

12 noon The Run

Some people will never know what they have lost until they risk everything they have. For most drug mules once is enough, for Amanda and Rowly it is just the beginning, until the consequences they face are far worse than the fear of imprisonment.

2 .30pm Double Act

A man in a chicken suit love triangle musical with a twist. He's got an allotment. This is the story of a comedy double act (Chris and Tel) and their relationships with their wives (Vicky and Donna). It's about love, betrayal, revenge and feathers.

3.30 pm South Coast Documentary

it's not East Coast. It's not West Coast. This is.... SOUTH COAST! A warm and character-driven feature documentary exploring the growth of a unique and quintessentially British form of hip hop that has flourished in the seaside towns of southern England 30 years after hip hop hit these shores.

6pm Every Step you take.

Why is one of the world's oldest democracies the most spied-on nation on earth? 'Every Step You Take' is a one-hour documentary that deals with the massive phenomenon of video surveillance in Britain. Secrets are uncovered that will make every responsible citizen worry.