



**BROADCAST MONITORING SCHEDULE:**

**NATIONAL AND REGIONAL PROGRAMMES**

Containing the listings of radio and television stations monitored daily.  
Plus many more available for recording or monitoring by request.

**Updated 1<sup>st</sup> December 2010**

**General enquiries phone: 020 7674 0200**  
**General enquiries e-mail: [broadcast@durrants.co.uk](mailto:broadcast@durrants.co.uk)**



**DURRANTS MEDIA SCHEDULE:**  
**NATIONAL AND REGIONAL PROGRAMME INDEX**

Please note: programmes in **purple** are weekend / seasonal / once a week programmes and as such, times and days vary.  
Programmes in **green** may be dropped from time to time when there is an increased amount of priority monitoring

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Supplied and updated by:		Durrants
		Discovery House 28-42 Banner Street London EC1Y 8QE
For monitoring or recording requests please contact the Sales Desk		Tel: 020 7674 0200

NB. This document will be updated and distributed as and when required. It is correct at the time of printing but is subject to change. Please contact your Account Manager for more details.





2010

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WESTSOUND AM (Ayr)	32
<i>XFM (London)</i>	10

**BBC 1**

BREAKFAST	0600 – 0900	Mon-Fri
BBC NEWS	1300 – 1330	Mon-Fri
BBC NEWS	1800 – 1830	Mon-Fri
THE ONE SHOW	1900 – 1930	Mon-Fri
BBC NEWS	2200 – 2225	Mon-Fri
PANORAMA	2030 - 2100	Mon only
WATCHDOG	2000 – 2100	Thurs only
QUESTION TIME	2235 – 2335	Thurs only
BREAKFAST	0600 – 0900	Sat & Sun
NEWS	2200 – 2220	Sat & Sun
NEWS	1700 – 1715	Sat & Sun
THE POLITICS SHOW	1200 – 1300	Sun only
COUNTRYFILE	1830 – 1930	Sun only
NEWS	1200-1205	Sun only

**BBC 2**

GMT	1230 - 1300	Mon, Tues, Thurs, Fri
NEWSNIGHT	2230 – 2320	Mon-Thurs
NEWSNIGHT	2230 – 2300	Fri only
TOP GEAR	2100 - 2100	Sun only

**BBC 3**

Recorded only, monitored on request

**BBC 4**

Recorded only, monitored on request

**ITV 1**

DAYBREAK	0600 – 0830	Mon-Fri
LORRAINE	0830 – 0925	Mon-Fri
THIS MORNING	1030 – 1230	Mon-Fri
ITV LUNCHTIME NEWS	1330 – 1355	Mon-Fri
ITV EVENING NEWS	1830 – 1900	Mon-Fri
TONIGHT	1930 – 2000	Thurs
NEWS AT TEN	2200 – 2225	Mon-Fri
NEWS	1230 – 1235	Sat & Sun only
NEWS	1800 – 1815	Sat & Sun only
NEWS	2200 – 2215	Sat & Sun only

**CHANNEL 4**

CHANNEL 4 NEWS	1200 -1205	Mon-Fri
CHANNEL 4 NEWS	1900 – 1950	Mon-Fri
CHANNEL 4 NEWS	1900 – 1935	Fri only
CHANNEL 4 NEWS	1830 – 1900	Sat & Sun

**FIVE**

5 NEWS	1240 – 1245	Mon-Fri
5 NEWS	1700 – 1730	Mon-Fri
5 NEWS	1900 – 1930	Mon-Thurs
THE GADGET SHOW	2000 – 2100	Mon only
FIFTH GEAR	1930 – 2000	Fri only
5 NEWS UPDATE	2100 – 2115	Sat & Sun only

**SKY NEWS**

SUNRISE	0700 – 0800	Mon-Fri
LIVE DESK	0900 - 1000	Mon-Fri
AFTERNOON LIVE	1300 - 1400	Mon-Fri
TONIGHT AT SIX	1800 – 1900	Mon-Fri

2010

NEWS AT TEN  
TONIGHT AT SIX 2200 – 2300 Mon-Fri  
1800 – 1900 Sat & Sun

**BBC WORLD NEWS** Formerly BBC World TV  
Recorded only, monitored on request

**BBC NEWS ( formerly BBC News 24)**

BUSINESS NEWS\* 0530 – 0600 Mon-Fri  
\*simulcast on BBC 1 and BBC World News

**CNBC (EUROPE)**

EUROPEAN SQUAWK BOX 0800 – 0900 Mon-Fri  
WORLDWIDE EXCHANGE 0900 – 1100 Mon-Fri  
EUROPEAN CLOSING BELL 1600 – 1700 Mon-Fri

