

SATURDAY 15 JULY 2023

SAT 19:00 Caribbean with Simon Reeve (p02lbhc)
Episode 3

Simon begins his journey on the remote Caribbean coast of Nicaragua, travels to the beautiful Honduran island of Roatan and encounters extreme violence on the mainland of Honduras, before finishing his adventure on the iconic island of Jamaica.

Nicaragua is a country on the brink of monumental change. It will soon be split in two by the world's biggest construction project: a new transoceanic waterway set to rival the Panama Canal. Simon visits the Rama-Kriol people who face losing their ancestral homes and, in the nearby town of Bluefields, he meets the city-dwellers who believe the canal will bring long-hoped-for prosperity and wealth to the country.

In Honduras, Simon dives into the crystal waters of the world's second-largest barrier reef and conducts an unusual underwater experiment in the dead of night. Back on shore, Simon discovers Hondurans living in the grip of some of the most violent criminal gangs in the world. San Pedro Sula, the country's second city, has the world's highest murder rate.

Simon's journey ends in the stunning Jamaica, where he discovers a country confronting its violent reputation head-on with a police force cracking down on corruption. Here, he spends time with young people who have rejected gang life, offering a model of hope for future generations.

SAT 20:00 How the Wild West Was Won with Ray Mears (b044j70)
Mountains

Ray Mears looks at how the landscapes of America's three great mountain ranges - the Appalachians, the Rockies and the Sierra Nevada - challenged the westward push of the early pioneers.

As Ray travels through each landscape he discovers how their awe-inspiring geography, extreme weather, wild animals and ecology presented both great opportunities and great challenges for the native Indians, mountain men, fur traders, wagon trains and gold miners of the Wild West.

Ray begins his westward journey in the Appalachians where he explores how their timbered slopes fuelled the lumber industry and provided the fuel and building material for the emerging nation. Native Appalachian Barbara Woodall and lumberjack Joe Currie share their family history with him, and he gets to grips with the rare 'hellbender' salamander.

Further west, in the high jagged peaks of the Rocky Mountains, Ray goes mule trekking with modern-day mountain man Stu Sorenson and he has close encounters with beaver, elk and black bear.

Finally, in the desert mountains of the Sierra Nevada, he explores the tragic story of the Donner Party wagon train whose members allegedly turned to cannibalism to survive. His journey ends as he pans for gold with modern day gold prospector John Gurney, and explores the boom and bust story of ghost town, Bodie.

SAT 21:00 Beck (p0fqlxh4)
Inferno

Josef is suspended, pending an internal investigation of his alleged assault of Sapo agent Klas Fredén, who has climbed to even greater heights within the police organisation.

SAT 22:35 Lily Savage's Blankety Blank (m001nww9)
Series 2

Episode 11

Lily Savage is joined by celebrities Barbara Windsor, Gaynor Faye, Gloria Hunniford, Declan Donnelly, Brian Blessed and Ian Walker.

SAT 23:05 Parkinson (b0074q5h)
Peter Ustinov

In a selection of highlights from Sir Peter Ustinov's appearances on his show, Michael Parkinson looks back at a multitalented and multilingual writer, director, actor, raconteur, Oscar winner and tireless ambassador for Unicef. The interviews offer a poignant reminder of Ustinov's intelligence and ability to entertain.

SAT 00:05 Hancock's Half Hour (p032khyr)
The Lawyer: The Crown v James S

Hancock is a lawyer and defends Sid, who is accused of theft

from a jewellery shop - and a further 57 charges to boot.

SAT 00:35 Whatever Happened to the Likely Lads? (b0077kf3)
Series 1

Countdown

Classic 1970s sitcom. Mrs Chambers has grandiose plans for Thelma's wedding to Bob that leaves the men feeling overwhelmed, so they decide to rebel.

