goðan morgun börn  
6.50 Goðan morgun  
9.30 Goðan morgun (e)  
11.00 TV-Shop  
11.50 Pacific Drive  
12.15 Grannar  
12.45 All American Girl  
13.15 Paradise Beach  
13.45 Heartbreak High  
14.40 Pacific Drive  
15.05 Grannar  
15.35 The City  
16.05 Baywatch  
17.00 TV3 beinleiðis  
17.05 Í góðum og ringum tíðum  
17.35 Nightingales  
18.30 Pyramidan  
19.00 Pá eventyr med Pernille  
19.30 Filmur: Børnini hjá hinum  
21.50 TV3 beinleiðis  
22.05 Veruligi heimurinn  
22.35 New York Undercover  
23.30 Filmur: Ode to Billy Joe  
1.30 Diana  
2.20 Liðugt

## Hósdagur 14. august

4.55 The City  
5.20 Goðan morgun börn  
6.50 Goðan morgun  
9.30 Goðan morgun (e)