

WEEKLY  
NEWSLETTER

# HEART AND HAND

ISSUE 29  
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YOUR WEEKLY HEART AND HAND NEWSLETTER

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## HELLO AND WELCOME!

HELLO AND WELCOME TO YOUR WEEKLY HEART AND HAND NEWSLETTER! FULL FOCUS ON THE WOMANS SIDES THIS WEEKEND WITH A WONDERFUL 6-0 WIN FOR THE SENIOR SIDE AND CUP WINS FOR THE U19S AND U16S RESPECTIVELY. THE FINAL INTERNATIONAL BREAK OF THE SEASON COMES TO THE END THIS WEEK AND THE MENS SIDE RETURN FOR THE MONTH OF MONTHS. ITS GOING TO BE A LONG WEEK, BUT WE'LL GET THERE WITH PLENTY OF SHOWS TO KEEP US GOING UNTIL 12PM ON SUNDAY.

# HEART AND HAND • WEEKLY NEWSLETTER

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## *Your Heart and Hand Week*

### *Monday*

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**7am** Who Are You?  
**3:30-5pm** Daily Update  
**7pm** Rangers A-Z

### *Tuesday*

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**7am** Dominant - Rangers 1986-98  
**3:30-5pm** Daily Update  
**7pm** Fantasy Football  
**10pm** Rangers B Team

### *Wednesday*

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**7am** Ally's Adventure  
**3:30-5pm** Daily Update  
**7pm** Leggat

### *Thursday*

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**7am** Seagulls  
**3:30-5pm** Daily Update  
**7pm** The International Football Show

### *Friday*

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**7am** RBR  
**3:30-5pm** Daily Update  
**7pm** Rangers Women

### *Saturday*

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**7am** Rangers Then, Rangers Now  
**9am** Hoggys Hamper  
**12pm** Celtic Preview  
**7pm** Rangers B Team

### *Sunday (League vs Celtic)*

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**7am** Signing Sensations  
**Pre-Match** Pre-Match Show  
**Post-Match** Car Pod  
Post-Match Press Conference  
Executive Report (Chief Execs Only)  
**7pm** SPFL Roundup

## THIS WEEK ON HEART AND HAND

As we build up to the Old Firm on Sunday we will have a packed schedule to keep us going. *Fantasy Football* returns tomorrow evening and there will be a full roundup of the international action later in the week. The Ally show returns on Wednesday morning and, of course, full coverage of the action on Sunday for arguably our biggest game of the season so far.

## LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, Alan was joined by Hoggy for the first part of his Who Are You? series and Rangers Corner returned as Cammy joined Stevie to discuss and review the month of March. David Best interviewed David Herd about his first book on Reading Rangers and I joined Grant and Andy to discuss the Rangers career of Sefan Klos on Signing Sensations.

## YOUR WEEKLY RECOMMENDATION

This is the part of the newsletter that is used to suggest some pods or pieces of writing.

This weeks recommendation is a piece of writing because we haven't done that in a while. Here is a piece that focuses on Old Firm goalscorers who have found the net in some of Europe's other big derbies in The Road to Rangers.

From everyone at Heart and Hand, we hope both you and your team have a great week.

WATP.