SAT 01:05 Timeshift (p01k49cg)
Series 13

Bouffants, Beehives and Bobs: The Hairdos that Made Britain

It is said that the average woman gets through around 30 hairstyles in a lifetime, with some changing their look entirely every 15 months. Timeshift takes a loving and sometimes horrified look back at the iconic hairdos and 'must have' haircuts that both men and women in Britain have flirted with over the past 60 years.

And it's some journey... from the meringue-like confections of Raymond 'Teasy Weasy' via the geometric 'bob' cuts of Vidal Sassoon, stopping off to take in the 'big hair' heyday of bouffants and beehives, and not forgetting the mullet, the feather cut and the ultimate 'bad hair day' look of 1970s perms.

Our hair is the one part of our identity we can change in an instant and which speaks volumes about who we are, where we've come from and where we're going. Today, young women are revisiting hair fashions of an earlier generation - big hair and blowdrying are back in demand, whilst many young men sport Edwardian 'peaky blinder' short back and sides.

Narrated by Wayne Hemingway.

SAT 02:05 How the Wild West Was Won with Ray Mears (b044j70)
[Repeat of broadcast at 20:00 today]

SAT 03:05 Lily Savage's Blankety Blank (m001nww9)
[Repeat of broadcast at 22:35 today]

SUNDAY 16 JULY 2023

SUN 19:00 Vivaldi Unmasked (m000zgdj)

Charles Hazlewood travels to Venice to uncover the life story of composer Antonio Vivaldi.

SUN 20:00 BBC Proms (m001nwx7)
2023

Vivaldi's Four Seasons at the Proms

Electrifying violinist and conductor Pekka Kuusisto rips up the rule book to play Antonio Vivaldi's Four Seasons like you've never heard it before. He is joined by innovative folk musician Ale Carr, and the Scandinavian duo reimagine Vivaldi's timeless concertos as a magical world of folklore.

In a concert led by Kuusisto's love for the natural world, the renowned orchestra Deutsche Kammerphilharmonie Bremen opens with a David Attenborough-inspired work, Birds of Paradise by Andrea Tarrodi, evoking a teeming tropical rainforest.

Beethoven's glorious and groundbreaking First Symphony brings the first half to a rousing close, before The Four Seasons tops the bill.

Katie Derham presents, joined by special guests.

SUN 22:00 Britain's Ancient Capital: Secrets of Orkney (b08bfgpg)
Episode 3

Seven miles off the coast of Scotland and cut off by the tumultuous Pentland Firth, the fastest-flowing tidal race in Europe, Orkney is often viewed as being remote. However it is one of the treasure troves of archaeology in Britain, and recent discoveries there are turning the Stone Age map of Britain upside down. Recent finds suggest an extraordinary theory - that rather than an outpost at the edge of the world, Orkney was the cultural capital of our ancient world and the origin of the stone circle cult which culminated in Stonehenge.

In the third of this three-part series, Neil Oliver, Chris Packham, Andy Torbet and Dr Shini Somara join hundreds of

archaeologists from around the world who have gathered there to investigate at one of Europe's biggest digs. Andy dives below the waves in search of the inspiration for the first stone circle, Chris and Neil spend the night on an abandoned island as they hunt for clues as to why cultures change, Shini tests the technology behind a Bronze-Age sauna, and the archaeologists uncover a remarkable find.

SUN 23:00 Vienna: Empire, Dynasty and Dream (b08651j3)
Episode 3

In the final episode, Simon Sebag Montefiore follows the Habsburgs to their dramatic demise. From his struggles with Napoleon III and Bismarck and the suicide of his son Rudolf, to the assassination of his beautiful wife Sisi, Emperor Franz Josef's empire and his family proved impossible to control.

But while the Habsburgs headed for extinction, Vienna blossomed. As the theories of Freud and the sensuality of the secession artists like Klimt and Schiele ushered in the modern age, Hitler and Stalin stalked her streets. It was here that World War I was sparked; it was here where World War II was dreamed.

SUN 00:00 Timeshift (m0009vft)
Series 2

The Great British Seaside Holiday

Timeshift presents a bank holiday celebration of the British seaside holiday experience from its Victorian origins and heyday in the 1950s to its slow decline and attempts at reinvention since.