**CNBC (UK)**

STRICTLY MONEY 1100 - 1200 Mon-Fri

**CNN**

WORLD BUSINESS TODAY 0700 – 0800 Mon-Fri  
QUEST MEANS BUSINESS 1900 – 2000 Mon-Thurs  
QUEST MEANS BUSINESS 1900 – 1945 Fri only

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**BLOOMBERG**

ON THE MOVE 0800 – 0900 Mon-Fri  
IN BUSINESS 1630 – 1640 / 1650 - 1700 Mon-Fri

**ISLAM CHANNEL**

NEWS 2330 - 2355 Mon- Fri

NB: start times and duration may vary

**MORE 4** Recorded only, monitoring on request

**NATIONAL GEOGRAPHIC** Recording and monitoring available on request

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**MTV** Recorded only, monitoring on request

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**SKY SPORTS 1 CH 401** Recorded only, monitoring on request

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**SKY SPORTS 2 CH 402** Recording and monitoring available on request

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**SKY SPORTS 3 CH 403** Recording and monitoring available on request

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**SKY SPORTS EXTRA CH 404** Recording and monitoring available on request

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**NB. Please note the above list of satellite channels have been selected because of their relevance to our schedule. If you would like coverage of any other national satellite channel please ring general enquiries.**

**BBC RADIO 1**

CHRIS MOYLES	0630 - 1000	Mon-Fri
NEWSBEAT	0735 - 0740	Mon-Fri
NEWSBEAT	1245 - 1300	Mon-Fri
NEWSBEAT	1745 - 1800	Mon-Fri
VERNON KAYE	1000 - 1300	Sat only

**BBC RADIO 2**

JEREMY VINE	1200 - 1400	Mon-Fri
BUSINESS NEWS	1730 - 1740	Mon-Fri

**BBC RADIO 3**

Recording and monitoring available on request

**BBC RADIO 4**

FARMING TODAY	0545 - 0600	Mon-Fri
TODAY	0600 - 0900	Mon-Fri
WOMAN'S HOUR	1000 - 1045	Mon-Fri
YOU AND YOURS	1200 - 1300	Mon-Fri
THE WORLD AT ONE PM	1300 - 1330	Mon-Fri
SIX O'CLOCK NEWS	1700 - 1800	Mon-Fri
THE WORLD TONIGHT	1800 - 1830	Mon-Fri
MONEYBOX LIVE	2200 - 2245	Mon-Fri
IN TOUCH	1500 - 1530	Wed only
THINKING ALLOWED	2040 - 2100	Tues only
IN BUSINESS	1600 - 1630	Wed only
FARMING TODAY THIS WEEK	2030 - 2100	Thurs only
TODAY	0635 - 0700	Sat only
MONEYBOX	0700 - 0900	Sat only
NEWS	1200 - 1230	Sat only
SATURDAY PM	1300 - 1315	Sat only
SIX O'CLOCK NEWS	1700 - 1730	Sat only
NEWS	1800 - 1815	Sat & Sun
BROADCASTING HOUSE	2200 - 2215	Sat only
THE FOOD PROGRAMME	0900 - 1000	Sun only
THE WORLD THIS WEEKEND	1230 - 1300	Sun only
THE WESTMINSTER HOUR	1300 - 1330	Sun only
	2200 - 2245	Sun only

**BBC RADIO 5 LIVE**

MORNING REPORTS	0500 - 0530	Mon-Fri
WAKE UP TO MONEY	0535 - 0600	Mon-Fri
5 LIVE BREAKFAST	0600 - 0900	Mon-Fri
DRIVE	1600 - 1900	Mon-Fri
MORNING REPORTS	0500 - 0600	Sat & Sun
WEEKEND BREAKFAST	0600 - 0900	Sat only
WEEKEND BREAKFAST	0600 - 0830	Sun only
SATURDAY EDITION	2000 - 2200	Sat only
ON THE MONEY	2000 - 2100	Sun only
5 LIVE INVESTIGATES	2100 - 2200	Sun only

**BBC RADIO 5 LIVE SPORTS EXTRA**

Recording and monitoring available on request

**BBC WORLD SERVICE**

Recorded only, monitoring on request

**TALKSPORT 1053/1089 MW**

Recording and monitoring available on request

**ABSOLUTE RADIO**

Recording and monitoring available on request

BBC LONDON NEWS	0625 - 0630 / 0655 - 0700	Mon-Fri
BBC LONDON NEWS	0725 - 0730 / 0755 - 0800	Mon-Fri
BBC LONDON NEWS	0825 - 0830 / 0855 - 0900	Mon-Fri
BBC LONDON NEWS	1330 - 1345	Mon-Fri
BBC LONDON NEWS	1830 - 1900	Mon-Fri
BBC LONDON NEWS	2225 - 2230	Mon-Fri
INSIDE OUT	1930 - 2000	Mon only
BBC LONDON NEWS	1700 - 1710	Sat only
BBC LONDON NEWS	1950 - 2000	Sun only

