



Julia's at Thoor Ballylee in Galway, also known as Yeats' Tower

Julia Bradbury's Irish Journey

TRAVELOGUE 8.30PM, C4

When Julia goes west tonight she discovers some absolute gems while exploring the Wild Atlantic Way. From intricate knitwear and homespun wisdom (including a great yarn about an Aran shop's connection to *The Quiet Man*) to a wood sculptor's unexpected and moving contribution to the Peace Process, there's no shortage of surprises. The centrepiece, however, is the scene-stealing limestone landscape of The Burren, and, despite appearances, there's nothing barren about this rocky region. It's teeming with plantlife, a feast for foraging and hub of cattle farming. As textured as an Aran jumper, this is another magical outing of a travelogue jewel. ★★★★★ ER



Wales' Nick Tompkins

Rugby World Cup

LIVE RUGBY UNION FROM 3PM, ITV1

Following the excitement of the pool stage, it's sudden death as the remaining teams meet in the quarter-finals over the weekend. The final pool positions had yet to be decided as we went to press, but Wales were the first to qualify and if they top Group C, Warren Gatland's side will take on the Group D runners-up – either Argentina or Japan – in Marseille (k-o 4pm). That's followed by the winner of Pool B versus the Pool A runners-up in Paris (k-o 8pm), which could see Johnny Sexton's Ireland against New Zealand. The winners of today's quarter-finals will then meet in Paris on Friday in the first semi-final. ★★★★★ RMC



Stick with Harry on the drumming questions!

The Wheel

ENTERTAINMENT 8.30PM, BBC1

There's always that bit at the start of *The Wheel* where the celebs and their field of expertise are announced and you think: Jonathan Ross on movies; Harry Judd on drummers; Frankie Bridge on pop music, yes, makes sense. Ellie Taylor on breakfast – not so much. However, she and Frankie do tell host Michael McIntyre how to be sexy while reversing a car, so, you know, swings and roundabouts... ★★★★★ JP



Lauryn Hill performing in 1998, the year she released *The Miseducation of Lauryn Hill*

First Ladies of Hip Hop

LAST ONE DOCUMENTARY 9.30PM (times vary), BBC2, iPLAYER (BOX SET)

This excellent series ends with a look at women in hip-hop culture from the 1990s onwards, and in particular their fight to break free from what was often a supporting role to men. There's a mad kind of hip-hop six degrees of separation involving freestyle rapper Rah Digga; Lauryn Hill, who went

stratospheric with The Fugees and then as a solo artist; Eve, also massively successful; and the utterly unique Missy Elliott. There's also a look at the British scene including Ms Dynamite, Estelle and Little Simz, with a chance to see *Estelle at Glastonbury 2008* (11.15pm, times vary). ★★★★★ JP

Vito and Ellie impressed with their jive



PICK OF THE DAY

Strictly Come DANCING

Who will top the leaderboard in tonight's show?

LIVE ENTERTAINMENT
6.30PM, BBC1

As troubled teenager Faye in *Coronation Street*, young actor Ellie Leach handled an awful lot of hard-hitting dramatic storylines, so it's been lovely to see the absolute joy she brings to the *Strictly* dancefloor with partner Vito Coppola. It didn't hurt that in the first two live shows the couple performed dances always guaranteed to be crowd-pleasers – the jive and the foxtrot – and judges and viewers alike seemed to find Ellie and Vito a total delight to watch. Also, who knew (apart from maybe *Strictly* superfans) that having 'soft knees' is a good thing?! No less an authority than head judge Shirley reckons that could be Ellie's superpower in future ballroom routines... ★★★★★ JP

Driven: The Billy Monger Story

FACTUAL BBC iPLAYER

Anyone watching *Celebrity Race Across the World* (Wednesday, BBC1) can't help but be impressed by not just the mutual respect between twentysomething siblings Billy and Bonny Monger but also the grit and resilience of double amputee Billy to keep up the pace. This documentary, first shown in 2018, follows his determination to get back into racing after being involved in a devastating crash. ★★★★★ JP

Boy racer: Billy Monger



ON DEMAND PICK

Young Sammy gets started on his career



The Fabelmans

FILM 8PM, SKY PREMIERE, NOW

This semi-autobiographical take on Steven Spielberg's life delves into his childhood days and enthusiasm for film-making. It tells a rich story, illustrating how movies offer an escape from the everyday as well as reflecting life's challenging times. Michelle Williams plays adoring mother Mitzi and Paul Dano family man Burt, with Gabriel LaBelle as their budding director son Sammy. It's the story of adult love seen through the innocent eyes of a child, and is as mesmerising as the interspersed grainy 16mm footage is revealing. It stays with you long after the credits have rolled. ★★★★★ MC