Interviewees including Jonathan Meades, Martin Parr and Bill Pertwee explain the way that the seaside has always been the place we all visit to lose our inhibitions and reveal a different side to ourselves. We look at how our different experiences of the seaside - end of the pier shows, fearsome landladies and holiday camps - have given rise to different traditions and a nostalgia, both working-class and middle-class, for a time when life's pleasures were simpler and foreign holidays were the preserve of the very rich.

SUN 00:45 Parkinson (b0074q5h)
[Repeat of broadcast at 23:05 on Saturday]

SUN 01:45 Vivaldi Unmasked (m000zgdj)
[Repeat of broadcast at 19:00 today]

SUN 02:45 Vienna: Empire, Dynasty and Dream (b08651j3)
[Repeat of broadcast at 23:00 today]

MONDAY 17 JULY 2023

MON 19:00 Yorkshire Walks (m000brwb)
Series 1

Leyburn to Bolton Castle

With the dawn chorus of bird song in the air, Yorkshire artist Shanaz Gulzar takes time out from the hustle and bustle of life to indulge in Wensleydale and its wonderful vistas. Along her ramble through the dale, Shanaz discovers evidence of an industrial past, and talks to a volunteer worker on the heritage railway line. She walks onwards to the impressive Bolton Castle, the location of Mary Queen of Scots' imprisonment in 1568.

Filming herself and everything around her on a 360-degree-selfie-style-camera Shanaz wanders through the countryside, often deep in thought and stopping only to chat, sketch and reflect.

MON 19:30 Secrets of Bones (b03vrtzp)
Size Matters

Evolutionary biologist and master skeleton builder Ben Garrod begins a six-part journey to discover how bones have enabled vertebrates to colonise and dominate practically every habitat on Earth.

Ben shows us what bone is constructed from and how it can support animals that are both minuscule - a frog just a few millimetres long - and massive - the blue whale, two hundred million times bigger.

MON 20:00 How to Build a Dinosaur (b014vy5y)
Dinosaurs died out 65 million years ago and we have hardly ever found a complete skeleton. So how do we turn a pile of

broken bones into a dinosaur exhibit? Dr Alice Roberts finds out how the experts put skeletons back together, with muscles, accurate postures and even, in some cases, the correct skin colour.

MON 21:00 Dinosaurs, Myths and Monsters (b014lsgb)

From dinosaurs to mammoths, when our ancient ancestors encountered the fossil bones of extinct prehistoric creatures, what did they think they were? Just like us, ancient peoples were fascinated by the giant bones they found in the ground.

In an epic story that takes us from Ancient Greece to the American Wild West, historian Tom Holland goes on a journey of discovery to explore the fascinating ways in which our ancestors sought to explain the remains of dinosaurs and other giant prehistoric creatures, and how bones and fossils have shaped and affected human culture.

In Classical Greece, petrified bones were exhibited in temples as the remains of a long-lost race of colossal heroes. Chinese tales of dragons may well have had their origins in the great fossil beds of the Gobi desert. In the Middle Ages, Christians believed that mysterious bones found in rock were the remains of giants drowned in Noah's Flood.

But far from always being wrong, Tom learns that ancient explanations and myths about large fossilised bones often contained remarkable paleontological insights long before modern science explained the truth about dinosaurs. Tom encounters a medieval sculpture that is the first known reconstruction of a monster from a fossil, and learns about the Native Americans stories, told for generations, which contained clues that led bone hunters to some of the greatest dinosaur finds of the nineteenth century.

This documentary is an alternative history of dinosaurs - the neglected story of how mythic imagination and scientific inquiry have met over millennia to give meaning to the dry bones of prehistory. Today, as our interest in dinosaurs and prehistoric creatures continues unabated, it turns out we are not so far away from the awe and curiosity of our ancient ancestors.