**ITV 1 (LONDON)**

LONDON TODAY	0710 - 0715	Mon-Fri
LONDON TODAY	1355 - 1400	Mon-Fri
LONDON TONIGHT	1800 - 1830	Mon-Fri
LONDON TONIGHT	2225 - 2235	Mon-Fri
LONDON TONIGHT	1815 - 1830	Sat & Sun only

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**BBC LONDON 94.9 FM**

BREAKFAST	0700 - 0800	Mon - Fri
DRIVETIME	1700 - 1800	Mon - Fri

**LBC 97.3 FM**

BREAKFAST	0700 - 0800	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**LBC 1152 AM**

NEWS	0800 - 0805	Mon-Fri
NEWS	1600 - 1615	Mon-Fri

**CAPITAL 95.8 FM (London)**

NEWS	0700 - 0705	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**HEART LONDON**

NEWS	0700 - 0705	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**CHOICE 96.9 FM (South London)**

NEWS	0650 - 0655	Mon-Fri
NEWS	1750 - 1755	Mon-Fri

**SUNRISE (London)**

NEWS	0700 - 0705	Mon-Fri
NEWS	1200 - 1205	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**XFM 104.9 FM (London)**

NEWS	Recording and monitoring available on request
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**BBC 1 NORTH****(North Yorkshire - Leeds & Sheffield)**

NORTH NEWS	0625 - 0630	Mon-Fri
NORTH NEWS	1330 - 1345	Mon-Fri
LOOK NORTH	1830 - 1900	Mon-Fri
INSIDE OUT	1930 - 2000	Mon only
NORTH NEWS	1700 - 1705	Sat & Sun
POLITICS SHOW	1235 - 1330	Sun only

**BBC 1 NORTH (East)****(Yorkshire, Humberside & Lincolnshire)**

LOOK NORTH	0625 - 0630	Mon-Fri
LOOK NORTH	1330 - 1345	Mon-Fri
LOOK NORTH	1830 - 1900	Mon-Fri
INSIDE OUT	1930 - 2000	Mon only
LOOK NORTH	1700 - 1705	Sat & Sun

**POLITICS SHOW** 1235 - 1330 Sun only  
 NB – Politics Show / Inside Out are the same broadcasts as BBC 1 North (Leeds & Sheffield)

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**ITV YORKSHIRE NORTH (Leeds)**

CALENDAR NORTH NEWS	0710 – 0715	Mon-Fri
CALENDAR NORTH NEWS	1355 – 1400	Mon-Fri
CALENDAR NORTH NEWS	1800 – 1830	Mon-Fri
CALENDAR NEWS	1800 – 1815	Sat & Sun

**ITV YORKSHIRE EAST (Humberside)**

CALENDAR EAST NEWS	1805 – 1815	Mon-Fri
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NB – morning and lunchtime news same as ITV Yorks North

**BBC RADIO LEEDS**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
LIZ RHODES TONIGHT	1600 – 1800	Mon-Fri

**BBC RADIO SHEFFIELD**

BREAKFAST PROGRAMME	0700 – 0825	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
HOWARD PRESSMAN	1730 – 1800	Mon-Fri

**BBC RADIO YORK**

NEWS	0800 - 0805	Mon-Fri
NEWS	1300 - 1305	Mon-Fri

**BBC RADIO HUMBERSIDE**

BREAKFAST	0630 – 0830	Mon-Fri
DRIVETIME	1600 – 1700	Mon-Fri
NEWS	1700 - 1710	Mon-Fri

**BBC RADIO CUMBRIA**

THE BREAKFAST SHOW	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**AIRE 96.3 FM (Leeds)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**MAGIC 828 (Leeds)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**THE PULSE (Bradford/Halifax)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**HALLAM FM (Sheffield)**

NEWS	0700 – 0710	Mon-Fri
NEWS	1800 – 1810	Mon-Fri

**STAR NORTH EAST**

	(formerly Durham FM)	
NEWS	0800 – 0805	Mon-Fri
NEWS	1800 – 1810	Mon-Fri

**STRAY 97.2 FM (Harrogate)**

2010

NEWS	0900 – 0905	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

<b>VIKING 96.9 FM (Humberside)</b> NEWS	1700 – 1705	Mon-Fri
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**BBC 1 NORTH EAST ( Newcastle & Cumbria)**

