

Monday Night Raw – January 19, 2026: Homeward Bound

Monday Night Raw

Date: January 19, 2026

Location: SSE Arena, Belfast, Northern Ireland

Commentators: Michael Cole, Wade Barrett

It's another afternoon show as we wrap up the European tour. That's a big deal as we are less than two weeks away from the Royal Rumble. As a result, it is time to start getting ready for the show's namesake matches, as only Cody Rhodes has announced himself for the Rumble. Let's get to it.

[Here are last week's results if you need a recap.](#)

Here is Gunther to get things going. The fans are NOT pleased with him and tell him that he tapped out. Gunther says AJ Styles made a mistake last week because he forgot who he was facing. We hear Gunther's accomplishments and he is officially in the Royal Rumble. Cue Styles, who gets right to the point: he wants a rematch with Gunther at the Royal Rumble.

Gunther doesn't want to wrestle twice that night so it's a no, but Styles calls him a little b****, which actually isn't enough for a yes. As Gunther goes to leave, he says hang on as there is one way he'll do it. The fans at Gunther, who eventually says he'll do it if Styles puts his career on the line. Gunther tells Styles he has until the end of the night to decide.

Maxxine Dupri runs into Natalya, who is here to support her against Becky Lynch.

Women's Intercontinental Title: Maxxine Dupri vs.

Becky Lynch

Dupri is defending and has Natalya with her. Dupri wrestles her down to start but it's too early for the ankle lock. A dropkick puts Lynch on the floor instead but she's back with a hard forearm as we take a break. We come back with Dupri hitting a step up legdrop to the back of the head for two but she misses a kick and gets caught in the Disarm-Her. That's reversed into the ankle lock, which is broken up as well.

Dupri gets crotched on top and superplexed back down, with Lynch rolling into a DDT for two. Lynch pulls the turnbuckle pad off but almost gets sent into it, allowing Dupri to hit a high crossbody. That's rolled through for two and Dupri gets the ankle lock again. Lynch gets out again so Dupri kicks her in the head...and Natalya puts Lynch's foot on the rope. Dupri is stunned and walks into the Manhandle Slam to retain the title at 11:33.

Rating: B-. This might as well have had a countdown until Natalya turned on Dupri, as they weren't even hiding what was going on. That being said, it was a good way to get out of the match while protecting Dupri. This really needs to be it for Dupri vs. Lynch, as Dupri needs to get revenge on Natalya while Lynch just needs a fresh opponent. Dupri has come a very long way in this feud though so well done indeed.

Post match Natalya jumps Dupri and lays her out, including the Sharpshooter. It's broken up but Natalya does it again.

We recap Adam Pearce suspending Bron Breaker last week but also putting his hands on him, which Paul Heyman didn't like.

Pearce asks AJ Styles what he's doing about Gunther and Styles says he's going to call his wife. With Styles gone, Paul Heyman comes in to ask how Pearce's week went. Pearce said it was good and Heyman is surprised, but Pearce says they're in Belfast. Heyman: "Couldn't find an arena in London?" Pearce: "What do you want?" Heyman: "A lot." Anyway, the Vision has a

six man tag tonight and they'll both be ringside.

Video on CM Punk vs. Finn Balor.

Raquel Rodriguez says Stephanie Vaquer is still out of action but she's ready to win the Women's Title when she gets the chance. Liv Morgan says this is going to be the Judgment Day's year because they'll all win titles.

Here is Jey Uso to announce that he's in the Royal Ru



IMG Credit: WWE

mble as well. And that's that.

New Day and Grayson Waller want their Tag Team Title shot, with Adam Pearce agreeing. But that's if they win a four way next week. Ranting ensues.

Vision vs. Rey Mysterio/Penta/Dragon Lee

Paul Heyman and Adam Pearce are both here too. Lee takes over on Theory to start and it's quickly off to Paul vs. Penta for a strut off. Penta takes him down by is quickly dropped by Paul, meaning it's off to Mysterio vs. Reed. Mysterio is knocked down with the power but manages a kick to the head. It's back to Penta to take over and the three good guys hit big stereo dives (that looked great) to the floor as we take a break.

We come back with Lee not being able to lift up Reed but avoiding the sitdown splash. A powerslam gives Reed two but he misses the running backplash. It's back to Mysterio to pick up the pace and hammer away at Theory in the corner. Penta comes in for a scary Penta Driver to Theory as everything breaks down. Paul is sent outside and Lee's big flip dive hits Reed.