MON 22:00 Dinosaurs: The Final Day with David Attenborough (m0016djt)

David Attenborough brings to life, in unprecedented detail, the last days of the dinosaurs.

Palaeontologist Robert DePalma has made an incredible discovery in a prehistoric graveyard: fossilised creatures, astonishingly well preserved, that could help change our understanding of the last days of the dinosaurs. Evidence from his site records the day when an asteroid bigger than Mount Everest devastated our planet and caused the extinction of the dinosaurs. Based on brand new evidence, witness the catastrophic events of that day play out minute by minute.

MON 23:30 The Big Thinkers (b08lvvsk)

How to Live Longer

Our lifespan is increasing by 2.5 years every decade - and a third of all babies born today can expect to live to 100. But living longer can come at a cost. Old age itself brings with it a range of debilitating illnesses, many of which are the result of accumulating damage during our lifetime.

Three diseases in particular have become the main killers in the developed world - cancer, heart disease and dementia. But a revolution in bio-medicine is now offering new hope for the treatment of these ailments, and the potential to extend our lives still further. Methods such as gene editing and stem cell therapies are transforming the way medicine can conquer disease today.

These extreme frontiers of medicine do, however, also come with a range of ethical dilemmas - when is the right time to try out an experimental technique on a patient? Should we gene edit human embryos? And is it right to use cells from aborted foetuses for medical treatments?

Guiding us through this fast-moving and complex field is Nobel laureate Sir Paul Nurse, for whom the big question isn't just what science can do to fix our bodies and extend our lives, but whether it's right to use all the tools and techniques available.

MON 00:30 Yorkshire Walks (m000brwb)

[Repeat of broadcast at 19:00 today]

MON 01:00 Secrets of Bones (b03vrtzp)

[Repeat of broadcast at 19:30 today]

MON 01:30 How to Build a Dinosaur (b014vy5y)

[Repeat of broadcast at 20:00 today]

MON 02:30 Dinosaurs: The Final Day with David Attenborough (m0016djt)

[Repeat of broadcast at 22:00 today]

TUESDAY 18 JULY 2023

TUE 19:00 Yorkshire Walks (m000bs11)

Series 1

Heptonstall to Stoodley Pike

Shanaz Gulzar steps back in time while walking through the historic village of Heptonstall. Filming on her handheld 360-degree selfie-style camera, Shanaz rambles past Hell Hole, along the canal in Hebden Bridge, before climbing uphill to the peace monument of Stoodley Pike. This is an historic walk that straddles both the north and south sides of Calderdale.

Inspired by the landscape Shanaz stops to sketch and read poetry. This walk is an intimate and personal account of West Yorkshire viewed through an artist's eyes.

TUE 19:30 Secrets of Bones (b03wct07)

Down to Earth

Evolutionary biologist and master skeleton builder Ben Garrod discovers how the skeleton has adapted for vertebrates to move on land in a remarkable number of ways. They can swing through the trees, slide on the forest floor, dig through dark subterranean worlds and run at speed across the savannahs. Ben explores the role of the spine in both cheetahs and snakes, shows how adaptations to the pentadactyl limb have helped gibbons and horses thrive and how one unique bone in the animal kingdom has been puzzling scientists for years.

TUE 20:00 Hancock's Half Hour (m001nwyj)

There's an Airfield at the Bottom of My House

Hancock buys a house from estate agent Sid, who has failed to point out there's an airfield at the bottom of the garden.

TUE 20:30 Whatever Happened to the Likely Lads? (b0077kmd)

Series 1

Boys' Night In

Terry is horrified when Bob refuses to go on a stag night and insists on a quiet night in instead. But pre-wedding nerves mean Bob's plan to celebrate his nuptials sober goes awry.

TUE 21:00 Frankie Howerd: Rather You Than Me (b009s7gv)

Candid and poignant drama about the comedian Frankie Howerd and the relationship with his long-term, long-suffering manager, and gay partner, Dennis Heymer. Despite his overtly camp persona, Howerd kept his companionship with Heymer under wraps for 35 years, until his death in 1992. Yet through career disaster, social stigma, illegality, numerous infidelities and Howerd's own deep-seated issues about his homosexuality, their love endured.