NORTH EAST NEWS	0625 – 0630	Mon-Fri
NORTH EAST NEWS	1330 – 1345	Mon-Fri
LOOK NORTH	1830 – 1900	Mon-Fri
INSIDE OUT	1930 - 2000	Mon only
NORTH EAST NEWS	1700 – 1705	Sat & Sun
POLITICS SHOW	1235 – 1300	Sun Only

**ITV TYNE TEES**

TYNE TEES & BORDERS NEWS	0635 - 0640	Mon-Fri
TYNE TEES & BORDERS NEWS	1355 – 1400	Mon-Fri
NORTH EAST TONIGHT	1800 – 1830	Mon-Fri
TYNE TEES & BORDER NEWS	1800 – 1815	Sat & Sun only

**BBC RADIO NEWCASTLE**

BREAKFAST	0700 – 1000	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
DRIVETIME	1600 – 1730	Mon-Fri

**BBC TEES** Recorded only, monitored on request

<b>MAGIC 1170 AM (Teeside)</b> NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

<b>SUN FM 103.4FM (Sunderland)</b> NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

<b>TFM 96.6 (Teesside)</b> NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

<b>MAGIC 1152 AM (T&amp;W)</b> NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

<b>GALAXY 105 (Yorkshire)</b> NEWS	0650 – 0700	Mon-Fri
NEWS	1650 – 1700	Mon-Fri

**BBC 1 NORTH WEST (Manchester)**

NORTH WEST NEWS	0625 – 0630	Mon-Fri
NORTH WEST NEWS	1330 – 1345	Mon-Fri
NORTH WEST TONIGHT	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
NORTH WEST NEWS	1700 – 1705	Sat & Sun
POLITICS SHOW	1235 – 1300	Sun Only

**ITV GRANADA (Manchester)**

GRANADA NEWS	0715 – 0720	Mon-Fri
GRANADA NEWS	1355 – 1400	Mon-Fri

2010

GRANADA REPORTS	1800 – 1830	Mon-Fri
GRANADA NEWS	1800 – 1815	Sat & Sun

**BBC RADIO LANCASHIRE** Recorded only, monitoring on request

**BBC RADIO MERSEYSIDE**

MORNING MERSEYSIDE	0600 – 0900	Mon-Fri
ROGER PHILLIPS	1200 - 1400	Mon-Fri
MERSEYSIDE TONIGHT	1700 – 1900	Mon-Fri

**BBC RADIO MANCHESTER**

BREAKFAST	0700 – 0900	Mon Fri
NEWS	1300 – 1305	Mon-Fri
MANCHESTER NOW	1700 – 1800	Mon-Fri
MANCHESTER BUSINESS	1800 – 1900	Mon only

**ROCK FM 97.4FM (Preston)** Recorded only, monitoring on request

**RADIO CITY FM (96.7 FM Liverpool)** Recorded only, monitoring on request

<b>KEY 103 FM (Manchester)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

<b>MAGIC 1152 (Manchester)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**REAL RADIO (North West)** Recorded only, monitoring on request

**CITY TALK FM (Liverpool)** Recorded only, monitoring on request

**BBC 1 WEST MIDLANDS (Birmingham)**

MIDLANDS TODAY	0625 – 0630	Mon-Fri
MIDLANDS TODAY	1330 – 1345	Mon-Fri
MIDLANDS TODAY	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
MIDLANDS TODAY	1700 – 1705	Sat & Sun
POLITICS SHOW	1235 – 1300	Sun only

**ITV CENTRAL WEST (Birmingham)**

CENTRAL WEST NEWS	0615 – 0620	Mon-Fri
CENTRAL WEST NEWS	1355 – 1400	Mon-Fri
CENTRAL WEST NEWS	1800 – 1830	Mon-Fri
CENTRAL WEST NEWS	1800 – 1815	Sat & Sun

**BBC RADIO WM ( Birmingham)**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
DRIVETIME	1600 – 1800	Mon-Fri

**BBC RADIO ASIAN NETWORK (Birmingham)**

ASIAN NETWORK REPORTS	1230 – 1300	Mon-Fri
ASIAN NETWORK REPORTS	1800 – 1830*	Mon-Fri

\*Not broadcast on the first Wednesday of each month

**BBC RADIO COVENTRY & WARWICKSHIRE**

BREAKFAST PROGRAMME	0700 – 0900	Mon-Fri
CWR NEWS	1800 – 1805	Mon-Fri

**BBC RADIO SHROPSHIRE** Recorded only, monitoring on request

**BBC RADIO STOKE** Recorded only, monitoring on request

**BBC RADIO HEREFORD & WORCESTER**

BREAKFAST	0800 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BRMB 96.4FM (Birmingham)** Recorded only, monitoring on request