Back in and Theory brainbusters Penta onto the knee for two and it's time for Heyman and Pearce to get on the apron. Paul tries to slide Theory the knuckles but Pearce breaks it up, earning some yelling from Heyman. Pearce yells at him, allowing Mysterio to pick up the knuckles and knock Theory silly. The Destroyer finishes for Penta at 15:03.

Rating: B+. This was a heck of a match with a bunch of stuff going on but it stayed coherent. The stuff with Heyman and Pearce is interesting and I'm curious to see where it goes. At the same time, Mysterio using the knuckles was a bit of a surprise but it still worked. Pretty awesome stuff here.

Post match the winners celebrate as Heyman has his phone out.

CM Punk's plan to beat Finn Balor: be the best in the world.

Paul Heyman yells at Adam Pearce and suggests he'll be fired. He suggests that Pearce answer a phone call, which Pearce does, though we don't hear who it's from.

Here are Rhea Ripley and Iyo Sky for a chat. They're ready for their title defense at Saturday Night's Main Event, but then they're both in the Royal Rumble. Cue Liv Morgan and Roxanne Perez to interrupt, with Morgan saying Ripley will turn on Sky, as she always does. Perez says the two of them, and Raquel Rodriguez are going into the Rumble as well, which has Ripley mockingly laughing. Cue Rodriguez and the fight is on, with Perez chop blocking Sky. Oblivion leaves Ripley laying.

Lyra Valkyria talks to Bayley, saying it's hard to be positive

when she has let her best friend down. Bayley can't believe that idea because Valkyria can't let her down. Now one of them is going to win the Royal Rumble! A hard hug ensues.



IMG Credit: WWE

Je'Von Evans vs. El Grande Americano

Los Americanos are here too. Evans gets an early rollup for two and flips around a bit before they head outside. A jump onto the steps lets Evans knock him down again and we take an early break. We come back with...the match ending at 6:21 as Evans was injured during the break. He seems to be favoring his shoulder or pectoral muscle. Not enough shown to rate but dang that's discouraging. Hopefully it's not too bad.

Finn Balor is ready to win the World Title.

Preview of Unreal season 2.

Video on Oba Femi.

Adam Pearce talks to the Vision, saying that he won't be lifting Bron Breaker's suspension but he wants Breaker here next week to talk things over. Heyman says Pearce better be on his best behavior. With the Vision gone, AJ Styles comes in and he's in for the match with Gunther, so it's official.

Saturday Night's Main Event rundown.

The Kabuki Warriors aren't happy, with Asuka blaming Kairi Sane for their recent losses. Sane says she'll help Asuka win the Royal Rumble, which seems to soothe things over.



IMG Credit: WWE

Raw World Title: CM Punk vs. Finn Balor

Punk is defending and Balor has the old theme song for a great entrance. Feeling out process to start with a takedown going nowhere so they trade posing. Balor loads up the Sling Blade but instead grabs a jumping chinlock for a bit of a weird spot. That's broken up and Balor is sent outside for a suicide dive as we take a break.

We come back with Balor fighting out of a chinlock and the two trading shots to the head. Balor strikes him into the corner but he seems to come up favoring his leg. The Coup de Grace takes too long and Punk catches him on top for the superplex. Their legs lock for two so Punk drops him with a running clothesline.

Back up and Balor hits the Sling Blade, followed by a running clothesline out to the floor. The big running flip dive connects but the Coup de Grace misses back inside. Punk hits a quick GTS for two but another attempt is escaped. The shotgun dropkick sends Punk into the corner and Balor does it again, setting up the Coup de Grace for a VERY close two. Punk

manages to get back up and another GTS retains the title at 16:12.

Rating: B. Yeah this was good, with Balor feeling like enough of a threat to make the match work. It was interesting to see Balor as the clear good guy in the match, though Punk was basically neutral rather than being a heel. That's not something you see very often but it made for an interesting dynamic here. Good main event, and now Punk can move on to something a bit bigger for the Rumble.

Post match respect is shown and they're cool with each other.

Overall Rating: B+. This was the wrestling heavy show, with a pretty awesome main event, an outstanding six man tag and enough stuff being set up for the Royal Rumble to make the show feel more important. I had a great time with this one, as the crowd made it even better. Heck of a show here as the European run comes to a close.

Results

Becky Lynch b. Maxxine Dupri – Manhandle Slam

Rey Mysterio/Dragon Lee/Penta b. The Vision – Canadian Destroyer to Theory

El Grande Americano b. Je'Von Evans via injury stoppage

CM Punk b. Finn Balor – GTS

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