TUE 22:00 Arena (b009w2yc)

Oooh Er Missus! The Frankie Howerd Story

Documentary about the life of Frankie Howerd, with help from friends and colleagues and including highlights from his TV and film career.

TUE 23:00 Origins of Us (p00jjjxm)

Guts

In this second episode, Dr Alice Roberts charts how our ancestors' hunt for food has driven the way we look and behave today - from the shape of our face to the way we see, and even the way we attract the opposite sex.

Clues to our ancestors' diet can be found in some surprising places. Alice goes in search of a lion kill to find out how the tapeworms in lions' food reveal our ancestors were eating the same diet of big game 1.7 million years ago. She puts her teeth to the test to reveal that our teeth have evolved to shear through meat. But by comparing her saliva with that of chimpanzees, she demonstrates that our body is as much designed to eat starch as it is to eat meat. And visiting a tribe of hunter-gatherers in Tanzania, who still gather food in a similar way to our ancestors, Alice discovers that starchy tubers are crucial to survival when meat is scarce.

The latest research suggests that the way the different sexes found food throughout our evolution has shaped the way we

relate to each other today. The way the Hadza tribe share food and form long-term couples is thought to be the origin of love and marriage in all of us. And a fun experiment with Britain's best skateboarders shows they take more risks when women are present - it seems men are designed to show off to attract a mate.

TUE 00:00 Caribbean with Simon Reeve (p02lbhbc)

[Repeat of broadcast at 19:00 on Saturday]

TUE 01:00 Britain's Ancient Capital: Secrets of Orkney (b08bfgpg)

[Repeat of broadcast at 22:00 on Sunday]

TUE 02:00 Yorkshire Walks (m000bs11)

[Repeat of broadcast at 19:00 today]

TUE 02:30 Secrets of Bones (b03wct07)

[Repeat of broadcast at 19:30 today]

TUE 03:00 Frankie Howerd: Rather You Than Me (b009s7gv)

[Repeat of broadcast at 21:00 today]

WEDNESDAY 19 JULY 2023

WED 19:00 Yorkshire Walks (m000brtk)

Series 1

Runswick Bay to Whitby

This historic coastal walk takes artist Shanaz Gulzar along a stretch of the 109-mile Cleveland Way. Starting in Runswick Bay, and armed only with a handheld 360-degree selfie-style camera, Shanaz climbs the steep steps to the cliff top before strolling the coastal path, absorbing the beautiful landscape and its industrial past, before finishing at Whitby for sunset.

Meeting fellow walkers along the way, Shanaz finds inspirational spots to sketch and recite poetry.

WED 19:30 Secrets of Bones (b03x3zfs)

Into the Air

Ben Garrod finds out how the skeleton has allowed vertebrates to do the most remarkable thing of all - take to the air. He discovers why the humble pigeon is such an exceptional flier, uncovers bony secrets as to how the albatross makes mammoth migrations and finds out why some birds have dense bones. Finally, he reveals which surprising flier is his 'ultimate'.

WED 20:00 New Zealand: Earth's Mythical Islands (b07n2hmt)

New Arrivals

New Zealand was one of the last land masses to be found and settled by people. Lush and fertile, almost everything brought here flourishes, often with surprising consequences.

Told through the experiences of its native species - in particular, a charismatic and peculiar giant, flightless parrot - this is the moving story of the changing fortunes of New Zealand's wildlife since humans first arrived.

WED 21:00 Immortal Egypt with Joann Fletcher (b06wj4bw)

Chaos

In the second episode, Joann explores how the Pyramid Age ended in catastrophe. In one of Saqqara's last pyramid complexes, Joann uncovers evidence of famine as the young Egyptian state suffered a worsening climate and political upheaval. With depleted coffers, Egypt was plunged into the dark ages and civil war. With the land fractured into many small states, Joann tells the story of small-town leaders rising through the ranks.