**HEART WEST MIDLANDS** Recorded only, monitoring on request

**KERRANG!** Recorded only, monitoring on request

<b>TOUCH FM (Coventry)</b>		
NEWS	0800 – 0805	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**SIGNAL ONE FM (Staffs/Cheshire)** Recorded only, monitoring on request

<b>IMAGINE FM (Stockport)</b>		
NEWS	0730 – 0732	Mon-Fri
NEWS	1300 - 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

<b>BEACON FM (Wolverhampton)</b>		
NEWS	0600 – 0605	Mon-Fri

<b>RUGBY FM</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1200 – 1205	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**BBC 1 EAST MIDLANDS (Notts/Derby)**

EAST MIDLANDS NEWS	0625 – 0630	Mon-Fri
EAST MIDLANDS NEWS	1330 – 1345	Mon-Fri
EAST MIDLANDS TODAY	1830 – 1900	Mon-Fri
<span style="color: magenta;">INSIDE OUT</span>	<span style="color: magenta;">1930 – 2000</span>	<span style="color: magenta;">Mon only</span>
<span style="color: magenta;">NEWS</span>	<span style="color: magenta;">1700 - 1705</span>	<span style="color: magenta;">Sat &amp; Sun</span>
<span style="color: magenta;">POLITICS SHOW</span>	<span style="color: magenta;">1235 – 1300</span>	<span style="color: magenta;">Sun only</span>

**ITV CENTRAL EAST (Notts/Derby)**

CENTRAL EAST NEWS	1800 – 1815	Mon-Fri
NB – morning, lunchtime and weekend news same as ITV Central West		

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**BBC RADIO NOTTINGHAM**

BREAKFAST	0600 – 0800	Mon-Fri
DRIVETIME	1700 – 1730	Mon-Fri

**BBC RADIO DERBY**

BREAKFAST SHOW	0700 – 0900	Mon-Fri
NEWS	1700 – 1800	Mon-Fri

**BBC RADIO LEICESTER**

GOOD MORNING LEICESTER	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO NORTHAMPTONSHIRE**

START THE DAY	0600 – 0800	Mon-Fri
DRIVETIME	1600 – 1800	Mon-Fri

**BBC RADIO ASIAN NETWORK (Leicester)** Recorded only, monitoring on request**BBC RADIO LINCOLNSHIRE**

NEWS	0700 – 0900	Mon-Fri
LINCS TONIGHT	1700 – 1800	Mon-Fri

**LEICESTER SOUND 105.4FM** Recorded only, monitoring on request**LINCS FM** Recorded only, monitoring on request**HEART EAST MIDLANDS** Recorded only, monitoring on request**BBC 1 EAST (East - Ipswich / Norwich)**

LOOK EAST NEWS	0625 – 0630	Mon-Fri
LOOK EAST NEWS	1330 – 1345	Mon-Fri
LOOK EAST	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
LOOK EAST NEWS	1700 – 1705	Sat & Sun
POLITICS SHOW	1235 – 1300	Sun Only

**BBC 1 EAST (West - Bedford/Luton/Cambridge)**

LOOK EAST (CLOSE UP WEST)	1840 – 1850	Mon-Fri
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**ITV ANGLIA EAST (Ipswich/Norwich)**

EAST ANGLIA NEWS	1815 – 1825	Mon-Fri
NB – morning, lunchtime and weekend news same as Anglia West with 10 min split in evening news		

**ITV ANGLIA WEST (Bedford/Luton)**

WEST ANGLIA NEWS	0715 – 0720	Mon-Fri
WEST ANGLIA NEWS	1355 – 1400	Mon-Fri
WEST ANGLIA NEWS	1800 – 1830	Mon-Fri
WEST ANGLIA NEWS	1800 – 1815	Sat & Sun

**BBC RADIO NORFOLK**

TODAY IN NORFOLK	0700 – 0900	Mon-Fri
NORFOLK TONIGHT	1600 – 1800	Mon-Fri

**BBC RADIO SUFFOLK**

BREAKFAST	0700 - 0900	Mon-Fri
DRIVETIME	1700 - 1800	Mon-Fri

**BBC RADIO CAMBRIDGESHIRE (Cambridge)**

BREAKFAST	0700 - 0900	Mon-Fri
CAMBRIDGESHIRE TONIGHT	1700 - 1800	Mon-Fri

**HEART EAST ANGLIA**

(formerly Heart Ipswich &amp; Norwich, now merged)

