

SUNDAY

THE MAIN STAGE

5:30PM
House DJ James
Carpenter

6:35PM
The
Proclaimers

8:30PM
Rick Astley

5:45PM
Elio Pace's Billy
Joel Songbook

7:25PM
Gabrielle

9:45PM
Nile Rodgers
& Chic

THE WIGWAM STAGE

12:00PM
Jack Browett

Music

4:45PM
Sleepy Gene

12:45PM
Double Dollys
Line Dancing

3:00PM
Music
Workshop

5:30PM
Teddy Swimz

2:00PM
Stanley Bloom

4:00PM
Jack Rideout

6:30PM
Dance of
the Dead

CLUB CARFEST

6:00PM
Toby Anstis
Club Classics

7:30PM
Virgin Radio presents
Emma B & Edie

9:00PM
Jack Keating

THE TREAD SHED

10:30AM
Tread Talks: All You Ever Wanted
to Know About Tyres with Petrol
Ped, Jon Dennis and Joe Brammer

1:00PM
Talking Motors with Richard
Hammond, hosted by Petrol Ped

3:30PM
The Charging Point with
Petrol Ped, Chris Ramsey and Kat Clieve

SUNDAY TIMETABLE 10:00AM - 2:00PM

	THE CHEF'S STAGE	THE BIG BBQ COOKOUT	THE COOK'S COMPANION	THE KITCHEN TABLE	THE SPAIFEST STAGE	THE INSPIRATION HUB	THE STUDIO	PUDSEY'S SPOT	THE BOOK NOOK	THE CURIOSITY FACTORY	THE TRACK	THE STARFEST STAGE	THE AUTHOR'S STAGE	THE REWIND STAGE	
10:00								10:00AM - 10:15AM Pudsey & Pals Meet & Greet							10:00
10:15								10:15AM - 10:30AM Jo Jingles Workshop							10:15
10:30															10:30
10:45								10:30AM - 11:30AM Pudsey's Power Up Party with Chris Jarvis, Naomi Wilkinson, Darren Hart, Evie Pickerrill and Friends							10:45
11:00		11:00AM - 11:30AM Pizza for Breakfast? with Sam & Shauna			10:45AM - 11:30AM Wellness on Your Own Terms with Carol Vorderman	10:45AM - 11:30AM Life's Hurdles: Getting Stronger to Live Longer with Sally Gunnell & Luca Bigg	10:45AM - 11:15AM Yoga Nidra with Ally Boothroyd & Emma Treharne		11:00AM - 11:30AM Cringe Club with Emily-Jane Clark	11:00AM - 11:30AM Get to Know Your Sharks with The Shark Trust		11:00AM - 11:40AM Hack Yourself Healthy with Julia Bradbury			11:00
11:15											11:15AM - 11:45AM Drift Show at the International Grandstand				11:15
11:30			11:30AM - 12:00PM Taste, Smell & the Joy of Eating with Ryan Riley					11:30AM - 11:45AM Pudsey & Pals Meet & Greet							11:30
11:45	11:45AM - 12:15PM The Flavours of Punjab with Atul Kochhar						11:30AM - 12:15PM Permission to Pause with Anna Gough	11:45AM - 12:00PM Bluey & Bingo: Toy Box Activation				11:45AM - 12:30PM From Paradise to Professor T with Ben Miller	11:45AM - 12:30PM Countdown Queen to Best-Selling Novelist with Susie Dent		11:45
12:00		12:00PM - 12:30PM Kids on the 'Q' with Napoleon Grills		12:00PM - 12:30PM MasterChef Magic with Gareth Baty	11:45AM - 12:30PM The Happy Life Playbook with The Happy Pear	11:45AM - 12:30PM Rethinking Financial Freedom with Jason Graystone		12:00PM - 12:45PM Animation Voices Workshop with Tracy Nampala	12:00PM - 12:30PM Duck Delivers Cake with Tom Tinn-Disbury	11:45AM - 12:30PM Wild Adventures with Rich Harpham	11:55AM - 12:20PM GRID WALK: Closed Wheel Racers			12:15PM - 12:25PM Back to the Future	12:00
12:15															12:15
12:30			12:30PM - 1:00PM Baking Clinic: Dough Problems Solved with Richard Bertinet				12:30PM - 1:00PM Pilates Party with Sally Rutland	12:45PM - 1:00PM Supertato Meet & Greet			12:30PM - 1:00PM TRACK SHOW: Closed Wheel Racers				12:30
12:45															12:45
1:00	1:00PM - 1:30PM Italian Summer with Francesco Mattana				1:00PM - 1:45PM Life by Design, Not by Default with Mark Whittle, Richie Norton & Simon Alexander Ong	1:00PM - 1:45PM Purpose Resilience and Optimism with Rosie Nixon		1:00PM - 1:30PM Pudsey's Picnic	1:00PM - 1:30PM Postman Planet with Ben Davis	1:00PM - 1:45PM The Silly Science Show		1:00PM - 1:45PM It ALL Adds Up with Carol Vorderman	1:00PM - 1:45PM The Fear Opportunity with Victoria Pendleton	1:00PM - 1:45PM Twist of Rock: ABBA and Beyond	1:00
1:15		1:15PM - 1:45PM BBQ Beyond Meat with Neil Rankin		1:15PM - 1:45PM La Dolce Vita with Aldo Zilli			1:15PM - 2:00PM Sound & Stillness: A Restorative Sound Bath with Jae Willow	1:30PM - 2:00PM Pudsey & Pals Meet & Greet							1:15
1:30			1:30PM - 2:00PM From Bean to Brew: Taste Like a Barista with RISE Coffee												1:30
1:45											1:45PM - 2:15PM Drift Show				1:45