In a little-known tomb in Thebes, Joann uncovers stories of warriors who fought in the bloody battle which eventually would mark the reunification of Egypt. This burial represents the world's first recorded war cemetery and the rise of Thebes. The country was reborn, resuming grand building projects for Egypt's mighty kings and jewelled queens.

Joann reveals how settlers known as the Hyksos tried to infiltrate the government and take the throne. But their rule was short-lived as they were ousted by southern rulers who laid the groundwork for Egypt's largest empire.

WED 22:00 The Hope and the Glory (m001nwxj)
Sam is a quiet West Indian, working as a ticket collector for London Transport. Constantly urged by his humorous workmate Muriel to go out and enjoy himself, he prefers to spend his lonely evenings studying law.

Until he meets Joe, an old man who has a room in the same house. The two strike up an unlikely, but warm, friendship and set out on a Saturday night to enjoy themselves in a local club.

But their enjoyment is interrupted.

WED 23:30 Storyville (b05nyyd9)
Masterspy of Moscow: George Blake

He said he was doing God's work on earth, but betrayed his colleagues to the KGB. Sentenced to 42 years in jail. George Blake escaped from Wormwood Scrubs five years later and fled to the Soviet Union. George Carey's film follows the strange life of this enigmatic traitor, tracking down people who knew him, and ending with an unexpected encounter in the woods outside Moscow.

WED 01:00 Yorkshire Walks (m000brtk)
[Repeat of broadcast at 19:00 today]

WED 01:30 Secrets of Bones (b03x3zfs)
[Repeat of broadcast at 19:30 today]

WED 02:00 Immortal Egypt with Joann Fletcher (b06wj4bw)
[Repeat of broadcast at 21:00 today]

WED 03:00 New Zealand: Earth's Mythical Islands (b07n2hmt)
[Repeat of broadcast at 20:00 today]

THURSDAY 20 JULY 2023

THU 19:00 Yorkshire Walks (m000brvk)
Series 1

Bolton Abbey to Simon's Seat

The Bolton Abbey Estate provides the picturesque location for this Yorkshire Walk. Beginning at Bolton Priory, and armed with her handheld 360-degree selfie-style camera, artist Shanaz Gulzar meanders along the banks of the treacle-coloured River Wharfe before climbing up through the Valley of Desolation. She later heads onwards over moorland to Simon's Seat and its breathtaking views across Wharfedale, Nidderdale and beyond.

Meeting fellow walkers along the way, Shanaz finds inspirational spots to sketch and recite poetry, while discovering Yorkshire's hidden woodlands and waterfall.

THU 19:30 Secrets of Bones (b03xsgwh)
Sensing the World

Ben Garrod delves into the surprising ways in which bone has evolved to help vertebrates sense the world around them. He reveals why predators like the wolf have eyes at the front of their skull whereas prey animals such as sheep usually have eye sockets on the sides of their heads. He finds out how the skull of the great grey owl has helped it develop such extraordinary hearing and uncovers the secret behind one bizarre creature's uniquely flexible nose.

THU 20:00 Shipwrecks: Britain's Sunken History (b0317kj8)
A World Turned Upside Down

Shipwrecks are the nightmare we have forgotten - the price Britain paid for ruling the waves from an island surrounded by treacherous rocks. The result is a coastline that is home to the world's highest concentration of sunken ships. But shipwrecks also changed the course of British history, helped shape our national character and drove innovations in seafaring technology, as well as gripping our imagination.

Mutiny, murder and mayhem on the high seas as Sam Willis takes the story of shipwrecks into the Georgian age when Britain first began to rule the waves. But with maritime trade driving the whole enterprise, disasters at sea imperilled all this. As key colonies were established and new territories conquered, the great sailing ships became symbols of the power of the Georgian state - and the shipwreck was to be its Achilles' heel. By literally turning this world upside down, mutinous sailors, rebellious slaves and murderous wreckers threatened to undermine Britain's ambitions and jeopardise its imperial

venture.