NEWS	0700 - 0705	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**HEART CAMBRIDGE**

Recorded only, monitoring on request

**STAR 107.9FM (Cambridge)**

NEWS	0700 - 0705	Mon-Fri
NEWS	1800 - 1810	Mon-Fri

**BBC 1 SOUTH (Oxford)**

BBC OXFORD NEWS	1830 - 1845	Mon-Thurs
BBC OXFORD NEWS	1830 - 1900	Fri only

Morning, lunchtime and weekend news same as BBC 1 South (Southampton)

**BBC RADIO ESSEX**

BREAKFAST	0700 - 0900	Mon-Fri
DRIVETIME	1700 - 1800	Mon-Fri

**BBC RADIO THREE COUNTIES**

(Beds/Herts/Bucks)

THREE COUNTIES BREAKFAST	0700 - 0900	Mon-Fri
DRIVETIME	1630 - 1700	Mon-Fri

**BBC RADIO OXFORD**

Recorded only, monitoring on request

**BBC RADIO BERKSHIRE**

Recorded only, monitoring on request

**HEART ESSEX (formerly Essex FM)**

Recorded only, monitoring on request

**HEART HOME COUNTIES**

NEWS	0700 - 0705	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**BBC 1 SOUTH (Southampton)**

SOUTH TODAY	0625 - 0630	Mon-Fri
SOUTH TODAY	1330 - 1345	Mon-Fri
SOUTH TODAY	1830 - 1900	Mon-Fri
INSIDE OUT	1930 - 2000	Mon only
SOUTH TODAY	1700 - 1705	Sat & Sun
POLITICS SHOW	1235 - 1300	Sun only

**ITV MERIDIAN SOUTH (Southampton)**

MERIDIAN SOUTH NEWS	0635 - 0640	Mon-Fri
MERIDIAN SOUTH NEWS	1355 - 1400	Mon-Fri
MERIDIAN TONIGHT	1800 - 1830	Mon-Fri

2010

**MERIDIAN SOUTH NEWS** 1800 – 1815 Sat & Sun

**BBC RADIO SOLENT**

SOLENT TODAY 0700 – 0900 Mon-Fri  
DRIVETIME 1700 – 1800 Mon-Fri

**HEART SOUTH COAST** Recorded only, monitoring on request

**WAVE 105.2 FM** Recorded only, monitoring on request

**100 BBC 1 WEST (Bristol)**

POINTS WEST 0625 – 0630 Mon-Fri  
POINTS WEST 1330 – 1345 Mon-Fri  
POINTS WEST 1830 – 1900 Mon-Fri  
INSIDE OUT 1930 – 2000 Mon only  
POINTS WEST 1700 – 1705 Sat & Sun  
POLITICS SHOW 1235 – 1300 Sun only

**ITV WEST (Bristol)**

WESTCOUNTRY NEWS 0635 - 0640 Mon-Fri  
WESTCOUNTRY TODAY 1355 – 1400 Mon-Fri  
WESTCOUNTRY TONIGHT 1800 – 1830 Mon-Fri  
WESTCOUNTRY NEWS 1800 – 1815 Sat& Sun

**BBC RADIO BRISTOL**

BREAKFAST 0700 – 0900 Mon-Fri  
DRIVETIME 1700 – 1800 Mon-Fri

**BBC RADIO SOMERSET**

NEWS 0700 – 0705 Mon-Fri  
NEWS 0800 - 0805 Mon-Fri

**BBC RADIO WILTSHIRE** Recorded only, monitoring on request

**BBC RADIO GLOUCESTERHIRE**

BREAKFAST SHOW 0700 – 0900 Mon-Fri  
DRIVETIME 1700 – 1800 Mon-Fri

**HEART DEVON**

NEWS 0800 – 0805 Mon-Fri  
NEWS 1700 – 1805 Mon-Fri

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**BBC 1 SOUTH WEST (Cornwall)**

SPOTLIGHT 0625 – 0630 Mon-Fri  
SPOTLIGHT 1330 – 1345 Mon-Fri  
SPOTLIGHT 1830 – 1900 Mon-Fri  
INSIDE OUT 1930 – 2000 Mon only  
SOUTH WEST NEWS 1700 – 1705 Sat & Sun  
POLITICS SHOW 1235 – 1300 Sun only

**ITV WESTCOUNTRY South (Plymouth)**

WEST COUNTRY TONIGHT 1800 – 1815 Mon-Fri

NB: morning, lunchtime and weekend news the same as ITV West

### BBC RADIO CORNWALL

BREAKFAST	0700 – 0900	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

### BBC RADIO DEVON

BREAKFAST	0700 – 0900	Mon-Fri
DEVON @ FIVE	1700 – 1715	Mon-Fri
DRIVETIME	1715 - 1800	Mon-Fri