SUNDAY TIMETABLE 2:00PM - 6:00PM

	THE CHEF'S STAGE	THE BIG BBQ COOKOUT	THE COOK'S COMPANION	THE KITCHEN TABLE	THE SPAFEST STAGE	THE INSPIRATION HUB	THE STUDIO	PUDSEY'S SPOT	THE BOOK NOOK	THE CURIOSITY FACTORY	THE TRACK	THE STARFEST STAGE	THE AUTHOR'S STAGE	THE REWIND STAGE	
2:00					2:00PM - 2:45PM Your Gut, Your Health with Dr Farzanah Nasser, Ryan Riley & Sarah Ann Macklin	2:00PM - 2:45PM Harnessing the Power of Life's Pit Stops with Kay Williams & Helen Roberts		2:00PM - 3:00PM MC Grammar's House Party	2:00PM - 2:30PM Meet and Greet with Mr Tickle	2:00PM - 2:45PM Know Your Bike with Bikeability & HOY Bikes	1:45PM - 2:15PM Drift Show at the International Grandstand	2:00PM - 2:45PM Taking the Wheel: Meeting the New Presenters of The Grand Tour			2:00
2:15	2:15PM - 2:45PM Pain Surprise with Richard Bertinet														2:15
2:30		2:30PM - 3:00PM Steak the Italian Way with Francesco Mattana	2:30PM - 3:00PM Sundae Funday with Kate Jenkins	2:30PM - 3:00PM Masters of the Flame with Big Nath, Andrew Dickens and Joe Nesbitt-Larking							2:25PM - 2:50PM GRID WALK: Supercars & Hypercars		2:15PM - 3:00PM Middle Aged Women Get Sh*t Done with Lucy Porter	2:15PM - 3:00PM West End Kids	2:30
2:45															2:45
3:00								3:00PM - 3:30PM Pudsey & Pals Meet & Greet	3:00PM - 3:30PM A Chance to Meet MC Grammar		3:00PM - 3:30PM TRACK SHOW: Supercars & Hypercars				3:00
3:15															3:15
3:30	3:30PM - 4:00PM Food to Share with Candice Brown		3:30PM - 4:00PM Flatbreads, Fire & Flavour with Andrew Dickens & Joe Nesbitt-Larking		3:30PM - 4:15PM Menopause, Metabolism & Heart Health with Dr Kathryn Patrick & Kate Rowe-Ham	3:30PM - 4:15PM Journalling: Write Your Way to Wellbeing with Mark Whittle	3:30PM - 4:00PM Laughter Yoga with Cat Googe	3:30PM - 3:45PM Evie Asks with Evie Pickerill				3:30PM - 4:15PM Dilemmas with Rob Brydon & Lee Mack			3:30
3:45		3:45PM - 4:15PM A Twist on Tikka with Atul Kochhar		3:45PM - 4:15PM The Happy Way of Life with The Happy Pear				3:45PM - 4:15PM Pudsey's Power Down Pyjama Party with Naomi Wilkinson and Friends		3:30PM - 4:30PM Mini Me Mindfulness with Mr Tickle			3:45PM - 4:30PM An A-Z Expose of Cars with Mat Watson	3:30PM - 4:15PM Twist of Rock: Queen and Beyond	3:45
4:00								4:00PM - 4:30PM Jackson Super Hero with Darran Garwood and Carl Osborne							4:00
4:15							4:15PM - 4:45PM Yoga Nidra with Ally Boothroyd & Emma Treharne	4:15PM - 4:30PM Pudsey & Pals Goodbye			4:15PM - 4:45PM Drift Show at the International Grandstand				4:15
4:30												4:30PM - 5:15PM Life in the Fast Lane with Jodie Kidd			4:30
4:45	4:45PM - 5:15PM Italian Classics with a Twist with Aldo Zilli					4:30PM - 5:15PM The Power of Conversation with Tom Chapman							4:45PM - 5:30PM Namaste CarFest! with Cally Beaton	4:45PM - 5:15PM Musical Bingo 1976	4:45
5:00		5:00PM - 5:30PM Zero Waste BBQ with Steve Guy									4:55PM - 5:20PM GRID WALK: Open Wheel Racers				5:00
5:15															5:15
5:30											5:30PM - 6:00PM TRACK SHOW: Open Wheel Racers				5:30
5:45															5:45