THU 21:00 Sweet Charity (m001nx09)
Musical comedy about the romantic ups and downs of a dance partner-for-hire at a seedy New York dance hall, who longs for true love but has bad luck with men.

THU 23:25 Talking Pictures (b03yqb28)
Shirley Maclaine

A retrospective look at television appearances made over the years by one of Hollywood's most outspoken stars, Shirley Maclaine, with interviews and clips capturing the milestones and highlights of her Oscar-winning career. Narrated by Sylvia Syms.

THU 00:10 An Evening with Sammy Davis Jr (b04w7wn5)

A compilation of the very best of Sammy Davis Jr's famous 1960s performances for the BBC, that leaves no doubt as to why at the time he was billed as the world's greatest living entertainer. This show captures Davis as the ultimate swinger, singer and gunslinger, performing classic songs like My Funny Valentine and Once in a Lifetime, showing how he's quick on the draw with a pistol, and demonstrating his incredible impersonations of some of the best-known stars of the era.

THU 01:10 Yorkshire Walks (m000brvk)
[Repeat of broadcast at 19:00 today]

THU 01:40 Secrets of Bones (b03xsgwh)
[Repeat of broadcast at 19:30 today]

THU 02:10 Shipwrecks: Britain's Sunken History (b0317kj8)
[Repeat of broadcast at 20:00 today]

FRIDAY 21 JULY 2023

FRI 19:00 Cricket: Today at the Test (m001nwxr)
The Ashes 2023

Fourth Test, Day Three

Highlights from the third day of the Fourth Test of the 2023 men's Ashes.

FRI 20:00 BBC Proms (m001nwxr)
2023

Beethoven's Fifth at the Proms

The BBC National Orchestra of Wales and their conductor laureate, Tadaaki Otaka, perform perhaps the most famous classical symphony ever written, with its foreboding opening motif, Beethoven's Fifth.

In a concert of lush romantic music that takes us from Europe to the USA, and from Vienna to Croydon, star violinist Elena Urioste joins the orchestra to perform Samuel Coleridge-Taylor's sumptuous Violin Concerto – a piece that brims with songfulness.

And Rachmaninov's Five Études-tableaux receives its first ever Proms outing in gorgeous orchestration by Respighi.

Katya Adler presents, with special guests.

FRI 22:00 Top of the Pops (b08200c8)
Simon Bates presents the weekly chart show, first broadcast on 22 July 1982. Includes appearances from The Belle Stars, Madness, Bananarama, The Brat, Trio, Junior, The Stranglers, Dollar and Irene Cara. Also includes a dance performance from Zoo.

FRI 22:30 Top of the Pops (b0488tsh)
Weekly pop chart programme presented by David Jensen. Includes performances from The Real Thing, Dave Edmunds, Darts, UK Subs, the Pretenders, The Knack, Sparks, The Boomtown Rats, The Dooleys, ABBA, The Korgis and Tubeway Army. Plus a dance sequence by Legs & Co.

FRI 23:00 Radio 2 Live in Hyde Park (p0448frw)
2016

Madness Set

The North London nutty boys treat Hyde Park to a bunch of

hits from their 40-year career.

FRI 00:00 The Specials Live in Session for 6 Music (p09x7rmj)
The Specials started making music in the late 1970s and pioneered the 2 Tone movement. They are live in session for Steve Lamacq on BBC Radio 6 Music.

FRI 00:35 The Quay Sessions (p05nedq0)
The Selector

Two-tone legends The Selector bring the ska pressure to Glasgow and tear the roof off Pacific Quay.

FRI 01:05 An Evening with Sammy Davis Jr (b04w7wn5)
[Repeat of broadcast at 00:10 on Thursday]

FRI 02:05 Top of the Pops (b08200c8)
[Repeat of broadcast at 22:00 today]

FRI 02:35 Top of the Pops (b0488tsh)
[Repeat of broadcast at 22:30 today]