**PIRATE 102 FM (Cornwall)** Recorded only, monitoring on request

**BBC 1 JERSEY** AVAILABLE ON REQUEST

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**ITV CHANNEL ISLANDS** AVAILABLE ON REQUEST

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**BBC RADIO JERSEY** AVAILABLE ON REQUEST

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**BBC RADIO GUERNSEY** AVAILABLE ON REQUEST

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### BBC 1 SOUTH EAST (Kent)

SOUTH EAST NEWS	0625 – 0630	Mon-Fri
SOUTH EAST NEWS	1330 – 1345	Mon-Fri
SOUTH EAST NEWS	1830 – 1900	Mon-Fri
INSIDE OUT	1930 – 2000	Mon only
SOUTH EAST NEWS	1700 – 1705	Sat & Sun
THE POLITICS SHOW	1235 – 1300	Sun Only

### ITV MERIDIAN SOUTH EAST (Maidstone)

MERIDIAN TONIGHT	1800 – 1830	Mon-Fri
Morning, lunchtime and weekend news same as ITV Meridian South		

### BBC RADIO KENT

BREAKFAST SHOW	0700 – 0900	Mon-Fri
NEWS	1300 – 1310	Mon-Fri
DRIVETIME	1700 – 1800	Mon-Fri

**BBC RADIO SUSSEX** Recorded only, monitoring on request

**BBC RADIO SURREY** Recorded only, monitoring on request

NB: both Sussex and Surrey broadcast separate Breakfast and Drivetime programmes

### HEART KENT (formerly INVICTA FM )

NEWS	0700 – 0705	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**KMFM SHEPWAY** Recorded only, monitoring on request

**KMFM THANET (Margate)** Recorded only, monitoring on request

**HEART SUSSEX & SURREY**

Recorded only, monitoring on request

**BBC 1 SCOTLAND**

REPORTING SCOTLAND	0755 – 0800	Mon-Fri
REPORTING SCOTLAND	0755 – 0800	Mon-Fri
REPORTING SCOTLAND	1330 – 1345	Mon-Fri
REPORTING SCOTLAND	1830 – 1900	Mon-Fri
REPORTING SCOTLAND	1700 – 1705	Sat & Sun
POLITICS SHOW	1230 – 1330	Sun only

**BBC 2 SCOTLAND**

NEWSNIGHT SCOTLAND	2300 – 2320	Mon-Thurs
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**STV WEST**

CENTRAL SCOTLAND NEWS	0715 - 0720	Mon-Fri
STV WEST NEWS	1355 – 1400	Mon-Fri
STV WEST NEWS	1800 – 1830	Mon-Fri

**STV EAST**

STV EAST NEWS	1810 – 1820	Mon-Fri
Morning, lunchtime and weekend news same as STV West		

**STV NORTH (Inverness)**

NORTH OF SCOTLAND NEWS	0715 - 0720	Mon-Fri
STV NORTH NEWS	1355 – 1400	Mon-Fri
STV NORTH NEWS	1800 – 1830	Mon-Fri

**ITV BORDER (England)**

LOOKAROUND	1800 – 1830	Mon-Fri
Morning, lunchtime and weekend news same as ITV Tyne Tees		

**BBC RADIO SCOTLAND**

GOOD MORNING SCOTLAND	0600 – 0845	Mon-Fri
MACAULAY & CO	1005 – 1130	Mon-Fri
JOHN BEATTIE	1200 – 1315	Mon-Thurs
BRIAN TAYLORS BIG DEBATE	1215 – 1315	Fri
NEWSDRIVE	1600 – 1800	Mon-Fri
SCOTLAND AT TEN NEWS	2200 - 2205	Mon-Fri
SCOTLAND AT TEN	2205 – 2230	Mon-Thurs
OUT OF DOORS	0630 - 0800	Sat only
NEWSWEEK	0800 - 0900	Sat only
SPORTS WEEKLY	0905 – 1000	Sat only
THE BUSINESS	1000 - 1030	Sun only

**BBC RADIO ORKNEY 810 MW**

AROUND ORKNEY	0730 – 0800
Logged as 0800-0830 due to time lapse of BBC streaming	

**BBC RADIO SCOTLAND (Highlands & Islands)**

NEWS	0755 – 0800	Mon-Fri
NEWS	1255 – 1300	Mon-Fri
NEWS	1655 – 1700	Mon-Fri

**BBC RADIO SCOTLAND (North East - Aberdeen)**

ABERDEEN NEWS	0755 – 0800	Mon-Fri
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ABERDEEN NEWS	1255 – 1300	Mon-Fri
ABERDEEN NEWS	1655 – 1700	Mon-Fri

