



Weekly Highlights

Week 29/30 - Saturday 18th - Friday 24th July 2026

FIFA World Cup 2026 Final Sunday, 7pm





Nations Championship
Saturday, from 7.30am
18th July
ITV1

It's Round 3 of the Nations Championship, the new Rugby Union competition pitting the top 12 countries against each other, with coverage of four games back-to-back.

First up, it's a repeat of the epic 2023 World Cup quarter final as New Zealand entertain Ireland, followed by Australia entertaining Italy in Perth, Fiji and Scotland meet at Murrayfield before Wales face a tough test as they take on South Africa in Durban.



Nations Championship:
Argentina v England
Saturday, 7.30pm
18th July
ITV1

England end this section of their Nations Championship campaign with a fixture in Santiago Del Estero against Argentina. Nick Mullins and David Flatman commentate.

Embattled England coach Steve Borthwick will be hoping for a repeat performance of his team's last trip to Argentina in 2025, when England won both their test matches. Jill Douglas is joined by Danny Care and Kyle Sinckler for live coverage and expert analysis.



FIFA World Cup 2026 Final
Sunday, 7pm
19th July
ITV1

Live coverage of the 2026 World Cup final at the MetLife Stadium in New York/New Jersey. 48 teams began the tournament, but only one can be crowned the winners.

The 2026 edition of the World Cup - hosted by the USA, Canada and Mexico - reaches its thrilling finale. There has been drama, shocks and entertainment galore, and now the remaining two teams vie for immortality - and the right to be called World Cup winners.



The Dark
Monday & Tuesday, 9pm
20th & 21st July
ITV1

A compelling adaptation of GR Halliday's debut novel From the Shadows. DI Monica Kennedy fears the worst when a young man's body is found in Scotland's wilderness.

DI Kennedy finds a strange clue which implies a new intended victim, and starts a race against time to discover his identity before it's too late. It becomes clear that the killer is playing games with her. Then, after a third murder attempt fails, a new suspect emerges.



**Deal or No Deal:
Banker's Best Battles**
Wednesday, 7.30pm
22nd July
ITV1

Stephen Mulhern hosts a look back at some of the most fearsome and exciting Deal or No Deal battles between the £100,000 jackpot hopefuls and the infamous Banker.

Join Stephen Mulhern as he looks back at Georgia and Matt's Deal or No Deal battles against the Banker - do they choose to take an offer from the Banker in exchange for what's in their boxes, or do they hold out until the end and be rewarded handsomely?



Tom Kerridge Cooks Italy
Thursday, 7.30pm
23rd July
ITV1

Michelin-starred chef Tom Kerridge hits the road in Italy to discover the traditions and generations of knowledge behind the countries world famous food and drink.

Tom arrives in Tuscany just as the olive harvest begins, and cooks up a feast to honour it: a fig and extra virgin olive oil cake. His journey then takes him to Lazio, where he cooks his take on a family favourite: rocket pesto chicken parmigiana with a pesto pasta salad.



The Chase Around the World
Thursday, 9pm
23rd July
ITV1

The Chase Around The World is a six-part series that sees Bradley and The Chasers escape the studio and challenge contestants to the smartest road trip in the world.

Six pairs set off on an epic chase around the world's most incredible cities, in a bid to win £100,000. The teams hit Barcelona, where The Chasers have set a series of tough quiz questions, puzzles and cryptic clues that they must solve in order to get across the city.



The Twisted Tale of Amanda Knox
Friday, 9pm & 10pm
24th July
ITV1

A crime drama following an American student wrongfully jailed for murder in Italy. The series tracks her fight for freedom, and why the world judged her so harshly.

As Amanda, Raffaele, and Patrick Lumumba enter prison, their prosecutor builds his case against them. Then, a wrench is thrown in Mignini's case and the search for a new suspect begins. As the trial unfolds, Amanda's choices are scrutinised by the press.



Love Island
Saturday-Friday, 9pm
18th-24th July
ITV2

The OG dating show continues as the singles enjoy the summer of a lifetime in the ultimate search for love with host Maya Jama as CEO of proceedings.

As the adventure continues for the class of 2026, the Islanders are once again finding that the path to true love never runs smoothly. With a £50,000 prize up for grabs for the winning couple, the question is - who's here to find the one, and who just wants to win?



Love Island: The Debrief
Monday-Friday, 10.05pm
20th-24th July
ITV2

Your daily drop of hot Love Island tea, and the latest Villa gossip. With hosts Shakira Khan, Toni Laites and Yasmin Pettet - nothing is off-topic or out of the question.

Tune in every day after the main show as the hosts break down all of the gossip from in and outside the Villa. Plus, hear from dumped Islanders as they spill what is really going down on set. If you want the only official source for all things Love Island, this is it!



Midsomer Murders
Monday, 8pm
20th July
ITV3

The popular detective series, based on the novels by Caroline Graham, that follows Inspector Barnaby as he investigates mysteries in the heart of Middle England.

When the body of a young man is found in a Second World War-era motor car full of exhaust fumes, it looks like suicide - however, Simon Bright was not alone as he was hit on the head before he died. Where is his girlfriend and local newcomer Laura Sharp?



Doc Martin
Friday, 8pm
24th July
ITV3

Comedy-drama series starring Martin Clunes as doctor Martin Ellingham, who is forced to give up being a surgeon and retrain after developing a phobia to blood.

Martin and Louisa are looking for a nursery for James Henry, Mrs Tishell is shocked to learn that Al has high blood pressure, and Ruth is approached about selling her farm - elsewhere, Louisa helps diagnose a pupil - spurring her on to explore a career change.



**Nations Championship:
Japan v France
Saturday, 9.30am
18th July
ITV4**

It's Round Three of the Nations Championship, the new Rugby Union competition pitting the top 12 countries against each other, with live coverage of Japan v France.

Six Nations winners France take on Japan in Tokyo. Antoine Dupont may be absent, but Maxime Lucu is a very able deputy, while Eddie Jones is back at the helm for Japan after a recent touchline ban. Commentary comes from Nick Heath and Benjamin Kayser.



**ITV Racing: Live from Newbury
Saturday, 1.30pm
18th July
ITV4**

Live racing from Newbury, Ripon and Market Rasen. Today's feature meeting is at Newbury, where the Super Sprint is the highlight. Richard Hoiles commentates.

It's also a big day of National Hunt racing as Market Rasen hosts the Summer Plate - the feature race of the summer jumping campaign. Oli Bell presents, analysis comes from Tom Scudamore and Jason Weaver, with reporting from Matt Chapman & Natalie Green.