



SUNDAY JULY 1

OUR VIEW

COMPASS: THE 100+ CLUB *ABC1, 6.30pm*

Age may seem an insurmountable obstacle for most of us, but not for the three centenarians introduced to us on *Compass* tonight. Despite hitting triple figures, Olive, 103 (above), Ruth, 101, and baby of the bunch Dexter, 100, still have ambition. Ruth, with the help of her 72-year-old daughter and coach Helen, is gearing up for the Australian Masters, where she's aiming to break her own world records in discus, shot put, javelin and hammer throw.



THE BLOCK *WIN, 6.30pm*

If television was originally intended to connect commercials, then Nine's hit reality show has done all but rendered those commercials redundant. Whether the contestants are off to buy building materials at a major DIY store, or just heading out in one of the cool little cars they've been provided to grab something to eat from a famous fast-food chain, a sponsor's name is never far away.



CASTLE

PRIME7, 9.45pm

The fourth season of this sometimes funny, sometimes serious series wraps up tonight and is quickly followed by a classic episode from season one in a double serving of crime-solving. Mystery novelist-turned detective Richard Castle (Nathan Fillion) and NYPD investigator Kate Beckett (Stana Katic, right) could once again end up in the firing line tonight when an army veteran's murder puts Beckett on the trail of the dirtbag who shot her.