**BBC RADIO SCOTLAND (Tweed / Borders)**

NEWS	0755 – 0800	Mon-Fri
NEWS	1255 – 1300	Mon-Fri
NEWS	1655 – 1700	Mon-Fri

**BBC RADIO SCOTLAND (South West - Solway)**

NEWS	0755 – 0800	Mon-Fri
NEWS	1255– 1300	Mon-Fri
NEWS	1655 - 1700	Mon-Fri

**BBC RADIO SHETLAND**

GOOD EVENING SHETLAND	1730 – 1800	Mon – Fri
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**FORTH ONE (Edinburgh)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**FORTH 2 (Edinburgh)**

NEWS	1100 – 1105	Mon-Fri
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**MORAY FIRTH RADIO (Inverness)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**TAY FM (Dundee)**

NEWS	0800 - 0805	Mon-Fri
NEWS	1300 - 1305	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**NORTHSOUND ONE (Aberdeen)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**CLYDE 1 (Glasgow)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 - 1705	Mon-Fri

**WESTSOUND (Ayr)**

NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**ROCK RADIO Q96.3 FM (Paisley) Recorded only, monitoring on request**

**CENTRAL FM ( Stirling)**

NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri

**CFM RADIO (Carlisle / W. Cumbria)**

NEWS	0700 – 0705	Mon-Fri
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NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>RADIO BORDERS</b>		
NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>KINGDOM FM (Fife)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
NEWS	1700 – 1705	Mon-Fri
<b>SMOOTH RADIO (Glasgow)</b>		
NEWS	0700 – 0705	Mon-Fri
NEWS	1200 – 1205	Mon-Fri
<b>REAL RADIO (Scotland)</b>		
NEWS	0800 – 0805	Mon-Fri
NEWS	1300 – 1305	Mon-Fri
<b>BBC 1 WALES</b>		
WALES TODAY	0625 – 0630	Mon-Fri
WALES TODAY	1330 – 1345	Mon-Fri
WALES TODAY	1830 – 1900	Mon-Fri
X RAY	1930 - 2000	Mon only
WEEK IN WEEK OUT	2235 – 2305	Tues only
WALES TODAY	1700 – 1705	Sat & Sun
POLITICS SHOW	1235 - 1300	Sun only
<b>ITV WALES</b>		
NEWSDESK	0635 – 0640	Mon-Fri
NEWSDESK	1355 – 1400	Mon-Fri
WALES TONIGHT	1800 – 1830	Mon-Fri
THE FERRET	1930 – 2000	Thurs only
NEWSDESK	1800 – 1815	Sat & Sun
<b>S4C</b>		
WELSH LANGUAGE STATION		
NEWYDDION	1930 – 2000	Mon-Fri
PENAWDAU NEWYDDION	2055– 2105	Mon-Fri
<b>BBC RADIO WALES</b>		
GOOD MORNING WALES	0600 – 0900	Mon-Fri
NEWS	1100 – 1105 / 1200 - 1205	Mon- Fri
RADIO WALES PHONE-IN	1205 – 1400	Mon-Fri
GOOD EVENING WALES	1700 – 1900	Mon, Tues, Wed, Fri
GOOD EVENING WALES	1700 - 1840	Thurs only
WALES AT WORK	1900 – 1930	Mon only
COUNTRY FOCUS	0700 - 0730	Sun only
<b>BBC RADIO CYMRU</b>		
WELSH LANGUAGE STATION		
BWLETIN NEWYDDION	1300 – 1315	Mon-Fri
<b>RED DRAGON (Cardiff)</b>		
Recorded only, monitoring on request		
<b>SWANSEA SOUND</b>		
Recorded only, monitoring on request		

**BBC 1 NORTHERN IRELAND**

NEWSLINE	0625 – 0630	Mon-Fri
NEWSLINE	1330 – 1345	Mon-Fri
NEWSLINE AT SIX	1830 – 1900	Mon-Fri

**UTV ULSTER (Northern Ireland)**

NORTHERN IRELAND NEWS	0635 – 0640	Mon-Fri
UTV LIVE	1350 – 1400	Mon-Fri
UTV LIVE	1800 – 1830	Mon-Fri

**BBC RADIO ULSTER**

Recorded only, monitoring on request

**BBC RADIO FOYLE (Londonderry)**

Recorded only, monitoring on request

**DOWNTOWN RADIO (Belfast)  
NEWS**

0700 – 0705	Mon-Fri
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