SUNDAY TIMETABLE 2:00PM - 6:00PM

SUNDAY WORKSHOPS

THE TALENT LAB

THE PRODUCTION STUDIO

11:45AM - 12:30PM
GuitarFest with Rob Harral

1:00PM - 1:45PM
Drums Workshop with Oli Austen

2:15PM - 3:00PM
Songwriting with Ari Tahanzadeh & Oli Austen

3:30PM - 4:30PM
Live Performance and Showcase with Ari, Oli, Rob, Becky and Finn

THE CHILL ZONE

10:30AM - 11:00AM
Stock

11:15AM - 11:45AM
HUBCSZ

12:30PM - 1:00PM
Samira Manners

1:45PM - 2:15PM
Lava Pigeon

3:00PM - 3:30PM
Crumpet

3:30PM - 4:30PM
Live Performance and Showcase with Ari, Oli, Rob, Becky and Finn

4:45PM - 5:15PM
Lorea

5:15PM - 6:00PM
Mania

THE CREATIVE STUDIO

11:45AM - 12:30PM
Game Development Workshop with Scott Sinclair

1:00PM - 1:45PM
The Hidden Story: Micro-Doc Filmmaking with Maya Segal

2:15PM - 3:00PM
Learn to Doodle! with Luke Crump

3:30PM - 4:30PM
Live Performance and Showcase with Ari, Oli, Rob, Becky and Finn

THE TIPPLE TENT

11:15AM - 11:45AM
Spirit of Adventure: A Tasting with Hammond's Spirits

12:00PM - 12:30PM
The GreatDrams Guide to Whisky: Find Your Perfect Whisky

1:00PM - 1:30PM
Dessert in a Glass: An Indulgent Tasting with Horton's Artisan Spirits

2:15PM - 2:45PM
From Farm to Flask: Jam Jar Gin Cocktail with Penrhos Spirits

3:30PM - 4:00PM
Fenland Spirits: Grain to Glass with FenSpirits

4:45PM - 5:15PM
Mother's Ruin 1751: A Spirited Journey Through Gin & Rum

5:45PM - 6:15PM
The Oxtan Liqueur Co. Cocktail Masterclass

THE TASTING TABLE

1:00PM - 2:30PM
From Bar to Table: Pub Classics with Candice Brown

6:30PM - 8:00PM
Curry & Cocktails with Atul Kochhar & Andy Clarke