

ドラマ観てたら  
めっちゃ痩せた

**Secrets**  
Explore a selection of  
including a walking stick  
(S) (HD) 7731

**Sunday:**  
**nts**  
e Raworth introduce  
s ceremony in Whitehall.  
e Heptonstall (S) (HD) 39625

**Highlights**  
on, as the non-league sides  
themselves and book a  
Manish Bhasin presents.  
nstrong (S) (HD) 87441

**THE WEEK**

**river with Sue Perkins**  
e comedian and presenter  
nging, 3,000-mile journey up  
sia's greatest river, exploring  
he point of dramatic change.  
e meets traditional river  
w capitalist revolution, and  
le saleswoman and prawn  
Cambodia, she is moved by  
enocide, and bonds with a  
ity, before immersing herself  
e of Kuampang Pluk, an  
houses on stilts. **See page 81.**  
Repeated Thursday 11.15pm

**4.30pm Downton**  
7/8 Series 5. Isobel make  
Shown last Sunday (S) (AD) (HD)

**5.35 Tipping Point: L**  
Impressionist Debra Stephen  
contestant Rylan Clark and on  
Colin Baker compete. Hosted by  
Director Nick Harris; Series producer Sara D

**6.15 News**  
We

**7.00 Keep I**  
3/6. Game show in which two families  
in a series of challenges. This week X Fac  
Alexandra Burke, Jedward, Joe McElderry  
Lomon, Rylan Clarke and Duff Lorenza  
the clue to a p  
David H

**The X Factor P**  
Dermot O'Leary reveals who is safe and who  
had the fewest votes before the sing-off takes  
place. *The Xtra Factor* follows on ITV2. (S) (HD) 6335

**9.00 Downton Abbey**  
RT 8/8 Series 5. Family tensions on both sides  
are threatening to derail Rose's big day.  
When Denker reveals an unexpected side to her  
personality, it causes trouble. **See page 80.**  
Violet, Dowager Countess of Grantham  
Robert, Earl of Grantham

Dr Clarkson  
Maggie Smith  
Hugh Bonneville  
Isobel Crawley  
Miss Denker  
Prince Kurag  
David Robb  
Penelope Wilton  
Sue Johnston



**4 News** 9199

**Football Live**  
Dallas Cowboys  
final of this year's NFL  
adium, between the  
ams (kick-off 6.00).  
second in a four-  
quars to stage one  
n London, and  
better than they  
Cowboys will  
favourites.

456809  
Bears at 1.10am

6.20 5 Nev  
6.25 Sup  
Epic fa  
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to Earth b  
the Amer  
to becom  
a man w  
is able t  
that thr  
Clark Kent/  
Lex Luthor  
Lois Lane  
Jor-El  
Otis  
Perry Wh  
a Kent

**4.30pm The Pola**  
★★★ Animated  
Christmas Eve, a  
pondering if Santa C  
Startled by a thund

goes outside to  
destined for the N  
climbs on board, h  
journey that char  
festive season fo  
Hero boy/Father/Conducto

Smokey/Steamer  
Hero girl  
Lonely boy  
Know-it-all  
Elf General  
Director Robert Z  
(S) (W) (HD)

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machine  
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a man w  
is able t  
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Clark Kent/  
Lex Luthor  
Lois Lane  
Jor-El  
Otis  
Perry Wh  
a Kent